



CHEER AMERICA

School Cheer

Rule Book

2023-2024 SEASON



ELIGIBILITY REQUIREMENTS

- Every student-athlete representing a school must be officially recognized by the competing school's administration as a member of the competing school's team AND enrolled in classes at this school.
 - Teams must be prepared to prove enrollment by showing current class enrollment if requested by Cheer America Championships.
- Teams must consist exclusively of members that have NOT graduated from high school.
- **Cheer America strongly recommends all teams have alternate(s), not currently competing with another team, who is prepared to substitute in the event of injury, probation, etc.**

EXPECTATIONS

All aspects of a performance, including choreography, music, & uniforms, MUST be family friendly.

SPORTSMANSHIP

- All participating members/coaches should display good sportsmanship for the duration of the event with respect for themselves, opposing teams and spectators. Taunting or bragging, as well as discrimination of any nature is not prohibited.

PERFORMANCE INTEGRITY & SCHOOL REPRESENTATION

- Performances should represent the standards as expected by athletes and student body representatives at the collegiate level. Routines should highlight the skills being performed in a safe and collegiate style.

UNIFORMS

- Appropriate uniform attire and undergarments are required during all practices, performances, and awards ceremonies.
 - No risqué, or provocative uniforms or garments.
 - Soft-soled athletic shoes must be worn while competing.

DIVISION TYPES

CROWD LEADING DIVISIONS: 2 Minutes 30 seconds

- Focus on crowd leading with crowd effective material. Routines will include transitional stunts/pyramids, **BUT** will have a cheer section encouraging a crowd response similar to leading the fans on game day!

PERFORMANCE DIVISIONS: 2 Minutes 30 seconds

- Routine should showcase skills and focus on visual elements, consisting of transitional stunts, pyramids and a cheer. In the Performance divisions it is NOT required that the cheer encourages crowd participation.

GAME DAY DIVISIONS: 3 Minutes

- Teams in the Game Day Divisions will showcase a Band Chant, Game Day Cheer, and Fight Song.
- In the **Spirit Program division** cheer teams must include their dancers, mascots and/or band members. This division celebrates how spirit programs work together to enhance their school game day!



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CROWD LEADING DIVISIONS ROUTINE LENGTH: 2 Minutes 30 seconds CHEER PORTION: EMPHASIZES CROWD LEADING ABILITY WITH EFFECTIVE MATERIAL & PROPS				
NOVICE	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	NON-BUILDING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	NON-TUMBLING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSITY	5-30 Members	9th-12th Grade	Female/Male
	NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female/Male
	* NOVICE JUNIOR CLUB	5-30 Members	14 Years & younger *	Female/Male
INTERMEDIATE	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	NON-BUILDING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	NON-TUMBLING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	NON-TUMBLING JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSITY	5-30 Members	9th-12th Grade	Female
	COED VARSITY	5-30 Members	9th-12th Grade	Female/Male
	NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female/Male
	NON-TUMBLING VARSITY	5-30 Members	9th-12th Grade	Female/ 0-2 Male
ADVANCED	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSITY	5-30 Members	9th-12th Grade	Female
	COED VARSITY	5-30 Members	9th-12th Grade	Female/Male
	NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female/Male
	NON-TUMBLING VARSITY	5-30 Members	9th-12th Grade	Female/ 0-2 Male

PERFORMANCE DIVISIONS ROUTINE LENGTH: 2 Minutes 30 seconds				
NOVICE	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSITY	5-30 Members	9th-12th Grade	Female/Male
INTERMEDIATE	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSITY	5-30 Members	9th-12th Grade	Female
	COED VARSITY	5-30 Members	9th-12th Grade	Female/Male
ADVANCED	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSITY	5-30 Members	9th-12th Grade	Female
	COED VARSITY	5-30 Members	9th-12th Grade	Female/Male

GAME DAY DIVISIONS ROUTINE LENGTH: 3:00 Minutes INCLUDES: BAND CHANT, GAME DAY CHEER, & FIGHT SONG (crowd leading material suitable for pep rallies /sideline)				
MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male	
JUNIOR VARSITY	5-30 Members	11th Grade & Below	Female/Male	
VARSITY	5-30 Members	9th-12th Grade	Female	
COED VARSITY	5-30 Members	9th-12th Grade	Female/Male	
** SPIRIT RALLY	5-30 Members	9th-12th Grade	Female/Male	

DIVISION DETAILS

- Divisions will be determined by the grade of the participants' at the time of the competition, regardless of the participants' ages.
- All **High School** divisions are for 9th-12th grade athletes. Athletes younger than 9th grade will be allowed to participate **ONLY** if they are enrolled in the school they are representing, are recognized as full time cheerleaders for that school, and receive permission from Cheer America prior to competition.
- **FLAG RUNNERS- members that are strictly used for flags & props**
 - Flag runners do count towards the overall number of athletes on the floor
 - Flag runners, if males, are **not** considered in coed determination and *may not participate in any stunts or additional skills.*
 - *If you have flag runners on your team, please contact cheer america when registering info@cacheermail.com*



NOVICE DIVISIONS

NOVICE TEAMS WILL FOLLOW 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 handspring series*

- Flips and/or aerials are **NOT ALLOWED** (no tucks)

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**
 - EXCEPT the inversions allowed under Novice Stunts.
 - Release moves in pyramids are **NOT** allowed
 - EXCEPT 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.



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INTERMEDIATE DIVISIONS

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 switch ups are allowed if:
 - MUST be caught at prep level or below.
 - CANNOT exceed ¼ turn
 - DO NOT pass above extended arm level
 - Ball Ups, or other two feet release moves, from below prep level are NOT ALLOWED.
 - Inversions may **NOT** pass through an extended position. *EXAMPLE: Pancake/Fold Over*
 - Twisting inversions are NOT allowed. *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 two 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 DIVISIONS

MIDDLE SCHOOL AND ELEMENTARY TEAMS WILL FOLLOW ADDITIONAL RESTRICTIONS AS OUTLINED BY: [HTTPS://WWW.USACHEER.ORG](https://www.usacheer.org)

ADVANCED DIVISIONS

ADVANCED TEAMS WILL FOLLOW THE STANDARD 2022-2023 USA CHEER/NFHS SPIRIT RULES BOOK WITH **NO OTHER RESTRICTIONS**.



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SCORING RANGES

The following charts outline the point range for specific skills performed by **MOST** of the team. Skills performed by **LESS** than **MOST** of the team will move the score into a lower range. In each category, **MOST** of the team must master each listed skill, unless the skills are separated by the word "OR." **THE TERM MOST IS APPROXIMATELY 75% OF THE TEAM**

NOVICE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
3-4	3-4	3-4
<ul style="list-style-type: none"> EXTENSION PREPS OR ONE LEG VARIATIONS BELOW PREP LEVEL 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> EXTENDED TWO LEG STUNTS AND/OR ONE LEG STUNTS AT PREP LEVEL 	<ul style="list-style-type: none"> CARTWHEELS OR ROUNDOFFS OR FORWARD/BACKWARD ROLLS
4-5	4-5	4-5
<ul style="list-style-type: none"> EXTENSIONS OR ONE LEG VARIATIONS AT PREP LEVEL 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> EXTENDED ONE LEG STUNT (<i>multiple</i>) MULTIPLE (2+) NOVICE TRANSITIONS 	<ul style="list-style-type: none"> ROUND OFF BHS OR STANDING BHS

NOVICE DETAILS:

- **TOSSES:**
 - Not required, but may be rewarded in the "pyramid" category
- **JUMP DIFFICULTY (4.0-5.0):** *Must be Advanced Jumps (Toe Touch, Hurdlers, Pike) done by most athletes*
 - 4.0- Single jumps
 - 4.5- Double jump combinations
 - 5.0- Triple jump combinations, OR double jump combo and a single jump (MUST have variety)
- **TIMING (9.0-10.0):**
 - Synchronization & uniformity
- **ROUTINE COMPOSITION (9.0-10.0):**
 - Spacing, seamless movement & patterns, execution of formations
- **VOICE/INFLECTION (9.0-10.0):**
 - Practical pace of cheer, words are easy to understand
- **MOTIONS/DANCE (9.0-10.0):**
 - Motion technique throughout the routine
 - Dance with a variety of visual elements including movement, level changes, footwork and floorwork, performed at a high level of perfection.
- **SHOWMANSHIP (9.0-10.0):**
 - Genuine energy and enthusiasm through the duration of the routine
- **SCHOOL REPRESENTATION (9.0-10.0):**
 - Sportsmanship, Make-up & Bows, Performance Integrity
- **CROWD EFFECTIVE MATERIAL (4.0-5.0):**
 - Easy to follow, encourages participation, use of props (signs, megaphones, poms, flags)



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INTERMEDIATE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2-3	2-3	2-3
<ul style="list-style-type: none"> EXTENSION PREPS OR ONE LEG VARIATIONS BELOW PREP LEVEL 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> EXTENDED TWO LEG STUNTS AND/OR ONE LEG STUNTS AT PREP LEVEL 	<ul style="list-style-type: none"> CARTWHEELS OR ROUND-OFFS OR FORWARD/BACKWARD ROLLS
3-4	3-4	3-4
<ul style="list-style-type: none"> EXTENSIONS OR ONE LEG VARIATIONS AT PREP LEVEL 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> EXTENDED ONE LEG STUNT (multiple) MULTIPLE (2+) NOVICE TRANSITIONS 	<ul style="list-style-type: none"> ROUND-OFF BHS OR STANDING BHS
4-5	4-5	4-5
<ul style="list-style-type: none"> EXTENDED ONE LEG STUNTS AND SINGLE TWISTING TRANSITION OR DISMOUNT TO OR FROM A TWO LEG STUNT 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> MULTIPLE TRANSITION ELEMENTS, ONE MUST BE A RELEASE AND MULTIPLE EXTENDED STRUCTURES INCLUDING SINGLE LEG STUNTS 	<ul style="list-style-type: none"> ROUND-OFF BHS TUCK OR ROUND-OFF TUCK OR STANDING BHS SERIES OR JUMP/BHS COMBINATION

INTERMEDIATE DETAILS:

- TOSSES:**
 - Not required, but may be rewarded in the “pyramid” category
- JUMP DIFFICULTY (4.0-5.0):** *Must be Advanced Jumps (ToeTouch, Hurdlers, Pike) done by most athletes*
 - 4.0– Single jumps
 - 4.5– Double jump combinations
 - 5.0– Triple jump combinations, OR double jump combo and a single jump (MUST have variety)
- TIMING (9.0-10.0):**
 - Synchronization & uniformity
- ROUTINE COMPOSITION (9.0-10.0):**
 - Spacing, seamless movement & patterns, execution of formations
- VOICE/INFLECTION (9.0-10.0):**
 - Practical pace of cheer, words are easy to understand
- MOTIONS/DANCE (9.0-10.0):**
 - Motion technique throughout the routine
 - Dance with a variety of visual elements including movement, level changes, footwork and floorwork, performed at a high level of perfection.
- SHOWMANSHIP (9.0-10.0):**
 - Genuine energy and enthusiasm through the duration of the routine
- SCHOOL REPRESENTATION (9.0-10.0):**
 - Sportsmanship, Make-up & Bows, Performance Integrity
- CROWD EFFECTIVE MATERIAL (4.0-5.0):**
 - Easy to follow, encourages participation, use of props (signs, megaphones, poms, flags)



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ADVANCED DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2-3	2-3	2-3
<ul style="list-style-type: none"> EXTENSION PREPS OR ONE LEG VARIATION BELOW PREP LEVEL OR EXTENSIONS OR ONE LEG VARIATION AT PREP LEVEL 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> EXTENDED TWO LEG STUNTS AND/OR ONE LEG STUNTS AT PREP LEVEL EXTENDED ONE LEG STUNT 	<ul style="list-style-type: none"> CARTWHEELS OR ROUND-OFFS OR FORWARD/BACKWARD ROLLS OR ROUND-OFF BHS OR STANDING BHS
3-4	3-4	3-4
<ul style="list-style-type: none"> EXTENDED ONE LEG STUNTS AND REQUIRED TWISTING SKILL: SINGLE TWISTING TRANSITION OR DISMOUNT TO OR FROM A TWO LEG STUNT 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> MULTIPLE TRANSITION ELEMENTS, ONE MUST BE A RELEASE AND MULTIPLE EXTENDED STRUCTURES INCLUDING SINGLE LEG STUNTS 	<ul style="list-style-type: none"> ROUND-OFF BHS TUCK OR ROUND-OFF TUCK OR STANDING BHS SERIES OR JUMP BHS COMBINATION
4-5	4-5	4-5
<ul style="list-style-type: none"> MULTIPLE ELITE SKILLS AND SINGLE TWISTING TRANSITION OR DISMOUNT FROM ONE LEG STUNTS OR EXTENDED STUNT SEQUENCE PERFORMED BY A SINGLE BASE, UNASSISTED, COED STYLE 	PYRAMIDS INVOLVING <ul style="list-style-type: none"> EXTENDED ONE LEG STUNTS WITH MULTIPLE TRANSITIONAL SEQUENCES PLUS ONE OF THE FOLLOWING: BRACED FLIP TRANSITION OR ARM BRACED TIC TOCK (AND MULTIPLE EXTENDED STRUCTURES) 	<ul style="list-style-type: none"> LAYOUTS OR STANDING BACK TUCK OR STANDING BHS BACK TUCK <p><i>*Additional skills above this may be executed including standing or running fulls.*</i></p>

ADVANCED DETAILS:

- **STUNTS:** Elite stunt skills include (but are not limited to):
 - Full Up or Double Up to Extended position
 - Release moves that land in extension
 - Tick Tock variations
 - Toss Extension Stunts
 - Other Transitions and unique mounts of similar difficulty
- **TOSSES:** Not required, but may be rewarded in the "pyramid" category
- **JUMP DIFFICULTY (4.0-5.0):** Must be Advanced Jumps (ToeTouch, Hurdlers, Pike) done by most athletes
 - 4.0- Single jumps
 - 4.5- Double jump combinations
 - 5.0- Triple jump combinations, OR double jump combo and a single jump (MUST have variety)
- **TIMING (9.0-10.0):** Synchronization & uniformity
- **ROUTINE COMPOSITION (9.0-10.0):** Spacing, seamless movement & patterns, execution of formations
- **VOICE/INFLECTION (9.0-10.0):** Practical pace of cheer, words are easy to understand
- **MOTIONS/DANCE (9.0-10.0):** Motion technique throughout the routine
 - Dance with a variety of visual elements including movement, level changes, footwork and floorwork, performed at a high level of perfection.
- **SHOWMANSHIP (9.0-10.0):** Genuine energy and enthusiasm through the duration of the routine
- **SCHOOL REPRESENTATION (9.0-10.0):** Sportsmanship, Make-up & Bows, Performance Integrity
- **CROWD EFFECTIVE MATERIAL (4.0-5.0):** Easy to follow, encourages participation, use of props (signs, megaphones, poms, flags)