



World Class Championships

School Cheer Division Limitations 23-24

In addition to all rules covered in the “2023-24 National Federation of State High School Associations (NFHS) Spirit Rules Book” and the USA Cheer College Safety Rules, the following restrictions also apply to teams entering these Show Cheer divisions:

- Novice Show Cheer and/or Group Stunt
- Intermediate Show Cheer and/or Group Stunt
- Intermediate College Show Cheer

Advanced teams will follow the “2023-24 NFHS/USA Cheer Rules” with no additional skill restrictions for the division.

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

DEFINITIONS

TUMBLING DEFINED

Standing tumbling: “Standing tumbling” is defined as any tumbling skill that does NOT involve a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

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.

STUNTS DEFINED

Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be “One Leg” or “Two Leg” by the number of feet that the top person has supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a “One Leg” or a “Two Leg” stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a “Two Leg” stunt.

PYRAMIDS DEFINED

Two or more stunts connected.

DISMOUNTS DEFINED

The movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.



SHOW CHEER -- NOVICE Division Limitations

TUMBLING:

Standing tumbling

Limited in difficulty to:

1. A standing single back handspring

NOT ALLOWED:

1. Jump/handspring combinations and standing handspring series
2. Connecting rolls and/or walkovers to handspring
3. Standing tucks and/or aerials

Running tumbling

Limited in difficulty to:

1. Front handspring and/or back handspring series.

NOT ALLOWED:

1. Flips (tucks), aerials, and punch fronts

STUNTS:

1. Extended stunts are limited to both feet in the base(s) hands at all times.
 - a. Both of the top person's feet must be held throughout the entire transition to/from the extended position.
 - b. 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.
 - a. Exception: A single full twisting log/barrel roll is allowed as long as it:
 - i. starts and ends in a cradle position
 - ii. does not involve any skill other than the twist
 - iii. is not assisted by and/or connected to another top person
4. All release moves must land in a cradle.
 - a. Released switch ups are not allowed.
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 aka "Baja" where one or 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.



- i. 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.
 - ii. During the roll, the feet of the top person must be released.
6. The following two skills are the only allowable inversions to the performing surface.
Inversions to the performing surface:
 - a. A cradle to a back walkover out.
 - b. Prone position at waist level to a forward roll out.

PYRAMIDS:

1. All single leg extended stunts must be braced by two top persons at prep level or lower.
 - a. The braced connection must be established at prep level or lower before the stunt passes into the extended level.
 - b. Constant contact must be maintained between the top person and the bracers throughout the transition into the extended level.
 - c. 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:
 - a. the top person must be braced by two top persons at prep level or below with hand-arm connection only
 - b. constant contact between the top person and the bracers must be maintained throughout the transition.
3. Twisting pyramid transitions are limited to a $\frac{1}{2}$ twist.
4. Pyramid inversions are not allowed.

DISMOUNTS:

1. Straight pop downs/bump downs
2. Basic straight cradles
3. $\frac{1}{4}$ turn dismounts
4. 1 trick dismounts from prep level (liberty aka pretty girl, kick, ball out, pike, toe touch)
5. The two specified inversion dismounts (above in stunts) are allowed.
6. All other dismounts are prohibited.

TOSSES:

1. The only body position allowed is a straight ride.



NON-COLLEGE SHOW CHEER -- INTERMEDIATE Division Limitations

TUMBLING:

Standing Tumbling

Limited in difficulty to:

1. Standing back handspring series and/or jump/handspring(s) combinations.

NOT ALLOWED:

1. Flips. For example, a standing back tuck or standing back handspring back tuck is not allowed.
2. Punch front

Running Tumbling

Limited in difficulty to:

1. Tucks. Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s).

NOT ALLOWED:

1. Punch fronts
2. No twisting is allowed while airborne. (Exception: Aerial cartwheels are allowed).
3. X-outs, layouts, full twists, etc.
4. 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.
 - a. 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. A braced forward, or backward flip is allowed; however:
 - i. two bracers with hand to hand/arm connection with the top person is required
 - ii. no twisting is allowed
 - iii. the flip must end in a cradle dismount or cradle transition position.
 - b. All other "2022-23 NFHS/USA CHEER RULES" on braced flips must be followed.



3. Extended single leg stunts may NOT be braced by other extended single leg stunts.

DISMOUNTS:

1. Single leg extended stunts (liberty, heel stretch, arabesque, scorpion, etc.) are only allowed up to $\frac{1}{4}$ twist.
2. Up to 1 twist is allowed from a single leg prep level stunt and/or from a platform position.
3. Up to $1\frac{1}{4}$ twists are allowed from any two leg stunts.
4. 1 trick dismounts from extension (liberty aka pretty girl, kick, ball out, pike, toe touch)

TOSSES:

1. One trick only during a toss (i.e., one toe touch).
2. Twisting tosses are limited to one twist.

NOT ALLOWED:

1. A kick followed by a twist, or a ball to an X.

COLLEGE SHOW CHEER -- INTERMEDIATE Division Limitations

TUMBLING:

Standing Tumbling

Limited in difficulty to:

1. Standing back handspring series and/or jump/handspring(s) combinations.

NOT ALLOWED:

1. Flips. For example, a standing back tuck or standing back handspring back tuck is not allowed.
2. Punch front

Running Tumbling

Limited in difficulty to:

1. Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)

NOT ALLOWED:

1. Punch fronts
2. No twisting is allowed while airborne. (Exception: Aerial cartwheels are allowed).
3. No tumbling is allowed after a tuck (flip) or aerial skill.

STUNTS:

1. Only a $1\frac{1}{4}$ twist is allowed to any extended single leg stunt.



2. Release inversions into stunts are ALLOWED but may *not* exceed prep level.

NOT ALLOWED:

1. Release moves may not pass above the base's/bases' extended arm level.
2. Release full twists to an extended position are prohibited.
3. Release inversions from stunts are not allowed.
4. One and a half (1½) ups and double ups are prohibited.

PYRAMIDS:

1. Pyramids sustained over 2 persons high are prohibited
2. All pyramid twisting transitions must follow all dismount and stunt twisting transition rules.
3. When Released skills involve new catchers, these catchers must be stationary at the time of initiation of the release
4. Pyramid inversions:
 - a. A braced forward, or backward flip is allowed; however:
 - i. Braced inversions must make contact with a bracer prior to initiation and remain connected until the top person is no longer inverted
 - ii. All other "2022-23 NFHS/USA CHEER RULES" on braced flips must be followed.

DISMOUNTS:

1. Twisting dismounts are limited to ONE and a quarter twist (1¼)
2. 1 trick dismounts from extension (liberty aka pretty girl, kick, ball out, pike, toe touch)

TOSSES:

1. Twisting dismounts from basket/sponge tosses may not exceed 2 rotations
 - a. ¼ turn is allowed to set for the twist
 - b. 3 trick maximum (i.e. kick double full twist)

NOT ALLOWED:

1. Release flips from basket/sponge tosses are prohibited.