

2026 – 2027 USA COLLEGE DIVISION LIMITATION RULES AND RESTRICTIONS

Note: In addition to following all rules listed in the USA Cheer College Cheer Rules on the USA Cheer website www.usacheer.org/college-cheer the following restrictions also apply to teams entering these Intermediate divisions:

All Girl Show Cheer – Intermediate

Small Coed Show Cheer – Intermediate

Large Coed Show Cheer – Intermediate

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**.

RUNNING TUMBLING

- Airborne flips **are allowed**.
- Back flips (**tucks/layouts**) 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

- Stunts in which the base uses only one arm for support are not allowed.
- Free flipping stunts **are NOT allowed** (ex: leg pitch, walk-in, sponge, rewinds, and straddle catch flips).

TWISTING

- Up to 1 ¼ twists **are allowed** in released twisting skills (load-ins, dismounts, and transitions).

RELEASES

- Released inversions into stunts **are allowed** **from prep level or below** and may not exceed a ½ twist. This includes released inversions in a stunt to an upright position.

INVERSIONS

- Extended static inverted stunts are not allowed (ex: extended handstand is not allowed).

PYRAMIDS

- Up to 2 persons high **are allowed**. **Pyramids may pass through 2 ½ high but may not stop or change direction during the transition.**
- Free flipping pyramid skills (including load-ins and dismounts) **are NOT allowed**.

PYRAMID RELEASES

- Flips must be braced by at least one bracer at or below prep level.

PYRAMID INVERSIONS

- All pyramid inversions require at least one bracer at prep level or below.
- Top person cannot land inverted.

TOSSES

- Tosses must be directed vertically and caught by the original bases who remain stationary.
- Up to 2 tricks during a toss (ex: kick full, ball X).
- Up to 1 ¼ twists is allowed.
- Flips are **NOT allowed**.