

2025-2026 USA DIVISION LIMITATION RULES AND RESTRICTIONS

Note: All Show Cheer and Group Stunt teams will follow the 2025-2026 USA Cheer & NFHS Spirit Rules Book in addition to these skill restrictions.

NOVICE SKILL RESTRICTIONS

STANDING TUMBLING

- Single back handsprings **are allowed**.
- Connected rolls and walkovers to a single back handspring or between 2 single back handsprings **are allowed**.
- Series front and back handsprings are **NOT allowed**.
- Jump handspring(s) combinations are **NOT allowed**

RUNNING TUMBLING

- Series front and back handsprings **are allowed**.
- Flips and aerial cartwheels are **NOT allowed**.

STUNTS

- Single leg stunts at prep level or below **are allowed**.
- Extended single leg show N go stunts are **NOT allowed**.
- Up to ½ twisting transitions **are allowed**. (Exception: A single full twisting log roll is allowed if it starts/ends in a cradle, does not involve any other skill other than the twist, and is not assisted by and/or connected to another top person).
- Simultaneously performing a half twist while turning, and/or while bases are turning is **NOT allowed**.

RELEASES

- Release moves are **NOT allowed**.

INVERSIONS

- Ground level inversions to a vertical upright position **are allowed**
- Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand or hand-to wrist contact to a stunt, two-person cradle, loading position, or performing surface **are allowed**. During the roll, no twisting is allowed, and the top person's feet must be released.
- Downward Inversions are only allowed if initiated from a stationary horizontal/cradle position below prep level.

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.
- 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. (*The bracer MUST have a minimum of 2 bases or 1 base and 1 spotter*).
- The required hand/arm connection must remain until the single leg stunt is no longer extended.
- Extended stunts may not brace or be braced by any other extended stunts.

PYRAMID RELEASES

- Braced release moves **are allowed**.
- Any time a top person is released by the bases during a pyramid transition, the top person must be braced by two top people 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.

PYRAMID INVERSIONS

- Pyramid inversions are **not allowed**.

DISMOUNTS- (*Please see definition of dismount in NFHS Rules Book*)

- Straight pop downs **are allowed** from prep level or below.
- Basic straight cradles **are allowed**.
- ¼ twisting dismounts **are allowed**.

TOSSES

- A toss to a cradle **is allowed**.
- The only body position allowed is a straight ride.
- All other tosses are **NOT allowed**

ADDITIONAL NON-TUMBLING NOVICE RESTRICTIONS

- Tumbling is **NOT allowed**. Tumbling is defined as any skill with feet over head rotation.
- Back Handspring entries into stunts or pyramids are **NOT allowed**.

ADDITIONAL REC, ELEMENTARY, MIDDLE SCHOOL & JUNIOR HIGH RESTRICTIONS

- All tosses to cradles are prohibited. (Example: Basket Tosses are **NOT allowed**).

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INTERMEDIATE SKILL RESTRICTIONS

GENERAL TUMBLING

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

STANDING TUMBLING

- Series front and back handsprings **are allowed**.
- Jump handspring (s) combinations **are allowed**
- Flips are **NOT allowed**.

RUNNING TUMBLING

- Back flips performed in a tuck position **are allowed**.
- Back flips are **ONLY** allowed from a roundoff, cartwheel, or roundoff BHS.
- Other skills with hand support prior to the cartwheel or roundoff **are allowed**.
- Aerial Cartwheels **are allowed**
- No tumbling is allowed after a back flip or aerial cartwheel.
- Front flips are **not allowed**.

STUNTS

- Extended single leg stunts **are allowed**.

TWISTING

- Up to ½ twist is allowed to an extended single leg position.
- Other transitions are allowed up to 1 twist.

RELEASES

- Release moves must initiate from **prep level or below**.
- Release moves are allowed **UP** to **prep level**.
- Release moves are allowed up to 1 twist.

INVERSIONS

- Inversions are allowed at prep level or below.
- Inversions may not pass through extended position. Extended pancake/waterfall style stunts are **not allowed**. (Exception: Suspended forward or backward roll stunts **are allowed**).

PYRAMIDS

- All pyramid skills must follow Intermediate stunt restrictions unless connected to at least one bracer 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.
- Extended single leg stunts may not be braced by any other single leg extended stunts.

PYRAMID RELEASES

- Braced release moves are allowed up to 1 twist.

PYRAMID INVERSIONS

- Braced backward roll is allowed if the top person is inverted **before** the base(s) release the top person to an upright position.
- Braced forward/backward flips **are allowed**, however, two bracers with hand-to-hand/arm connection with the top person is required, no twisting is allowed, and the flip **MUST** end in a cradle. All other braced flip rules in the 2025-2026 NFHS Spirit Rules Book must be followed.

DISMOUNTS

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

TOSSES

- Up to 1 trick is allowed.
- Up to 1 twisting rotation is allowed.
- During a twisting toss, no skill other than the twist is allowed.

ADDITIONAL NON-TUMBLING INTERMEDIATE RESTRICTIONS

- Tumbling is **NOT allowed**. Tumbling is defined as any skill with feet over head rotation.
- Back Handspring entries into stunts or pyramids are **NOT allowed**.

ADDITIONAL REC, ELEMENTARY, MIDDLE SCHOOL & JUNIOR HIGH RESTRICTIONS

- All tosses to cradles are prohibited. (Example: Basket Tosses are **NOT allowed**).
- Legal tosses to skills **are allowed**.



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ADVANCED SKILL RESTRICTIONS

Advanced teams will follow the 2025-2026 USA Cheer & NFHS Spirit Rules Book

ADDITIONAL NON-TUMBLING ADVANCED RESTRICTIONS

- Tumbling is **NOT allowed**. Tumbling is defined as any skill with feet over head rotation.
- Back Handspring entries into stunts or pyramids are **NOT allowed**.

ADDITIONAL REC, ELEMENTARY, MIDDLE SCHOOL & JUNIOR HIGH RESTRICTIONS

- All tosses to cradles are prohibited. (Example: Basket Tosses are **NOT allowed**).
- Legal tosses to skills **are allowed**.