



School Cheer Level Rules:

In addition to all rules covered in the “NFHS Safety Rules for School” and NCAA rules for Collegiate teams, the following restrictions also apply to these divisions:

NOVICE

Novice Tumbling:

All tumbling, both standing and running must have both hands and/or feet on the performance surface at all times. Therefore, skills including, but not limited to the following are not permitted: aerials, back tucks, punch fronts, layouts, full twisting layouts, etc.

Squad tumbling in which more than half the squad perform a tumbling skill at the same time is not permitted (exceptions are rolls, cartwheels and round-offs).

Novice Stunts/Pyramids/Tosses:

Extended freestanding one-legged stunts are prohibited.

All extended one-legged stunts (i.e. liberties, arabesque, hitch, heel stretch, etc.) must be braced by another individual (not the primary base) who is at shoulder stand height or lower.

Free from contact twist dismounts or free from contact twist skills to/from a stunt of any type are prohibited (i.e. full down/full twist cradles, single log rolls, etc.)

Supported transitional twisting skills are prohibited.

No basket tosses.

EXPERIENCED

Experienced Tumbling:

Round off back tucks and layouts are permitted.

All tumbling is limited to one flipping rotation and must be executed after a round off. Therefore, standing tucks and standing layouts are not permitted.

Twisting skills are prohibited.

Full squad tumbling is permitted.

Experienced Stunts/Pyramids/Tosses:

One leg extended stunts permitted.

One twisting rotation is allowed from a cradle dismount. Supported transitional twisting skills are permitted.

Basket tosses allowed, twisting skills from a basket toss are NOT permitted.

ADVANCED

Advanced Tumbling:

All legal tumbling permitted by NFHS rules are permitted. All legal tumbling permitted by NCAA rules permitted for Collegiate teams.

Twisting layout permitted up to one rotation only.

Advanced Stunts/Pyramids/Tosses:

All legal stunts permitted by NFHS rules are permitted. All legal stunts permitted by NCAA rules for Collegiate teams.

Cradle dismount allowed up to 2 twisting rotations.

Basket tosses allowed up to two twisting rotations.

SCHOOL CHEER DIVISIONS

TEAM DIVISION	REQUIREMENTS
Jr. High/Middle School	Jr. High/Middle School
Jr. Varsity	High School, no seniors 1
Small Novice Varsity	12 th grade & under, 12 person max
Large Novice Varsity	12 th grade & under, 13 + people
Small Experienced Varsity	12 person max
Large Experienced Varsity	13-20 people
Super Large Advanced Varsity	21 + people
Small Coed Varsity	3 or less males
Large Coed Varsity	4 or more males
College All Girl	No males
College Coed	1 or more males

REC CHEER TEAM DIVISIONS

Small 19 and under
Large 20-35

DIVISIONS	AGE RANGE
Tiny-Mite	5-6-7
Mitey-Mite	7-8-9
Jr. Pee Wee	8-9-10-11

Pee Wee	9-10-11-12
Jr. Midget	10-11-12-13
Midget	11-12-13-14-15
Jr. Bantam	12-13-14-15
Unlimited	12-13-14-15
Bantam	13-14-15-16

ALL STAR CHEER TEAM DIVISIONS

All Star Cheer Divisions and Rules can be found at www.usasf.net

DANCE CATEGORIES

JAZZ:

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

POM:

Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

HIP HOP:

Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

OPEN:

An Open category will be offered only when separate dance categories are not offered in an age division. A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and team uniformity.

SCHOOL DANCE DIVISIONS

DIVISIONS	REQUIRED SIZE	AGE	CATEGORIES
Jr. High	N/A	6 th -8 th grades	Pom, Hip hop, Jazz
Small Jr. Varsity	9 or less members	9 th -11 th grades	Pom, Hip hop, Jazz
Large Jr. Varsity	10-18 members	9 th -11 th grades	Pom, Hip hop, Jazz
Small Varsity	9 or less members	9 th -12 th grades	Pom, Hip hop, Jazz
Large Varsity	10-18 members	9 th -12 th grades	Pom, Hip hop, Jazz

Line Varsity 19 + members 9th-12th grades Pom, Hip hop, Jazz

ALL STAR DANCE DIVISIONS

DIVISIONS	AGE	CATEGORIES	TIME LIMIT
Tiny	5 years & younger	Jazz, Pom, Hip Hop	2 minutes 30 sec
Mini	8 years & younger	Jazz, Pom, Hip Hop	2 minutes 30 sec
Youth	11 years & younger	Jazz, Pom, Hip Hop	2 minutes 30 sec
Junior	14 years & younger	Jazz, Pom, Hip Hop	2 minutes 30 sec
Senior	18 years & younger	Jazz, Pom, Hip Hop	2 minutes 30 sec
Open	14 years & older	Open (any style)	2 minutes 30 sec