



School Novice Routine Rules, Restrictions, and Ranges

Standing Tumbling

- Limited to a single back handspring
- Standing series and jumps connected immediately to a back handspring are not permitted.
- Flips and aerials are not permitted.

Running Tumbling

- Limited to back and front handspring series.
- Flips and aerials are not permitted.

Stunts

- Single leg stunts may not be held at or pass through the extended position. Extended liberties are not permitted.
- All release moves must land in a cradle.
- Inversions are allowed only in transitions from ground level inversions to a non-inverted position. No other inversions are permitted.
 - Example: A handstand on the ground to a non-inverted stunt is permitted.
 - Example: Starting in a cradle or prone position and transitioning to an inverted position is NOT permitted.
- Twisting transitions are limited to a 1/2 twist by the top person.
- Exceptions: Log/barrel rolls are permitted.

Pyramids

- Extended single leg stunts must be braced by at least one person at or below prep level.
- Connection must be made prior to the execution of the single leg extended stunt
- Connection must be made at or below prep level
- Inversions in pyramids are not permitted with the exception of the inversions allowed under Novice stunts rules.
- Any time a top person is released by the bases and braced by other top persons, no skill is permitted during transition and must land in a cradle.
- Release moves in pyramids are not permitted with the exception of release moves under Novice stunt rules.

Dismounts

- Dismounts are limited to straight pop-downs, basic straight cradles, and a 1/4 twist.

Tosses

- Straight ride tosses are the only permitted body position.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
3-4	3-4	3-4
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
4-5	4-5	4-5
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS

To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range

Tosses

- Tosses are not required, but may be rewarded in the "Pyramid" category

Timing (9.0-10.0)

- Synchronization and Uniformity

Jump Difficulty (4.0-5.0) - Advanced jumps required for higher than 4.0 score (Toe Touch, Pike, Hurdler, Double 9)

- 4.0 - Single jump - (Non-Advanced Jumps)
- 4.2 - Single jump
- 4.4 - Double jump combinations with no variety
- 4.6 - Double jump combination with variety
- 4.8 - Triple jump combinations or double jump combinations and a single jump, no variety
- 5.0 - Triple jump combinations or double jump combinations and a single jump, with variety

Routine Composition (9.0 - 10.0)

- Spacing, seamless movement and patterns, execution of formations.

Voice Inflection - (9.0 - 10.0) - (Building Creativity if All Music Routine)

- Pace of cheer is practical, and flow of words is easy to follow. Can be crowd leading or story style.
- If team is doing an all music routine, this category will be judged as building creativity.

Motions/Dance (9.0 - 10.0)

- Team's ability to incorporate transitions, level changes, footwork and floor work, with a variety of visual movements and high level of perfection along with motion technique throughout the routine.

Performance (9.0 - 10.0)

- Genuine enthusiasm and energy level throughout the routine. Confidence in execution of skills.

Program Representation (9.0 - 10.0)

- Sportsmanship, performance, integrity, appearance.





School Intermediate Routine Rules, Restrictions, and Ranges

Standing Tumbling

- Standing tucks or back handspring (s) tucks are not permitted.
- Flips are not permitted.

Running Tumbling

- Flips are only permitted to be performed in the TUCK position and must be performed from a round-o! or a round-o! back handspring(s).
- Skills performed with hand support prior to the round-o! or round-o! back handspring(s) are permitted.
- Punch fronts are not permitted
- Twisting is not permitted while airborne.
- Exception: Aerial cartwheels are permitted
- Tumbling after a tucked flip or aerial cartwheel is not permitted.
- Cartwheel tucks and/or cartwheel back handspring tucks are not permitted

Stunts

- Twisting transitions to and from an extended position are not permitted to exceed a 1/2 twist.
- Twisting transitions to, from, and at prep level are not permitted to exceed 1 twist.
- Release moves must start below prep level and must be caught at or below prep level.
- Release moves are not permitted to pass above extended arm level.

Pyramids

- Braced flips are not permitted

Dismounts

- Dismounts from any single stunt are limited to straight pop downs, straight ride cradles, and a 1/4 turn cradles.
- Dismounts from any two leg stunt are limited to 1 and 1/4 twist.

Tosses

- Only 1 skill is permitted during tosses.
- Twisting rotations are limited to 1 and 1/4 twist.
- Tosses are not required, but may be rewarded in the "Pyramid" category

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2-3	2-3	2-3
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving an Extended Two Leg Stunt and/ or One Leg Stunt at Prep Level	Cartwheels or Round-ols or Forward/Backward Rolls
3-4	3-4	3-4
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS
4-5	4-5	4-5
Extended One Leg Stunts Required Dismount Single Twist from Two Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including Extended one leg stunts	Round-off BHS Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations

To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range

Timing (9.0-10.0)

- Synchronization and Uniformity

Jump Difficulty (4.0-5.0) Advanced jumps required for higher than 4.0 score (Toe Touch, Pike, Hurdler, Double 9)

- 4.0 - 4.0 - Single jump - (Non-Advanced Jumps)
- 4.2 - Single jump
- 4.4 - Double jump combinations with no variety
- 4.6 - Double jump combination with variety
- 4.8 - Triple jump combinations or double jump combinations and a single jump, no variety
- 5.0 - Triple jump combinations or double jump combinations and a single jump, with variety

Routine Composition (9.0 - 10.0)

- Spacing, seamless movement and patterns, execution of formations.

Voice Inflection - (9.0 - 10.0)

(Building Creativity if All Music Routine)

- Pace of cheer is practical, and flow of words is easy to follow. Can be crowd leading or story style.
- If team is doing an all music routine, this category will be judged as building creativity.

Motions/Dance (9.0 - 10.0)

- Team's ability to incorporate transitions, level changes, footwork and floor work, with a variety of visual movements and high level of perfection along with motion technique throughout the routine.

Performance (9.0 - 10.0)

- Genuine enthusiasm and energy level throughout the routine. Confidence in execution of skills.

Program Representation (9.0 - 10.0)

- Sportsmanship, performance, integrity, appearance.





School Advanced Routine Rules, Restrictions, and Ranges

Advanced teams will follow Industry Standard Guidelines with no other skill restrictions

Tosses

- Tosses are not required, but may be rewarded in the "Pyramid" category

Timing (9.0-10.0)

- Synchronization and Uniformity

Jump Difficulty (4.0-5.0) Advanced jumps required for higher than 4.0 score (Toe Touch, Pike, Hurdler, Double 9)

- 4.0 - 4.0 - Single jump - (Non-Advanced Jumps)
- 4.2 - Single jump
- 4.4 - Double jump combinations with no variety
- 4.6 - Double jump combination with variety
- 4.8 - Triple jump combinations or double jump combinations and a single jump, no variety
- 5.0 - Triple jump combinations or double jump combinations and a single jump, with variety

Routine Composition (9.0 - 10.0)

- Spacing, seamless movement and patterns, execution of formations.

Voice Inflection - (9.0 - 10.0) - (Building Creativity if All Music Routine)

- Pace of cheer is practical, and flow of words is easy to follow. Can be crowd leading or story style.
- If team is doing an all music routine, this category will be judged as building creativity.

Motions/Dance (9.0 - 10.0)

- Team's ability to incorporate transitions, level changes, footwork and floor work, with a variety of visual movements and high level of perfection along with motion technique throughout the routine.

Performance (9.0 -10.0)

- Genuine enthusiasm and energy level throughout the routine. Confidence in execution of skills.

Program Representation (9.0 - 10.0)

- Sportsmanship, performance, integrity, appearance.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2-3	2-3	2-3
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving an Extended Two Leg Stunts and/ or One Leg Stunt at Prep Level	Cartwheels or Round-ols or Forward/Backward Rolls
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS
3-4	3-4	3-4
Extended One Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts	Round-off BHS Tucks or Round- o! Tucks or Standing BHS Series or Jump/BHS Combinations
Required Dismount: Single Twist from Two Leg Stunts		
4-5	4-5	4-5
Required: Elite Skills*	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Braced Flip Transition or Arm Braced Tic Toc and Multiple Extended Structures	Layouts or Standing Back Tucks or Standing BHS Back Tuck
Single Twist from One Leg Stunts Or Extended Stunt Sequence performed by a Single Base, Unassisted		

To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range

*Stunts

Elite Stunt Skills

- Full up to extended positions
- Release moves to extended positions
- Tick Toc variations
- Other unique mounts and transitions with similar difficulty





School Game Day Restrictions

Skill and Tumbling Restrictions

- A. No Basket or Sponge Tosses are allowed. (Cradles are dismounts and are allowed)**
- B. No Inversions**
- C. No Twisting Dismounts from Stunts**
- D. Single-Leg Extended Stunts are Limited to a Liberty or a Liberty Hitch (bent knee)**
- E. No Running Tumbling**
- F. Standing Tumbling is limited to ONE (1) Skill. A Back Tuck is the most elite tumbling skill allowed.**
- G. Band Dance - No Tumbling Skills are allowed**
- H. Fight Song - All Skills must be performed within 3 consecutive 8 Counts**

