



SCHOOL & REC GUIDELINES

PERFORMANCE DIVISIONS

1. Cheer will count for 30 points, Building Skills will count for 50 points and Overall will count for 20 points. Building and Overall score sheets only judge skills and choreography within the music portion of the routine.
2. Any deductions or violations will be taken off the final score.
3. Coaches are responsible for knowing the rules set forth for the school divisions. Rules subject to change by **NFHS**. Go to usacheer.org and <https://nfhs.org/activities-sports/spirit/> for the most updated rules and rules books.
4. Non-Tumbling Divisions will restrict any hip over head rotation except for entries and exits to stunts/pyramids.
Back handspring entries WILL NOT be allowed in the Non-Tumbling Divisions.
5. **Intermediate Divisions must follow all Intermediate skill restrictions listed in the Intermediate section.** Cheer will count for 30 points, Building Skills will count for 42 points, and Overall will count for 18 points for a total of **90 points**.

INTERMEDIATE DIVISIONS - SKILL RESTRICTIONS

Skill Restrictions

a. General Tumbling

- i. No twisting while airborne. (Exception: Aerial cartwheels are allowed.)

b. Standing Tumbling

- i. Series front and back handsprings are allowed.
- ii. Jump handspring(s) combinations are allowed.
- iii. Flips are not allowed.

c. Running Tumbling

- i. Back flips performed in a tuck position are allowed.
- ii. Back flips are **ONLY** allowed from a roundoff, cartwheel, or round off handspring(s).
- iii. No other skills are allowed prior to the roundoff, cartwheel, or roundoff back handspring(s).
- iv. Aerial cartwheels are allowed.
- v. No tumbling is allowed after a back flip or aerial cartwheel. There must be a clear stop/pause in momentum prior to the next tumbling skill.
- vi. Front flips are not allowed.

INTERMEDIATE DIVISION

Skill Restrictions Continued...

d. Partner Stunts - Twisting

- i. Up to $\frac{1}{2}$ twist allowed to or from an extended position.
- ii. Up to 1 twist allowed to and/or from prep level or below.

e. Partner Stunts – Release

- i. Release moves must initiate from prep level or below.
- ii. Release moves are allowed up to prep level.
- iii. Release moves are allowed up to $\frac{1}{4}$ twist.

f. Partner Stunts - Inversion

- i. Inversions are allowed from ground level to non-inverted stunts.
 - a. No back handspring entries allowed.
 - b. No inverted stunts allowed above ground level.
- ii. Released ground level inversions are only allowed up to prep level.
- iii. Released ground level inversions are allowed up to $\frac{1}{4}$ twist.
- Exception: Downward inversions are allowed from a horizontal/cradle position below prep level.

g. Pyramids

- i. All pyramid skills must follow Intermediate stunt restrictions unless connected to at least one bracer at prep level or below with hand/arm connection from the initiation of the skill and remain connected throughout the transition.
- ii. Non-inverted braced release moves are only allowed up to $\frac{1}{2}$ twist.
- iii. All pyramid release moves from inverted to non-inverted must be inverted at the bottom of the dip and may not twist.
- iv. Extended single leg stunts may not be braced by any other extended single leg stunts.
- v. Braced flips are not allowed.

h. Dismounts and Tosses

- i. Only straight pop downs, basic straight cradles, and $\frac{1}{4}$ twisting dismounts are allowed from any single leg stunt.
- ii. Up to 1 $\frac{1}{4}$ twists are allowed from any two-leg stunt
- iii. No elevator or basket tosses are allowed.

GAME DAY DIVISIONS

1. The performance will follow this order: Band Chant, Crowd Leading, Fight Song.

2. The use of crowd leading tools is recommended (All are not required).

- a. Approved props include foam fingers, rally towels, signs, poms, flags and/or megaphones. Props should be used for crowd leading and appropriate for crowd response.
- b. c. d. e. f. g. Props may not be thrown into the crowd.
 - Props cannot bear the weight of the performer. This includes sideline cheer/dance boxes used at games.
 - No air horns or artificial noise makers allowed.
 - **All equipment tips on flagpoles must be padded or taped.**
 - **All props must be able to fit through a standard size (36") single door.**
 - Props may be discarded off the performance surface but not hit/banged on the floor outside the performance area.
- h. Prop approvals or prop questions can be submitted 2 weeks prior to the event.
- i. Mascots will only be allowed to use the approved props listed above.

3. The incorporation of stunts/tumbling is required in the Crowd Leading and Fight Song sections if the division permits. If there are no skills (stunts and/or tumbling) performed, a score of 0 will be given for the skills categories.

4. Band Chant should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted, jumps and kicks are allowed. Squads should focus on crowd engagement and visual appeal and use creative movements such as level changes and ripples.

5. Crowd Leading - Following the band chant, teams may choose their situation. Teams should show their definitive understanding of the situation with an offensive or defensive Sideline. After the Situational Sideline, teams will move into their Cheer which can include one reflective of a timeout, general sideline/spell-out or other cheer material that incites a response and encourages the crowd to yell along. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment.

GAME DAY DIVISIONS

6. Fight Song should represent the traditional Fight Song the school does at games. Incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill (stunt or tumbling) until one of the following:

- a. The routine ends within the 3 consecutive 8 counts.
- b. Building Skills must be stationary prior to the end of the 3rd 8-count and may remain stationary until the end of the routine.
- c. Dismounts following the completion of the routine will not be included for timing purposes. Any choreographed discount will continue the timing of the routine.
Example – Coed toe touch pop offs performed together, in unison would be considered choreographed.

7. Each section should have a beginning and end. Note: 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. Tumbling and single-based lifts are allowed anytime during the performance except during the Band Chant **and still must be within the 3 8-count limit in Fight Song.**

8. Additional Skill Restrictions

- Basket and waist level tosses are NOT allowed. Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches.
- Inversions are NOT allowed.

5/15/2025 • Twisting Released Dismounts are NOT allowed.

- Single leg stunts are limited to liberties and liberty hitches.
- Running Tumbling is NOT allowed.
- Single standing tumbling is allowed and cannot be connected. A single tumbling skill can only be connected to a single jump. The only standing tumbling skills that are allowed include back handspring, back tuck, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.

ALL MUSIC DIVISIONS

- Routine Length: 2:30 minutes - Levels: Novice, Intermediate, Advanced
- Grade Levels: Junior High/Middle School, JV/Freshmen, Varsity, Coed Varsity.
- Teams competing in these divisions have routines that consist of transitional stunts, pyramids and a cheer. There is NO SEPARATE CHEER in these routines.

SCHOOL AGE GRIDS

School Performance Division			
Small Junior High	9th grade and below	Female/Male	5 - 16 Members
Large Junior High	9th grade and below	Female/Male	17 - 30 Members
Small Junior Varsity	7th grade - 12th grade	Female	5 - 16 Members
Large Junior Varsity	7th grade - 12th grade	Female	17 - 30 Members
Junior Varsity Coed	7th grade - 12th grade	Female/1+ Male	5 - 30 Members
Small Varsity	8th - 12th grade	Female	5 - 15 Members
Medium Varsity	8th - 12th grade	Female	16 - 19 Members
Large Varsity	8th - 12th grade	Female	20 - 23 Members
Super Varsity	8th - 12th grade	Female	24 - 30 Members
Small Varsity Coed	8th - 12th grade	Female/1-4 Males	5 - 20 Members
Large Varsity Coed	8th - 12th grade	Female/5+ Males	21 - 30 Members

School Non-Tumbling Performance Division

Junior High Non Tumbling	9th grade and below	Female/Male	5 - 30 Members
Junior Varsity Non Tumbling	7" grade - 12" grade	Female/Male	5 - 30 Members
Small Varsity Non Tumbling	8t grade - 12" grade	Female	5 - 15 Members
Medium Varsity Non Tumbling	gth grade - 12* grade	Female	16 - 19 Members
Large Varsity Non Tumbling	8* grade - 12" grade	Female	20 - 23 Members
Super Varsity Non Tumbling	8th grade - 12* grade	Female	24 - 30 Members
Varsity Coed Non Tumbling	8th grade - 12* grade	Female/1-4 Males	5 - 30 Members

School Intermediate Division

Junior High Intermediate	9th grade and below	Female/Male	5 - 30 Members
Junior Varsity Intermediate	7th - 12th grade	Female/Male	5 - 30 Members
Varsity Intermediate	8th - 12th grade	Female	5 - 30 Members
Varsity Coed Intermediate	8th - 12th grade	Female/1+ Males	5 - 30 Members
Varsity Non Tumbling Intermediate	8th - 12th grade	Female/Male	5 - 30 Members

School Game Day Division

Small Junior High Game Day	9th grade and below	Female/Male	5 - 16 Members
Large Junior High Game Day	9th grade and below	Female/Male	17 - 30 Members
Small Junior Varsity Game Day	7th - 12th grade	Female/Male	5 - 16 Members
Large Junior Varsity Game Day	7th - 12th grade	Female/Male	17 - 30 Members
Small Varsity Game Day	8th - 12th grade	Female	5 - 15 Members
Medium Varsity Game Day	8th - 12th grade	Female	16 - 19 Members
Large Varsity Game Day	8th - 12th grade	Female	20 - 23 Members
Super Varsity Game Day	8th - 12th grade	Female	24 - 30 Members
Small Varsity Coed Game Day	8th - 12th grade	Female/1-4 Males	5 - 20 Members

School Non Tumbling Game Day Division

Junior High Non Tumbling Game Day	9th grade and below	Female/Male	5 - 30 Members
Junior Varsity Non Tumbling Game Day	7th - 12th grade	Female/Male	5 - 30 Members
Small Varsity Non Tumbling Game Day	8th - 12th grade	Female	5 - 15 Members
Medium Varsity Non Tumbling Game Day	8th - 12th grade	Female	16 - 19 Members
Large Varsity Non Tumbling Game Day	8th - 12th grade	Female	20 - 23 Members
Super Varsity Non Tumbling Game Day	8th - 12th grade	Female	24 - 30 Members
Varsity Coed Non Tumbling Game Day	8th - 12th grade	Female / 1-4 males	5 - 30 Members

Performance Rec Divisions

DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
TINY (6U)	2018 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2016 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1			
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2			
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1			
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.2			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male

LEVEL 3 continued on next page

Performance Rec Divisions

DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 3			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4.2			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 5			
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male

YCADA YOUTH LEVEL 1

DIVISION	BIRTH YEAR	AGES
Division 6 Level 1 Limited	Age as of July 31, 2025	6 years and younger
Division 6 Level 1	Age as of July 31, 2025	6 years and younger
Division 8 Level 1 Limited	Age as of July 31, 2025	8 years and younger
Division 8 Level 1	Age as of July 31, 2025	8 years and younger
Division 9 Level 1	Age as of July 31, 2025	9 years and younger
Division 10 Level 1	Age as of July 31, 2025	10 years and younger
Division 11 Level 1	Age as of July 31, 2025	11 years and younger
Division 12 Level 1	Age as of July 31, 2025	12 years and younger
Division 13 Level 1	Age as of July 31, 2025	13 years and younger
Division 14 Level 1	Age as of July 31, 2025	14 years and younger
Division 16 Level 1	Age as of July 31, 2025	16 years and younger
Division 18 Level 1	Age as of July 31, 2025	18 years and younger
NA - Division 6 Level 1 Limited	Age as of July 31, 2025	6 years and younger
NA - Division 8 Level 1 Limited	Age as of July 31, 2025	8 years and younger
NA - Division 8 Level 1	Age as of July 31, 2025	8 years and younger
NA - Division 10 Level 1 Limited	Age as of July 31, 2025	10 years and younger
NA - Division 10 Level 1	Age as of July 31, 2025	10 years and younger
NA - Division 12 Level 1	Age as of July 31, 2025	12 years and younger
NA - Division 14 Level 1	Age as of July 31, 2025	14 years and younger
NA - Division 16 Level 1	Age as of July 31, 2025	16 years and younger
NA - Division 18 Level 1	Age as of July 31, 2025	18 years and younger

YCADA YOUTH LEVEL 2

Division 10 Level 2	Age as of July 31, 2025	10 years and younger
Division 11 Level 2	Age as of July 31, 2025	11 years and younger
Division 12 Level 2	Age as of July 31, 2025	12 years and younger
Division 13 Level 2	Age as of July 31, 2025	13 years and younger
Division 14 Level 2	Age as of July 31, 2025	14 years and younger
Division 16 Level 2	Age as of July 31, 2025	16 years and younger
Division 18 Level 2	Age as of July 31, 2025	18 years and younger
NA - Division 10 Level 2	Age as of July 31, 2025	10 years and younger
NA - Division 12 Level 2	Age as of July 31, 2025	12 years and younger
NA - Division 14 Level 2	Age as of July 31, 2025	14 years and younger
NA - Division 16 Level 2	Age as of July 31, 2025	16 years and younger
NA - Division 18 Level 2	Age as of July 31, 2025	18 years and younger

YCADA YOUTH LEVEL 3

Division 11 Level 3	Age as of July 31, 2025	11 years and younger
Division 12 Level 3	Age as of July 31, 2025	12 years and younger
Division 13 Level 3	Age as of July 31, 2025	13 years and younger
Division 14 Level 3	Age as of July 31, 2025	14 years and younger
Division 16 Level 3	Age as of July 31, 2025	16 years and younger
Division 18 Level 3	Age as of July 31, 2025	18 years and younger
NA - Division 14 Level 3	Age as of July 31, 2025	14 years and younger
NA - Division 16 Level 3	Age as of July 31, 2025	16 years and younger
NA - Division 18 Level 3	Age as of July 31, 2025	18 years and younger
NA - Division 18 Non-Tumbling Level 3	Age as of July 31, 2025	18 years and younger

YCADA YOUTH LEVEL 4

Division 14 Level 4	Age as of July 31, 2025	14 years and younger
Division 16 Level 4	Age as of July 31, 2025	16 years and younger
Division 18 Level 4	Age as of July 31, 2025	18 years and younger
NA - Division 18 Level 4	Age as of July 31, 2025	18 years and younger
NA - Division 18 Level 4.2	Age as of July 31, 2025	18 years and younger

YCADA YOUTH SIDELINE PERFORMANCE

Division 10	Age as of July 31, 2025	10 years and younger
Division 14	Age as of July 31, 2025	14 years and younger
Division 16	Age as of July 31, 2025	16 years and younger

YCADA DANCE

Division 8	POM, HIP HOP	8 years and younger
Division 10	POM, HIP HOP	10 years and younger
Division 12	POM, HIP HOP	12 years and younger
Division 14	POM, HIP HOP	14 years and younger
Division 16	POM, HIP HOP	16 years and younger
Division 18	POM, HIP HOP	18 years and younger
Open Theme Dance	THEME	18 years and younger