

## 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.