



# CHEER AMERICA SCHOOL CHEER Rule Book & Restrictions List 2022-2023 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 PERFORMANCE 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

- Showcase the skills and focus on visual elements. Routines will consist 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!



# CHEER AMERICA SCHOOL CHEER Rule Book & Restrictions List 2022-2023 SEASON



<b>CROWD PERFORMANCE DIVISIONS</b> ROUTINE LENGTH: 2:30 Minutes <i>CHEER PORTION: EMPHASIZES CROWD LEADING ABILITY WITH EFFECTIVE MATERIAL</i>				
NOVICE	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSAITY	5-30 Members	9th-12th Grade	Female/Male
	NON-BUILDING 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	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JV/FRESHMEN	5-30 Members	11th Grade & Below	Female/Male
	VARSAITY	5-30 Members	9th-12th Grade	Female
	COED VARSITY	5-30 Members	9th-12th Grade	Female/Male
	NON-BUILDING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	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
	VARSAITY	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

<b>PERFORMANCE DIVISIONS</b> ROUTINE LENGTH: 2:30 Minutes				
NOVICE	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	VARSAITY	5-30 Members	9th-12th Grade	Female/Male
INTERMEDIATE	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	VARSAITY	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
	VARSAITY	5-30 Members	9th-12th Grade	Female
	COED VARSITY	5-30 Members	9th-12th Grade	Female/Male

<b>GAME DAY DIVISIONS</b> ROUTINE LENGTH: 3:00 Minutes <i>INCLUDES: BAND CHANT, GAME DAY CHEER, &amp; FIGHT SONG (crowd leading material suitable for pep rallies /sideline)</i>				
	MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female/Male
	JUNIOR VARSITY	5-30 Members	11th Grade & Below	Female/Male
	VARSAITY	5-30 Members	9th-12th Grade	Female
	COED VARSITY	5-30 Members	9th-12th Grade	Female/Male
	** SPIRIT PROGRAM	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 **varsity** level 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, contact cheer america when registering [info@cacheermail.com](mailto:info@cacheermail.com)*



**CHEER AMERICA**  
**SCHOOL CHEER**  
*Rule Book & Restrictions List*  
2022-2023 SEASON



## NOVICE DIVISIONS

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.



**CHEER AMERICA**  
**SCHOOL CHEER**  
*Rule Book & Restrictions List*  
2022-2023 SEASON



---

## 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 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.
-



**CHEER AMERICA**  
**SCHOOL CHEER**  
*Rule Book & Restrictions List*  
2022-2023 SEASON



---

## **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.**

---

**UPDATED: 10/17/22**