



CHEERpros School Routine Guidelines and Definitions

ROUTINE GUIDELINES

A team may not perform the same routine in more than one division.

An individual may not compete on more than one team if it results in competing against themselves in the same division.

Youth Rec Affiliated & Non-Affiliated cheer and dance teams must follow the YCADA level guidelines.

School based cheer teams must follow the CHEERpros Level Limitations & NFHS Rules Book (<https://www.nfhs.org/activities-sports/spirit/>)

School based dance teams must follow the CHEERpros Level Limitations & inverted skills, tumbling, lifts, partnering and dismounts guidelines.

College cheer teams must follow 2022-23 USA Cheer College Cheerleading Rules (www.usacheer.org/college-cheer)

All Coaches are responsible for ensuring the music used by their team(s) for any public performance and all competitions must be ASCAP, BMI or SESAC licensed. All music must be compliant under the U.S. copyright law. Teams must be able to provide proof of purchase of the appropriate licensing upon request.

TRADITIONAL COMPETITIVE CHEER

Routine performed with music (may use up to 1:45 of music) and a cheer section. Incorporation of tumbling, stunts, cheer motions and dance. Please refer to specific level guidelines below for limitations in skills. All School Teams must follow USA Cheer/NFHS Rules Book Cheerleading Safety Rules. College Teams may use all music.

NON-TUMBLING

Routine performed with music (may use up to 1:45 of music*) and a cheer section. Incorporation of stunts, pyramids, cheer motions and dance. This division allows teams to compete with a routine that has no tumbling incorporation. No standing or running tumbling, including but not limited to forward or backward rolls, cartwheels, round offs, handsprings, and tucks (flips) will be allowed. All teams must also follow the USA Cheer/NFHS Cheerleading Safety Rules, in addition to the stunting level limitations per the level specific division.

NON-TUMBLING NOVICE – High School

The Non-Tumbling division does not allow any form of standing or running tumbling skills to be executed in the routine. However, tumbling skills within stunts or connected are allowed (i.e. Braced forward 3/4 suspended roll dismount). Stunts, Pyramids, Dismounts, and Tosses limitations are to follow the NOVICE level guidelines.

NON-TUMBLING NOVICE – Elementary/Jr High/Middle School

The Non-Tumbling division does not allow any form of standing or running tumbling skills to be executed in the routine. However, tumbling skills within stunts or connected are allowed (i.e. Braced forward 3/4 suspended roll dismount). Stunts, Pyramids, Dismounts, and Tosses limitations are to follow the NOVICE level guidelines. TOSSES ARE NOT ALLOWED.



NON-TUMBLING ADVANCED – High School

The Non-Tumbling division does not allow any form of standing or running tumbling skills to be executed in the routine. However, tumbling skills within stunts or connected are allowed (i.e. Braced forward 3/4 suspended roll dismount). Stunts, Pyramids, Dismounts, and Tosses limitations are to follow the ADVANCED level guidelines.

NON-TUMBLING ADVANCED – Elementary/Jr High/Middle School

The Non-Tumbling division does not allow any form of standing or running tumbling skills to be executed in the routine. However, tumbling skills within stunts or connected are allowed (i.e. Braced forward 3/4 suspended roll dismount). Stunts, Pyramids, Dismounts, and Tosses limitations are to follow the ADVANCED level guidelines. **TOSSES ARE NOT ALLOWED.**

COLLEGE ALL GIRL AND CO-ED CHEER TEAMS

College Cheer Teams must follow 2022-23 USA Cheer College Cheerleading Rules <https://www.usacheer.org/college-cheer>.

GAME DAY SPIRIT DIVISION

Teams participating the Game Day Spirit Divisions may register to compete as a Cheer/All Spirit Programs (i.e. cheer, pom, mascot, pep flag, etc...) or as a Song Team Only.

STUNT GROUP

Routine choreographed of stunts and transitions. Maximum number of competitors per group is 5 and must be all female. School based groups will compete at the ADVANCED level.

PARTNER STUNT

Routine choreographed of stunts and transitions with a single base and single flyer. A spotter is required and can assist in cradles and dismounts but may not touch or assist any stunts, a penalty may be incurred if spotters assist the base. School based couples will compete at the ADVANCED level.

MASCOT

Routine consisting of a skit or novelty routine, may be a single competitor or group up to 10 athletes. Athletes must be in the official school mascot uniform or some other form of costume related to the theme of the routine. Tumbling, pyramids, and/or tosses of any kind are not allowed. Props are encouraged and may use additional individuals to assist in entry and exit, additional individuals cannot be visible during the performance and cannot perform as part of the routine.

INDIVIDUAL CHEERLEADER

Individual may perform routine to all music or a combination of cheer and music. May incorporate use of tumbling, jumps, cheer motions and dance. Must follow appropriate safety guidelines pertaining to School, Youth or All Star Levels. School & Youth Individuals will compete at the ADVANCED level. All Star Individuals will compete at the maximum level for the respective age group division.

INDIVIDUAL SOLO DANCER

Routine may be of any style, or combination of styles. No other skill restrictions apply other than those listed in the CHEERpros Dance General Rules.



PEP FLAG

Routine choreographed with short flag(s). Teams may use 1 or 2 flags dependent on the division. All team members must use flags for 80% of the routine. Important characteristics of a pep flag routine include synchronization and visual effects, clean and precise motions, strong pep flag technique, and incorporate dance technical elements. Visual effects include, but are not limited to: level changes, group work, formation changes, and pep flag tricks/tosses. There will be a deduction for dropped flags.

SCHOOL SONG POM

All team members must use poms 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporation of dance technical elements. Visual effects include but are not limited to: level changes, group work, formation changes, the use of different color poms, etc.

SCHOOL JAZZ

Important characteristics of a jazz routine include stylized jazz dance movements and combinations, visuals effects, level changes, formation changes and dance technique. Emphasis should be on uniformity of the selected jazz style, proper dance technique, timing and showmanship.

SCHOOL HIP HOP

Important characteristics of a hip hop routine include street style movements, such as: breaking, popping, locking, krumping, etc. Emphasis should be on authentic stylized technique, a grounded approach and attention to backbeat while incorporating technical elements, musicality, creativity, flow, control, and overall quality of movement.

School Division Limitations GAME DAY SPIRIT

CHEER/ALL SPIRIT PROGRAMS GAME DAY SPIRIT DIVISION

Spirit Teams (groups and competitors must all be from the same school) will begin by performing a traditional Band Chant, followed by a Sideline Cheer (announcer will give each team a situation to respond to), teams will then transition into place using crowd leading techniques to get the audience fired up, and finish with a Fight Song. The focus of this division is to emulate the team being on the sideline in action at a game! Teams may incorporate use of props such as poms, signs, flags, megaphones, and banners.

Permitted: Single leg stunts are limited to liberties and liberty hitches. Standing tumbling is limited to only one tumbling skill but not to exceed a back tuck. In between elements, teams are allowed to kick, jump or tumble, but may not stunt.

Prohibited: Tosses of any type (basket, sponge or elevator), stunt and/or pyramid inversions, twisting released dismounts, and running tumbling. Stunts are not allowed during a team's entry to the floor or any time prior to starting the performance.

SONG SIDELINE SPIRIT DIVISION

Song Teams will perform three (3), one (1) minute routines, with an energetic spirit transition in between each routine. Song teams will first perform a traditional Fight Song, followed by a Band Chant, and finish with a Performance Routine.

Permitted: All elements permitted in the CHEERpros inverted skills, tumbling, lifts, partnering and dismounts guidelines.

Prohibited: There are no technical skill limitations in the song sideline spirit division.



School Cheer Division Limitations - NOVICE

STANDING TUMBLING

Permitted: Single standing backhandspring (no other skill can connect to the backhandspring). Front and back walkovers.

Prohibited: Jump/handspring combinations. Standing multiple connected handsprings. Standing tucks and/or aerials.

RUNNING TUMBLING

Permitted: Front handspring and/or backhandspring series. Combination passes into/out of roundoff backhandspring(s).

Prohibited: Front and back tucks, flips in any body positions. Aerials.

STUNTS

Permitted: Prep level single leg stunts. Double leg stunts at the extended level. Twisting transitions up to 1/2 twist. EXCEPTION: single full twisting barrel/log roll as long as it starts and ends in a cradle position, does not involve any skill other than the twist, and is not braced by another top person.

Prohibited: Single leg stunts above prep level. During a 1/2 twist transition bases may not also turn simultaneously.

INVERSIONS

Permitted: Transitions from ground level inversions **up** to a non-inverted position, provided that the flyer is not released from the bases. Suspended forward rolls as long as they are connected to **two people** on the performance surface with continuous hand-hand or hand-wrist contact and the forward roll ends in a two person cradle, loading position, or the performance surface. During the roll the twisting is not allowed and the top person's feet must be released. Inversions to the performance surface are limited to a backwalkover out of a cradle position, a forward roll out of a **waist level** prone position, or a cartwheel out of a **waist level** horizontal position provided there is a **pause** at the waist level position before the inversion.

Prohibited: Inversions above ground level, inversions to the performance surface from higher than waist level, any inversions not directly listed in the allowed section above.

RELEASE MOVES

Permitted: No release moves are allowed.

Prohibited: Release moves that do not end in a cradle (dismounts).

PYRAMIDS

Permitted: Single leg stunts at the extended level must be braced by two top persons at prep level or below. The connection with bracers must be established at prep level or below and contact must be maintained throughout the single leg stunt at the extended level. A top person may be released by bases during a pyramid transition only if the top person is braced by two top persons at prep level or below with hand-arm connection only, the connection must be established before the transition and contact must be maintained throughout the released transition. Twisting transitions allowed up to 1/2 twist.

Prohibited: Pyramid inversions. Pyramid release moves only connected to one bracer. Pyramid release moves connected to two bracers but the connection is not hand-arm.



DISMOUNTS

Permitted: Straight cradles and 1/4 turn cradles. Straight pop downs/bump downs from prep level. Straight pop downs/bump downs from extended pyramids must remain connected to bracers until the top person is at prep level or below.

Prohibited: Any cradles twisting more than 1/4 turn. Release moves not ending in a cradle.

TOSSES

Permitted: Basket and/or sponge tosses in the straight ride body position only.

Prohibited: Tricks and/or twisting in tosses. **Tosses are not permitted in the Elementary/Jr High/Middle School divisions.**

***Prohibited skills are examples of skills not allowed in this division. There may be more skills that are prohibited that are not listed.**

School Cheer Division Limitations INTERMEDIATE

STANDING TUMBLING

Permitted: Standing backhandspring series and/or jump-handspring(s) combinations.

Prohibited: Flips, including but not limited to standing tucks and/or punch fronts, are not allowed

RUNNING TUMBLING

Permitted: Cartwheel back tucks, roundoff back tucks and/or roundoff backhandspring back tucks. Aerials cartwheels are also allowed. Combination passes into roundoff back tucks and/or roundoff backhandspring back tucks are allowed.

Prohibited: Twisting while airborne and/or punch fronts. No tumbling is allowed after a tuck or aerial.

STUNTS

Permitted: Extended single leg stunts. Twisting transitions up to 1 full twist. EXCEPTION: Twisting transitions to any extended single leg stunt is limited to 1/2 twist.

Prohibited: Twisting transitions more than 1 full twist, twisting transitions to any single leg extended stunt more than 1/2 twist.

INVERSIONS

Permitted: All stunt inversions allowed in the NFHS Spirit Rules Book are allowed.

Prohibited: Any stunt inversion not specifically allowed in the NFHS Spirit Rules Book.

RELEASE MOVES

Permitted: Release moves that start at prep level or below and are caught at prep level or below, provided that the release move does not pass above the base(s) extended arm level.

Prohibited: Release moves that are caught at the extended level or start above prep level.



PYRAMIDS

Permitted: Transitions that follow the stunt and dismount rules. A braced forward or backward **flip** is allowed only if the top person is connected to two bracers with hand/arm to hand/arm contact, the top person does not twist, and the completion of the flip ends in a cradle. A braced backward **roll** is allowed provided the top person is **inverted** (shoulders below waist) before the bases release the top person. All other rules on braced flips in the NFHS Spirit Rules Book must be followed.

Prohibited: Pyramid inversions connected to only one bracer or connected with anything other than hand/arm to hand/arm connection. Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS

Permitted: Up to 1 and 1/4 twist is allowed from any double leg stunt, prep level single leg stunt and/or platform position. Up to 1/4 twist is allowed from any single leg extended stunt.

Prohibited: Full twist cradles from extended single leg stunts.

TOSSES

Permitted: Up to one trick is allowed during the toss. Twisting in tosses limited to 1 full twist.

Prohibited: Two tricks such as a kick twist and/or a ball X-out. Twisting more than 1 full twist. **Tosses are not permitted in the Elementary/Jr High/Middle School divisions.**

***Prohibited skills are examples of skills not allowed in this division. There may be more skills that are prohibited that are not listed.**

School Cheer Division Limitations ADVANCED

ADVANCED

Permitted: Anything permitted in the 2023-2024 NFHS Spirit Rules Book with no other skill restrictions.

Prohibited: **Tosses are not permitted in the Elementary/Jr High/Middle School divisions.**

School Cheer Division Limitations NON-TUMBLING

NOVICE NON-TUMBLING

Tumbling: No standing or running tumbling, including but not limited to forward or backward rolls, cartwheels, round offs, handsprings, and tucks (flips) will be allowed. **EXCEPTION:** Skills directly connected to and/or within stunts are allowed.

Stunts, inversions, release moves, pyramids, dismounts, tosses: Please refer to the School Cheer Division Limitations for NOVICE.



ADVANCED NON-TUMBLING

Tumbling: No standing or running tumbling, including but not limited to forward or backward rolls, cartwheels, round offs, handsprings, and tucks (flips) will be allowed. EXCEPTION: Skills directly connected to and/or within stunts are allowed.

Stunts, inversions, release moves, pyramids, dismounts, tosses: Please refer to the School Cheer Division Limitations for ADVANCED.

School Dance General Rules

INVERTED SKILLS

Non airborne skills are allowed (i.e. headstand)

TUMBLING SKILLS WITH HIP OVER HEAD ROTATION

Non airborne skills are allowed.

Skills with hand support are not allowed to be executed while holding poms or props in supporting hands. EXCEPTION: Forward rolls, backward rolls and the proper use of hands free poms are allowed.

Non airborne skills are limited to 3 connected skills only.

Airborne skills with hand support may not be airborne in approach, but may be airborne in descent if the approach is non-airborne. Round Offs are allowed as the hands touch the ground before the foot leaves the ground.

Airborne skills without hand support are NOT allowed (EXCEPTION: A side aerial cartwheel will be allowed **IN THE ADVANCED DIVISION** as long as it is not connected to any other skill with hip over head rotation). Front aerials are NOT allowed in any division.

*If hands free poms are used, they must be in the proper place during the execution of the skill. Hands free poms should only have an elastic band between the supporting hand and performance surface allowing the dancer to complete the skill safely.

*Teams using hands free poms for aerial cartwheels may be penalized if the dancer touches down during the skill with improper use of the hands free pom.

*Teams using non-hands free poms for aerial cartwheels must transfer both poms to one hand. If a dancer touches down the hand with the poms during the skill, a penalty will be assessed.

Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not permitted.

TUMBLING SKILLS WITHOUT HIP OVER HEAD ROTATION

Airborne skills without hip over head rotation are not allowed to jump from a standing or squatting position backwards onto the neck, back, shoulders and/or hands. Kip up motions must initiate from the back/shoulder area touching the ground.

*Kip ups are not allowed while holding poms or props and must adhere to the guidelines of proper use of hands free poms.

DROPS TO THE PERFORMANCE SURFACE

Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are only allowed if the dancer bears weight on their hand(s) or foot/feet first.

Landing in a push up position on the performance surface from any type of jump in which the legs are in front of the body and need to swing back for the landing are not allowed.

The dancer being lifted must maintain contact with a supporting dancer who is in direct contact with the performance surface at all times. Kick line leaps are allowed.



LIFTS AND PARTNERING

Lifting with poms or pep flags is allowed.

Hip over head rotation of the dancer being lifted is only allowed if contact between the lifted dancer and at least one of the supporting dancers remains in constant contact until the lifted dancer returns to the performance surface or is returning to the upright position.

The dancer is limited to one continuous hip over head rotation only.

Elevators, thigh stands, shoulder sits and chair sits are allowed. Extension and any other cheer based stunts are prohibited.

A vertical inversion is only allowed if at least one supporting dancer remains in contact with the inverted dancer until he/she returns to the performance surface or upright position.

*An additional dancer who is not bearing the weight of a lifted dancer is required when the height of the lifted dancer's shoulders exceed shoulder level, unless there are at least 3 supporting dancers.

DISMOUNTS

Dismounts may be performed only if the following guidelines are followed. The dancer's hips that is being lifted may not cross the vertical axis while airborne and inverted. The dancer may not be inverted or supine when released. At the highest point of the dismount, the executing dancer's hips may not elevate above head level and the executing dancer must land on their foot/feet.

School Dance Division Limitations

POM NOVICE

Permitted: The following skills may be performed: chaine turns, single pirouettes (may be executed in passe', coupe, pencil or an attitude position), one rotation single piques and pirouette turns, kicks, static leg holds, kick lines, all Jumps (except a turning C jump), forward/front leaps, stag jumps and illusions. A single pirouette, plie, into another single pirouette turn is allowed, but the plie must be clear, or it may be considered a pirouette with more than 1 rotation.

Permitted: Leaps are limited to forward/front leaps or basic split leap that must be executed with straight legs or in an attitude position, with the preparation/approach of a chasse or step (chaine turn into the leave is not allowed); and the skill must be executed in the same direction as the preparation/approach.

Prohibited: Any Int. or Adv. Dance skills are prohibited but not limited to skills such as multiple turns (with the exception of the permitted turns), leg hold turns, turning C jump, tour jete, axels, turn sequences such as consecutive fouette turns and/or second turns, leaps in second, surprise leap, calypso leap, reverse leap, and switch/scissor leaps (other than forward/ front leaps guidelines above), tour jete, and axels. Aerials and side somis are not allowed.

POM INTERMEDIATE

Permitted: In the addition to the skills permitted at the novice level, the following skills will be allowed: double pirouettes (may be executed in passe', coupe, pencil, or an attitude position), single leg hold turns, axels, second leap, surprise leap, calypso, tour jete, reverse leap (switch/scissor leaps are not permitted), and one eight count of fouetté turns/second turns.

Permitted: A single or double pirouette, plie, into a single turn is permitted but the plie must be clear and distinct or it may be considered a pirouette with more than 2 rotations.

Permitted: Turn sequences are limited to a maximum of two separate sequences in the routine and can be performed by one or more dancers. The two turning sequences may not be performed consecutively (pirouettes that are performed separately from fouetté turns and second turns are not considered turn sequences. Traveling turns such as chaine and pique turns are also not considered turn sequences).



Permitted: Turn sequences are limited to fouette turns, second turns, and pirouettes only. No other skills besides these turns are allowed within a turn sequence. No other skills can be connected and/or performed immediately out of the last turn before ending the sequence. Single and double pirouette turns within the sequence may be performed in passe', coupe', pencil, and attitude positions. (Touching/holding the working leg during the turn sequence is not allowed). Spot direction must remain consistent throughout the entire sequence. Each sequence may not exceed one eight count of turning (this does not include the prep or ending/completion of the turn sequence). Dancers must come to a complete stop with the body in an upright position with both feet on the performance surface for at least one count before executing another skill/move. The stop/completion of the turn sequence cannot be a prep into another technical skill. When a turn sequence begins with a fouette turn or second turn, the eight count will begin when the working leg opens to second position. When a turn sequence begins with a pirouette turn, the eight count will begin immediately.

Permitted: Leaps in second position, reverse leaps, surprise leaps provided that the preparation/approach is a chasse or step (chaine turn into the leave is not allowed); Leaps and jumps that release the head toward the back must be stationary and cannot be connected to any other skill or element. The landing of any leap or jump must not be a preparation for another skill or technical element, there must be at least 1 count of a complete stop with both feet on the performance surface before the new skill.

Prohibited: Double leg hold turns or more, triple pirouettes or more, floats of any kind, switch/scissor leaps, turn sequences that are longer than one eight count, and three or more turn sequences in a routine. Changing spot/direction is not allowed. Aerials and side somis are not allowed.

POM ADVANCED, JAZZ, AND HIP HOP

Permitted: There are no technical skill limitations in the pom advanced, jazz, and hip hop divisions other than those outlined in the CHEERpros Dance General Rules



School Cheer Minimum Quantities

# OF COMPETITORS	JUMPS	TUMBLING	STUNTS
	75% OR MORE	50% + 1	50% + 1
6	5	4	1
7	5	5	1
8	6	5	2
9	7	6	2
10	8	6	2
11	8	7	2
12	9	7	2
13	10	8	2
14	11	8	2
15	11	9	2
16	12	9	3
17	13	10	3
18	14	10	3
19	14	11	3
20	15	11	3
21	16	12	3
22	17	12	3
23	17	13	3
24	18	13	4
25	19	14	4
26	20	14	4
27	20	15	4
28	21	15	4
29	22	16	4
30	23	16	4
31	23	17	4
32	24	17	5
33	25	18	5
34	26	18	5
35	26	19	5
36	27	19	5

This chart shows the minimum quantities needed to get into a specific grid section. Jump skills must be performed synchronized. Tumbling and Stunt skills are cumulative throughout the entire routine. Stunts are based off of groups of 4 athletes.