

2022 HIGH SCHOOL DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the "2021-22 NFHS Spirit Rules."

Show Cheer – NOVICE Division Limitations

Tumbling:

Standing Tumbling: Limited in difficulty to a single standing back handspring. Jump/handspring combinations and series handsprings are not allowed. For example, standing tucks and/or aerials are not allowed. Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.

Running Tumbling: Limited in difficulty to front and/or back handspring series. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials, punch fronts, etc. 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:

1. Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the top of the extended position. 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 1/2 twist. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person.
4. All release moves must land in a cradle.
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 where 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. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.
 - c) Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount or cradle position to back walkover dismount.

Pyramids:

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

Dismounts:

Only straight pop downs/bump downs, basic straight cradles and 1/4 turn dismounts and dismounts from waist level inversions are allowed. All other dismounts are prohibited. Dismount is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

Tosses:

The only body position allowed is a straight ride.

2022 HIGH SCHOOL DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the "2021-22 NFHS Spirit Rules."

Show Cheer and/or Group Stunt – INTERMEDIATE Division Limitations

Tumbling:

Standing Tumbling: Limited in difficulty to a standing back handspring series and/or jump/handspring(s) combination. Tucks and/or aerials are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed. Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.

Running Tumbling: Limited in difficulty to tucks. Round off back tucks and round off back handspring back tucks are examples of skills that are allowed. Ariel Cartwheels are also allowed. Punch fronts are not allowed. Cartwheel tucks, cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed. The following types of advanced running tumbling skills are prohibited: x-outs, layouts, full twists etc. No tumbling is allowed after a tuck (flip) or aerial skill. 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:

1. Extended single leg stunts are allowed.
2. Only a 1/2 twist is allowed to any extended single leg stunt. All other twisting transitions may not exceed 1 twisting transition.
3. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the base's/bases' extended arm level.

Pyramids:

1. All pyramid twisting transitions must follow all stunt twisting transition rules.
2. Pyramid inversions: A braced forward or backward flip is allowed while adhering to the "NFHS Spirit Rules Book" rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position.
3. Extended single leg stunts may not be braced by other extended single leg stunts.

Dismounts:

Single leg extended stunts (liberty, heel stretch, arabesque, scorpion etc.) are only allowed up to 1/4 twist. Up to 1 twist is allowed from a platform position. Up to 1-1/4 twists are allowed from any two leg stunts. Dismount is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

Tosses:

Limited to one trick only during a toss (i.e. one toe touch). Examples of skills not allowed: a kick followed by a twist, or a ball to an X.

Show Cheer – NOVICE NON-TUMBLING Division Limitations

Non-Tumbling Novice teams: Will follow the "2021-22 NFHS Spirit Rules Book" with additional tumbling skill restrictions for the division.

Standing/Running Tumbling: This division prohibits all standing and/or running tumbling. Tumbling is defined as any skill with feet over head rotation. This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward 3/4 suspended roll dismount is allowed.

Show Cheer – ADVANCED NON-TUMBLING Division Limitations

Non-Tumbling Advanced teams: Will follow the "2021-22 NFHS Spirit Rules Book" with no additional skill restrictions for the division.

Standing/Running Tumbling: This division prohibits all standing and/or running tumbling. Tumbling is defined as any skill with feet over head rotation. This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward 3/4 suspended roll dismount is allowed.

Show Cheer and/or Group Stunt – ADVANCED Division Limitations

Advanced teams will follow the "2021-22 NFHS Spirit Rules Book" with no additional skill restrictions for the division.

2022 YOUTH/JUNIOR CHEER DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the "2021-22 NFHS Spirit Rules."

Show Cheer - NOVICE Division Limitations

Tumbling:

Standing Tumbling: Limited in difficulty to a single standing back handspring. Jump/handspring combinations and series handsprings are not allowed. For example, standing tucks and/or aerials are not allowed. Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off.

Running Tumbling: Limited in difficulty to front and/or back handspring series. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials, punch fronts, etc. 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:

1. Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the top of the extended position. 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 1/2 twist. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, does not involve any skill other than a twist, and is not assisted by and/or connected to another top person.
4. All release moves must land in a cradle.
5. The only stunt inversions allowed are:
 - a. Transitions from ground level inversions up to non-inverted positions. Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.
 - b. Suspended forward rolls where 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. If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.
 - c. Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount or cradle position to back walkover dismount.

Pyramids:

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

Dismounts:

Only straight pop downs/bump downs, basic straight cradles, 1/4 turn dismounts and dismounts from waist level inversions are allowed. All other dismounts are prohibited. Dismount is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

Tosses:

Tosses are not allowed.

2022 YOUTH/JUNIOR CHEER DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the "2021-22 NFHS Spirit Rules."

Show Cheer - INTERMEDIATE Division Limitations

Tumbling:

Standing Tumbling: limited in difficulty to a standing back handspring series and/or jump/handspring(s) combination. Tucks and/or aerials are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed. Standing tumbling is defined as any tumbling skill that does not originate from a cartwheel or round-off.

Running Tumbling: limited in difficulty to tucks. Round off back tucks and round off back handspring back tucks are examples of skills that are allowed. Aerial cartwheels are also allowed. Punch fronts are not allowed. Cartwheel tucks, cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill. 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:

1. Extended single leg stunts are allowed.
2. Only a 1/2 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. 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 braced forward or backward flip is allowed while adhering to the "2021-22 NFHS Spirit Rules book" on braced flips; however, no twisting is allowed and the flip must end in a cradle dismount or cradle transition position.
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 1/4 twist.
2. Up to 1 twist is allowed from a platform position.
3. Up to 1 1/4 twists are allowed from any two leg stunts.

Dismount is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

Tosses:

Tosses are not allowed.

Show Cheer – NON-TUMBLING Division Limitations

Non-Tumbling teams: Will follow the rules and guidelines set forth by the "2021-22 NFHS Spirit Rules Book" with additional tumbling skill restrictions for the division.

Standing/Running Tumbling: This division prohibits all standing and/or running tumbling. This includes any forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward 3/4 suspended roll dismount is allowed.

Tosses:

Tosses are not allowed.

Show Cheer and/or Group Stunt - ADAVANCED Division Limitations

Advanced teams will follow "2021-22 NFHS Spirit Rules Book" with the following additional skill restriction for the division.

Tosses:

Tosses are not allowed.