



SCHOOL CHEER
Rules & Restrictions
2022-2023 SEASON



NOVICE DIVISION DETAILS

NOVICE TEAMS WILL FOLLOW 2022-2023 USA CHEER/NFHS SPIRIT RULES BOOK WITH THESE ADDITIONAL SKILL RESTRICTIONS.

- **STANDING TUMBLING:** *limited to one single standing back handspring*
 - **You can connect rolls and walkovers to a single back handspring**
 - Standing back handsprings series and jump to back handspring combinations are **NOT ALLOWED**
 - Standing tucks are **NOT ALLOWED**
- **RUNNING TUMBLING:** *limited to series of front and back handsprings*
 - Flips and/or aerials are **NOT ALLOWED**
- **STUNTS:** Single leg stunts may only be held at prep level or below.
 - Extended single leg stunts are **NOT ALLOWED**
 - Twisting transitions are limited to ½ twist by the top person.
 - **EXCEPTION:** Barrel/Log rolls are acceptable
 - All release moves must land in a cradle position.
 - Released switch ups are **NOT ALLOWED**
 - The only inversions allowed are transitions from ground level inversion to non-inverted positions.. No other inversions are allowed.
 - **EXAMPLE:** Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is permitted
 - **EXAMPLE:** Going from a cradle to a handstand or from a prone position to a forward roll is **NOT ALLOWED**
- **PYRAMIDS:** Extended single leg stunts must be braced by at least one person (at prep level or below) with a with a hand/arm connection
 - The connection must be made prior to executing the single leg extended stunt.
 - Extended stunts may **NOT** brace other extended stunts
 - **EXAMPLE:** Braced extensions
 - Any time a top person is released by the bases and braced by other top persons, they may **NOT** perform any skill, and must land in a cradle position.
 - Inversions in pyramids are **NOT ALLOWED**
 - **EXCEPTIONS** are the inversions allowed under Novice Stunts.
 - Release moves in pyramids are **NOT** allowed
 - **EXCEPTIONS** are the release moves allowed under Novice Stunts.
- **DISMOUNTS:** Only straight pop downs, basic straight cradles, and ¼ turning dismounts are allowed. *(Please see definition of dismount in NFHS rulebook)*
- **TOSSES:** The only body position allowed is a straight ride.

INTERMEDIATE DIVISION DETAILS

INTERMEDIATE TEAMS WILL FOLLOW 2022-2023 USA CHEER/NFHS SPIRIT RULES BOOK WITH THESE ADDITIONAL SKILL RESTRICTIONS.

- **STANDING TUMBLING:** Flips are **NOT ALLOWED**.
 - No standing back tucks or back handspring back tucks.
- **RUNNING TUMBLING:** Flips may ONLY be performed in tuck position, and originate from a round off or round off back handspring(s).
 - Other skills with hand support prior to the round off are allowed. (Punch fronts are **NOT ALLOWED**)
 - No twisting while airborne.
 - *EXCEPTION: Aerial cartwheels are allowed.*
 - NO tumbling is allowed after a flip or an aerial cartwheel.
 - Cartwheel to tucked flips and/or cartwheel to back handspring(s) tucks are **NOT ALLOWED**.
- **STUNTS:**
 - Twisting transitions to and from an extended position may not exceed ½ twist.
 - Twisting transitions to, from and at prep level may not exceed 1 full twist.
 - Release moves at prep level or above are **NOT ALLOWED**.
 - Release moves are allowed if they follow **ALL** the below restrictions:
 - MUST initiate from below prep level.
 - MUST be caught at prep level or below.
 - CANNOT exceed ¼ turn
 - Inversions can **NOT** twist
 - Inversions may **NOT** pass through an extended position
 - *EXAMPLE: Pancake/Fold Over*
 - Twisting inversions are not permitted.
 - *EXAMPLE: Suspended roll with a full twist*
- **PYRAMIDS:** Braced flips are **NOT ALLOWED**.
 - Extended single leg skills may not be connected.
 - Pyramid transitions may **NOT** release and twist.
 - All other pyramid skills must follow stunt rules, unless braced from initiation of skill with a hand/arm connection.
- **DISMOUNTS:** Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt.
 - Up to 1¼ twists are allowed from any two-leg stunt.
- **TOSSES:** Up to 1 trick allowed during a toss. Tosses may not exceed 1 complete twisting rotation.

MIDDLE SCHOOL & ELEMENTARY DIVISION DETAILS

MIDDLE SCHOOL AND ELEMENTARY TEAMS WILL FOLLOW ADDITIONAL RESTRICTIONS AS OUTLINED BY:
<HTTPS://WWW.USACHEER.ORG>

ADVANCED DIVISION DETAILS

- Advanced teams will follow the standard 2022-2023 USA Cheer/NFHS Spirit Rules Book with no other restrictions.
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