

2026 ASAA/First National Bank Alaska Cheer State Championship Competition

PURPOSE

The Cheer Competition is an opportunity for cheer teams to showcase the primary role of high school cheerleaders, that of crowd leading and spirit raising. The focus of the competition is on sideline cheer and knowledge of the game.

GENERAL INFORMATION

- All routines will be performed on a regulation mat measuring 42 by 54 feet
- All practices and warm-ups will be done prior to the event.
- Teams should arrive at the competition ready to compete.
- Mascots and team members that are used as spotters are considered part of the team.
- NFHS rules will be strictly adhered to.

CLASSIFICATIONS:

- Division I includes school size of 501 and above.
- Division II includes school size 500 and less.
- Any school in Division II may choose to opt up to Division I. There will be no separate division for coed teams.

PART 1 GAME DAY ROUTINES

- Emphasis on game knowledge and appropriateness of cheer
- No music allowed
- Use of signs and/or poms is encouraged
- Each section should have a beginning and end

Section 1: Situational Cheer

- 12 members max
- Team gathers at the staging area.
- Announcer introduces team and all members
- Team rallies to the sideline facing the crowd and get set
- Extra team members may line the edge of the mat
- Only signs, poms and megaphones are allowed
- Announcer cues the team to do an offensive cheer or defensive cheer

Section 2: Time Out Cheer

- D I unlimited members, D II 12 members max
- At the completion of the situational cheer the team rallies to the floor while demonstrating genuine crowd spirit and enthusiasm
- 1 minute maximum (includes rallying on and off)
- Emphasis should be on crowd involvement and spirit raising
- Props may not be set up in advance.

- NFHS stunt and tumbling rules apply with the following exceptions;
 No basket tosses No running tumbling No waist level tosses
- At the end of the cheer, team collects props and rallies off

PART 2 HALF TIME ROUTINE

- D I unlimited members, D II 12 members max
- 2:30 minute maximum
- Emphasis on highlighting teams overall cheerleading skills
- Minimum of 1 minute of music is required
- Use of signs and/or poms is encouraged. Props may be set up prior to starting (30 sec)
- Teams may perform any tumbling skill allowed by NFHS rules
- Teams may perform any stunts allowed by NFHS rules