



Updated 9/28/19

School Team Cheer Divisions

Name	Grade	Number of Athletes	Gender
Elementary School Divisions			
Elementary Spirit Leader	6 & Below	5- 36 members	Female/Male
Elementary Non-Tumble Traditional	6 & Below	5- 36 members	Female/Male
Elementary Intermediate Mount Traditional	6 & Below	5- 36 members	Female/Male
Elementary Intermediate Non-Mount Traditional	6 & Below	5- 36 members	Female/Male
Junior High/Middle School Divisions			
Junior High Spirit Leader	8 & Below	5- 36 members	Female/Male
Junior High Non-Tumbling Traditional	8 & Below	5- 36 members	Female/Male
Junior High Intermediate Mount Traditional	8 & Below	5- 36 members	Female/Male
Junior High Advanced Mount Traditional	8 & Below	5- 36 members	Female/Male
Junior High Intermediate Non-Mount Traditional	8 & Below	5- 36 members	Female/Male
Junior High Advanced Non-Mount Traditional	8 & Below	5- 36 members	Female/Male
High School Divisions			
JV Intermediate Mount All Music	12 & Below	5- 36 members	Female/Male
JV Advanced Mount All Music	12 & Below	5- 36 members	Female/Male
JV Intermediate Non-Mount All Music	12 & Below	5- 36 members	Female/Male
JV Advanced Non-Mount All Music	12 & Below	5- 36 members	Female/Male
JV Spirit Leader	12 & Below	5- 36 members	Female/Male
JV Non-Tumbling Traditional	12 & Below	5- 36 members	Female/Male
JV Intermediate Mount Traditional	12 & Below	5- 36 members	Female/Male
JV Advanced Mount Traditional	12 & Below	5- 36 members	Female/Male
JV Intermediate Non-Mount Traditional	12 & Below	5- 36 members	Female/Male
JV Advanced Non-Mount Traditional	12 & Below	5- 36 members	Female/Male
Varsity Spirit Leader	12 & Below	5- 36 members	Female/Male
Varsity Non-Tumbling Traditional	12 & Below	5- 36 members	Female/Male
Varsity Intermediate Mount All Music	12 & Below	5- 36 members	1 Male
Varsity Advanced Mount All Music	12 & Below	5- 36 members	1 Male
Varsity Intermediate Non-Mount All Music	12 & Below	5- 36 members	1 Male
Varsity Advanced Non-Mount All Music	12 & Below	5- 36 members	1 Male
Varsity Intermediate Mount Traditional	12 & Below	5- 36 members	1 Male
Varsity Advanced Mount Traditional	12 & Below	5- 36 members	1 Male
Varsity Intermediate Non-Mount Traditional	12 & Below	5- 36 members	1 Male
Varsity Advanced Non-Mount Traditional	12 & Below	5- 36 members	1 Male
Coed Varsity All Music	12 & Below	5- 36 members	2+ Males
Coed Varsity Traditional	12 & Below	5- 36 members	2+ Males

Division Sizes

Extra Small: 7 and under*

Small: 7- 14*

Medium: 14 – 22*

Large: 23 – 36*

*We reserve the right to combine any of these divisions. Example: An extra-small and small team may compete against each other based on registration and division sizes. A Small team would never be combined in a division with a large team.



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Spirit Championships School Routine Safety Rules Information

Spirit Championships will follow the 2018-2019 NFHS Spirit Safety Rules to include all General, Tumbling, Stunts, Mounts/Pyramids and Tosses. To order a copy of the 2018-2019 NFHS Spirit Rules Book, visit NFHS.org

NOTE: All Elementary, Junior High/Middle School Teams, are not permitted to execute Basket Tosses, Elevator Tosses and similar Multi-Based Tosses.

School Routine Divisional Skills Limitations Information

All Intermediate Divisions

Standing Tumbling:

- Flips are not permitted.
- No standing back tucks or back handspring back tucks

Running Tumbling:

- Flips are only permitted in tuck position and from a round-off or round-off back handspring(s). Other skills with hand support prior to the round-off or round-off back handspring are permitted.
- Punch fronts are not permitted.
- No twisting while airborne is permitted. (Exception: Ariel cartwheels are permitted.)
- No tumbling is permitted after a flip or ariel cartwheel.
- Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not permitted.

Stunts:

- Twisting transitions to and from an extended position are not permitted to exceed $\frac{1}{2}$ twisting transition.
- Twisting transitions to, from and at prep level are not permitted to exceed 1 twisting transition.
- Release moves must start below prep level and must be caught at prep level or below.
- Release moves are not permitted to pass above extended arm level.

Pyramids:

- Braced Flips are not permitted.



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Dismounts:

- Only straight pop downs, straight rides and ¼ turns are permitted from any single leg stunt.
- Up to 1 and ¼ twists are allowed from any two leg stunt.

Tosses:

- Up to one trick is permitted during a toss.
- Tosses are not permitted to exceed 1 twisting rotation

All Advanced Divisions

Advanced teams will follow the Standard NFHS Guidelines for 2018-2019.

School Routine Performance Guidelines

School Intermediate Mount – Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official School Intermediate Mount Traditional score sheet.
- Routines must contain a cheer/sideline Crowd Leading portion during which there may not be any music, i.e. the music must be stopped.
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules in addition to Intermediate Skills limitations listed in this document.
 - When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
 - Timing will begin with the first organized word, movement, note of music or the moment an individual is lifted or supported off of the performance floor, whichever comes first.
 - Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
 - Props must be physically used if placed within the performance boundaries.
 - NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.



Updated 9/28/19

School Intermediate Non-Mount – Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official School Intermediate Non Mount Traditional score sheet.
- **All building skills/mounts/pyramids/tosses are not permitted.**
- Routines must contain a cheer/sideline Crowd Leading portion during which there may not be any music, i.e. the music must be stopped.
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules in addition to Intermediate Skills limitations listed in this document.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first organized word, movement or note of music, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

School Advanced Mount – Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official School Advanced Mount Traditional score sheet.
- Routines must contain a cheer/sideline Crowd Leading portion during which there may not be any music, i.e. the music must be stopped.
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first organized word, movement, note of music or the moment an individual is lifted or supported off of the performance floor, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.



Updated 9/28/19

School Advanced Non-Mount – Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official School Advanced Non-Mount Traditional score sheet.
- **All building skills/mounts/pyramids/tosses are not permitted.**
- Routines must contain a cheer/sideline Crowd Leading portion during which there may not be any music. i.e. the music must be stopped.
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first organized word, movement or note of music, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

School Intermediate Mount – All Music Routines

Total Routine Time: Maximum 2:30 (no minimum time).

- Routines should contain all elements reflected on the official School Intermediate Mount All Music score sheet.
- **Routines must be performed entirely to music.**
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules in addition to Intermediate Skills limitations listed in this document.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first note of music of the routine.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.



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School Intermediate Non-Mount – All Music Routines

Total Routine Time: Maximum 2:30 (no minimum time).

- Routines should contain all elements reflected on the official School Intermediate Mount All Music score sheet.
- **Routines must be performed entirely to music.**
- **All building skills/mounts/pyramids/tosses are not permitted.**
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules in addition to Intermediate Skills limitations listed in this document.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first note of music of the routine.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- **NEW!** No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.

School Advanced Mount – All Music Routines

Total Routine Time: Maximum 2:30 (no minimum time).

- Routines should contain all elements reflected on the official School Advanced Mount All Music score sheet.
- **Routines must be performed entirely to music.**
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first note of music of the routine.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- **NEW!** No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.



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School Advanced Non-Mount – All Music Routines

Total Routine Time: Maximum 2:30 (no minimum time).

- Routines should contain all elements reflected on the official School Advanced Non Mount All Music score sheet.
- Routines must be informed entirely to music.
- All building skills/mounts/pyramids/tosses are not permitted
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first note of music of the routine.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

School Non-Tumbling – Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official School Non-Tumbling Traditional score sheet.
- Routines must contain a cheer/sideline Crowd Leading portion during which there may not be music/the must be stopped
 - Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first organized word, movement, note of music or the moment an individual is lifted or supported off of the performance floor, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- **Tumbling is not permitted! Exceptions: Tumbling/inversions in/out of, load-in positions, stunts, and pyramids.**
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.



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School Spirit Leader– Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

Spirit Leader is Non-tumbling and Non-Mount

- Routines should contain all elements reflected on the official School Spirit Leader Traditional score sheet.
- Routines must contain a cheer/sideline Crowd Leading portion during which there may not be music/the music must be stopped.
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin the routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Timing will begin with the first organized word, movement or first note of music, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- **All building skills/mounts/pyramids/tosses are not permitted**
- **Limited tumbling is permitted!** For choreography and transitional purposes only, any form/combination of rolls, handstands or cartwheels will be permitted but will not be categorized nor scored separately on the score sheet.
- **NEW!** No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

School Coed Mount – Traditional Team Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official School Coed Mount Traditional score sheet.
- Routines must contain a cheer/sideline Crowd Leading portion during which there may not be any music/the music must be stopped.
- Routine skills and elements are to follow the 2018-2019 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Timing will begin with the first organized word, movement, note of music or the moment an individual is lifted or supported off of the performance floor, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- **NEW!** No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.