



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!



CROWD LEADING & PERFORMANCE INFORMATION

CROWD LEADING DIVISIONS ROUTINE LENGTH: 2 Minutes 30 seconds <small>CHEER PORTION: EMPHASIZES CROWD LEADING ABILITY WITH EFFECTIVE MATERIAL & PROPS</small>				
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-TUMBLING 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
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
	NON-TUMBLING COED VARSITY	5-30 Members	9th-12th Grade	Female/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

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.*

CROWD LEADING & PERFORMANCE REQUIREMENTS

- All skills (tumbling, partner stunts, pyramids, and jumps) must follow the NFHS Safety Guidelines. Skill restrictions for each category are listed below.
- All teams will perform their choreographed routine for a duration of 2 minutes and 30 seconds.
- Organized entrances or exits that involve planned walkout formation, cheers or run-ons with jumps, tumbling or stunts are **NOT ALLOWED**. Cheerleaders must enter and exit the performance area in a timely fashion.
- In Crowd Leading and Performance Divisions, **UP TO TWO Mascots are allowed ONLY if 2 DIFFERENT Mascots represent the school**. These mascots will NOT count towards participant count. Mascots cannot participate in any Skills (stunts, pyramids, or tumbling) in any division.
- Crowd Leading divisions will follow the Guidelines with Novice, Intermediate or Advanced skill restrictions and require a cheer portion that emphasizes Crowd Leading ability.
- Non-Tumbling divisions will follow the Guidelines and, in addition, will prohibit all tumbling, except for inversions into or from load in positions, stunts and pyramids. Tumbling is defined as any skill with feet over head rotation.
Exception: a back handspring entry into stunts / pyramids will not be allowed.
- Non-Building divisions: No partner stunts, pyramids or tosses are allowed. If an athlete is ever lifted off the performing surface by another athlete or athletes, it would be considered a 'building skill,' and therefore illegal.
- Novice Junior Club and Junior High/ Middle School Divisions will be restricted from performing any type of toss or waist level cradles- **See usacheer.org** for more information on these additional skill restrictions. This division is for the Recreational Teams as well as any Elementary aged programs looking to register at an NCA School Event.

NOVICE SKILL RESTRICTIONS

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**
- Aerials and Flips are **NOT ALLOWED**

RUNNING TUMBLING: *Series of front and back handsprings are allowed*

- Aerials and Flips 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: Single Barrel/log rolls are allowed and must start/end in cradle)**
- Release moves are **NOT ALLOWED**
- Inversions are limited to a handstand on the performing surface being lifted directly to a non-inverted position.
 - All other inversions are **NOT ALLOWED**

PYRAMIDS

- Extended single leg stunts must be braced by at least one person at prep level or below with hand/arm connection.
 - The required hand/arm connection must be made prior to executing the extended single leg stunt. *(bracer MUST have a minimum of 2 bases or 1 base and 1 spotter).*
- Extended stunts may not brace or be braced by any other extended stunts.
- Release moves are **not allowed**. Any time a top person is released by the bases and braced by another top person, they may not perform any skill and must land in a cradle.
- Inversions are not allowed except those allowed in Novice Stunts.

DISMOUNTS: Only straight pop downs, straight cradles and ¼ twisting dismounts are allowed. *(See definition of dismount in NFHS Rules)*

TOSSES: The only body position allowed is a straight ride.



INTERMEDIATE SKILL RESTRICTIONS

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

STANDING TUMBLING: limited to one single standing back handspring

- Series front and back handsprings are allowed.
- Flips and connected jump flips are **NOT ALLOWED**.

RUNNING TUMBLING:

- **Back Flips may ONLY be performed in a tuck position from ONLY a cartwheel, round off or round off back handspring(s).** Other skills with hand support prior to the cartwheel or round off are allowed. (Front Flips are **NOT ALLOWED**)
- No twisting while airborne. (*Exception: Aerial cartwheels are allowed*)
- No tumbling is allowed after a back flip or aerial cartwheel. **There must be a clear pause/stop in momentum prior to the next tumbling skill.**

STUNTS:

- Up to ½ twist allowed to and from an extended position.
- Up to 1 twist allowed to and from prep level or below.
- Release moves are allowed UP to prep level or below. They may NOT pass through an extended position or exceed ¼ twist.
- **Release moves must initiate from below prep level**
- Inversions may NOT pass through extended positions. (Foldover/Pancake) stunts are **NOT ALLOWED**.

PYRAMIDS

- Braced flips are **NOT ALLOWED**.
- Extended single leg stunts may not be braced by any other single leg extended stunts.
- **Release moves are allowed up to ½ twist.**
- All other skills must follow Intermediate Stunts unless braced by at least one person at prep level or below with hand/arm connection from initiation of the skill.

DISMOUNTS:

- Only straight pop downs, basic straight cradles and ¼ twisting dismounts are allowed from any single leg stunt.
- Up to 1¼ twists are allowed from any two-leg stunt.

TOSSES

- Up to 1 trick is allowed. May not exceed 1 twisting rotation. During a twisting toss, no skill other than the twist is allowed.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILL RESTRICTIONS

Junior High, Middle School and Elementary teams will follow the NFHS Spirit Rules Book and the additional restrictions outlined here: <https://www.usacheer.org>

ADVANCED SKILL RESTRICTIONS

Advanced teams will follow the USA Cheer & NFHS Spirit Rules Book with no additional skill restrictions.



2024-2025 HIGH SCHOOL SCORING GUIDELINE- NOVICE DIVISIONS

Scores will be based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category

STUNTING & TUMBLING DIFFICULTY SCORES

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
2.0-3.0	2.0-3.0	2.0-3.0	4.0
<i>Stunt skills do not meet the 3.0-4.0 requirements by MOST</i>	<i>Pyramid skills do not meet the 3.0-4.0 requirements by MOST</i>	<i>Tumbling skills do not meet the 3.0-4.0 requirements by MOST</i>	<i>Single Advanced Jumps by MOST synchronized</i>
3.0-4.0	3.0-4.0	3.0-4.0	4.5
•Extension Preps OR •One Leg Variations Below Prep	Pyramids involving •Extended Two Leg Stunt AND/OR •One Leg Stunt at Prep Level	•Cartwheels OR •Round-offs OR •Forward/Backward Rolls	Double Jump Combinations by MOST synchronized
4.0-5.0	4.0-5.0	4.0-5.0	5.0
•Extensions OR •One Leg Variations at Prep	Pyramids involving: •Extended One Leg Stunt (multiple) •Multiple (2 or more) Novice level transitions	•Round-off BHS OR •Stand BHS	Triple jump combinations or double jump combinations & single jump by MOST synchronized MUST include VARIETY

PERFORMANCE DIVISIONS- OVERALL & OTHER SCORES

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
9.0-10.0	9.0-10.0	9.0-10.0	9.0-10.0
Pace of cheer is practical, words are easy to understand	Transitions, level changes, footwork & floorwork, variety of movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm & Energy throughout the routine. <i>This score is averaged across all scoresheets</i>	Sportsmanship, performance integrity, make-up, bows
TIMING	ROUTINE COMPOSITION	•TOSSES -Tosses are not required but may be rewarded in the "Pyramid" category. •JUMP DIFFICULTY - Must begin and finish on feet and the <u>SAME</u> jump must be performed by most (hurdlers in different directions are same jump) <i>Advanced jumps: Toe Touch, Right/Left Hurdlers front or side, Pike</i>	
9.0-10.0	9.0-10.0		
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations		

CROWD LEADING DIVISIONS- OVERALL & OTHER SCORES

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
9.0-10.0	9.0-10.0	4.0-5.0	9.0-10.0
Pace of cheer is practical, words are easy to understand	Transitions, level changes, footwork & floorwork, variety of movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm & Energy level throughout the routine. <i>This score is averaged across all scoresheets</i>	Sportsmanship, performance integrity, make-up, bows
TIMING	ROUTINE COMPOSITION	CROWD EFFECTIVE MATERIAL	*SEE PROGRESSION CHART FOR SKILLS* NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USACheer.org For additional Non Tumbling and Non Building Divisions please see information listed in our Rule Book.
9.0-10.0	9.0-10.0	4.0-5.0	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation/response Utilizing props (signs, poms, megaphones, flags)	

EXECUTION

LOW	MID	HIGH
1.0-3.0	3.0-4.0	4.0-5.0
Widespread/Many/Frequent Errors across many athletes/stunts	Multiple/Majority/Several Multiple athlete/stunt errors, Majority stunt groups do not have errors, Severity of errors	Minor/Few/Minimal Minimal athletes/stunt errors throughout



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2024-2025 HIGH SCHOOL SCORING GUIDELINE- INTERMEDIATE DIVISIONS

Scores will be based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category

STUNTING & TUMBLING DIFFICULTY SCORES

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
2.0-3.0	2.0-3.0	2.0-3.0	4.0
•Extension Preps OR •One Leg Variations Below Prep	Pyramids involving •Extended Two Leg Stunt AND/OR •One Leg Stunt at Prep Level	•Cartwheels OR Round-offs OR •Forward/Backward Rolls	Single Advanced Jumps by MOST synchronized
3.0-4.0	3.0-4.0	3.0-4.0	4.5
•Extensions OR •One Leg Variations at Prep Level	Pyramids involving •Extended One Leg Stunt (multiple) •Multiple (2 or more) Novice level transitions	•Round-off BHS OR Stand BHS	Double Jump Combinations by MOST synchronized
4.0-5.0	4.0-5.0	4.0-5.0	5.0
•Extended 1 Leg Stunts AND •Single Twisting transition or dismount to or from 2 Leg Stunt	Pyramids involving •multiple transitional elements, one of which is a release AND multiple extended structures including extended 1 leg stunts.	Round-off BHS Back Tucks OR Round-off Tucks OR Standing BHS Series OR Jump/BHS Combo	Triple jump combinations or double jump combinations & single jump by MOST synchronized MUST include VARIETY

PERFORMANCE DIVISIONS- OVERALL & OTHER SCORES

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
9.0-10.0	9.0-10.0	9.0-10.0	9.0-10.0
Pace of cheer is practical, words are easy to understand	Transitions, level changes, footwork & floorwork, variety of movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm & Energy throughout the routine. <i>This score is averaged across all scoresheets</i>	Sportsmanship, performance integrity, make-up, bows
TIMING	ROUTINE COMPOSITION	*TOSSES- Tosses are not required but may be rewarded in the "Pyramid" category. *JUMP DIFFICULTY- Must begin and finish on feet and the <u>SAME</u> jump must be performed by most (hurdlers in different directions are same jump) Advanced jumps: Toe Touch, Right/Left Hurdlers front or side, Pike	
9.0-10.0	9.0-10.0		
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations		

CROWD LEADING DIVISIONS- OVERALL & OTHER SCORES

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
9.0-10.0	9.0-10.0	4.0-5.0	9.0-10.0
Pace of cheer is practical, words are easy to understand	Transitions, level changes, footwork & floorwork, variety of movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm & Energy level throughout the routine. <i>This score is averaged across all scoresheets</i>	Sportsmanship, performance integrity, make-up, bows
TIMING	ROUTINE COMPOSITION	CROWD EFFECTIVE MATERIAL	*SEE PROGRESSION CHART FOR SKILLS* NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USACheer.org For additional Non Tumbling and Non Building Divisions please see information listed in our Rule Book.
9.0-10.0	9.0-10.0	4.0-5.0	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation/response Utilizing props (signs, poms, megaphones, flags)	

EXECUTION

LOW	MID	HIGH
1.0-3.0	3.0-4.0	4.0-5.0
Widespread/Many/Frequent Errors across many athletes/stunts	Multiple/Majority/Several Multiple athlete/stunt errors, Majority stunt groups do not have errors, Severity of errors	Minor/Few/Minimal Minimal athletes/stunt errors throughout



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2024-2025 HIGH SCHOOL SCORING GUIDELINE- ADVANCED DIVISIONS

Scores will be based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category

STUNTING & TUMBLING DIFFICULTY SCORES

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
2.0-3.0	2.0-3.0	2.0-3.0	4.0
<ul style="list-style-type: none"> •Extension Preps OR •One Leg Variations Below Prep OR •Extensions OR •One Leg Variations at Prep 	<p style="text-align: center;">Pyramids involving</p> <ul style="list-style-type: none"> •Extended Two Leg Stunts AND/OR •One Leg Stunts at Prep Level •Pyramids involving an Extended One Leg Stunt 	<ul style="list-style-type: none"> •Cartwheels OR Round-offs OR •Forward/Backward Rolls 	Single Advanced Jumps by MOST synchronized
3.0-4.0	3.0-4.0	3.0-4.0	4.5
<ul style="list-style-type: none"> •Extended One Leg Stunts AND •Required twisting skill: Single Twisting transition or dismount to or from Two Leg Stunts 	<p style="text-align: center;">Pyramids involving</p> <ul style="list-style-type: none"> •multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts. 	<ul style="list-style-type: none"> •Round-off BHS OR Stand BHS 	Double Jump Combinations by MOST synchronized
4.0-5.0	4.0-5.0	4.0-5.0	5.0
<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 	<p style="text-align: center;">Pyramids involving</p> <ul style="list-style-type: none"> •Extended One Leg Stunts with Multiple Transitional Sequences (PLUS one of the following) •At least one Braced Flip Transition OR Arm Braced TicTick AND Multiple Extended Structures 	<ul style="list-style-type: none"> •Round-off BHS Back Tucks OR •Round-off Tucks OR •Standing BHS Series OR •Jump/BHS Combinations 	Triple jump combinations or double jump combinations & single jump by MOST synchronized MUST include VARIETY

PERFORMANCE DIVISIONS- OVERALL & OTHER SCORES

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
9.0-10.0	9.0-10.0	9.0-10.0	9.0-10.0
Pace of cheer is practical, words are easy to understand	Transitions, level changes, footwork & floorwork, variety of movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm & Energy throughout the routine. <i>This score is averaged across all scoresheets</i>	Sportsmanship, performance integrity, make-up, bows
TIMING	ROUTINE COMPOSITION	<ul style="list-style-type: none"> •TOSSES-Tosses are not required but may be rewarded in the "Pyramid" category. •JUMP DIFFICULTY- Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump) Advanced jumps: Toe Touch, Right/Left Hurdlers front or side, Pike 	
9.0-10.0	9.0-10.0		
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations		

CROWD LEADING DIVISIONS- OVERALL & OTHER SCORES

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
9.0-10.0	9.0-10.0	4.0-5.0	9.0-10.0
Pace of cheer is practical, words are easy to understand	Transitions, level changes, footwork & floorwork, variety of movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm & Energy level throughout the routine. <i>This score is averaged across all scoresheets</i>	Sportsmanship, performance integrity, make-up, bows
TIMING	ROUTINE COMPOSITION	CROWD EFFECTIVE MATERIAL	<p>*SEE PROGRESSION CHART FOR SKILLS*</p> <p>NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USACheer.org For additional Non Tumbling and Non Building Divisions please see information listed in our Rule Book.</p>
9.0-10.0	9.0-10.0	4.0-5.0	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation/response Utilizing props (signs, poms, megaphones, flags)	

EXECUTION

LOW	MID	HIGH
1.0-3.0	3.0-4.0	4.0-5.0
Widespread/Many/Frequent Errors across many athletes/stunts	Multiple/Majority/Several Multiple athlete/stunt errors, Majority stunt groups do not have errors, Severity of errors	Minor/Few/Minimal Minimal athletes/stunt errors throughout



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STUNT PROGRESSIONS 2024-2025

NOVICE	INTERMEDIATE	ADVANCED
<ul style="list-style-type: none"> - ¼ OR ½ up to prep level - ¼ or ½ Twisting transition to prone/cradle from prep 	<ul style="list-style-type: none"> - ¼ OR ½ up to Extended - Rewind transition to Load - Full up variations to prep (<i>cross leg, bases moving, mult. connections</i>) - Full up to Prep Lib (or other body position) 	<ul style="list-style-type: none"> - Full up to Extended/Target/Lib - Full up to Extended Body Position - 1½ up to Extended - Double up to Extended - Hands Full around to Extended - Hands 1½ around to Extended - Hands Double around to Extended - High to High Full Around (<i>2 feet OR 1 foot</i>) - High to High Double Around
<ul style="list-style-type: none"> - Inversion below Prep level - Ground inversion to prep level - Ground Inversion to Prep Single Leg - Ground inversion to Extended 	<ul style="list-style-type: none"> - Inversions below Prep level - Below Prep inversions from Stunt (<i>yo-yo, backwalkover ect.</i>) - Suspended Rolls - Inverted Dismounts (cartwheel style) - Ground Inversion To Prep - Prep Level Inversion - Released inversion to Below or at Prep - Ground inversions to Extended 	<ul style="list-style-type: none"> - Inverted Dismounts (pancake) - Twisting Ground Inversion to extended (<i>½ twist or more</i>) - Release inversion to Extended - Prep Inversion Release to Extended - Ground Inversion Release to Extended Body Position - Prep Inversion Release to Extended Body Position - Hand in Hand inversion Release to Prep OR Extended - Alternate entries to Hand to Hand stunts (Diamidov) release to prep OR Extended
<ul style="list-style-type: none"> - Not allowed unless to cradle 	<ul style="list-style-type: none"> - Release move to below prep - Horizontal release move to below OR at prep - Release move to prep (<i>quick toss, switch up</i>) - Up to ¼ twisting switch up to Prep single leg 	<ul style="list-style-type: none"> - Prep level tic tock - Switch up to extended single leg - Release moves to Extended (<i>quick toss, low to high, ect</i>) - ½ Twisting Switch up to Extended Single leg - Horizontal Release move to Extended or Extended Body position - Low to High tick to body position - ½ Twisting Release moves to Extension - Full Twisting Switch up - High to High (lib to lib OR body position to body position) - Full Twisting Switch up to Body Position - Full Twisting Release move to Extended (<i>quick toss, low to high, ect</i>) - ½ twisting (or greater) Horizontal Release move to Extended
<ul style="list-style-type: none"> - Thigh Stands - Shoulder Sits OR Shoulder Stands - Extension Prep - Extension - Single Base Extension 	<ul style="list-style-type: none"> - Full Twisting dismount from two leg stunt - Single Leg extended variations - single base extension - switch up to prep one leg, single base - Extended Single base lib/Body Position - ½ Twisting to extended, single base 	<ul style="list-style-type: none"> - Full Twisting dismount from Single leg stunts - Kick full twisting dismount from Single leg stunts - Switch up to extended one leg, single base - Extended single base variations that include twisting/releases (<i>½ up switch, full up, low to high tick, ect.</i>) - Inverted Released and twisting skills to Prep OR Extended
<ul style="list-style-type: none"> - Walk in/Toss Chair - Assisted Walk-in hands - Assisted toss hands - Assisted Coes skill at Prep level - Assisted Press extension - Walk in Hands Press Extension 	<ul style="list-style-type: none"> - Toss Hands - Toss Hands Press Extension - Walk in Extension - Assisted Full up variation to prep - Toss hands press to extended one leg - Walk in to extended single leg - Toss hands press to extended single arm - Walk in to extended single arm variation - hands to hands full around 	<ul style="list-style-type: none"> - Toss Extension - Assisted Full up variations to extend - Toss Extended platform to single leg variation - Toss to immediate extended Lib OR Body position - Low to Low/High tic tocks - Toss one arm Extended - High to High tic tocks - ½ twist (or greater) release moves - toss full up to extended - Released inversion to prep OR extended

*** This list of skills is not all inclusive. Please remember other factors for difficulty include pace, combination of skills, number of bases, etc. Following this is only a guideline and does not guaranteed a specific difficulty score**

Stunt Group Numbers (traditional group of 4)	
Total Athletes	# Stunts
5-10	1
11-14	2
15-19	3
20-25	4
26-30	5

The number of stunt groups is the minimum number that should be executed to have **MOST**.

Utilizing **ALL** stunt groups could positively impact your difficulty scores.

PYRAMID PROGRESSIONS 2024-2025

NOVICE	INTERMEDIATE	ADVANCED
<ul style="list-style-type: none"> - Braced non-released transitions - Braced extended single leg skill with hand-arm connection - Inverted stunts to prep level and below from ground - Inverted stunts to extended from ground with two bracers - Inverted stunts to extended from ground with one bracer - Inverted ½ up stunts to extended single leg from ground with 1 bracer 	<ul style="list-style-type: none"> - Inverted stunts to prep level and below - Inverted stunts to extended with bracer(s) - Inverted stunts involving spinning to prep with bracer(s) OR extended with bracer(s) - Full up variations to prep level or below - Full up variations to extended with bracer(s) - Single based full-up variations to prep with bracer(s) OR extended with bracer(s) 	<ul style="list-style-type: none"> - Inverted stunts involving spinning to extended - Inverted stunts involving spinning to extended unbraced - Full up variations to extended single leg - Full up variations to extended body positions - 1.5 full up variations to extended OR extended single leg - Double up variations OR High to high double twisting variations - Single based full up variations to single leg - Single based high to high full around variations - Single based single leg high to high full around variations
<ul style="list-style-type: none"> - Released transitions to a cradle <p><i>*See rules and regulations and stunt progressions</i></p>	<ul style="list-style-type: none"> - Non-Inverted Released transition to ANY level with 2 bracers - Non-Inverted Released transition to prep or below with 1 bracer OR landing extended with 1 bracer - Switch up landing extended (braced or unbraced) - Braced inverted stunts released to prep level or below - Released transition with up to ½ twist - Released transition with inversion that land extended with 2 bracers 	<ul style="list-style-type: none"> - Released transition involving spinning to prep - Released transition involving spinning or inversion that land extended - Released transition involving spinning/inversion that land extended with 2 bracers - Released transition to extended involving spinning/inversions with 1 bracer - Unbraced releases landing extended - Unbraced spinning/inversions release landing extended
<ul style="list-style-type: none"> - Flipping/rolling transitions are NOT ALLOWED 	<ul style="list-style-type: none"> - Rolling transition to prep and below - Rolling transition to extended position with 2 bracers - Rolling transition to extended position with 1 bracer 	<ul style="list-style-type: none"> - Flipping transition landing below prep level - Flipping transition landing at prep level with 1 OR 2 bracers - Flipping transition landing extended with 1 OR 2 bracers - Flipping transition starting at prep or above, landing extended with 1 OR 2 bracers - Twisting flipping transition landing below prep level - Twisting flipping transition landing at prep level - Twisting flipping transition landing extended

**** This list of skills is not all inclusive. Please remember other factors for difficulty include pace, combination of skills, number of bases, etc. Following this is only a guideline and does not guaranteed a specific difficulty score***



GAME DAY INFORMATION

The Game Day format will consist of one 3-minute performance that includes all three Game Day categories.

GAME DAY DIVISIONS

GAME DAY DIVISIONS ROUTINE LENGTH: 3:00 Minutes <i>INCLUDES: BAND CHANT, GAME DAY CHEER, & FIGHT SONG (crowd leading material suitable for pep rallies /sideline)</i>			
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 RALLY (previously Spirit Rally)	5-36 Members	9th-12th Grade	Female/Male

GAME DAY GENERAL ROUTINE REQUIREMENTS

- **Cheer America will NOT announce an offense or defense clue. Teams may choose to perform either cheer.**
- All cheerleading skills including tumbling, partner stunts, pyramids, and jumps must follow the NFHS Guidelines.
- Props may be set once your team has been announced to the floor before your music begins. **Teams will have 30 seconds to set up and begin the routine as well as 30 seconds to exit the performance surface. For Game Day, timing will begin once the first participant has stepped onto the performing surface.**
- The maximum performance time must not exceed 3 minutes. Timing will not include the team spirting or rallying, but will begin with the first group movement, voice, or note of music, or organized entrance, whichever comes first. **This includes any formal chants or cheers prior to taking the mat.**
- Teams competing in the Game Day Rally Division will follow a structure identical to the other Game Day Divisions, with the exception of the fact that this division encourages the use of sideline cheerleaders, dancers, school bands, drumlines, and mascots, etc.
- In all Game Day Divisions all participants on the performance surface will count as a member of the team. This includes band members, flag runners, etc. **UP TO TWO Mascots can be included and WILL NOT count towards participant count ONLY IF two different mascots represent the school**
- Mascots/Flag Runners do not affect if a team is All Girl or COED division. All other participants WILL determine if a team is All Girl or COED except for the additional school programs listed below for Game Day Rally.
- Mascots/Flag Runner must be appropriately attired so their mobility, vision, etc. are not impaired. Only cheerleaders may participate in stunts, pyramids, and all tumbling skills.
- Running Tumbling is not permitted during entry or exit of the performing surface
- Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, including the team's entry to the floor and any time before starting the performance. Single Standing tumbling skills and **single-based lifts** are allowed anytime during the performance except during the Band Chant. See any additional Game Day section restrictions below.



SPECIFIC REQUIREMENTS

BAND CHANT	<ul style="list-style-type: none"> - Traditional school band chant(s) - Recorded band music MUST be used. - Incorporation of props (signs, poms, megaphones, flags, etc) - Timing will start with organized movement/voice/note of music (whichever is first) and end with the last beat of music or organized movement. <p>SKILL RESTRICTIONS</p> <ul style="list-style-type: none"> - Tumbling and/or stunting of any kind is NOT ALLOWED during the Band Chant Section. - Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.
CHEER	<ul style="list-style-type: none"> - NO MUSIC: Live drummer and/or drum track is allowed. All skills (jumps, stunts, tumbling) must be performed within a safe distance of drummers. Drummers cannot be involved in any skill. - Each Performance must include at least two components from the following: cheers, chants, traditional yells, and/or drum cadences. - Teams should utilize all areas of their crowd-leading strengths. The use of Props is encouraged (poms/signs/flags/megaphones/ect.) - Emphasis on crowd involvement and practicality. All material should be suitable for a game or rally. <p>SKILL RESTRICTIONS</p> <ul style="list-style-type: none"> - Baskets and waist level tosses are NOT allowed. <i>Examples of toss skills allowed are: quick toss stunts, toss coed skills, and toss toe touches (require a spotter)</i> - NOT ALLOWED: Inversion stunts, Twisting released dismounts, Running Tumbling - Single leg extended stunts are limited to liberties and liberty hitches. - Tumbling is limited to a single standing tumbling skill with the highest skill level allowed being a back tuck. <i>Exception: A Jump CAN be connected to the single standing tumbling skill. Examples of standing tumbling skills allowed include: back tuck, back handspring, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.</i>
FIGHT SONG	<ul style="list-style-type: none"> - Teams are encouraged to use their traditional team fight song. - Timing will start with organized movement/voice/note of music (whichever is first) and end with the last beat of music or organized movement. - Props (poms, signs, flags, megaphones and/or banners) are permitted. - Performances can incorporate up to 3 eight counts of skills (stunts, tumbling and/or jumps). The 3 eight-counts must be consecutive. During the fight song, the 3 eight-counts may be repeated, if performed identically. The 3 eight-counts of skills include loading and dismounting from stunts (unless routine finishes in stunt/pyramid). - Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game or rally. - Dismounts following the completion of the routine will not be included for timing purposes. <i>Any choreographed dismounts will continue the timing of the routine. Example – Coed toe touch pop offs performed together, in unison would be considered choreographed.</i> <p>SKILL RESTRICTIONS</p> <ul style="list-style-type: none"> - Basket and waist level tosses are NOT allowed. <i>Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches (require a spotter)</i> - Inversion stunts are NOT allowed - Twisting released dismounts are NOT allowed - Single leg extended stunts are limited to liberties and liberty hitches. - Running tumbling is NOT allowed - Tumbling is limited to a single standing tumbling skill with the highest skill level allowed being a back tuck. Exception: A Jump CAN be connected to this single standing tumbling skill. <i>Other examples of standing tumbling skills allowed include: back tuck, back handspring, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.</i> - A JUMP is considered a skill and can only be performed in the 3 consecutive 8 count segment.