



CODE OF CONDUCT

All attendees are expected to follow the event rules, regulations and policies. Athlete safety is our top priority and we expect all attendees to help us maintain a respectful, safe and fun atmosphere.

ELIGIBILITY REQUIREMENTS

- Cheer America Championships requires all coaches, directors and staff accessing warm ups, backstage or coaches box to have proper coaches credentials. This includes an approved background check that must be submitted to Cheer America prior to the event.
- Every 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.

SCHOOL REPRESENTATION

- ***All aspects of a performance MUST be family friendly.***
- Performances should represent the standards expected by athletes and student body representatives. Routines should highlight the skills being performed in a safe style.
- 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.

UNIFORMS

- **All participant uniforms must cover the midriff when standing at attention.** *Sheer, mesh, fringe and other "see through" material is not a legal midriff covering.*
- Appropriate uniform attire and undergarments are required during all practices, performances, and awards ceremonies.
 - No risqué, or provocative uniforms or garments.
 - Athletic shoes must be worn while competing.
- Hair for all athletes must be secured off the face.

ENTRANCES & EXITS

- Organized, formal entrances and/or exits that involve organized walk out lines, cheers or run-ons with jumps, tumbling or stunts are NOT permitted.
- **Cheerleaders must enter the performance area in a timely fashion NOT TO EXCEED 30 seconds from team announcement until start of performance or 30 seconds exiting the floor.**
- Teams should not have choreographed movements to enter the stage. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures.
- All team breaks, and traditions should take place backstage prior to entering the performance stage.



DIVISION DETAILS

Cheer America offers three different types of divisions: Performance, Crowd Leading and Game Day (UIL).

CROWD LEADING	PERFORMANCE	GAME DAY (UIL)
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! Max Routine Length: 2 Minutes 30 seconds	Routines should showcase skills and focus on visual elements, consisting of transitional stunts, pyramids and a cheer. In Performance divisions the cheer is NOT required to encourage crowd participation. Max Routine Length: 2 Minutes 30 seconds	Game day routines will focus on traditional crowd leading, and must include band chant, fight song, and crowd leading section. Teams should include props such as signs, poms, flags and megaphones. - This division will utilize UIL & NFHS Scoring and Rules. - The announcer will call out an offense or defense prompt after the band chant. Max Routine Length: 3 Minutes

- Participants may not compete in multiple Performance/Crowd Leading divisions at the same event.
 - *Note: Cheerleaders may compete in one Performance **OR** Crowd Leading routine **AND** one Game Day routine.*
- No cheerleader may represent more than one school, even in the event of injury or emergency.
- Division splits will be made when the Event Director deems the split is in the best interest of providing a competitive environment.
- Divisions will be determined by the grade of the participants' at the time of competition, regardless of age.
- 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.*

***See the next page for a full list of School Cheer divisions offered.**

Note Cheer America may choose not to offer all divisions at all events. If you have any questions please contact us at *Info@CAcheermail.com*



CHEER AMERICA

School Cheer Rule Book

2025-2026



CROWD LEADING DIVISIONS ROUTINE LENGTH: 2 Minutes 30 seconds

Focus on leading the crowd with effective material. Routines include transitional skills but are must have a cheer encouraging crowd response

NOVICE DIVISIONS

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 MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
NON-TUMBLING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	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 DIVISIONS

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 (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)
NON-BUILDING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
NON-TUMBLING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
NON-TUMBLING JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
NON-TUMBLING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-TUMBLING COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)

ADVANCED DIVISIONS

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 (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)
NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-TUMBLING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-TUMBLING COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)

PERFORMANCE DIVISIONS ROUTINE LENGTH: 2 Minutes 30 seconds

Showcase athletes skills and focus on visual elements. Routines have transitional skills and cheer. Cheer is not required to encourage crowd response.

NOVICE DIVISIONS

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 DIVISIONS

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 (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)

ADVANCED DIVISIONS

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 (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)

GAME DAY DIVISIONS ROUTINE LENGTH: 3:00 Minutes

Focus on traditional crowd leading skills. Routine must include band chant, situational chant, cheer and traditional fight song dance.

***NEW:** This division will utilize UIL & NFHS Scoring, and the announcer will call out an offense or defense prompt after the band chant.

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 (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)
** GAME DAY RALLY	5-36 Members	9th-12th Grade	Female & Male



CROWD LEADING & PERFORMANCE INFORMATION

- All skills (tumbling, partner stunts, pyramids, and jumps) must follow the NFHS Safety Guidelines. Skill restrictions for each category are listed below.
- 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: Must 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: 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 Cheer America Event.

NOVICE SKILL RESTRICTIONS

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

STANDING TUMBLING:

- Single standing back handspring is allowed
- Connected rolls and walkovers to a single back handspring are allowed
- Series front or back handsprings are **NOT ALLOWED**
- Jump(s) handspring combos are **NOT ALLOWED**

RUNNING TUMBLING:

- Series front or back handsprings are allowed
- Aerials and Flips are **NOT ALLOWED**

STUNTS

- Single leg stunts held at prep level or below are allowed
- Extended single leg Show N go's are **NOT ALLOWED**
- Single leg stunts at prep or below may rotate up to ½
- Up to ½ twist by the top person to or from and 2 foot stunt is allowed (**EXCEPTION:** Single Barrel/log rolls are allowed and must start/end in cradle)
- Release moves are **NOT ALLOWED**

INVERSIONS

- Ground inversions to a vertical upright position are allowed
- Ground inversions may rotate up to ½ twist by top person
- Release ground inversions are **NOT ALLOWED**
- Downward inversions are **NOT ALLOWED**

PYRAMIDS

- All skills must follow novice stunts unless braced by at least one person at prep level or below with hand/arm connection. **The required connection must be made at the initiation of the skill and remain connected throughout the entire transition.**
- Up to ½ twist is allowed by the top person to/from any level.
- 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.
- Braced 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)

TOSES: The only body position allowed is a straight ride to a cradle position.



CHEER AMERICA

School Cheer Rule Book

2025-2026



INTERMEDIATE SKILL RESTRICTIONS

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

GENERAL TIMBLING:

- No twisting while airborne (Aerial cartwheels are allowed)

STANDING TUMBLING: limited to one single standing back handspring

- Series front and back handsprings are allowed.
- Jump handspring combos are allowed
- Flips are **NOT ALLOWED**

RUNNING TUMBLING:

- Back Flips performed in a tuck position are allowed (must come from a roundoff, cartwheel, or RO BHS)
- Other skills with hand support prior to the cartwheel or round off are allowed.
- Aerial cartwheels are allowed
- No tumbling is allowed after a back flip or aerial cartwheel.
- Front flips are **NOT ALLOWED**

STUNTS:

- Up to ½ twist allowed to and from an extended position.
- Up to 1 twist allowed to and from prep level or below.

RELEASES

- Release moves are allowed UP to prep level or below.
- Release moves are allowed up to ¼ twist
- Release moves must initiate from **prep level or below**

INVERSIONS

- Inversions are allowed at prep level or below
- Inversions may not pass through extended position (Foldover/Pancake stunts are **NOT ALLOWED**)
- **Downward inversions are ONLY allowed from a horizontal/cradle position below prep level.**
- Released inversions are allowed up to ½ twist
- Connected inversions are allowed up to 1 twist UP to prep level.

PYRAMIDS

- All pyramid skills must follow intermediate skill restrictions unless connected to one bracer at prep or below with hand/arm connection. Connection must be made from initiation of the skill through completion.
- Extended single leg stunts may not be braced by any other single leg extended stunts.
- Braced Release moves are allowed up to ½ twist.
- **A braced forward or backward flip is allowed; connection to 2 different bracers is required; each bracer must have hand/arm to hand/arm connection with a separate arm of the top person; no twisting is allowed, and the flip must end in a cradle.**
- All other braced inversions must be braced from initiation of the skill and remain connected throughout the entire transition.

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 prep level stunt or any two-leg stunt at any level.**
- **During twisting dismount, no skill other than the twist is allowed.**

TOSES

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

ADVANCED SKILL RESTRICTIONS

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

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILL RESTRICTIONS

- **NO TOSSES ARE ALLOWED IN ANY MIDDLE SCHOOL/ELEMENTARY DIVISION**
- Junior High, Middle School and Elementary teams will follow the NFHS Spirit Rules Book and the additional restrictions outlined here: <https://www.usacheer.org>



CHEER AMERICA

School Cheer Rule Book

2025-2026



STUNT PROGRESSIONS

NOVICE	INTERMEDIATE	ADVANCED
TWISTING		
- ¼ OR ½ up to prep level - ¼ or ½ Twisting transition to side/prone/cradle from prep - ¼ or ½ Twisting transition to side/prone/cradle from any 2 foot stunt	- 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 - Full up to Prep lib - Full up to Prep level body position	- Full up to Extended/Target/Lib - Prep Full Around to Extended - Full up to Extended Body Position - High to High Full around- 2 feet - Prep 1½ up to Extended - 1 ½ up to extended - Double up to Extended - Prep double around to extended - High to Highfull around - 1 foot - High to High double around
INVERSIONS		
- Ground inversion to below prep level - Ground inversion to prep level - Ground Inversion to Prep Single Leg - Ground inversion to Extended - Ground inversion with up to ½ twist to Prep - Ground inversion with up to ½ twist to extended 2 foot stunt	- 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 prep - Released inversion from prep or below to prep level - Ground inversions to Extended	- 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
RELEASE		
- Not allowed unless to cradle	- Release move to below prep - Horizontal release move to below prep - Release move to prep (<i>quick toss, switch up, ball up</i>) - Horizontal release move to prep - Up to ¼ twisting switch up to Prep single leg	- 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 to lib or body position - High to High (lib to lib OR body position 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
OTHER		
- Thigh Stands - Shoulder Sits OR Shoulder Stands - Extension Prep - Extension - Single Base Extension	- 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 or Body Position - ½ Twisting to extended, single base - 1 ¼ Twisting dismount from single leg stunt at prep or below	- 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 (½ up switch, full up, low to high tick, ect.) - Inverted Released and twisting skills to Prep OR Extended
COED STYLE		
- 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	- Toss prep - Toss Hands Press Extension - Walk in Extension - Assisted Full up variation to prep - Toss prep, press to extended one leg - Walk in to extended single leg variation - Toss prep press to extended single arm - Walk in to extended single arm variation	- Toss Extension OR 1 arm Extension - Assisted Full up variations to extended - Toss Extended platform to single leg variation - Toss to immediate extended Lib OR Body position - Low to Low/High tic tocks - High to High tic tocks (body position to body position) - ½ twist (or greater) release moves - toss full up to extended - Released inversion to prep OR extended



CHEER AMERICA

School Cheer Rule Book

2025-2026



PYRAMID PROGRESSIONS

NOVICE	INTERMEDIATE	ADVANCED
- 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	- 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)	- 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
- Released transitions to a cradle <i>*See rules and regulations and stunt progressions</i>	- 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	- 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
- Flipping/rolling transitions are not allowed	- Rolling transition to prep and below - Rolling transition to extended position with 2 bracers - Rolling transition to extended position with 1 bracer - Braced flip (front or back) to cradle position with 2 bracers	- 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

Please note both lists of skill progressions are not all inclusive. Other factors for difficulty include pace, combination of skills, number of bases, etc. Following this is only a guideline and does not guarantee a specific difficulty score

GAME DAY INFORMATION

GAME DAY FORMAT

School game day divisions will follow the format and scoring style set by Texas UIL Spirit. Teams will perform their routines in the same style as Texas UIL Finals, with one three minute performance composed of a Band Chant, Fight Song and Crowd Leading section. Additionally during the performance there will be an announcer cue describing a game day offense or defense situation which the team must respond to.

- Each section of the routine has a one-minute time limit.
- Music used for Band Chant and Fight Song must be recorded marching band music.
- Crowd leading tools such as signs, poms, flags and/or megaphones are encouraged.
- Sideline practicality and effective leadership should be considered in all parts of the routine.

BAND CHANT

Emphasis on crowd effectiveness, appeal, technique and practicality. No stunts or tumbling permitted

FIGHT SONG

In addition to Fight Song motions and movement, up to three consecutive eight counts should be incorporated with stunts, jumps and/or tumbling.

CROWD LEADING

Time begins with a buzzer sound with the team already on the floor following the Band Chant. Performance should have an emphasis on crowd involvement.

SKILL RESTRICTIONS

- No basket, sponge or elevator tosses allowed
- No inversions
- No twisting dismounts from stunts
- Single-leg extended stunts are limited to liberties and liberty hitches
- No running tumbling
- Standing tumbling is limited to ONE SKILL at a time. A back tuck is the most elite tumbling skill allowed.

SAFETY RULES

UIL rules require all spirit activities to be in accordance with the safety standards prescribed by the NFHS Spirit Safety Rules, which may be purchased in electronic or print form at www.nfhs.org.