

2025-2026 CheerAbility Divisions & Rules



6-10-2025



CheerAbility Age Grid & Divisions

Birth Year	Division	Female / Male	Team Size
2020 or Before	Exhibition	Female/Male	5+ Athletes
2020 or Before	Novice	Female/Male	5+ Athletes
2020 or Before	Elite	Female/Male	5+ Athletes

Exhibition

- Routines are limited to 2 minutes 30 seconds maximum
- Teams will not receive rankings or ratings for their performance - only comments are given.
- Tumbling and *Stunting Skills are limited to Level 1 & Level 2 skills ONLY
 - *Tosses (including sponge tosses and waist level cradles) are not allowed
 - *Log Rolls are not allowed
- Spotted tumbling is allowed
- Assistants can be on the floor and can participate in choreography, dance, and formations. If any assistant is included in a primary stunting position (base, flyer, spotter), the stunt is limited to waist level only.

Novice - (Not offered at ASWC)

- Routines may not exceed 2:00 minutes
- Teams may receive ratings - (Superior, Excellent, Outstanding)
- Tumbling skills are limited to cartwheels and forward rolls
- Stunts are limited to Level 1 skills with the following exceptions:
 - Single leg stunts are limited to waist level only
 - Transitions to prone position are NOT allowed
 - Pop off/down dismounts are not allowed from stunts higher than waist level
- Spotted & assisted tumbling is NOT allowed*
 - *Assistants can help an athlete to their feet after a tumbling skill.
- Assistants can be used on the floor but they can NOT participate in choreography, dance, or formations.
- If any assistant is included in a primary role of a stunt (base, flyer, spotter), the stunt is limited to waist level only.

Elite

- Routines are limited to 2 minutes 30 seconds maximum
- Teams may receive rankings for their performance (1st, 2nd, 3rd, etc.)
- Tumbling and *Stunting Skills are limited to Level 1 & Level 2 skills ONLY
 - *Tosses (including sponge tosses and waist level cradles) are not allowed
 - *Log Rolls are not allowed
- Coach/Assistant(s) may not provide support to athletes while the athletes are performing building skills unless they are assisting an athlete to the floor because of a fall.
- Spotted & assisted tumbling is NOT allowed*
 - *Assistants can help an athlete to their feet after a tumbling skill.
- Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges.
- There is no limit to the number of assistants around the perimeter of the floor in a squat position or on the floor assisting wheelchairs and sight impaired athletes to their spots/positions on the floor.

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CheerAbility Age Grid & Divisions

Guidelines for ALL CheerAbility Teams

The Open Championship Series follows the definition of disability as defined by the American Disability Act.

An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

- A.** All teams will follow the Open Championship Series General Rules & All Level Rules.
- B.** No Tosses are permitted (Including sponge tosses or any waist level cradles - also includes these type of cradles in pyramids)
- C.** All building skills (Stunts and Pyramids) that are above waist level and are performed without a Coach/Assistant require an additional spotter that is a coach/assistant. (See glossary for definition of spotter)
- D.** Performances may be performed on spring floor or carpet bonded foam.
- E.** Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. Ex: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirt. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
- F.** MOBILITY & SUPPORT DEVICE RULES (Note: The use of the term “wheelchair” below also applies to the use of scooters and similar mobility devices, as is applicable)
 - 1.** All mobility equipment, prosthesis, canes, crutches, elbow crutches and braces are considered part of the athlete unless they are removed, in which case they are considered legal props and therefore are considered legal.
 - 2.** Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill, wheels locked, with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the two back handles stabilizing the wheelchair with both wheels on the performance surface) for safety. Clarification: For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair, in working order and prepared to be used on the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface. Wheelchairs MAY NOT be altered from the original manufacturer’s design.
 - 3.** Athletes may not stand on any part of a mobility device (i.e. wheelchairs, crutches, etc.). Exception: A mobility device may be used to aid the top person in loading into a stunt and/or pyramid, but may not be utilized as the top person’s primary support. Example: A top person may hitch their foot on the arm rail or handlebar of a wheelchair. Must have additional safety spotter behind mobility device. All weight-bearing usage of wheelchairs must be pre-approved through the ‘Is this Legal’ form on The Open Championship Series website.
 - 4.** Wheelchair users - when basing stunts and pyramids in the wheelchair (or similar apparatus) - must use a seatbelt and wheels in locked position. All weight-bearing usage of wheelchairs must be pre-approved through the ‘Is this Legal’ form.
 - 5.** All athletes spotting, catching and/or cradling a skill have mobility through their lower body OR the strength in the upper body enough (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot and/or catch the skill.
 - 6.** All athletes spotting and/or catching a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill. Release moves and dismounts may be caught by individuals who are not the original bases(s) if the main base(s) are not capable of catching and/or cradling the skill.
 - 7.** When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
 - 8.** Motorized wheelchairs must have all 4 wheels on the floor at all times (EXCEPTION: if an assistant is needed to lift back wheels onto performance floor)
- G.** It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

6-10-2025



updated: 6-17-2025

2025 - 2026 Cheerability & Adaptability SCORING SYSTEM

STUNT QUANTITY CHART

# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6
32+	5	6	7

PYRAMID QUANTITY CHART

# of Athletes	Majority	Most	Max
5-11	2	2	2
12-15	2	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6
32+	5	6	7

JUMPS/TUMBLING QUANTITY CHART

# of Athletes	Majority	Most	Max
5-11	4	5	6
12-15	5	6	8
16-19	6	8	12
20-23	8	10	16
24-31	10	12	20
32+	12	16	24

STUNT DIFFICULTY - MAX BASELINE POINTS: 8.0

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
5.1 - 6.0	1 Level 1 Skill by Majority
6.1 - 7.0	2 Different Level 1 or Level 2 Skills by Majority
7.1 - 8.0	3 Different Level 2 Skills by Majority
*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score. Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.	

PYRAMID DIFFICULTY - MAX BASELINE POINTS: 10.0

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
7.0 - 8.0	1 Level 1 Skill & 1 Structure by Majority
8.1 - 9.0	2 Different Level 1 or Level 2 Skills & 2 Structures by Majority
9.1 - 10.0	3 Different Level Appropriate Skills & 2 Structures by Majority

JUMP DIFFICULTY - MAX BASELINE POINTS: 4.0

(Jumps can be cumulative for the team)

2.0	1 or more Jumps performed by less than Majority
3.0	1 Jump performed by Majority
3.5	2 Jumps performed by Majority
4.0	3 Jumps performed by Majority

TUMBLING DIFFICULTY - MAX BASELINE POINTS: 8.0

5.0	Less than Majority of athletes perform a tumbling pass.
5.1 - 6.0	Majority of athletes perform a Level 1 skill/pass
6.1 - 7.0	Most of athletes perform a Level 1 skill/pass
7.1 - 8.0	Majority of athletes perform a Level Appropriate Skill

CREATIVITY/OVERALL

CATEGORY	Low	Moderate	High	Specific Drivers
STUNT CREATIVITY	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	Use of visual and creative elements in building skills/transitions
PYRAMID CREATIVITY	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	Use of visual and creative elements in building skills/transitions
TUMBLING CREATIVITY	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	Use of visual and creative elements in tumbling skills/transitions
CHOREOGRAPHY	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	Use 4 quadrants of the floor, pace and flow of routine, additional use of skills to enhance the visual impact of the routine.
TRANSITIONS	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	Spacing, timing, seamless patterns without assistance from helpers.
DANCE	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	Appropriate movements, dancing as a group, high energy, pace and speed of movements

Judging Expectations

- The following elements will be evaluated: originality and variety of stunts and pyramids, taking into account the abilities of the top person, bases, and spotters. Judges will consider visual impact and proper body positions when appropriate for the athlete's skill level. Transitions into and out of building skills will also be assessed, including creativity and timing between elements.
- Minimal to no coaching or verbal direction from the front of the mat during stunt execution is expected.
- Judges will also observe the confidence demonstrated by athletes while performing building skills. When scoring building technique (including top person, base(s), and spotter(s)), judges will not deduct or comment on bent legs in body positions or bent arms by top persons.
- Novice teams that are only allowed to perform Level 1 skills will have a maximum stunt score of 7.0, a maximum pyramid score of 9.0, and a maximum tumbling score of 7.0
- For Adaptability teams that are in the Level 3 division, the full range will be used. Teams executing Level 3 skills will score higher within the range than teams performing Level 2 skills when Level 2 skills are listed as the requirement.



CHEERABILITY VS ADAPTABILITY

CHEERABILITY

- Exhibition Division
- Novice Division*
- Elite Division**
- 2:30 Max Routine
- 100% of athletes fall under definition of disability as defined by the American Disability Act

ADAPTABILITY

- Exhibition Division
- Novice Division*
- Elite Division***
- 2:30 Max Routine
- 50% or more of athletes fall under definition of disability as defined by the American Disability Act

*Novice division is not offered at ASWC

**Elite Division for Cheerability is up to Level 2 with Restrictions

**Elite Division for Adaptability is up to Level 3 with Restrictions