

HIGH SCHOOL SHOW CHEER AND GROUP STUNT DIVISION LIMITATIONS

VERSION 8.25.21

In addition to all rules covered in the “2021-22 NFHS Spirit Rules Book” the following restrictions also apply to teams entering these divisions:

Show Cheer – Novice

Show Cheer – Novice Non-Tumbling

Show Cheer – Novice Non-Building

Show Cheer and/or Group Stunt – Intermediate

Show Cheer and/or Group Stunt – Advanced

Show Cheer – Advanced Non-Tumbling

Show Cheer – Advanced Non-Building

SHOW CHEER – **NOVICE** Division Limitations

TUMBLING

Standing tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off.

Limited in difficulty to a standing single back handspring.

Jump/handspring combinations and standing handspring series are not allowed. Standing tucks and/or aerials are not allowed.

Running tumbling: “Running tumbling” is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Limited in difficulty to front and/or back handspring series. Flips (tucks), aerials, and punch fronts are not allowed.

SHOW CHEER – **NOVICE** Division Limitations Cont'd

STUNTS

1. Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount.
2. Single leg stunts may not be held or pass through an extended position.
3. Twisting stunt transitions are limited to a ½ twist. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person.
4. All release moves must land in a cradle.
5. The only stunt inversions allowed are:
 - a. Transitions from ground level inversions *up* to non-inverted positions. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.
 - b. Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.
 - c. Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount or cradle position to back walkover dismount.

PYRAMIDS

1. All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level.
2. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition.
3. Twisting pyramid transitions are limited to a ½ twist.
4. Pyramid inversions are not allowed.

DISMOUNTS

"Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

Only straight pop downs/bump downs, basic straight cradles, ¼ turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

TOSSES

The only body position allowed is a straight ride

SHOW CHEER – NOVICE NON-TUMBLING Division Limitations

Non-Tumbling Novice teams will follow the 2021-22 USA Novice Division Limitations for Stunts, Pyramids, Dismounts, and Tosses. The following tumbling skill restrictions apply to the Non-Tumbling division.

STANDING/RUNNING TUMBLING

This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round-offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward $\frac{3}{4}$ suspended roll dismount is allowed.

SHOW CHEER – NOVICE NON-BUILDING Division Limitations

Non-Building Novice teams will follow the 2021-22 USA Novice Division Limitations for Tumbling. The following building skill restrictions apply to the Non-Building division.

BUILDING/STUNTS/TOSSES/PYRAMIDS

This division prohibits all building. No partner stunts, pyramids and/or tosses are allowed. If an athlete is ever lifted off of the performing surface by another athlete or athletes, it is considered a "building skill" and is therefore illegal.

SHOW CHEER AND/OR GROUP STUNT – INTERMEDIATE Division Limitations

TUMBLING

Standing Tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off.

Limited in difficulty to standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed.

Running Tumbling: “Running tumbling” is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Running Tumbling: limited in difficulty to tucks. Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s). Punch fronts are not allowed. No twisting is allowed while airborne. (Exception: Aerial cartwheels are allowed). The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill.

STUNTS

1. Extended single leg stunts are allowed.
2. Only a ½ twist is allowed to any extended single leg stunt.
3. All other twisting transitions may not exceed 1 twisting transition.
4. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the base's/bases' extended arm level.

PYRAMIDS

1. All pyramid twisting transitions must follow all dismount and stunt twisting transition rules.
2. Pyramid inversions: A braced forward or backward flip is allowed while adhering to the “2021-22 NFHS Spirit Rules Book” rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position.
3. Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS

“Dismount” is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

1. Single leg extended stunts (liberty, heelstretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.
2. Up to 1 twist is allowed from a platform position.
3. Up to 1¼ twists are allowed from any two leg stunts.

TOSSES

Limited to one trick only during a toss (i.e. one toe touch). Examples of skills not allowed:
A kick followed by a twist, or a ball to an X.

SHOW CHEER AND/OR GROUP STUNT – **ADVANCED Division Limitations**

Advanced teams will follow the “2021-22 NFHS Spirit Rules Book” with no additional skill restrictions for the division.

SHOW CHEER – **ADVANCED NON-TUMBLING Division Limitations**

Non-Tumbling Advanced teams will follow the “2021-22 NFHS Spirit Rules Book” with additional tumbling skill restrictions for the division.

STANDING/RUNNING TUMBLING

This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round-offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward $\frac{3}{4}$ suspended roll dismount is allowed.

SHOW CHEER – **ADVANCED NON-BUILDING Division Limitations**

Non-Building Advanced teams will follow the “2021-22 NFHS Spirit Rules Book” with additional building skill restrictions for the division.

BUILDING/STUNTS/TOSSES/PYRAMIDS

This division prohibits all building. No partner stunts, pyramids and/or tosses are allowed. If an athlete is ever lifted off of the performing surface by another athlete or athletes, it is considered a “building skill” and is therefore illegal.