

Česká asociace cheerleaders, z.s. (Czech Cheerleading Association)

Time Limits

Team Cheer:

- Full routine (music + cheer + transition): max. 3 minutes (3:00)
- Music portion: max. 2 minutes (2:00)
- Cheer portion: 30 seconds (0:30) recommended
- Entrance to the floor: max. 20 seconds (0:20), choreographed entrances not allowed
- Exit from the floor: max. 20 seconds (0:20)

Team Performance:

- Music portion: max. 2 minutes (2:00)
- Entrance to the floor: max. 20 seconds (0:20), choreographed entrances not allowed
- Exit from the floor: max. 20 seconds (0:20)

Performance Doubles:

- Music portion: max. 1 minute 30 seconds (1:30)
- Entrance to the floor: max. 20 seconds (0:20), choreographed entrances not allowed
- Exit from the floor: max. 20 seconds (0:20)

Group Stunts & Partner Stunts:

- Music portion: max. 1 minute (1:00)
- Entrance to the floor: max. 20 seconds (0:20), choreographed entrances not allowed
- Exit from the floor: max. 20 seconds (0:20)

Individual:

- Music portion: max. 1 minute (1:00)
- Cheer portion: 30 seconds (0:30) recommended
- Entrance to the floor: max. 20 seconds (0:20), choreographed entrances not allowed
- Exit from the floor: max. 20 seconds (0:20)

Team Pom Show:

- See „Team Pom Show Rules“ document

Additional details regarding music submission, playback procedure, timing and penalties for exceeding time limits are specified in the ČACH Competition Rulebook.

These regulations were approved by the ČACH Presidium on 23 October 2025.