

THE SPIRIT CONSULTANTS

2024 – 2025 HIGH SCHOOL DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

NOVICE DIVISION LIMITATIONS: SHOW CHEER

TUMBLING

Standing Tumbling: “Standing tumbling” is defined as any tumbling skill not origination from a cartwheel or round-off. Limited in difficulty to a standing single back handspring. Jump/handspring combinations and standing handspring series are not allowed. Connecting rolls and/or walkovers to handsprings are not allowed. Standing tucks and/or aerials are not allowed

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. Limited in difficulty to front handspring and/or back handspring series. Flips (tucks), aerials, and punch front are not allowed.

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 extended position.
- 2) Single leg stunts may not be held or pass through an extended position.
- 3) Twisting stunt transitions are limited to a ½ twist. (Exception: A single full twisting log/barrel roll is allowed if 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.) Simultaneously performing a half twist while turning, and/or while bases are turning, is not allowed.
- 4) All release moves must land in a cradle. 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. Ground level inversions may not be released from base(s).
 - 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 and/or hand-to-wrist 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 in any other skill when the suspended forward roll is initiated. During the roll, no twisting is allowed, and the feet of the top person must be released.
 - c. Inversions to the performing surface: The following three skills are the only allowable inversions to the performing surface. 1. A cradle to a back walkover out. 2. Prone position at waist level to a forward roll out. 3. A cartwheel from a horizontal position at waist level (there must be a pause in the horizontal position before the cartwheel).

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 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 ½ twist.
- 4) Pyramid inversions are not allowed.

DISMOUNTS

“Dismount” is defined as the movement of a top person from a stunt and/or pyramid to a cradle or to the performing surface. Basic straight cradles, ¼ turn dismounts, and the three specified inversion dismounts (above in stunts) are allowed. Straight pop downs/bump downs are *ONLY* allowed from prep level. *Pop downs/bump downs from one leg extended pyramids are allowed if the top person remains connected*

TOSSES

The only body position allowed is a straight ride.



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The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

NOVICE NON-TUMBLING DIVISION LIMITATIONS: SHOW CHEER

Non-Tumbling Novice teams will follow the 2024-25 Novice Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt and tumbling skill restrictions.

STANDING/RUNNING TUMBLING

- 1) This division prohibits all standing and/or running tumbling. Tumbling is defined as gymnastic skills that begin on the performing surface including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists, and flips.

STUNTS

- 1) Transitions from ground level inversions up to non-inverted Positions are NOT allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is NOT allowed.



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2024 – 2025 HIGH SCHOOL DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

INTERMEDIATE DIVISION LIMITATIONS: SHOW CHEER AND/OR GROUP STUNT

TUMBLING

Standing Tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off. Limited in difficulty to standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed. A punch front is not allowed.

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. Limited in difficulty to tucks. Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s). Punch fronts are not allowed. No twisting is allowed while airborne. (Exception: Aerial cartwheels are 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.

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 twist.
- 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) Pyramid twisting transitions: Only a ½ twist is allowed to any extended single leg stunt (including platforms). All other twisting transitions may not exceed 1 twist.
- 2) Pyramid inversions: A braced forward, or backward flip is allowed; however, two bracers with hand to hand/arm connection with the top person is required, no twisting is allowed, and the flip must end in a cradle. All other braced flip rules in the “2024-25 NFHS Spirit Rules Book” must be followed.
- 3) A pyramid braced backward roll is allowed if the top person is inverted (shoulders below waist) before the bases release the top person.
- 4) Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS

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

- 1) Single leg extended stunts (liberty, heelstretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.
- 2) Up to 1¼ twist is allowed from a single leg prep level stunt and/or from a platform position.
- 3) Up to 1¼ twists are allowed from any two leg stunts.

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. Twisting toss is limited to one twist.



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2024 – 2025 HIGH SCHOOL DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

INTERMEDIATE NON-TUMBLING DIVISION LIMITATIONS: SHOW CHEER

Non-Tumbling Intermediate teams will follow the 2024-25 Intermediate Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt and tumbling restrictions.

STANDING/RUNNING TUMBLING

- 1) This division prohibits all standing and/or running tumbling. Tumbling is defined as gymnastic skills that begin on the performing surface including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists, and flips.

STUNTS

- 1) Transitions from ground level inversions up to non-inverted Positions are NOT allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is NOT allowed.



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2024 – 2025 HIGH SCHOOL DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

ADVANCED DIVISION LIMITATIONS: SHOW CHEER AND/OR GROUP STUNT

Advanced teams will follow the “2024-25 NFHS Spirit Rules Book” with no additional skill restrictions for the division.

ADVANCED NON-TUMBLING DIVISION LIMITATIONS: SHOW CHEER

Non-Tumbling Advanced teams will follow the 2024-25 Advanced Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt and tumbling skill restrictions.

STANDING/RUNNING TUMBLING

- 1) This division prohibits all standing and/or running tumbling. Tumbling is defined as gymnastic skills that begin on the performing surface including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists, and flips.

STUNTS

- 1) Transitions from ground level inversions up to non-inverted Positions are NOT allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is NOT allowed.



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2024 – 25 YOUTH/JUNIOR DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

NOVICE DIVISION LIMITATIONS: SHOW CHEER AND/OR GROUP STUNT

TUMBLING

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

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. Limited in difficulty to front handspring and/or back handspring series. Flips (tucks), aerials, and punch fronts are not allowed.

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 extended position.
- 2) Single leg stunts may not be held or pass through an extended position.
- 3) Twisting stunt transitions are limited to a ½ twist. (Exception: A single full twisting log/barrel roll is allowed if 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.) Simultaneously performing a half twist while turning, and/or while bases are turning, is not allowed.
- 4) All release moves must land in a cradle. Released switch ups are not allowed.
 - 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. Ground level inversions may not be released from base(s).
 - 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 and/or hand-to-wrist 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 in any other skill when the suspended forward roll is initiated. During the roll, no twisting is allowed, and the feet of the top person must be released.
 - c. Inversions to the performing surface: The following three skills are the only allowable inversions to the performing surface. 1. A cradle to a back walkover out. 2. Prone position at waist level to a forward roll out. 3. A cartwheel from a horizontal position at waist level (there must be a pause in the horizontal position before the cartwheel).

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 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 ½ twist.
- 4) Pyramid inversions are not allowed.

DISMOUNTS

Basic straight cradles, ¼ turn dismounts, and the three specified inversion dismounts (above in stunts) are allowed. Straight pop downs/bump downs are ONLY allowed from prep level. Pop downs/bump downs from one leg extended pyramids are allowed if the top person remains connected to the bracers until the top person is at prep level or lower. All other dismounts are prohibited.

TOSSES

Tosses are not allowed.



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2024 – 25 YOUTH/JUNIOR DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

NOVICE NON-TUMBLING DIVISION LIMITATIONS: SHOW CHEER

Non-Tumbling Novice teams will follow the 2024-25 Novice Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt and tumbling skill restrictions.

STANDING/RUNNING TUMBLING:

- 1) This division prohibits all standing and/or running tumbling. Tumbling is defined as gymnastic skills that begin on the performing surface including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists, and flips.

STUNTS:

- 1) Transitions from ground level inversions up to non-inverted positions are NOT allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is NOT allowed.

TOSSES

Tosses are not allowed.



THE SPIRIT CONSULTANTS

2024 – 25 YOUTH/JUNIOR DIVISION LIMITATIONS

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INTERMEDIATE DIVISION LIMITATIONS: SHOW CHEER AND/OR GROUP STUNT

TUMBLING

Standing Tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off. Limited in difficulty to standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed. A punch front is not allowed.

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PYRAMIDS

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- 2) Pyramid inversions: A braced forward, or backward flip is allowed; however, two bracers with hand to hand/arm connection with the top person is required, no twisting is allowed, and the flip must end in a cradle. All other braced flip rules in the “2024-25 NFHS Spirit Rules Book” must be followed.
- 3) A pyramid braced backward roll is allowed if the top person is inverted (shoulders below waist) before the bases release the top person.
- 4) Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS

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

- 1) Single leg extended stunts (liberty, heelstretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.
- 2) Up to 1¼ twist is allowed from a single leg prep level stunt.
- 3) Up to 1¼ twists are allowed from any two leg stunts.

TOSSES

Tosses are not allowed.



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2024-25 YOUTH/JUNIOR DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2024-25 NFHS Spirit Rules.”

ADVANCED DIVISION LIMITATIONS: SHOW CHEER AND/OR GROUP STUNT

Advanced teams will follow the “2024-25 NFHS Spirit Rules Book” with the additional skill restriction for the division.

TOSES:

Tosses are not allowed.

ADVANCED NON-TUMBLING DIVISION LIMITATIONS: SHOW CHEER

Non-Tumbling Advanced teams will follow the 2024-25 Advanced Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt *and* tumbling skill restrictions.

STANDING/RUNNING TUMBLING:

- 1) This division prohibits all standing and/or running tumbling. Tumbling is defined as gymnastic skills that begin on the performing surface including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists, and flips.

STUNTS:

- 2) Transitions from ground level inversions up to non-inverted positions are NOT allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is NOT allowed.

