

2026 STUNT Rulebook

High School, Junior High, and Club

Table of Contents

USA Cheer and STUNT Information.....	1
Summary of Changes.....	3
Points of Emphasis	7

STUNT Rules and Policies

Rule 1. Introduction to STUNT	9
Rule 2. Registration Information	10
Rule 3. School STUNT Team Information.....	14
Rule 4. Club STUNT Division Information	18
Rule 5. Officials Information.....	24
Rule 6. Attire and Safety Guidelines	29
Rule 7. Competition Site Information	33
Rule 8. Hosting Information.....	36

STUNT Game Manual

Rule 9. Game Timeline.....	39
Rule 10. Pregame.....	40
Rule 11. General Game Flow	42
Rule 12. Game Elements	44
Rule 13. Violations and Procedural Issues	48
Rule 14. Scoring	53
Rule 15. Using the Routine Materials	65
Rule 16. Glossary	67
Rule 17. Materials Index	85
Rule 18. Appendixes.....	86

Appendix A: League Age Quick Reference Table

Appendix B: STUNT Divisions Outline

Appendix C: Sample Minimum Must Play Roster Guide

Appendix D: Officials Scoresheet Q1-Q3

Appendix E: Officials Scoresheet Q4

Appendix F: Official Scorebook

Appendix G: Game Summary Sheet (2 page document)

Appendix H: Referee Scorecard

Appendix I: Official's Packet Checklist

Appendix J: Referee Hand Signal Images

Appendix K: Referee and Coach Hand Signal Images

Appendix L: Uniforms

Appendix M: Maximum 13-mat Game Floor Layout

Appendix N: Modified 11-mat, 9-mat, and 8-mat Game Floor Layout

Appendix O: Home and Away Team Designation

Appendix P: Restricted Zones

Appendix Q: Warm-Up Guidelines

Appendix R: Out of Bounds

Appendix S: Scoring Guide

USA Cheer and STUNT Information

USA Cheer is the governing body for STUNT. USA Cheer is a not-for-profit 501(c)(3) organization that was established in 2007 to serve as the Governing Body for Sport Cheering in the United States. USA Cheer exists to serve the cheer community, including club cheer (all-star) and traditional school-based cheer programs, and the growing sport of STUNT.

Primary Points of Contact for STUNT around the United States:

Executive Director, USA Cheer	Lauri Harris	Lharris@usacheer.org
Director of STUNT Operations	Kate Townsend	Ktownsend@usacheer.org
Director of High School & College STUNT	Amy Haney	Ahaney@usacheer.org
Director of Club STUNT	Shayna Danielsen	Sdanielsen@usacheer.org
Director of Marketing & Social Media	Kaitlyn Lyday	Klyday@usacheer.org
Director of Education & Programming, USA Cheer	Jim Lord	Jlord@usacheer.org

FOUNDATION OF STUNT

When STUNT was created, five key principles were established as the foundation of the sport.

1. Satisfy Title IX requirements.
2. Create new opportunities for female athletes at the collegiate, high school, and youth levels.
3. Preserve traditional cheerleading as a vital and important part of a school's spirit program.
4. Be exciting for athletes, coaches, and spectators. Fan friendly and easy to understand.
5. Be cost effective for schools and programs to implement and run.

STUNT AND TITLE IX

USA Cheer created STUNT to provide a discipline of cheer that was exclusively focused on competition and structured in a way to provide meaningful interscholastic and intercollegiate athletic participation opportunities that schools can count for Title IX.

USA Cheer has designed STUNT in such a way that it can count as a female sport for Title IX EADA forms if implemented properly. The key determination evaluated by the OCR is whether the STUNT team functions and receives comparable treatment as other varsity intercollegiate sports at their institution. Programs must be created, managed, and operated within athletics and function in accordance with the type, number, and quality of competitions. STUNT must look like and run like other varsity sports.

TASK FORCES AND COMMITTEES

In preparation for each season, USA Cheer and STUNT form groups of leaders within the cheer and STUNT community to help further the growth and development of STUNT. Individuals are selected and placed onto task forces and committees to make decisions that aid in the growth and development of the sport.

College STUNT Association Administrator Advisory Board
STUNT Oversight Committee
College STUNT Subcommittee
Club STUNT Subcommittee
STUNT Technical Committee
High School STUNT Subcommittee

More information and a list of committee members can be found at stunthesport.org/committees.

Summary of Changes

Editorial changes that include punctuation changes, grammar corrections, and reordering existing material will not be included in the Summary of Changes.

Significant changes to game rules, scoring, and procedural issues will be included in the Summary of Changes and highlighted in red throughout the rule book.

- *Additional information included in the rule book for the purpose of clarification will NOT be included in the Summary of Changes but will be highlighted throughout the rule book.*

Introduction to STUNT –

Scoring: Article 1.1.6.d – NEW RULE: *In the event of a point earned ‘within 2’, the winning team receives two (2) points, the opposing team wins one (1) point.*

School STUNT Team Information –

8-Round Format: Article 3.4.6: - NEW RULE: NO SELF-FOREFEIT: There are no allowable self-forfeits in the 8-round format. (See Article 12.3.6)

Club STUNT Division Information -

Club Information: Article 4.4.1, 4.5.1, & 4.6.1 – Two (2) Junior Coaches are allowed per team for 8U, 11U, and 14U, and must be rostered.

8U Division Information: Article 4.4.8 - UPDATED: 8U Division will receive Game Summary Sheets.

11U Division Information: Article 4.5.7 - UPDATED: 11U Division will receive Game Summary Sheets.

14U Division Information: Article 4.6.7 - UPDATED: 14U Division will receive Game Summary Sheets.

8U Division Information: Article 4.7.6 - UPDATED: 18U Division will receive Game Summary Sheets.

8-Round Format: Article 4.8.6 – NEW RULE: NO SELF-FOREFEIT: There are no allowable self-forfeits in the 8-round format. (See Article 12.3.6)

Officials Information –

Routine Officials and Scoring Officials: Article 5.2.3.c – UPDATED: *A Game Summary Sheet will be provided to each respective coach at halftime and at the end of game. See Appendix G.*

Referee: Article 5.3.1.a - If host site is unable to provide a Referee, they can request one be assigned via the Officials Association assigning the game.

Referee: Article 5.3.1.b.3 – Spotter attire is available AND all spotter attire is the same color AND the color of the spotter attire contrasts with the color of the team uniform.

Referee: Article 5.3.1.e.2 – *The coin toss will be limited to up to two (2) coaches and up to four (4) athletes.*

All Officials: Article 5.3.2 – UPDATED: All officials must arrive a minimum of *one (1) hour* prior to game time. All officials should meet prior to the game and come to the floor together (Scoring and Referee).

Attire and Safety Guidelines –

Uniform: Article 6.1.4 – UPDATED: *While compression shorts/spandex are standard, spandex-style shorts are not required. Players may wear longer shorts or pants (matching the team or solid color) if desired or needed.*

Uniform: Article 6.1.5 – ADDED: *Religious headwear is allowable, permitting it does not compromise the safety of the athlete or impede participation.*

Uniform: Article 6.1.6 – ADDED: *Hair must be worn in a manner that is appropriate for the activity involved. Hair-control devices, accessories and other adornments in the hair that are securely fastened, appropriate for the activity and do not present an increased risk to the participants are allowed.*

Spotters Guidelines: Article 6.4.3.b – UPDATED: *Spotters are required to adhere to the athletic footwear specifications. Athletic footwear is defined as footwear designed for sports, exercise, or other physical activities. Prohibited apparel guidelines also apply to spotters. (See Rule 5. Section 2)*

Spotters Guidelines: Article 6.4.3.c – UPDATED: *Spotters' attire will be assessed by the Referee prior to the team entering the main floor. If the above specifications are not met, a Technical Foul will be assessed. One (1) game point will be awarded to the opposing team at the end of the first quarter that spotters participate wearing inappropriate attire. Only one (1) penalty will be assessed for the entire game.*

Spotters Guidelines: Article 6.4.5 – ADDED: *Additional spotters (not in-routine spotters) must be in a position to protect the athlete but not obstruct the view of the skills for scoring officials. If a spotter needs to get involved, athlete safety takes priority over scoring officials' line of sight.*

Spotters Guidelines: Article 6.4.5.a – NEW RULE: *At the Official's discretion, if spotters block the view of the scoring official's, a verbal warning will be given. If the behavior continues, a Technical Foul will be assessed. One (1) game point will be awarded to the opposing team.*

Hosting Information –

General Hosting Information: Article 8.1.3.b – ADDED: *If host site is unable to provide a Referee, they can request one be assigned via the Officials Association assigning the game.*

Pregame –

Additional Pregame Warmup: Article 10.2.1 – NEW RULE: *At the discretion of the tournament director, additional pregame warm-up time may be provided when a separate warm-up floor is available. A warm-up schedule should be provided to coaches to ensure that each team gets an equal warm-up time.*

a. If warm-ups take place on a separate floor, both teams must report to their team bench five (5) minutes prior to the start of the game.

b. DELAY OF GAME: If a team reports to the main floor late resulting in the delay of a schedule game time due to athlete or coaches' circumstances, they will receive an immediate Technical Foul, and one (1) game point will be awarded to the opposing team prior to game start.

Coin Toss: Article 10.3.5 – NEW RULE: *The coin toss will be limited to up to two (2) coaches and up to four (4) athletes.*

a. The coin toss area will be designated as the playing surface. The coaches and athletes participating in the coin toss will report to the Neutral Zone when signaled by the Referee. All other coaches and athletes, not a part of the coin toss, must remain in their team zone throughout the duration of the coin toss procedure.

General Game Flow –

Regulation: Article 11.1.4 – NEW RULE: The Scoring Officials will determine which team wins the round based on the total number and degree of errors made by each team. The team with the fewest deductions will be declared the winner of the round. If each team has the same number of deductions, the round ends in a tie. *If the teams' error totals are within two (2) deduction points of each other, the team with the least number of errors will be awarded two (2) points and the opposing team will be awarded one (1) point.*

Regulation: Article 11.1.5.a – UPDATED: *'Within 2' – Referees will signal the points awarded with two (2) fingers and arm raised straight above their head (see Appendix K). They will then show points awarded with both arms; one arm pointing with two (2) fingers toward the team awarded two (2) points, one arm pointing with one (1) finger toward the team awarded one (1) point.*

Game Elements –

Timeouts: Article 12.1.1.a – UPDATED: Each team will have two (2) 30-second timeouts per 8-round game.

Possession: Article 12.2.2 – UPDATED: Possession for the first round of Quarter 1 and Quarter 3 is determined by the coin toss. *Exception: 8U Division*

General Forfeit Information: Article 12.3.6 – NEW RULE: *The number of self-forfeits within a game are limited to one (1) per half.*

- a. *The first self-forfeit called per half will be considered allowable. Any additional self-forfeit used will be considered non-allowable.*
- b. *If a team must use more than the allowable self-forfeits per half (a non-allowable self-forfeit), the opposing team will be awarded one (1) point per forfeited round.*
- c. *There is a maximum of one (1) Technical Foul for a non-allowable self-forfeit per round. There is a maximum of one (1) Technical Point being awarded for a non-allowable self-forfeit per round.*
- d. *QUARTER 4: Self-forfeits can be used within Quarter 4. One (1) self-forfeit will be used per round, no matter how many 'sections' (PS/JT/PT) are forfeited in that round.*

Self-Forfeits: Article 12.3.7 – NEW RULE: *NO SELF-FORFEITS will be permitted in an 8-round game.*

a. *In the event that a self-forfeit is used within an 8-round game, the opposing team will be awarded one (1) point per forfeited round.*

- a. *All non-allowable self-forfeits will be assessed a Technical Foul by the possession team, resulting in one (1) Technical Point awarded to the opposing team.*

Violations and Procedural Issues –

Technical Fouls: Article 13.1.2.g – NEW RULE: *Delay of Game: If a team reports to the main floor late resulting in a delay of the scheduled game time due to circumstances within the coaches' control, a Technical Foul will be assessed, and the opposing team will receive one (1) point prior to the game start.*

Technical Fouls: Article 13.1.2.h – NEW RULE: *Non-Allowable Self-Forfeit: If a team calls a non-allowable self-forfeit during a game, they will be assessed one (1) Technical Foul per round including a forfeited section, with a maximum of one (1) Technical Point awarded to the opposing team per round.*

Scoring –

General Overview: Article 14.1.2 – NEW RULE: *Major 3 = 8 deduction points*

General Overview: Article 14.1.3 – NEW RULE: *A 'Within 2' round results in two (2) points to team with least errors, one (1) point to opposing team.*

Errors and Deductions Table: Article 14.2.1 – NEW RULE: Scoring Updates. A 'Fall' now results in a Major 2. An 'Unsafe Fall' now results in a Major 3.

Spacing and Boundaries: Article 14.3.2 – NEW RULE: Formations – An overall Minor 1 will be applied per formation with a "Significant Deviation" from the formations demonstrated in the video routine materials and provided in the Routine Formations Glossary.

Steps: Article 14.8.1 – UPDATED: In Jumps & Tumbling routines: A Minor 1 deduction will be applied for each athlete that takes a step or hop on the landing of jump and tumbling elements. This is a Minor 1 deduction for steps or hops on the landing of an individual skill, regardless of how many steps or hops they take. This deduction is applied per athlete.

Modifications: Article 14.10.1.b.2 – ADDED: A Modification deduction will be applied per skill modified. (i.e. The 8-count sheet shows an athlete is to perform a RO Whip BHS Tuck. The athlete performs a RO-BHS-BHS-BHS. This would result in two (2) modifications, as two (2) skills have been modified in the routine.)

Modifications: Article 14.10.1.c – ADDED: Skills that consists of two or more skills happening *simultaneously* will be considered one (1) skill for scoring purposes.

Omissions: Article 14.11.1.c – ADDED: An Omission deduction will be applied per skill omitted. (i.e. The 8-count sheets show that an athlete is to perform a RO BHS Tuck. The athlete only performs a RO. This would result in two (2) omissions, as two (2) skills have been omitted from the routine.)

Falls: Article 14.14.1 – UPDATED: A Major 2 will be applied for EACH fall in Partner Stunts or Pyramids & Tosses. This will be applied per stunt group in Partner Stunts and Pyramids & Tosses routines, and per athlete in Jumps & Tumbling routines.

Falls: Article 14.14.1.a.1 – UPDATED: A fall specific to Partner Stunts and Pyramids & Tosses routines is inclusive of the performance or completion of a skill that results in a sweep to cradle, or top being brought down in any type of upright position under control and without compromising the safety of the athlete(s) and will incur a Major 2 deduction.

Falls: Article 14.14.2 – UPDATED: Unsafe or Uncontrolled Fall - A Major 3 will be applied when an athlete lands in a compromising position from a safety standpoint.

Using the Routine Materials –

Routine Materials: Article 15.1.1 – UPDATED: Routine materials include the routine videos, 8-count sheets, *formations glossary*, and glossary (written and/or video).

Routine Materials: Article 15.1.1.a.1 – UPDATED: The 8-count sheets *and formations glossary* will be used by Scoring Officials to determine deduction errors during the routine.

Routine Materials: Article 15.1.1.b – UPDATED: Routine videos, 8-count sheets, *and formations glossary* are provided for each STUNT routine.

Routine Materials: Article 15.1.1.b.4 – ADDED: *The goal of the formation's glossary is to provide visual aid of the formations that will be officiated within each routine.*

Routine Videos: Article 15.2.1.c – UPDATED: Use the combination of the 8-count sheet, glossary, *formations glossary*, and video clips to aid in the actual skills be asked of the teams for each routine.

Appendixes – Several items were updated to the Appendixes.

Glossary – Several items were updated and added to the glossary.

Points of Emphasis

For the current edition of the rule book, there are several areas that have been given special editorial attention. These areas are identified as points of emphasis. While they may not represent any rule, scoring, or procedural changes, their importance should not be overlooked.

Minimum Must Play Rule 8U & 11U – It is important to use the full roster to maximize the benefits of athlete engagement. Per USA Cheer, every athlete must be assigned to a minimum of four (4) routines.

Minimum Must Play Rule 14U – It is important to use the full roster to maximize the benefits of athlete engagement. Per USA Cheer, every athlete must be assigned to a minimum of six (6) routines.

Referee – Referee must check spotters attire PRIOR to team stepping on the main floor for warm-ups. They need to confirm that spotters follow all guidelines for athletes with jewelry and that: Spotter attire is available AND all spotter attire is the same color AND the color of the spotter attire contrasts with the color of the team uniform.

Uniform – Numbers shall be a color that contrasts with the jersey color and/or may be bordered by no more than ½ inch border of any contrasting color.

Prohibited – Appropriate athletic footwear is required for all personnel who take the floor including athletes, spotters, and coaches. Gum is prohibited for all coaches, athletes, and officials.

Spotter Guidelines – Anyone acting as a spotter MUST be in the same color apparel that contrasts with the predominant color of the team's uniform in order to clearly identify them as spotters. Spotters should be in athletic wear or professional attire (team warm-up, team polo, etc). Spotters are required to adhere to the athletic footwear specifications. Athletic footwear is defined as footwear designed for sports, exercise, or other physical activities. Prohibited apparel guidelines also apply to spotters (see Rule 6, section 4).

Media – All information about media has been removed. Media information will be provided in the Hosting Packet as well as a separate Media Guidebook.

General Hosting Information – Some facilities have inconsistent Wi-Fi. A corded connection is preferred over Bluetooth for music quality.

Competition Area – The use of spring-assisted floors is not permitted during games/tournaments.

Overtime – The one (1) minute break prior to the first round will begin once the coaches have reviewed the overtime procedures.

Timeouts – Whether a routine number can be changed or not, please refer to the team who called the initial timeout.

Omissions – During the repeat of a routine due to a music malfunction, teams must complete ALL skills during the routine. A Major 1 will be applied for EACH skill omitted during the repetition of the routine. The number of skills in each routine, for the purpose of calculating deductions in the event of a music malfunction, will be listed on the 8-count sheet for each routine.

Routine Videos – Be aware that small count changes may have been added to carryover routines to help clean up any issues that may have come up in previous years and will be indicated on the 8-count sheet.

Restricted Zone Violation Exception – Coaches are allowed to step in front of the field of play to call a timeout.

Rule 1. Introduction to STUNT

Article 1.1.1 . . . STUNT is played by two teams who perform preset routines on the playing field at the same time. These routines consist of varying skill levels of partner stunts, pyramids, tosses, jumps, and tumbling. Routines, and the skills used in the routines, will be developed by USA Cheer and published prior to the start of the season.

Article 1.1.2 . . . Regulation consists of four (4) quarters of play:

Quarter 1	Partner Stunts
Quarter 2	Pyramids & Tosses
Quarter 3	Jumps & Tumbling
Quarter 4	Team Routine

Article 1.1.3 . . . Each of the first three (3) quarters will consist of four (4) rounds.

Exception: The 8U division has three (3) rounds in the first three (3) quarters.

- a. Each round will consist of one (1) of up to six (6) available routines, based on the category of the current quarter.
- b. Each routine is nine (9) full 8-counts long and ends on the ‘1’ of the tenth 8-count. Routines are all recorded to 8-count music. Quarters 1-3 have the same music.

Article 1.1.4 . . . Quarter 4 will consist of four (4) rounds. *Exception: The 8U, 11U, and 14U divisions will consist of two (2) rounds in Quarter 4.*

- a. Each round will combine the routines of that level in one continuous routine, in the following order:
 - Partner Stunts
 - Jumps & Tumbling
 - Pyramids & Tosses
- b. Quarter 4 will have different music that is thirty-one (31) 8-counts long, allowing for approximately two (2) 8-counts between each section for substitutions.

Article 1.1.5 . . . The routines are designed in an overall progression from easier to harder, with Routine 1 having the lowest degree of difficulty.

Article 1.1.6 . . . Scoring Officials watch both teams at the same time to determine which team wins the round based on the total number and degree of errors made by each team. The team with the fewest deductions will be declared the winner of the round. If each team has the same number of deductions, the round ends in a tie.

- a. The winner of a round receives one (1) point.
- b. The loser of a round receives zero (0) points.
- c. In the event of a tie, each team receives one (1) point.
- d. *In the event of a point earned ‘within 2’, the winning team receives two (2) points, the opposing team wins one (1) point.*

Rule 2. Registration Information

SECTION 1. SCHOOL STUNT

Article 2.1.1 . . . All school STUNT teams must purchase a STUNT Program Membership through USA Cheer prior to the start of the competitive season.

- a. Program Memberships cost \$149 and must be renewed annually.
- b. Program Memberships grant access to all materials for the upcoming season (i.e. music, rule book, glossary, 8-count sheets, etc.)

Article 2.1.2 . . . Registration Steps:

- a. usacheer.org/login
- b. Login if you are a current or former member and select Renew a School STUNT Program OR Register a School STUNT Program.
 1. *Note:* If you were not the primary administrator on the prior year's team membership, you will need to email membership@usacheer.org to be added as the primary administrator.
- c. If you are not a current or former member then select Register a New School STUNT Program. [STUNT Team Membership - USA Cheer](#)
- d. Fill in your team information.
- e. Select Credit Card Payment or Invoice
 1. Credit Card Payments – Enter Payment Information. Please allow up to 48 hours after payment for your account to be activated.
 2. Invoice – If paying with a purchase order, select Invoice. An invoice will be created for the purchase order. Once the purchase order has been received, your account will be activated.

Article 2.1.3 . . . School STUNT coaches have the option to purchase a STUNT Coach Membership for \$35.

Article 2.1.4 . . . Steps to complete the STUNT Coach Membership include:

- a. usacheer.org/login
- b. Login if you are a current or former member OR Membership (if no previous USA Cheer account)
- c. Select STUNT Coach Membership.
- d. Fill in your information.
- e. Submit Credit Card Payment – Enter Payment Information.
 1. Please allow up to 48 hours after payment for your account to be activated.
- f. Complete waiver and acknowledgements.
- g. Complete required courses.
 1. Complete the Background Screening Application (you will be emailed the application immediately after purchasing your membership).
 - Please allow a minimum of ten (10) business days for your background check to be processed.

2. Complete Youth Safety and Risk Management (\$20) OR USA Cheer Safety and Risk Management (\$80)
 - Current USA Cheer/AACCA Certificates are accepted under courses but do require you to upload the document.
 - Please allow up to 48 business hours for the certificate to be processed.
3. Athlete Protection Course

Article 2.1.5 . . . Coaches have the option to take STUNT Training courses.

- a. These courses are not a requirement but are highly recommended for understanding updates, materials, and procedures.

Article 2.1.6 . . . Athletes have the option to purchase a STUNT Athlete Membership for \$20.

Article 2.1.7 . . . Steps to complete the STUNT Athlete Membership include:

- a. usacheer.org/login
- b. Login if you are a current or former member OR Membership (if no previous USA Cheer account)
- c. Select Athlete Membership
- d. Fill in Athlete Information
- e. Submit Credit Card Information
 1. Credit Card Payments – Enter Payment Information. Please allow up to 48 business hours after payment for your account to be activated.
- f. Participant waiver and acknowledgements
- g. Participant required courses
 1. Athlete Protection – Athlete Course
 2. CrashCourse Concussion Training
- h. Participant Birthdate Verification (\$5 one-time fee)
 1. Please allow 7-10 business days for the National Office to verify your document.

SECTION 2. CLUB STUNT

Article 2.2.1 . . . All Club STUNT Coaches are required to purchase a STUNT Coach Membership through USA Cheer prior to the start of the competitive season.

- a. STUNT Coach Memberships cost \$35 and must be renewed annually.

Article 2.2.2 . . . Coaches Membership Steps:

- a. usacheer.org/login
- b. Login if you are a current or former member OR Join USA Cheer (if no previous USA Cheer account).
- c. Select STUNT Coach Membership.
- d. Fill in your information.
- e. Submit Credit Card Payment – Enter Payment Information
 1. Please allow up to 48 hours after payment for your account to be activated.

- f. Complete waiver and acknowledgements.
- g. Complete required courses.
 1. Complete the Background Screening Application (you will be emailed the application immediately after purchasing your membership).
 - Please allow a minimum of ten (10) business days for your background check to be processed.
 2. Complete Youth Safety and Risk Management (\$20) OR USA Cheer Safety and Risk Management (\$80)
 - Current USA Cheer/AACCA Certificates are accepted under courses but do require you to upload the document.
 - Please allow up to 48 business hours for the certificate to be processed.
 3. Athlete Protection Course

Article 2.2.3 . . . All Club STUNT Coaches are required to purchase a STUNT Program Membership through USA Cheer prior to the start of the competitive season.

- a. Club STUNT Program Memberships cost \$399 (the one cost includes all teams within the program at the same location and must be renewed annually).
- b. Program Memberships grant access to all materials for the upcoming season (i.e. music, rule book, glossary, 8-count sheets, etc.)

Article 2.2.4 . . . Team Registration Steps:

- a. Log in to your account
- b. Select Renew a Club STUNT Program or Register a New Club STUNT Program
 1. *Note:* If you were not the primary administrator on the prior year's team membership, you will need to email membership@usacheer.org to be added as the primary administrator.
- c. Fill in your program information
- d. Select Credit Card Payment or Invoice
 1. Credit Card Payments – Enter Payment Information. Please allow up to 48 business hours after payment for your account to be activated.
 2. Invoice – If paying with a purchase order, select Invoice. An invoice will be created for the purchase order. Once the purchase order has been received, your account will be activated.
- e. Link Coach Membership to Program Membership
 1. If you have renew/purchase your Program Membership before you renew/purchase your Coach Membership – you will need to email membership@usacheer.org
 2. If you renew/purchase your Coach Membership before you renew/purchase your Program Membership – you will be given the option to choose your program during Coach Membership registration process.

Article 2.2.5 . . . All Club STUNT Athletes are required to purchase a STUNT Athlete Membership through USA Cheer prior to participating on a STUNT team.

- a. STUNT Athlete Memberships cost \$20 and must be renewed annually.

Article 2.2.6 . . . Steps to complete the STUNT Athlete Membership include:

- a. usacheer.org/login
- b. Login if you are a current or former member OR Join USA Cheer (if no previous USA Cheer account)
- c. Select Athlete Membership
- d. Fill in Athlete Information
- e. **Choose Program Affiliation during registration process.**
- f. Submit Credit Card Information
 1. Credit Card Payments – Enter Payment Information. Please allow up to 48 business hours after payment for your account to be activated.
- g. Participant waiver and acknowledgements
- h. Participant required courses
 1. Athlete Protection – Athlete Course
 2. CrashCourse Concussion Training
- i. Participant Birthdate Verification (\$5 one-time fee)
 1. Please allow 7-10 business days for the National Office to verify your document.

Rule 3. School STUNT Team Information

SECTION 1. SEASON INFORMATION

Article 3.1.1 . . . The season of play for STUNT is the spring season.

Article 3.1.2 . . . Material is released in January.

Article 3.1.3 . . . Follow your state/local guidelines for the start and end dates of the spring season.

- a. Additional information can be found at <https://stuntthesport.org/highschool/stunt-in-your-state/>.

SECTION 2. HIGH SCHOOL STUNT

Article 3.2.1 . . . Athletes participating on a High School STUNT team must be official students of that institution and are subject to their academic and athletic policies.

Article 3.2.2 . . . High School STUNT is divided into two (2) levels – Varsity and Junior Varsity. The structure of the game is the same for all levels.

- a. Varsity has an 8-athlete and 12-athlete division option. Please refer to your local area to determine what division is played in your state.
- b. Junior Varsity only will play the 8-athlete division option.
- c. See Appendix B for an outline of the levels and their requirements.

Article 3.2.3 . . . At each level, there are six (6) routines in each quarter.

- a. Quarters 1-3: Four (4) routines will be played.
- b. Quarter 4: Four (4) routines will be played.

Article 3.2.4 . . . Partner Stunt Routines:

- a. Partner Stunt routines are the same for both 8-athlete and 12-athlete divisions, with a different number of stunt groups required for each level.
- b. A standard partner stunt group is four (4) athletes; two (2) bases, back spot, and top.
- c. For the 12-athlete division:
 - Routines 1 and 2 require three (3) groups.
 - Routines 3 and 4 require two (2) groups.
 - Routines 5 and 6 require one (1) group.
- d. For the 8-athlete division:
 - Routines 1, 2, and 3 require two (2) groups.
 - Routines 4, 5, and 6 require one (1) group.

Article 3.2.5 . . . Pyramid and Toss Routines:

- a. Pyramid and Toss routines are different for 8-athlete and 12-athlete divisions.
- b. For the 12-athlete division:
 - All Pyramid and Toss routines will require twelve (12) athletes.
- c. For the 8-athlete division:
 - All Pyramid and Toss routines will require eight (8) athletes.

Article 3.2.6 . . . Jumps & Tumbling Routines:

- a. Jumps & Tumbling routines are the same for both 8-athlete and 12-athlete divisions.
- All Jumps & Tumbling routines require seven (7) athletes.

Article 3.2.7 . . . Ancillary Parts of the Game:

- a. STUNT utilizes a number of game elements to facilitate the structure of the game. Not all elements are used by all levels of STUNT. The following is a list of ancillary parts of the STUNT game and their application at the high school level of play:
- Coin toss – YES
 - Possession – YES
 - Overtime – YES
 - Mercy Rule – YES
 - Minimum Must Play Rule – NO
 - Game Summary Sheets – YES

Article 3.2.8 . . . Registration for High School STUNT programs opens June 1.

Article 3.2.9 . . . Routine Materials for High School STUNT teams are released in January.

SECTION 3. JUNIOR HIGH

Article 3.3.1 . . . Athletes participating on a Junior High STUNT team must be official students of that institution and are subject to their academic and athletic policies.

Article 3.3.2 . . . Junior High STUNT plays the 8-athlete division option.

- a. See Appendix B for an outline of the levels and their requirements.

Article 3.3.3 . . . At each level, there are six (6) routines in each quarter.

- a. Quarters 1-3: Four (4) routines will be played.
b. Quarter 4: Two (2) routines will be played.

Article 3.3.4 . . . Partner Stunt Routines:

- a. Partner Stunt routines have a different number of stunt groups required for each level.
b. A standard partner stunt group is four (4) athletes; two (2) bases, back spot, and top.
c. For the 8-athlete division:
- Routines 1, 2, and 3 require two (2) groups.
 - Routines 4, 5, and 6 require one (1) group.

Article 3.3.5 . . . All Pyramid & Toss Routines require eight (8) athletes.

Article 3.3.6 . . . All Jumps & Tumbling Routines require seven (7) athletes.

Article 3.3.7 . . . Ancillary Parts of the Game:

- a. STUNT utilizes a number of game elements to facilitate the structure of the game. Not all elements are used by all levels of STUNT. The following is a list of ancillary parts of the STUNT game and their application at the junior high school level of play:
- Coin Toss – YES
 - Possession – YES
 - Overtime – YES
 - Mercy Rule – NO
 - Minimum Must Play Rule – NO
 - Game Summary Sheets – YES

Article 3.3.8 . . . Registration for Junior High STUNT teams opens June 1.

Article 3.3.9 . . . Routine Materials for Junior High STUNT teams are released in January.

SECTION 4. 8-ROUND ROUTINE FORMAT

Article 3.4.1 . . . An 8-round game can only be played IF one (1) or more of these conditions are met:

- a. It is a pre-season game.
- b. A tournament is designated as an 8-round tournament.
- c. It is agreed upon by both teams that the 8-round format will be played.

Article 3.4.2 . . . There are **six (6) routines available in each quarter.**

- a. Quarters 1-3: Two (2) routines will be played.
- b. Quarter 4: Two (2) routines will be played.

Article 3.4.3 . . . Partner Stunt Routines

- a. A standard partner stunt group is four (4) athletes; two (2) bases, a back spot, and a top.
- b. For the 12-athlete division:
 - Routines 1 and 2 require three (3) groups.
 - Routines 3 and 4 require two (2) groups.
 - Routines 5 and 6 require one (1) group.
- c. For the 8-athlete division:
 - Routines 1, 2, and 3 require two (2) groups.
 - Routines 4, 5, and 6 require one (1) group.

Article 3.4.4 . . . Pyramids & Tosses Routines

- a. For the 12-athlete division:
 - All Pyramid and Toss routines will require twelve (12) athletes.
- b. For the 8-athlete division:
 - All Pyramid and Toss routines will require eight (8) athletes.

Article 3.4.5 . . . Jumps & Tumbling Routines

- a. All Jumps & Tumbling Routines require **seven (7) athletes**.

Article 3.4.6 . . . NO SELF-FORFEIT: There are no allowable self-forfeits in the 8-round format. (See Article 12.3.6)

Rule 4. Club STUNT Division Information

SECTION 1. GENERAL ATHLETE GUIDELINES

Article 4.1.1 . . . Athletes must select a club affiliation upon registering with USA Cheer. Athletes that need to change their club affiliation must contact and be approved by USA Cheer. Transfers can be done prior to the season start. If an athlete transfer is requested during season, the circumstances will be evaluated.

Article 4.1.2 . . . Athletes participating on a Club STUNT team must obtain a USA Cheer Athlete Membership for the current season and be linked to the appropriate team prior to their participation in a contest and remain with the same team throughout the entire playing season.

Article 4.1.3 . . . Athletes participating on a team must be members of that team. Replacement members are not permitted.

Article 4.1.4 . . . Athletes may be added anytime throughout the season as long as roster maximums are not exceeded.

Article 4.1.5 . . . All athletes participating on a Club STUNT team must have their USA Cheer Athlete Membership card with them at all events.

SECTION 2. SEASONS OF PLAY

Article 4.2.1 . . . The 2026 spring season of play is January 1 through May 31.

- a. No games should be played prior to February 1.
- b. Only 8U, 11U, and 14U divisions are eligible to play in the spring.

Article 4.2.2 . . . The 2026 fall season of play is June 1 through December 31.

- a. No games should be played prior to July 1.

Article 4.2.3 . . . Season: Any playing of games between February 1 and May 31 will be officially considered within spring season. Any playing of games between July 1 and December 31 will be officially considered within fall season.

Article 4.2.4 . . . Championship Season: Any playing of games played through USA Cheer's Championships will be officially considered a championship season and teams must qualify through USA Cheer sanctioned events to play during that time.

- a. Only 14U and 18U divisions are eligible for the championship season.
- b. Championships will only be held for the fall season.

SECTION 3. AGE GROUPS

Article 4.3.1 . . . 2026 Club STUNT Spring Age Grid:

DIVISION	LEAGUE AGE RANGE	League Age as of (date)	Max # on Team
8U	5 – 8 years old	June 1, 2025	16
11U	8 – 11 years old	June 1, 2025	16
14U	11 – 14 years old	June 1, 2025	16
18U	14 – 18 years old	June 1, 2025	24

Article 4.3.2 . . . 2026 Club STUNT Fall Age Grid:

DIVISION	LEAGUE AGE RANGE	League Age as of (date)	Max # on Team
8U	5 – 8 years old	June 1, 2026	16
11U	8 – 11 years old	June 1, 2026	16
14U	11 – 14 years old	June 1, 2026	16
18U	14 – 18 years old	June 1, 2026	24

- a. *Note:* An athlete must meet the age requirement on or prior to June 1 for the given season. The USA Cheer member database will be able to calculate the athlete’s age.
- b. *Note:* USA Cheer will be adding divisions in the upcoming seasons, as the sport continues to grow.

Article 4.3.3 . . . Athletes must remain in the same division for the entire playing season.

Article 4.3.4 . . . If an athlete’s league age falls between two divisions, it is the club’s discretion on where the athlete is best fit.

- a. See Appendix A for the league age quick reference table for the 2025-2026 season.
- b. Example: If an athlete has a league age of 11, they are eligible to compete in the 11U division or the 14U division.

Article 4.3.5 . . . If an athlete’s birthdate falls shortly after the cutoff date of June 1, they will be placed in a division based on their league age.

Article 4.3.6 . . . College level athletes are able to participate as long as they fall within the correct league age and are not on a college roster.

SECTION 4. 8U DIVISION INFORMATION

Article 4.4.1 . . . The 8U division competes 8U routines. The minimum number of athletes needed for an 8U Club STUNT team is eight (8). The maximum number of athletes allowed on an 8U Club STUNT team is sixteen (16). One (1) Head Coach and two (2) Assistant Coaches are allowed per team and must be rostered. Two (2) Junior Coaches are allowed per team and must be rostered.

- a. See Appendix B for an outline of the levels and their requirements.

Article 4.4.2 . . . Minimum Must Play Rule: It is important to use the full roster to maximize the benefits of athlete engagement. Per USA Cheer, every athlete must be assigned to a minimum of *four (4) routines*.

- a. See Appendix C for a sample Minimum Must Play Roster to use as a guide when tracking routine assignments for your roster.

Article 4.4.3 . . . Quarters 1-3: Three (3) rounds will be played.

- a. Routines 1-3 will be played in order of difficulty.
- b. There is no coin toss or possession in 8U Club STUNT.

Article 4.4.4 . . . Quarter 4: Two (2) rounds will be played.

- a. Routines 1 and 2 will be played in order of difficulty.

Article 4.4.5 . . . Partner Stunt Routines:

- a. A standard partner stunt group is four (4) athletes; two (2) bases, back spot, and top.
- b. Routines 1 and 2 require two (2) stunt groups.
- c. Routine 3 requires one (1) stunt group.

Article 4.4.6 . . . All Pyramid & Toss Routines require eight (8) athletes.

Article 4.4.7 . . . All Jumps & Tumbling Routines require seven (7) athletes.

Article 4.4.8 . . . Ancillary Parts of the Game:

- a. STUNT utilizes a number of game elements to facilitate the structure of the game. Not all elements are used by all levels of STUNT. The following is a list of ancillary parts of the STUNT game and their application at the 8U Club STUNT level of play:

- Coin Toss – NO
- Possession – NO
- Overtime – NO
- Mercy Rule – NO
- Minimum Must Play Rule – YES
- **Game Summary Sheets – YES**

SECTION 5. 11U DIVISION INFORMATION

Article 4.5.1 . . . The 11U division competes 11U routines. The minimum number of athletes needed for an 11U Club STUNT team is eight (8). The maximum number of athletes allowed on an 11U Club STUNT team is sixteen (16). One (1) Head Coach and two (2) Assistant Coaches are allowed per team and must be rostered. Two (2) Junior Coaches are allowed per team and must be rostered.

- a. See Appendix B for an outline of the levels and their requirements.

Article 4.5.2 . . . Minimum Must Play Rule: It is important to use the full roster to maximize the benefits of athlete engagement. Per USA Cheer, every athlete must be assigned to a minimum of *four (4) routines*.

- a. See Appendix C for a sample Minimum Must Play Roster to use as a guide when tracking routine assignments for your roster.

Article 4.5.3 . . . There are four (4) routines in each quarter.

- a. Four (4) rounds will be played in Quarters 1-3.
- b. Two (2) rounds will be played in Quarter 4.

Article 4.5.4 . . . Partner Stunt Routines:

- a. A standard partner stunt group is four (4) athletes; two (2) bases, back spot, and top.
- b. Routines 1-2 require two (2) stunt groups.
- c. Routines 3-4 require one (1) stunt group.

Article 4.5.5 . . . All Pyramid & Toss Routines require eight (8) athletes.

Article 4.5.6 . . . All Jumps & Tumbling Routines require seven (7) athletes.

Article 4.5.7 . . . Ancillary Parts of the Game:

- a. STUNT utilizes a number of game elements to facilitate the structure of the game. Not all elements are used by all levels of STUNT. The following is a list of ancillary parts of the STUNT game and their application at the 11U Club STUNT level of play:
 - Coin Toss – YES
 - Possession – YES
 - Overtime – NO
 - **Exception:** Overtime is allowed for tournaments in which a winner needs to be determined.
 - Mercy Rule – NO
 - Minimum Must Play Rule – YES
 - **Game Summary Sheets – YES**

SECTION 6. 14U DIVISION INFORMATION

Article 4.6.1 . . . The 14U division competes 14U routines. The minimum number of athletes needed for a 14U Club STUNT team is eight (8). The maximum number of athletes allowed on a 14U Club STUNT team is sixteen (16). One (1) Head Coach and two (2) Assistant Coaches are allowed per team and must be rostered. Two (2) Junior Coaches are allowed per team and must be rostered.

- a. See Appendix B for an outline of the levels and their requirements.

Article 4.6.2 . . . Minimum Must Play Rule: It is important to use the full roster to maximize the benefits of athlete engagement. Per USA Cheer, every athlete must be assigned to a minimum of **six (6) routines**.

- a. See Appendix C for a sample Minimum Must Play Roster to use as a guide when tracking routine assignments for your roster.

Article 4.6.3 . . . There are six (6) routines in each quarter.

- a. Four (4) rounds will be played in Quarters 1-3.
- b. Two (2) rounds will be played in Quarter 4.

Article 4.6.4 . . . Partner Stunt Routines:

- a. A standard partner stunt group is four (4) athletes; two (2) bases, back spot, and top.
- b. Routines 1-3 require two (2) stunt groups.
- c. Routines 4-6 require one (1) stunt group.

Article 4.6.5 . . . All Pyramid & Toss Routines require eight (8) athletes.

Article 4.6.6 . . . All Jumps & Tumbling Routines require seven (7) athletes.

Article 4.6.7 . . . Ancillary Parts of the Game:

- a. STUNT utilizes a number of game elements to facilitate the structure of the game. Not all elements are used by all levels of STUNT. The following is a list of ancillary parts of the STUNT game and their application at the 14U Club STUNT level of play:
 - Coin Toss – YES
 - Possession – YES
 - Overtime – YES
 - Mercy Rule – NO
 - Minimum Must Play Rule – YES
 - **Game Summary Sheets – YES**

SECTION 7. 18U DIVISION INFORMATION

Article 4.7.1 . . . The 18U division competes 18U routines. The minimum number of athletes needed for an 18U Club STUNT team is twelve (12). The maximum number of athletes allowed on an 18U Club STUNT team is twenty-four (24). One (1) Head Coach and two (2) Assistant Coaches are allowed per team and must be rostered.

- a. See Appendix B for an outline of the levels and their requirements.

Article 4.7.2 . . . There are six (6) routines in each quarter.

- a. Four (4) rounds will be played in Quarters 1-3.
- b. Four (4) rounds will be played in Quarter 4.

Article 4.7.3 . . . Partner Stunt Routines:

- a. A standard partner stunt group is four (4) athletes; two (2) bases, back spot, and top.
- b. Routines 1 and 2 require three (3) stunt groups.
- c. Routines 3 and 4 require two (2) stunt groups.
- d. Routines 5 and 6 require one (1) stunt group.

Article 4.7.4 . . . All Pyramid & Toss Routines require twelve (12) athletes.

Article 4.7.5 . . . All Jumps & Tumbling Routines require seven (7) athletes.

Article 4.7.6 . . . Ancillary Parts of the Game:

a. STUNT utilizes a number of game elements to facilitate the structure of the game. Not all elements are used by all levels of STUNT. The following is a list of ancillary parts of the STUNT game and their application at the 18U Club STUNT level of play:

- Coin Toss – YES
- Possession – YES
- Overtime – YES
- Mercy Rule – NO
- Minimum Must Play Rule – NO
- **Game Summary Sheets – YES**

SECTION 8. 8-ROUND ROUTINE FORMAT

Article 4.8.1 . . . An 8-round game can only be played IF it is a 14U or 18U division AND one (1) or more of these conditions are met:

- a. It is a pre-season game.
- b. A tournament is designated as an 8-round tournament.
- c. It is agreed upon by both teams that the 8-round format will be played.

Article 4.8.2 . . . There are **six (6) routines** available in each quarter.

- a. Quarters 1-3: Two (2) routines will be played.
- b. Quarter 4: Two (2) routines will be played.

Article 4.8.3 . . . Partner Stunt Routines

- a. A standard partner stunt group is four (4) athletes; two (2) bases, a back spot, and a top.
- b. For the 18U division:
 - Routines 1 and 2 require three (3) groups.
 - Routines 3 and 4 require two (2) groups.
 - Routines 5 and 6 require one (1) group.
- c. For the 14U division:
 - Routines 1, 2, and 3 require two (2) groups.
 - Routines 4, 5, and 6 require one (1) group.

Article 4.8.4 . . . Pyramids & Tosses Routines

- a. For the 18U division:
 - All Pyramid and Toss routines will require twelve (12) athletes.
- b. For the 14U division:
 - All Pyramid and Toss routines will require eight (8) athletes.

Article 4.8.5 . . . Jumps & Tumbling Routines

- a. All Jumps & Tumbling Routines require **seven (7) athletes**.

Article 4.8.6 . . . NO SELF-FORFEIT: There are no allowable self-forfeits in the 8-round format. (See Article 12.3.6)

Rule 5. Officials Information

SECTION 1. HOW TO BECOME A CERTIFIED OFFICIAL

Article 5.1.1 . . . STUNT Official membership and certification requirements are outlined on the STUNT website: stuntthesport.org/officials.

Article 5.1.2 . . . Membership Process:

- a. usacheer.webpoint.us/
- b. Login if you are a current or former member. If you are not a current or former member, proceed to the next step.
 1. If you are a current member, you must have a STUNT Coach or STUNT Official membership.
 2. If you are a former member, you must renew your membership and select STUNT Official.
- c. Select Join USA Cheer and select STUNT Official.
 1. Fill in your information.
 2. Submit Credit Card Payment – Enter Payment Information
 3. Please allow up to 24 hours after payment for your account to be activated.
 4. Complete waiver and acknowledgements.
- d. Complete required courses
 1. Complete the Background Screening Application (you will be emailed the application immediately after purchasing your membership)
 - Please allow a minimum of ten (10) business days for your background check to be processed.
 2. Athlete Protection Course

Article 5.1.3 . . . Certification Process:

- a. Login to your account and select Take a Course and select STUNT Official Certification.
 1. This is a comprehensive course with an online test. Upon completion of the course, officials will receive a certificate. Officials may need to provide a copy of this certificate to local officials' associations.
 2. Once the test is completed, officials will have access to all 8-count sheets, routine videos, and music for the current season.

Article 5.1.4 . . . Additional memberships and training procedures may be required by state officials' associations or league guidelines. See your state contact for details.

SECTION 2. ROUTINE OFFICIAL AND SCORING OFFICIALS

Article 5.2.1 . . . A **Routine Official** is not required for a High School/Junior High/Club STUNT game but is recommended. The following is an overview of responsibilities specific to the Routine Official:

- a. Serve as the Head Official;
- b. Track the 8-count sheets to identify correct skill counts,
- c. Resolve any discrepancy in counts or skills being performed;
- d. Sit in the middle of the Official's Table, centered on the neutral zone of the field of play, and communicate with the Referee on the floor.

Article 5.2.2 . . . Two (2) Scoring Officials are required for a STUNT game. The following is an overview of responsibilities specific to the Scoring Officials:

- a. Watch both routines and mark execution errors for each team;
- b. Add up deductions for each team based on the execution errors to determine the outcome of each round;
- c. Sit on each side of the Routine Official (if used) or side-by-side centered on the neutral zone of the field of play.
- d. If no designated Routine Official is present:
 1. One (1) official must assume Routine Official duties and communication with the Referee;
 2. Both officials must track the 8-count sheets to identify correct skill counts and discuss discrepancies.

Article 5.2.3 . . . A paper trail must be kept according to the following guidelines:

- a. **Officials Scoresheet** - Each Scoring Official must use their own scoresheet to track execution errors for each quarter. See Appendix D and E.
 1. Either symbols or numbers may be used to track errors and deductions. Officials should be able to reference their own scoresheet to accurately identify and discuss deductions with the other official(s) in the event of a discrepancy.
 2. Scoresheets are not to be reviewed with or provided to coaches for any reason.
 3. Scoresheets should be given to the head official to **submit to proper officials association OR** dispose of offsite after the completion of a game or tournament.
- b. **Official Scorebook** - A Scorebook must be kept in order to track routines called, possession, and points awarded throughout the game. This may be done by the Routine Official or one of the Scoring Officials. Please refer to your division guidelines for reporting Scorebooks. See Appendix F.
- c. **Game Summary Sheet** - A Game Summary Sheet will be provided to each respective coach at halftime and at the end of the game. See Appendix G.
- d. **Referee Scorecard** - The Referee will keep a Referee Scorecard throughout the game. See Appendix H.
- e. **Official's Packet Checklist** - Provides the number of each item needed per game. See Appendix I. See your Officials Training material for guidelines on how to use these scoring materials.

SECTION 3. REFEREE

Article 5.3.1 . . . A Referee is required for a STUNT game. The following is an overview of responsibilities specific to the Referee. **The referee is to be provided by the host** and must go through the training provided by USA Cheer. A Scoring Official will assist in the responsibility of the Referee from the official's table.

- a. **If host site is unable to provide a Referee, they can request one be assigned via the Officials Association assigning the game.**
- b. **Prior to teams stepping onto the main floor** either for warm-up or game play, the Referee will line each team up on their respective sideline and confirm the following:
 1. All jewelry and prohibited items are removed. Athletes may not participate until all jewelry and prohibited items are removed (see Article 6.2.1 for further details).
 2. Uniform specifications are met. Teams will receive a verbal warning at this time. If specifications cannot be met prior to the start of the game, a Technical Foul will be assessed and one (1) game point will be awarded to the opposing team prior to the coin toss.
 3. Spotter attire is available **AND all spotter attire is the same color AND the color of the spotter attire contrasts with the color of the team uniform.** Teams will receive a verbal warning at this time. If specifications cannot be met prior to the first use of spotters, a Technical Foul will be assessed and one (1) game point will be awarded to the opposing team at the end of the first quarter in which spotters participate.
- c. **Twenty (20) minutes** prior to the start of the game, the Referee will signal for the beginning of team warm-ups. For more information on warm-ups, see Rule 10.
- d. **Five (5) minutes** prior to the start of the game, the Referee will signal for the end of team warm-ups. At that time, both teams will return to their respective team benches.
 1. The National Anthem will be played at this time before the first game.
- e. **Two (2) minutes** prior to the start of the game OR after the National Anthem, the Referee will signal for coaches and captains (optional) to meet at the neutral zone for the coin toss.
 1. The Referee will review basic guidelines with coaches and captains at this time. This includes, but not limited to:
 - Number of timeouts;
 - Sportsmanship;
 - No technology is allowed on the sideline (see Article 7.7.3);
 - No counting at a distracting volume;
 - Whistle will START the music;
 - Officials will continue scoring the round until whistle is blown or music stops, whichever comes first;
 2. The Referee will conduct the coin toss (see Article 10.3.1).
 - **The coin toss will be limited to up to two (2) coaches and up to four (4) athletes.**

- f. During game play, the Referee is responsible for controlling the pace of the game. This includes:
- Injuries and music malfunction situations;
 - Tracking possession;
 - Tracking the routines played per quarter;
 - Tracking and facilitating timeouts.
- g. The Referee is responsible for ensuring that coaches, officials, and auxiliary staff know the routine number that has been called, as well as any timeouts and round outcomes.
- h. The Referee is responsible for communicating any rule violations, verbal warnings, technical fouls, etc.
- i. **Halftime** is when the Referee will meet with the coaches, if applicable, to review the mercy rule, address counting too loud, review overtime procedure, and address anything additionally needed going into the second half.
- j. Championships only: the Referee will end the game when it is not mathematically possible to change the outcome of the game due to a score differential.
- k. See Appendix J and K for Referee Signals.

Article 5.3.2 . . . All officials must arrive a minimum of **one (1) hour** prior to game time. All officials should meet prior to the game and come to the floor together (Scoring and Referee).

- a. Pre Warm-Ups: Prior to the team warm-ups, Referee will have athletes line up to check for visible jewelry, uniform specifications, and appropriate spotter apparel.
1. Club teams will be asked to line up in numerical order for a roster check during this time.
- b. Team Warm-Ups: **Twenty (20) minutes** prior to game start time, the Referee will organize the start of warm-ups per the warm-up guidelines (see Rule 10).
- c. Report to the Officials Table: Following the official team warm-ups, there will be a **five (5) minute** break before the start of the game. Scoring Officials need to be at the Officials' Table by this time.
1. *Note*: The National Anthem will be played during this time before the first game. Scoring Officials should be at the Officials Table during the anthem; the Referee will be in the neutral zone on the field of play.

SECTION 4. OFFICIALS ATTIRE

Article 5.4.1 . . . Officials and Referees will wear a gray polo shirt and black pants.

- a. Leggings are not allowed.
- b. Footwear that is potentially damaging to the field of play surface is prohibited (i.e. Stiletto heels, etc.).

Article 5.4.2 . . . USA Cheer has an official store where apparel can be purchased by officials at the following link: usacheer.org/shop

Article 5.4.3 . . . Referees: Black and white stripe shirts are acceptable, but not required.

SECTION 5. PAY

Article 5.5.1 . . . Payment will come from the host school or gym following the completion of the games.

- a. Refer to your officials' association for further questions/processes.

Rule 6. Attire and Safety Guidelines

SECTION 1. UNIFORM

Article 6.1.1 . . . Team members should wear apparel that is appropriate for athletic skills. The following uniform specifications are required for play.

Article 6.1.2 . . . All players on a team shall wear jerseys of the same color and design.

- a. Jerseys may be sleeveless, short sleeve, or long sleeve.
 1. Side inserts may be contrasting school/club colors.
- b. Jerseys may not have any midriff showing.
 1. Players should have jerseys tucked in to their bottoms if they are baggy.
- c. All jerseys shall have an identifying name, abbreviation, official school logo, or mascot.
 1. School **or program** identification must be visible.

Article 6.1.3 . . . Numbers shall be placed on the front and back of the jersey.

- a. Numbers on the front of the jersey shall be a minimum of four (4) inches in height and visible.
- b. Numbers on the back of the jersey shall be a minimum of six (6) inches in height and visible.
- c. Duplicate numbers are not permitted to be worn by members of the same team.
 1. A roster may include a 0 or 00, but not both.
- d. Numbers shall be a color that contrasts with the jersey color and/or may be bordered by no more than ½ inch border of any contrasting color.

Article 6.1.4 . . . While compression shorts/spandex are standard, spandex-style shorts are not required. Players may wear longer shorts or pants (matching the team or solid color) if desired or needed.

Article 6.1.5 . . . Religious headwear is allowed, permitting it is does not compromise the safety of the athlete or impede participation.

Article 6.1.6 . . . Hair must be worn in a manner that is appropriate for the activity involved. Hair-control devices, accessories and other adornments in the hair that are securely fastened, appropriate for the activity and do not present an increased risk to the participants are allowed.

Article 6.1.7 . . . Institutional official uniforms and all other items of apparel shall bear only a single manufacturer's or distributor's normal label or trademark, not to exceed 2-¼ square inches in area. There may not be more than one manufacturer's logo/trademark on the outside of each item. See Appendix L.

Article 6.1.8 . . . Referee's will check uniform specifications prior to teams entering the main floor. If the above specifications are not met, a verbal warning will be issued. In the event that uniform specifications cannot be met prior to the start of the game, a technical foul will be assessed. One (1) game point will be awarded to the opposing team prior to the start of the first round of play. No further deduction will be applied.

SECTION 2. PROHIBITED

Article 6.2.1 . . . Jewelry is prohibited for all athletes, spotters, and coaches when acting in the role of a spotter.

- a. Covering jewelry with tape or other bandages, or using clear fillers or spacers is prohibited. Jewelry must be removed.
 1. **Exception:** If the jewelry adornment of a dermal piercing is removed, it is legal.
 2. **Exception:** Participants with stretched ear piercings (i.e. gauges) may cover the opening with tape after removing the gauge jewelry.
- b. Religious medals and medical medals are not considered jewelry.
 1. A religious medal without a chain must be taped to the body and worn under the uniform.
 2. A medical alert medal or bracelet must be taped to the body and may be visible.

Article 6.2.2 . . . Gum is prohibited for all coaches, athletes, spotters, and team personnel while in the competition area.

Article 6.2.3 . . . Hair ribbons may not exceed 1” in thickness.

Article 6.2.4 . . . Hard and unyielding items (guards, casts, braces, splints, etc.) must be padded with a closed-cell, slow-recovery foam padding no less than ½” thick.

- a. Knee and ankle braces which are unaltered from the manufacturer’s original design/production do not require any additional padding.
- b. A participant wearing a walking boot or plaster cast on the foot may NOT be involved in a routine as a player or a spotter.
 1. **Note:** The institution’s medical staff is still responsible for first determining if the injured player is medically cleared to participate with the protective equipment.

Article 6.2.5 . . . Medical appliances/devices (e.g., insulin pumps, medical heart monitors, etc.) are permitted provided the device is securely padded and attached to the player’s body under the uniform or similarly secured. If not under the uniform, the device placement must be reviewed and approved by the official prior to the game.

- a. Devices connected to the head such as hearing aids and cochlear implants do not need to be padded but should be securely attached. Padded headgear is permitted, but its use should be cleared with the institution’s medical staff.
 1. **Note:** In alignment with warnings from the NFHS and NCAA sports medicine committees, coaches and athletes should be aware that no headgear can eliminate the risk of concussion or serious head injury, that headgear should never be used with the primary intent to prevent concussions, and that their use may create additional concerns such as added head weight, a false sense of security.

Article 6.2.6 . . . Appropriate athletic footwear is required for all personnel who take the floor, including athletes, spotters, and coaches.

- a. Gymnastics slippers or similar footwear is prohibited.
- b. Footwear that is potentially damaging to the field of play surface is prohibited (i.e. Stiletto heels, etc.).

Article 6.2.7 . . . Fingernails, including artificial nails, must be kept short, near the end of the fingers. Ideally, fingernails should not extend over the end of the fingertips when viewed from the palm side of the hand.

- a. Referee will check the above specifications prior to teams entering the main floor. If an athlete is wearing unallowable jewelry, uniform items, or other prohibited equipment, they will not be permitted to participate until the items are removed. These rules take effect at the beginning of warm-up and are in place until the end of the game.

Article 6.2.8 . . . If an athlete is wearing unallowable jewelry, uniform items, or other prohibited equipment, and the removal of the item(s) causes a delay in play, a timeout will be assessed.

Article 6.2.9 . . . If warm-up activities must be interrupted because of an athlete wearing unallowable jewelry, uniform items, or other prohibited equipment, the team may be issued timeout unless the athlete responds immediately to the Referee's request to remove the unallowable items.

Article 6.2.10 . . . In all cases, the unallowable item(s) must be removed before the athlete can participate further.

SECTION 3. CONCUSSION GUIDELINES

Article 6.3.1 . . . All sports and free play, including cheerleading or participating in STUNT, are associated with an inherent risk for a concussion and head injuries. It is important that all participants, parents, and coaches learn about concussion prevention, recognition, treatment, and return to play. USA Cheer has made available to all participants information and educational materials about concussions, including the concussion signs and symptoms and USA Cheer's recommended Return to Participation Protocol (the "Guidelines").

Article 6.3.2 . . . Various resources exist regarding concussion management. The CDC has promulgated concussion management guidelines, which can be found on the CDC's website: cdc.gov/headsup/basics/index.html. USA Cheer has also adopted the Guidelines, which can be found on the USA Cheer website: usacheer.org/concussions.

Article 6.3.3 . . . Referees are often in position to observe these behaviors. If a concussion is suspected, the Referee should stop activity immediately so that an appropriate medical examination can be conducted. An injury timeout will be applied in this situation.

Article 6.3.4 . . . Referees (or other officials) are not expected to evaluate an athlete for a concussion diagnosis or clearance to resume play.

Article 6.3.5 . . . Refer to institution and/or program Return to Participation Protocol. If Return to Participation Protocol is not in place, refer to the Guidelines located on the USA Cheer website: usacheer.org/concussions.

SECTION 4. SPOTTERS GUIDELINES

Article 6.4.1 . . . USA Cheer does not provide spotters. Spotters are the responsibility of individual teams and must be approved in that role by the individual team's institution. Spotters may be provided during warm-up and any round of play.

- a. Spotters are only there to protect the athletes.
- b. Spotters are not assessed an execution error for talking or counting but are held to the same standard as coaches and the bench and can be warned if they are distracting.
- c. Additional personnel on the sideline who will be acting as a spotter (coaches, trainers, team managers) are the responsibility of each institution and should be approved by administration to be in contact with athletes in this manner.
- d. Spotters are not allowed in the Neutral Zone at any time.

Article 6.4.2 . . . Deductions will be applied in the event that a spotter becomes physically involved in support of a stunt, pyramid, or tumbling element, or if a spotter causes an error in play (i.e. bumps into another athlete and causes them to fall or miss a count as indicated on the 8-count sheet).

Article 6.4.3 . . . Anyone acting as a spotter **MUST** be in the same color apparel that contrasts with the predominant color of the team's uniform in order to clearly identify them as spotters.

- a. Spotters should be in athletic wear or professional attire (team warm-up, team polo, etc.)
- b. Spotters are required to adhere to the **athletic** footwear specifications. **Athletic footwear is defined as footwear designed for sports, exercise, or other physical activities.** Prohibited apparel guidelines also apply to spotters (see Rule 6. Section 2).
- c. Spotters' attire will be assessed by the Referee prior to the team entering the main floor. If the above specifications are not met, the team will receive a verbal warning. If the specifications cannot be met, a Technical Foul will be assessed. One (1) game point will be awarded to the opposing team at the end of the first quarter in which spotters participate in the inappropriate attire. **Only one (1) penalty will be assessed for the entire game.**

Article 6.4.4 . . . Spotters should enter the playing area prior to the whistle at the beginning of the round and exit the playing area at the end of the round.

- a. At the Official's discretion, if spotters cause a significant delay in beginning a round, they may first receive a verbal warning. If significant delays continue, the team may be assessed a timeout. If the team does not have a timeout left, they will forfeit the round.

Article 6.4.5 . . . Additional spotters (not in-routine spotters) must be in a position to protect the athlete but not obstruct the view of the skills for scoring officials. If a spotter needs to get involved, athlete safety takes priority over scoring officials' line of sight.

- a. At the Official's discretion, if spotters block the view of the scoring official's a verbal warning will be given. If the behavior continues, a Technical Foul will be assessed. One (1) game point will be awarded to the opposing team.

Rule 7. Competition Site Information

SECTION 1. COMPETITION AREA

Article 7.1.1 . . . A STUNT game can take place in a gym or arena capable of accommodating the STUNT game setup. A STUNT game is best viewed from one side, the direction the teams face when performing their routines. In a capacity situation, seating on each side of the field is acceptable, but ample space must be given for the designated team areas.

Article 7.1.2 . . . The COMPETITION AREA consists of **eight (8)** to **thirteen (13)** 6' x 42' carpet-bonded foam mats.

- a. Thickness of the mats can range from 1-3/8" to 2".
 1. It is recommended that the same thickness of mats be used in both the field of play and warm-up area for each respective team.
- b. The mats should be connected with Velcro strips and oriented so that the 6' ends are facing the front of the playing area and officials.
- c. The minimum number of mats needed is **eight (8)**.
- d. The maximum number of mats needed is **thirteen (13)**.
- e. The competition area may be set up using one of the following four (4) layouts:
 1. Game Floor Layout - Standard (13 mats) – See Appendix M.
 2. Game Floor Layout - Modified (11 mats/9 mats/8 mats) – See Appendix N.
- f. The use of spring-assisted floors is NOT permitted during games/tournaments.

Article 7.1.3 . . . When looking at the mat from the spectator perspective, the HOME TEAM seating and playing area will be on the LEFT SIDE and the AWAY TEAM will be on the RIGHT SIDE.

- a. Home and away designations will be determined by the scheduling institution (Athletic Director, Regional Director, Tournament Director, etc.) prior to the game. See Appendix O.
- b. The scheduling institution has the ability of adjusting the home and away fields of play due to best fit the needs of their facility (i.e. livestream, scoreboard, etc.) and will inform the teams attending prior to their scheduled warm-up.
 1. If this is necessary, when looking at the mat from the spectator perspective, the Home Team seating and playing area will be on the right side and the Away Team will be on the left side.
 2. The Home Team will remain the Home Team and the Away Team will remain the Away Team even though their fields of play are adjusted.

SECTION 2. FIELD OF PLAY

Article 7.2.1 . . . Each team plays on the dimensions of four (4) mats. This area is referred to as the FIELD OF PLAY or playing area.

Article 7.2.2 . . . There can be a 6' space between the two (2) closest mats for each team, but it is not required.

- a. If available, a ninth mat should be secured in this space and be lined with white Velcro to distinguish the out of bounds line.
- b. If only playing with eight (8) mats, each team's mats will be connected in the middle by a white Velcro.

Article 7.2.3 . . . Each team playing area will have **three (3)** hash marks along the left and right boundary line, each made of 12" long Velcro strips or white athletic tape.

- a. Measuring from the front of the mat, the hash marks should be placed at 10' intervals. This will leave a 12' distance between the last hash mark and the back of the mat.

SECTION 3. RESTRICTED ZONES

Article 7.3.1 . . . There are three (3) RESTRICTED ZONES in the competition area. See Appendix P.

1. **In FRONT of the field of play** – This area is defined as the area directly in front of the main floor mats (i.e. both teams' fields of play and the neutral zone), extended to the bleachers.
2. **NEUTRAL ZONE** – This area is defined as the center mat or the 6' space between each team's field of play, if applicable.
3. **BEHIND the field of play** – This area is defined as the area directly behind the main floor mats (i.e. both teams' fields of play and the neutral zone), extended to the bleachers, backdrop, or wall.

SECTION 4. TEAM ZONE

Article 7.4.1 . . . The designated TEAM ZONE for each team includes the following (See Appendix P):

- a. The space between each team's field of play and the team bench area, to extend to the bleachers, backdrop, or wall;
 1. On each side of the field of play will be a 6' buffer space between the field of play and the team bench area.
 2. It is recommended that the team bench area consist of a minimum of **twenty (20)** chairs.
 3. Behind each team bench will be a 6' buffer space, then two (2) 6' x 42' carpet-bonded foam mats connected with Velcro strips oriented in the same direction as the main floor. *Note:* The buffer dimensions and sideline matting may be modified by agreement of both coaches.
 4. Optional: Water cooler stations may be placed on each team's side.
- b. The additional warm-up mat(s), if provided, to include an approximate two-foot perimeter around the outside edge(s) of the warm-up mat(s).

SECTION 5. OFFICIALS SET UP

Article 7.5.1 . . . The officials table will be placed in front of the field of play, centered on the central NEUTRAL ZONE.

- a. The ideal location is at least thirty (30) feet away, situated so that the officials are above the field of play. However, this distance and height is not a requirement.
- b. There should be a reasonable buffer around the officials table to avoid spectator interference and provide privacy for the officials and scoresheets.

SECTION 6. AUXILIARY STAFF SET UP

Article 7.6.1 . . . Auxiliary staff operating the scoreboard and music, as well as the Announcer, should be set up in such a way as to not impede the officials' view of the field of play. It is recommended that this staff be set up in front of the field of play, at least ten (10) feet from the front edge of the main floor.

Article 7.6.2 . . . Auxiliary staff should be easily visible to the Referee on the floor for communication throughout the game. Referee will communicate the routine number chosen, possession changes, points awarded, timeouts, forfeits, etc. It is important that this communication can occur in a timely manner.

SECTION 7. MEDIA

Article 7.7.1 . . . Team recording devices may be set up anywhere EXCEPT the following locations:

- a. Team Zone;
- b. Restricted Zones;
- c. within close enough proximity to the officials table that privacy of officials' conversations regarding game play decisions is compromised (i.e. can the officials be heard on the teams recording device);
- d. anywhere that obstructs the view of the officials or the ability of the auxiliary staff to conduct their responsibilities in a timely manner.

Article 7.7.2 . . . The Officials have the authority to clear any area needed in order to properly view and officiate the playing area.

Article 7.7.3 . . . Team personnel, including players, are prohibited from using any device capable of transmitting information while on the playing field and in the team zone (i.e. cell phone, smart watch, iPad, computer, etc.) All electronic devices are prohibited from the start of the official warm-up through the entirety of the game. The only allowable time to access these devices is during halftime and must be outside of the playing field and team zone (i.e. locker room, team room, etc.)

- a. It is allowed to have a technology device designated to a coach/athlete on the sideline for medical purposes SOLELY, but the Referee must be informed at the coin toss.
- b. When brought to the attention of the Referee, the Referee shall warn the violator(s) and the head coach. If the violator(s) does not immediately comply, the head coach shall be ejected (if within the facility). If the head coach is not within the facility, the violator(s) shall be ejected.

Rule 8. Hosting Information

SECTION 1. GENERAL HOSTING INFORMATION

Article 8.1.1 . . . Refer to Rule 6 and Appendix M-N to ensure the facility is set up pursuant to the guidelines. Facilities should be set up at least one (1) hour prior to the start of the first game.

Article 8.1.2 . . . A complete Hosting Packet can be found on the website stuntthesport.org/resources.

Article 8.1.3 . . . Host site will provide Referee **who has completed the training** for the game(s).

a. It is recommended that coaches of teams not playing at that given time take on the role of the Referee during other games.

b. **If host site is unable to provide a Referee, they can request one be assigned via the Officials Association assigning the game.**

Article 8.1.4 . . . Host site or team should have an Athletic Trainer on site for the event and have the facility emergency plan in place.

Article 8.1.5 . . . An operational scoreboard or flip card scoreboard is required.

a. Host site or team should provide staff to operate the scoreboard for the duration of the event.

b. If a flip card scoreboard is used, a visible timer must also be provided to track timeouts, quarter breaks, and halftime breaks.

Article 8.1.6 . . . A sound system to play routine music is required.

a. Host site or team should provide staff to operate the sound system for the duration of the event.

b. Routine music should be downloaded, tested beforehand, and ready to play.

1. Some facilities have inconsistent Wi-Fi. **A corded connection is preferred over Bluetooth for music quality.**

Article 8.1.7 . . . A microphone for the Announcer is recommended.

a. Host site or team should provide an Announcer for the duration of the event.

Article 8.1.8 . . . Walkie Talkies or alternate communication devices (i.e. AirPods, headphones connected to cell device, etc.) set up for communication between the Referee and Routine Official are recommended.

Article 8.1.9 . . . Concession stands and attendance gates are recommended.

SECTION 2. MATERIALS TO PRINT

Article 8.2.1 . . . Schedule: It is recommended that a game schedule be printed and provided to officials and auxiliary staff.

Article 8.2.2 . . . Announcer Script: A script is provided for the Announcer outlining the pregame information, what to say throughout the game, and a list of additional announcements. Announcers should read through the script prior to the game and let the Tournament Director, Routine Official, or Referee know if there are any questions.

- a. An outline for ‘Team Bio’ information is provided in the script. It is recommended that this be filled out for each team and used during the pregame announcements. Announcers can follow along with the provided schedule.
- b. Any other local announcements should be provided to the Announcer ahead of time.
- c. Announcer’s Script can be found in the Hosting Packet **in the coaches USA Cheer profile within the Materials section OR at the following links:**
 1. [HS/JH - Resources – STUNT the Sport](#)
 2. [Club - Club Resources – STUNT the Sport](#)

Article 8.2.3 . . . Score and Timekeeping Guide: Scoring equipment will be set up similar to two-team basketball scoring. The guide will outline scoring in Quarters 1-3, Quarter 4, overtime, and during forfeits. Possession guidelines, as well as timekeeping needs related to quarter breaks, halftime, timeouts, and warm-ups will also be outlined. Scoreboard operator should read through the guide prior to the game and let the Tournament Director, Head Official, or Referee know if there are any questions.

- a. Score and Timekeeping Guide can be found in the Hosting Packet in the coaches USA Cheer profile within the Materials section OR at the following links:
 1. [HS/JH - Resources – STUNT the Sport](#)
 2. [Club - Club Resources – STUNT the Sport](#)

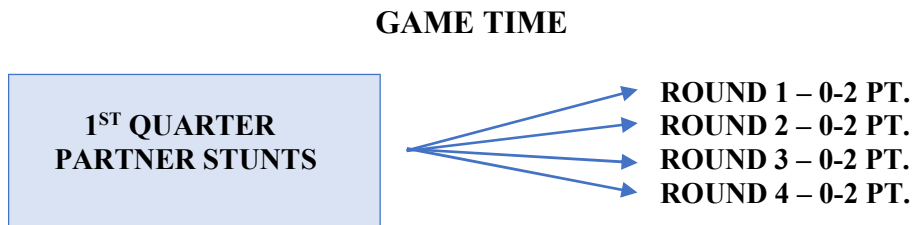
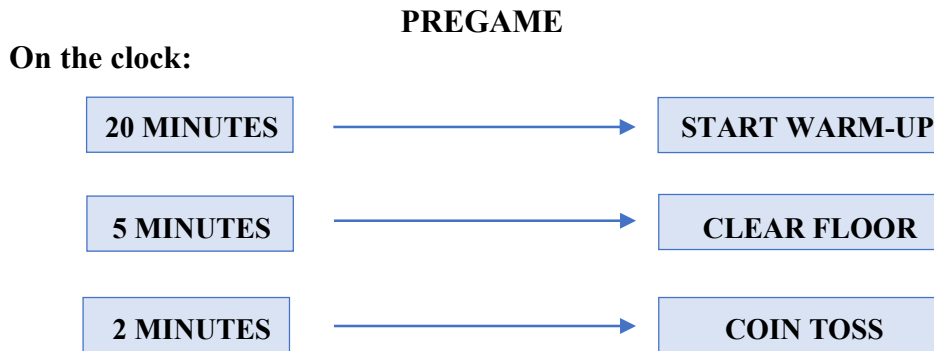
Article 8.2.4 . . . Officials Packet: This packet includes the right number of copies for the Scoring Officials and Referee for one (1) game and will need to be provided for each individual game. Do not print front and back unless otherwise specified. It is recommended that the host site provide additional copies of Officials Packet items to have on hand in the event they are needed.

The Officials Packet contains the following:

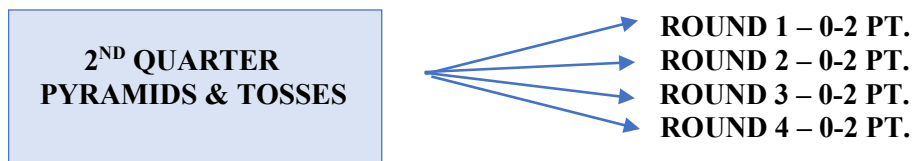
- a. **Official Scorebook** - One (1) per game. See Appendix F.
- b. **Officials Scoresheet Q1-Q3** - Six (6) per game. See Appendix D.
- c. **Officials Scoresheet Q4** - Two (2) per game. See Appendix E.
 1. If printing (b.) and (c.) front and back, please print in the following order:
 - Quarter 1-3 Scoresheet on both front and back of the first page;
 - Quarter 1-3 Scoresheet on front and Quarter 4 Scoresheet on back of second page.

- d. **Game Summary Sheet Q1-Q2** - One (1) per game. See Appendix G.
- e. **Game Summary Sheet Q3-Q4** – Two (2) per game. See Appendix G.
- f. **Referee Scorecards** - It is recommended that this be printed on card stock-type material. Only one (1) scorecard is needed per game. See Appendix H.
- g. The Officials Packet can be found **as a stand alone document or within** the Hosting Packet **in the coaches USA Cheer Profile within the Materials section OR at the following links:**
 - 1. HS/JH - [Resources – STUNT the Sport](#)
 - 2. Club - [Club Resources – STUNT the Sport](#)
- h. The Official’s Packet Checklist can be found in Appendix I.

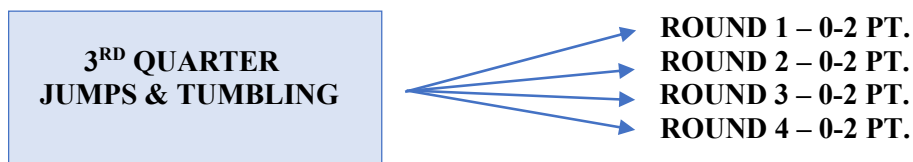
Rule 9. Game Timeline



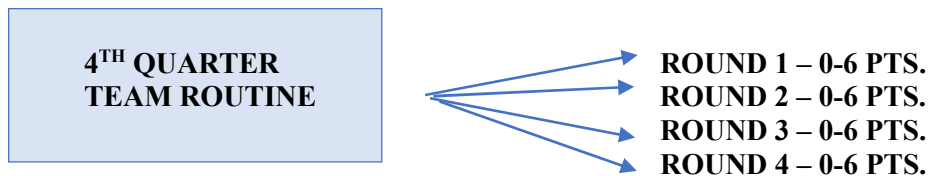
QUARTER BREAK – 2 MINUTES



HALFTIME – 8 MINUTES



QUARTER BREAK – 2 MINUTES



*This is standard for High School and Club 18U.
Please view additional information for Junior High, Club 14U, Club 11U, & Club 8U in the
Team Information section.*

Rule 10. Pregame

SECTION 1. WARM-UP GUIDELINES

Article 10.1.1 . . . Prior to warm-up, Referees will have athletes line up to check for visible jewelry, uniform specifications, and appropriate spotter apparel.

Article 10.1.2 . . . Both teams will begin their **FIFTEEN (15) minute pregame warm-up** twenty (20) minutes prior to the start of the game.

Article 10.1.3 . . . **Five (5) minutes** prior to the start of the game, the Referee will whistle the end of warm-ups. Both teams will clear the floor and return to their team bench. The National Anthem will be played at this time before the first game of a tournament.

Article 10.1.4 . . . **Two (2) minutes** prior to the start of the game OR after the National Anthem has played, the Announcer will call for the coaches and captains (optional) to meet at the center of the mat for the coin toss.

a. **The Coin Toss procedure will be limited to 6 participants consisting of up to 2 coaches and up to 4 athletes.**

Article 10.1.5 . . . Additional warm-up may take place during timeouts, quarter breaks, halftime, and regulation play. Please refer to the chart below for the allowable warm-up specifications, also available as Appendix Q.

WARM-UP SPECIFICATIONS	13 MATS APPENDIX ITEM M	11 MATS APPENDIX ITEM N	8/9 MATS APPENDIX ITEM N
During the FIFTEEN (15) minute pregame warm-up:	Team Zone; respective side to include field of play AND two (2) additional mats	Team Zone; respective side to include field of play AND one (1) additional mat	Team Zone; respective side to include field of play
During TIMEOUTS, QUARTER BREAKS, and HALFTIME:	Team Zone; respective side to include field of play AND two (2) additional mats	Team Zone; respective side to include field of play AND one (1) additional mat	Team Zone; respective side to include field of play
Additional skill(s) warm-up during regulation*:	Two (2) additional mats ONLY	One (1) additional mat ONLY	No skills during regulation play

**Teams may warm up on the additional mat(s) behind the team bench at any time during the game.*

SECTION 2. ADDITIONAL PREGAME WARM-UP

Article 10.2.1 . . . At the discretion of the tournament director, additional pregame warm-up time may be provided when a separate warm-up floor is available. A warm-up schedule should be provided to coaches to ensure that each team gets as close to equal warm-up time as possible.

a. If warm-ups take place on a separate floor, both teams must report to their team bench five (5) minutes prior to the start of the game.

- b. **Delay of Game:** If a team reports to the main floor resulting in a delay of the scheduled game time due to athlete or coaches circumstances, they will be assessed an immediate technical foul with one (1) game point awarded to the opposing team prior to the start of game.
1. Technical Foul for 'Delay of Game' will only be assessed if the delay is due to reasons inside of the coach's control.
 2. A host must provide transportation/planned path to main floor if the warm-up area is in a different location than the main floor. It is the coach's responsibility to manage pregame time and take appropriate measure to keep the game schedule on time.

SECTION 3. COIN TOSS

Article 10.3.1 . . . The Referee will show the coin to both teams, flip it in the air, and allow it to land on the playing surface. The home team will call 'heads' or 'tails' while the coin is in the air.

- a. The Referee will signal which team won the coin toss with one arm.

Article 10.3.2 . . . The team that wins the coin toss has two options:

1. Keep possession and call the first routine of Quarter 1.
The opposing team will call the first routine of Quarter 3.
2. Defer possession and call the first routine of Quarter 3.
The opposing team will call the first routine of Quarter 1.

Article 10.3.3 . . . Once possession has been determined, coaches and captains will return to their team bench and Referee will signal which team will begin with possession. All team personnel must remain inside the Team Zone from this point until the end of the game (see Article 7.4.1 for details).

- a. As soon as the teams return to their benches, the Referee will signal to the coach with possession to call the routine number for the first round.

Article 10.3.4 . . . The coin toss does NOT apply to 8U STUNT games.

Article 10.3.5 . . . The coin toss will be limited to up to two (2) coaches and up to four (4) athletes.

- a. The coin toss area will be designated as the playing surface. The coaches and athletes participating in the coin toss will report to the Neutral Zone when signaled by the Referee. All other coaches and athletes, not a part of the coin toss, must remain in their team zone throughout the duration of the coin toss procedure.

Rule 11. General Game Flow

SECTION 1. REGULATION

Article 11.1.1 . . . The team with possession at the beginning of a round will determine which of the available routines will be performed. Once a routine has been chosen, that routine cannot be called again during the current quarter.

- a. One (1) coach will show the chosen routine number using their hands/fingers directly to the Referee from the front corner of the team bench area.

Article 11.1.2 . . . Teams will have **twenty (20) seconds** to take the floor in their designated positions.

- a. If a team has not taken the floor during this time, they may be assessed a TIMEOUT by the Referee.
 1. If a TIMEOUT is not available, the team will automatically FORFEIT that round.
- b. At the Officials' discretion, if spotters cause a significant delay in beginning a round, they may first receive a verbal warning. If significant delays continue, the team may be assessed a timeout.

Article 11.1.3 . . . At the Referee's whistle, the routine music will begin. At the end of the routine, teams should immediately return to their benches.

Article 11.1.4 . . . The Scoring Officials will determine which team wins the round based on the total number and degree of errors made by each team. The team with the fewest deductions will be declared the winner of the round. If each team has the same number of deductions, the round ends in a tie. **If the teams' error totals are within two (2) deduction errors of each other, the team with the least number of errors will be awarded two (2) points and the opposing team will be awarded one (1) point.**

Article 11.1.5 . . . The Scoring Officials will signal the outcome of the round to the Referee. The Referee will relay the outcome to the teams and spectators, and then signal to the coach of the team with possession to call the next routine for the subsequent round.

- a. **'Within 2' - Referees will signal the points awarded with two (2) fingers and arm raised straight above their head (see Appendix J). They will then show points awarded with both arms, one arm pointing with two (2) fingers toward the team awarded two (2) points, one arm pointing with one (1) finger toward the team awarded one (1) point.**

Article 11.1.6 . . . Championships only: the game will end when it is not mathematically possible to change the outcome of the game due to a score differential.

SECTION 2. OVERTIME

Article 11.2.1 . . . In the event of a tie at the end of regulation, the Referee will call the coaches to the center of the mat to review overtime procedures.

- a. There is NO possession or coin toss in overtime.
- b. The one (1) minute break prior to the first round will begin once the coaches have reviewed the overtime procedures.

Article 11.2.2 . . . Routine 1 from Quarter 4 will be performed by both teams, unless it was the last round played in Quarter 4. In that case, the first round played in overtime would be Routine 2.

- a. The team that wins the round is declared the winner of the game.
- b. If the round results in a tie, the routine level will advance to the next routine level from Quarter 4. This process will repeat until a winner is determined.
- c. If overtime extends past the highest routine level without a winner, the process will start over with Routine 1 until there is a winner.
- d. If both teams are not able to execute a routine level during overtime, there will be a double forfeit and the game will result in a tie.
- e. Overtime rounds are performed and scored exactly as in Quarter 4 regulation play.

Article 11.2.3 . . . Each team has **one (1)** minute break prior to each round during overtime.

Article 11.2.4 . . . There are NO TIMEOUTS in overtime.

- a. Unused timeouts from regulation do NOT carry over into overtime.

Rule 12. Game Elements

SECTION 1. TIMEOUTS

Article 12.1.1 . . . Each team will have **three (3) 60-second timeouts** per regulation game.

a. **Each team will have two (2) 30-second timeouts per 8-round game.**

Article 12.1.2 . . . There are NO TIMEOUTS in overtime.

a. Unused timeouts do NOT carry over from regulation to overtime.

Article 12.1.3 . . . The signal for a TIMEOUT is the hands in front of the chest forming a 'T'. See Appendix K.

Article 12.1.4 . . . A timeout may be called by an athlete in play, coach, or official(s).

a. A timeout must be called BEFORE the Referee's whistle to start the routine music.

b. During a timeout:

1. IF there are two (2) or one (1) additional mat(s) behind the team bench, both teams may perform skills on these additional mats during the timeout and may also perform skills on the main floor during the timeout (see Article 10.1.5).

c. The end of the timeout will be indicated by the scoreboard timer OR the Referee's whistle.

1. The Referee may end the timeout early if both teams indicate they are ready.

2. Following the end of a timeout, teams will have **twenty (20) seconds** to take the floor and continue the game (see Article 11.1.2).

3. Following the end of a timeout that was **initially** called by the team with possession AND occurs AFTER a routine call, the team with possession MAY signal to call a new routine number.

4. Following the end of a timeout that was **initially** called by the team WITHOUT possession and occurs after a routine call, the team with possession may NOT signal to call a new routine number.

SECTION 2. POSSESSION

Article 12.2.1 . . . During regulation, the team with possession at the beginning of a round determines which of the available routines will be played.

Article 12.2.2 . . . Possession for the first round of Quarter 1 and Quarter 3:

a. Determined by the coin toss (see Article 10.3.2).

1. Exception: 8U division

Article 12.2.3 . . . Possession for the first round of Quarter 2 and Quarter 4:

a. Determined by alternating possession each round within the quarter.

1. The team that begins with possession in Quarter 1, will also begin with possession in Quarter 2.

2. The team that begins with possession in Quarter 3, will also begin with possession in Quarter 4.

Article 12.2.4 . . . Gaining possession within a quarter:

a. Possession alternates every round within the half.

- b. Possession going into Quarter 3 begins with the team who did not start with possession in Quarter 1.

SECTION 3. GENERAL FORFEIT INFORMATION

Article 12.3.1 . . . Following the routine call during any round of play, either team may choose to forfeit the round. A **forfeit** is when a team declines to play a routine called.

Article 12.3.2 . . . The signal for a FORFEIT is made with the forearms crossed in front of the chest to form an 'X'. See Appendix K.

Article 12.3.3 . . . TRADITIONAL FORFEIT: In a traditional forfeit situation, the team with possession calls a routine and the opposing team forfeits the round. The team with possession will then take the floor and perform the routine with the opportunity to win the round and receive one (1) point. The forfeiting team will NOT take the floor in this situation.

Article 12.3.4 . . . SELF FORFEIT: In a self-forfeit situation, the team with possession calls a routine and immediately forfeits the routine. The forfeiting team will NOT take the floor in this situation. In this situation, the opposing team may choose to:

- a. Take the floor and perform the routine with the opportunity to win the round and receive one (1) point; OR
- b. **DOUBLE FORFEIT**: Forfeit the round and not take the floor, resulting in a double forfeit and the end of the round. Both forfeiting teams will NOT take the floor in this situation.

Article 12.3.5 . . . A team can either forfeit an entire round of Quarter 4 or they can forfeit section(s) of the round.

- a. To forfeit the entire round, the coach signals the Referee like any other quarter.
- b. To forfeit part of the round:
 - 1. The team will leave the floor during the substitution counts prior to the section they are forfeiting and then return to the floor (if applicable) for the section they are not forfeiting.
 - 2. If it is the first section being forfeited, the team does not have to take the floor until the substitution counts of the section they are not forfeiting.

Article 12.3.6 . . . SELF-FORFEIT: The number of self-forfeits within a game are limited to one (1) per half.

- a. The first self-forfeit called per half will be considered allowable. Any additional self-forfeit used will be considered non-allowable.
- b. If a team must use more than the allowable self-forfeits per half (a non-allowable self-forfeit), the opposing team will be awarded one (1) point per forfeited round.
- c. There is a maximum of one (1) Technical Foul for a non-allowable self-forfeit per round. There is a maximum of one (1) Technical Point being awarded for a non-allowable self-forfeit per round.
- d. QUARTER 4: Self-forfeits can be used within Quarter 4. One (1) self-forfeit will be used per round, no matter how many ‘sections’ (PS/JT/PT) are forfeited in that round.

1. **Scenario 1:** Team A has already used their one (1) allowable self-forfeit during a Q1 Partner Stunt round but calls a self-forfeit during Q2: Pyramids & Tosses.

- a) *This self-forfeit would be considered non-allowable*
- b) *One (1) Technical Point will be awarded for the Q2 Pyramid & Tosses round to the opposing team*
- c) *This situation incurs a maximum of one (1) Technical Point awarded to the opposing team per round*
- d) *The opposing team will also be awarded one (1) point for the round IF they play the round AND meet the forfeit standard of allowable errors to receive the point.*

2. **Scenario 2:** Team A has already used their allowable self-forfeit during Q3: Jumps & Tumbling but needs to call a self-forfeit during Q4: Team Routine.

- a) *This self-forfeit would be considered non-allowable*
- b) *One (1) point will be awarded per ‘Round’ forfeited, no matter how many ‘Sections/Segments’ (Partner Stunts, Jumps & Tumbling, or Pyramids & Tosses) are forfeited during that round.*
- c) *This situation incurs a maximum of one (1) Technical Point awarded to the opposing team per round.*
- d) *The opposing team will also be awarded one (1) point per ‘Section/Segment’ (Partner Stunts, Jumps & Tumbling, Pyramids & Tosses) that is played AND meets the forfeit standard of allowable errors to receive the point OR that is played with less errors than the other team (not ‘Within 2’)*

Article 12.3.7 . . . NO SELF-FORFEITS will be permitted in an 8-round game.

- a. In the event that a self-forfeit is used within an 8-round game, the opposing team will be awarded one (1) point per forfeited round.
 - 1. All non-allowable self-forfeits will be assessed a Technical Foul for the possession team resulting in one (1) Technical Point awarded to the opposing team.

SECTION 4. SCORING DURING A FORFEIT

Article 12.4.1 . . . In order to win the round and receive **one (1) point** in any forfeit situation, the performing team must execute the routine with **fewer than twelve (12)** deduction points in total for the Partner Stunts, Jumps & Tumbling, and Pyramids & Tosses sections.

- a. Quarters 1-3: The forfeiting team receives **zero (0) points** for the forfeited round.
- b. Quarter 4: Each forfeited section of a round will be scored separately, following the same format as in Quarters 1-3.
 1. Officials may switch back and forth between comparing to the forfeit standard and comparing to the other team.
- c. **DOUBLE FORFEITS** in any quarter will result in **zero (0) points** awarded.

Forfeit Scoring:

Team that performs in Quarters 1-3: Zero (0) or one (1) point*

Team that forfeits in Quarters 1-3: Zero (0) points

Team that performs in Quarter 4: Up to three (3) points*

Teams that forfeit in Quarter 4: Zero (0) points for forfeited section(s)

SECTION 5. POSSESSION DURING A FORFEIT

Article 12.5.1 . . . When a forfeit occurs, possession will continue to alternate, regardless of points awarded.

Rule 13. Violations and Procedural Issues

SECTION 1. TECHNICAL FOULS

Article 13.1.1 . . . The procedure for issuing a TECHNICAL FOUL is as follows:

- a. The first instance will result in a verbal warning from the Referee.
- b. A subsequent instance or continuous behavior in the same instance following this warning will result in a TECHNICAL FOUL. A technical foul results in the awarding of **one (1) game point** to the opposing team.
- c. A third instance or continuous behavior following a TECHNICAL FOUL will result in the ejection of the guilty individual(s) from the game.
 1. Anyone who is ejected from a game must remove him or herself from the entire venue. All ejections will be reviewed by an ad hoc review panel for possible further action, which may include future game suspensions or disqualifications from postseason play.
 2. Anyone who is ejected from a game will be suspended for the remainder of that game and throughout the remainder of the day.
 3. If individual(s) are not compliant, the represented team will forfeit that game.

Article 13.1.2 . . . TECHNICAL FOULS may be issued for the following:

- a. If in the opinion of a Scoring Official or Referee, a coach, athlete, other team personnel, or **team spectator/fan(s)** is displaying conduct that is not representative of USA Cheer and STUNT, the Referee may issue a TECHNICAL FOUL.
 1. **Examples of unsportsmanlike conduct that will result in Technical Foul: Pointing, making direct gestures, motions, etc. in a way that feels threatening towards the officials. Cursing or using verbal abuse, taunting of an opponent or game official. Excessive celebration following a significant play or feigning injury. Anything that causes disruption or a distraction to the play of game (i.e. Noise makers, throwing objects, etc.).**
- b. Certain **rule violations** may result in a technical foul:
 1. Counting loud enough that it becomes a distraction after receiving a warning; Counting is allowed but must not exceed a volume that competes with the music volume or the opposing team's sideline in a manner that is distracting. An opposing team or official may report this to the Referee, who will then deliver the verbal warning to the offending team.
 2. Spotters are allowed to count but are held to the same standards.
- c. **ADDING** any additional words to routine counts prior to the '1' of the final 8-count;
 1. Words and/or motions after dismounting or completion of a round is allowed.
 2. Counting is permitted at a minimal volume but must not become distracting.
- d. Failure to adhere to the team zone guidelines, after receiving a verbal warning.

- e. Spotters' attire will be assessed by the Referee prior to the team entering the main floor. If the required specifications are not met, the team will receive a verbal warning. If the specifications cannot be met, a Technical Foul will be assessed. **One (1) game point** will be awarded to the opposing team at the end of the first quarter in which spotters participate in the inappropriate attire. No further deduction will be applied.
- f. If uniform specifications are not met, a verbal warning will be issued. In the event that uniform specifications cannot be met prior to the start of the game, a technical foul will be assessed. **One (1) game point** will be awarded to the opposing team prior to the start of the first round of play. No further deduction will be applied.
- g. **Delay of Game:** If a team reports to the main floor late resulting in a delay of the scheduled game due to circumstances within the coaches' control, a Technical Foul will be assessed, and the opposing team will receive one (1) point prior to game start.

SECTION 2. RESTRICTED ZONE VIOLATION

Article 13.2.1 . . . A RESTRICTED ZONE VIOLATION applies to the following:

- a. **In FRONT of the field of play:** No coaches or athletes may be in this area at any time during the game.
 - 1. **Exception:** Coaches are allowed to step in front of the field of play to call a timeout.
- b. **NEUTRAL ZONE:** No coaches or athletes may be in this area at any time during the game or warmup, unless directed by an official. This area is designated for the Referee.
- c. **BEHIND the field of play:** No coaches may be in this area at any time during the game. Athletes may only be in this area when preparing to enter the mat as a spotter or an athlete in the upcoming section of a Quarter 4 routine, or when exiting a section of a Quarter 4 routine.
- d. Athletes may be on the **field of play** in the following circumstances (any other circumstance is considered a Restricted Zone Violation):
 - 1. Playing in the current routine being performed.
 - 2. Acting as a spotter.
 - 3. During pre-game warm-up (and selected athletes during coin toss).
 - 4. During quarter breaks, halftime, and timeouts but must not approach the neutral zone or Referee for any reason (see Article 10.1.5 and Appendix Q).
- e. Coaches may be on the field of play in the following circumstances (any other circumstance is considered a Restricted Zone Violation):
 - 1. Acting as a spotter.
 - 2. During pre-game warm-up and coin toss.
 - 3. During quarter breaks, halftime, and timeouts but must not approach the neutral zone or Referee for any reason. See Appendix Q for details.
 - 4. If directed by the Referee for any reason.

Article 13.2.2 . . . In the event of a RESTRICTED ZONE VIOLATION by any team personnel, the team will first receive **one (1)** verbal warning from the Referee.

- a. Further violations will result in a Minor 1 deduction for the current routine. If the violation does not occur during a routine, the Minor 1 will be applied for the following routine. Subsequent Restricted Zone Violations will receive Minor 1 deductions.
- b. This deduction will be applied as an overall deduction, regardless of the number of people in the restricted area.
- c. See Article 7.3.1 and Appendix P for details.

SECTION 3. TEAM ZONE VIOLATION

Article 13.3.1 . . . A TEAM ZONE VIOLATION will be applied in the event a coach, athlete, and other team personnel leaves the designated team zone at any time after the completion of the coin toss (see Article 7.4.1).

- a. This applies to all timeouts, quarter breaks, and halftime.
- b. The following *exceptions* apply:
 1. Athletic Trainers may enter and exit the team zone if stationed outside of the team zone or in the event of treating a coach, athlete, or other team personnel.
 2. Coaches, athletes, or other team personnel may exit the team zone if seeking treatment or attention from an athletic trainer stationed outside of the team zone.
 3. Coaches, athletes, or other team personnel may exit the team zone to use the facility's bathroom but should not obstruct the view of the competition area or distract from officiating in any way during regulation or overtime.
 4. Coaches, athletes, or other team personnel may exit the team zone during halftime if a locker room or team room is available.

Article 13.3.2 . . . In the event of a TEAM ZONE VIOLATION by any team personnel, the team will first receive **one (1)** verbal warning from the Referee.

- a. Further violations will result in a TECHNICAL FOUL (see Article 13.1.1).

SECTION 4. OUT OF BOUNDS

Article 13.4.1 . . . OUT OF BOUNDS is defined as an athlete touching any portion of the area outside of their team's designated field of play.

- a. Touching the white lines boarding the neutral zone does NOT constitute being out of bounds.
 1. The field of play includes the white boundary line.
- b. Boundary violations are only charged if detected by the Scoring Officials. Referees may not call boundary violations.
- c. Each boundary violation will result in a Minor 1 deduction. The deduction will be applied per athlete.
- d. See Appendix R for examples.

SECTION 5. INJURY PROTOCOL

Article 13.5.1 . . . The Referee, Scoring Officials, Coach, Athletic Trainer, or athlete all have the right to stop a performance due to an injury with the primary concern being the safety of the athlete(s).

- a. The Scoring Officials, Coach, Athletic Trainer, or athlete must signal to the Referee to stop the routine.

Article 13.5.2 . . . If play is stopped due to an injury in Quarters 1-3:

- a. The round is over and will NOT be repeated.
- b. After the injury is assessed, there is a two-minute injury timeout.
 1. Teams may use an additional timeout at the end of the two-minute injury timeout if more time is needed. If an additional timeout is not available, the team will forfeit the subsequent round.
- c. Scoring of a round with an injury:
 1. Officials will continue scoring the round until whistle is blown or music stops, whichever comes first.
 2. If the injury occurs because of a deductible error, that deduction will be included in the scoring of that round (i.e. Stunt falls, unsafe tumbling landing, etc.).
 3. An automatic Major 1 deduction will also be assessed to the team with the injury, regardless of the number of injuries on the team.
 4. After the injury is assessed, the score will be announced, and the game will continue with the next round or break.

Article 13.5.3 . . . If play is stopped due to an injury in Quarter 4:

- a. Performance will stop temporarily.
 1. The section the injury occurs in will be scored with the same system as above, including the automatic Major 1 deduction for the injury.
 2. The section the injury occurs in will NOT be repeated.
- b. After the injury is assessed, there is a two-minute injury timeout for substitutions and to prepare for the remaining sections of the round.
 1. The team with the injury may call additional timeouts if they need additional time, if they have timeouts available, or they may forfeit.
 2. The team with the injury can signal they are ready prior to the two-minute timeout ending.
- c. Injured athlete(s) CANNOT participate in the completion of this round.
- d. If the team with the injury forfeits, the other team will follow the process to finish the round and be officiated like any other type of forfeit.
- e. If the team with the injury chooses to continue, the teams will set up on the sideline, music will be played from the beginning of the round, and teams will come onto the floor for the section(s) that are left to perform.

SECTION 6. MUSIC MALFUNCTION

Article 13.6.1 . . . If there is a music malfunction during any round in Quarters 1-3, both teams will be required to perform again from the beginning of the routine.

- a. All skills must be performed from the beginning of the routine.
- b. Any modified or omitted skills will be scored as a Major 1 deduction.
- c. Scoring, aside from modifications and omissions, will resume at the point of malfunction.

Article 13.6.2 . . . If a music malfunction occurs after the final '1' of the ending 8-count in the Partner Stunt or Jumps & Tumbling section of a Quarter 4 routine, teams **will NOT** replay the completed section(s). Music will be replayed from the beginning of Quarter 4. Teams will transition onto the floor after the '3' of the ending 8-count of the previous section and perform remaining sections according to the rules of music malfunctions in Article 13.6.1 (i.e. If the interruption occurs during the Jumps & Tumbling section of Quarter 4, teams will replay that section and continue through Pyramids & Tosses).

SECTION 7. MERCY RULE

Article 13.7.1 . . . This rule cannot be invoked prior to Quarter 4.

Article 13.7.2 . . . Based on the number of rounds remaining, when it is not mathematically possible to change the outcome of the game due to a score differential, the Mercy Rule can be applied.

- a. Example: With a differential of four (4) points with one (1) round remaining, seven (7) points with (2) rounds remaining, ten (10) points with three (3) rounds remaining, or thirteen (13) points with four (4) rounds remaining.

Article 13.7.3 . . . The Referee should remind the coaches of this rule at the beginning of the game and at halftime.

- a. The coach with the deficit will have the right to make the decision on whether to continue the game.

Article 13.7.4 . . . This rule is not applicable in championship games where the game will end when it is not mathematically possible to change the outcome of the game due to a score differential.

Rule 14. Scoring

SECTION 1. GENERAL OVERVIEW

Article 14.1.1 . . . Scoring Officials will determine the total number and degree of errors made by each team. The team with the fewest deductions is declared the winner of the round.

- a. If each team has the same number of deductions, the round ends in a tie.

Article 14.1.2 . . . The types of errors and deductions are:

Minor 1 = **1** deduction point
Minor 2 = **2** deduction points
Major 1 = **4** deduction points
Major 2 = **6** deduction points
Major 3 = **8** deduction points

Article 14.1.3 . . . In Quarters 1-3, points are awarded as follows:

Winner of the round receives **one (1) point**.
Loser of the round receives **zero (0) points**.
A tie round results in each team receiving **one (1) point**.
A 'Within 2' round results in **two (2) points** to team with least errors, **one (1) point** to opposing team

Article 14.1.4 . . . In Quarter 4, points are awarded as follows:

- a. Each section of the routine (Partner Stunts, Jumps & Tumbling, Pyramids & Tosses) is scored individually using the same scoring system as the first three (3) quarters.
- b. A team may score anywhere from zero (0) to three (3) points

Example:

Team A wins Partner Stunts → (1-0)
Teams A and B tie Jumps & Tumbling → (1-1)
Team B wins Pyramids & Tosses → (0 -1)

The individual section scores are added together to end with a score of (2-2) for that round.

Article 14.1.5 . . . OVERTIME rounds are scored exactly as in Quarter 4 regulation.

SECTION 2. ERRORS AND DEDUCTIONS TABLE

Article 14.2.1 . . . The table below is a high-level list of the types of errors that incur each type of deduction. The purpose of the table is to provide an overall understanding of deductions. It is not a comprehensive list of every deductible situation. Explanations of the deductions are provided below the table. Examples are included for the purpose of aiding the understanding of the deduction.

STUNTS, PYRAMIDS, & TOSSES	JUMPS & TUMBLING
MINOR 1	MINOR 1
Formation – overall Out of Bounds – each Restricted Zone Violation – overall Incorrect Q4 Transitions - overall Synchronization between groups - overall Motions – each athlete Incorrect Counts – overall Technique and Execution – each Traveling Steps for Balance – each, does not exceed 1 Pyramid Connection Spacing – overall Target vs Extension – each	Formation – overall Out of Bounds – each Restricted Zone Violation – overall Incorrect Q4 Transitions - overall Synchronization between 2 or more - overall Motions – each athlete Incorrect Counts – overall Technique and Execution – each Steps – each, does not exceed 1
MINOR 2	MINOR 2
Technique and Execution – each	Technique and Execution – each
MAJOR 1	MAJOR 1
Skill Modification - each Omission – each Lowering a Full Level – each Automatic Injury Deduction – overall Safety Spotter Involved in Support - overall	Skill Modification - each Omission – each Automatic Injury Deduction – overall Safety Spotter Involved in Support - each
MAJOR 2	MAJOR 2
Fall - each	Fall - each
MAJOR 3	MAJOR 2
Unsafe Fall – each	Unsafe Fall - each

*INCLUDED AS APPENDIX S

SECTION 3. SPACING AND BOUNDARIES

Article 14.3.1 . . . Opening Formation – An overall Minor 1 will be applied for an obvious incorrect opening formation, regardless of the number of athletes out of place. This applies to the approximate location on the floor, not direction the athletes are facing.

- a. For specific opening formations for each round, refer to the diagrams at the beginning of the 8-count sheets for the routines being used. Teams should set up as shown on these diagrams. The approximate location for Partner Stunts and Pyramids & Tosses is based primarily off the core bases, in reference to the hash marks. This applies to each round of a Quarter 4 routine.
 1. The intent is not micro details or locations. The positions on the 8-count sheets are limited in position by the formatting. If one (1) or two (2) athletes are slightly ‘off’ by less than half a mat, that is not an incorrect opening formation.
- b. If an athlete is in the correct position (i.e. location on the floor), but is facing the side instead of the front, this would NOT result in a Minor 1 deduction.
- c. *Note:* Formations within routines are not officiated unless they are in the Formations Glossary. Moving from skill to skill or formation to formation is not officiated unless specifically listed on the 8-count sheets.

Article 14.3.2 . . . Formations – An overall Minor 1 per formation demonstrated in the video routine materials and provided in the Routine Formations Glossary.

- a. Any formation throughout the routines with a **significant deviation** from the formations glossary materials will be officiated. Teams are to refer to the formations demonstrated in the video routine materials and shown in the diagrams available in the Formations Glossary. Any “Significant Deviation” from the formations shown in the video routine materials and the Formations Glossary will result in a Minor 1 overall for each instance throughout the routine.
 1. “**Significant Deviation**” is defined as a noticeable departure from the formation shown in the formations glossary. (i.e. changing the trajectory of a tumbling skill, the formation shape, the locations of the athletes on the floor, an athlete being a half panel or more away from the intended formations, etc.)
 2. Minor deviations from the formations in the formations glossary **will not** be officiated (i.e. an athlete being less than half of a panel away from what is shown in the video routine materials and the Formations Glossary)
- b. Formations Glossary will be available in the coaches USA Cheer portal in the Routine Materials section.

Article 14.3.3 . . . Out of Bounds – A Minor 1 will be applied per individual athlete when touching any portion of the area outside of the designated performance area. Touching the white lines bordering the neutral zone does NOT constitute an athlete being out of bounds. The playing field includes the white boundary line. Boundary violations are only applied if detected by the Scoring Officials (not Referee). See Article 13.4.1 and Appendix R for further details.

Article 14.3.4 . . . Pyramid Connection Spacing - An overall Minor 1 will be applied when the spacing of a pyramid connection is out of line, too close, or too far as indicated by the connection between structures, regardless of the number of groups involved (i.e. both sides of the pyramid connections are off).

- a. Example: Overlapping arm connections are too close together to be extended. A group is too far in front or behind their connecting group to make a hand-to-foot connection. A group is too far away from the group in front of them to make a hand-to-hand connection.

Article 14.3.5 . . . Restricted Zone Violation – An overall Minor 1 will be applied regardless of the number of people involved in this violation, after receiving a warning from the Referee. See Rule 13. Section 2 and Appendix P for further details. The deduction will be applied to the routine being performed during the violation. If the violation is not during a routine, the deduction will be applied to the following routine.

SECTION 4. SYNCHRONIZATION

Article 14.4.1 . . . An overall Minor 1 will be applied for poor synchronization of skills or motions. This deduction is applied any time a skill or motion is performed on the correct count, as indicated by the 8-count sheet, but the timing is off between two (2) or more athletes in a Jumps & Tumbling routine, two (2) or more top persons in a Partner Stunt or Pyramids & Tosses routine, or two (2) or more stunt groups in a Partner Stunt or Pyramids & Tosses routine.

- a. Example: The throw count for basket groups is indicated on the 8-count sheet, but the actual ‘hit’ count for the toe touch in the basket is not. Two (2) groups from the same team throw on the same correct count but have poor synchronization of the skill. If one (1) or both group(s) threw on the wrong count, a Minor 1 would also be applied for that incorrect count.

SECTION 5. MOTIONS

Article 14.5.1 . . . A Minor 1 will be applied to *each* individual athlete in the following situations:

- a. **Incorrect Motion** – A motion is considered incorrect if the wrong arm or leg is used, or if the wrong motion is performed, as indicated on the 8-count sheet or in the glossary.
 1. Example: A left punch is performed instead of a right punch. A low-V is performed instead of a high-V.
- b. **Omitted Motion** – A motion is considered omitted if it is not performed in the routine.
 1. Example: A high-V is listed on ‘3’ of the 3rd 8-count of a routine. NO motion is performed.

- c. **Added Motion** - A motion is considered added if it is performed by an athlete but is not indicated on the 8-count sheet.
1. A head look, shoulder shrug, or swinging into a skill is NOT considered an added motion.

SECTION 6. INCORRECT COUNTS

Article 14.6.1 . . . An overall Minor 1 will be applied, regardless of the number of athletes involved, in the event that any skill, position, transition, movement, or motion is performed on the incorrect count as indicated by the 8-count sheet.

- a. The Minor 1 is applied to that specific count listed on the 8-count sheet. If it is not listed on the 8-count sheet or in the skill glossary, this specific deduction is not applied.
- b. Other deductions may still apply (i.e. synchronization, technique).

SECTION 7. QUARTER 4 SPECIFIC

Article 14.7.1 . . . An overall Minor 1 will be applied to a team in Quarter 4, regardless of the number of athletes involved, in the event that the guidelines specific for transitioning between routines and/or substituting athletes within the round are performed or completed incorrectly.

- a. Athletes may not step on the competition floor for substitution before the '3' of the 10th and 21st 8-counts in Quarter 4. An overall Minor 1 will be applied to the section being performed (i.e. anything before the '3' in the 10th 8-count is considered Partner Stunts, anything before the '3' in the 21st 8-count is considered Jumps & Tumbling) regardless of the number of athletes substituting early.
- b. Athletes may not enter or exit from the front of the mat or the neutral zone for substitutions in Quarter 4. See Appendix P. An overall Minor 1 will be applied per section regardless of the number of athletes entering or exiting from either area during substitutions.

Article 14.7.2 . . . The 'dip' for the dismount at the end of the Partner Stunts section of a Quarter 4 routine must occur on the '3' of the final 8-count. An overall Minor 1 will be applied to the Partner Stunts section of the Quarter 4 routine regardless of the number of stunt groups performing this incorrectly.

- a. A 'pop down' dismount is the only allowable dismount from the end of the Partner Stunt section of Quarter 4 routines.
 1. **Exception:** 8U & 11U are allowed to 'pop down' OR 'bump down' from the end of the Partner Stunt section of Quarter 4 routines.

Article 14.7.3 . . . After completing the Jumps & Tumbling section of a Quarter 4 routine, all athletes must come to a standing position with arms by their side (clean) on '3' of the final 8-count. An overall Minor 1 will be applied to the Jumps & Tumbling section of the Quarter 4 routine regardless of the number of athletes performing this incorrectly.

SECTION 8. STEPS

Article 14.8.1 . . . In Jumps & Tumbling routines: A Minor 1 deduction will be applied for each **athlete that takes a** step or hop on the landing of jump and tumbling elements. This is a Minor 1 deduction for steps or hops on the landing of an individual skill, regardless of how many steps or hops they take. This deduction is applied per athlete.

1. Example: Four (4) athletes in a Jumps & Tumbling routine each take one (1) step when landing their standing back tucks. Each athlete incurs one (1) Minor 1, for a total of four (4) Minor 1s for that skill. Later in the routine, one (1) athlete does a round-off back handspring full and takes 4-5 steps out of it in an attempt to not fall down. That athlete only incurs one (1) Minor 1 deduction points for that full, regardless of the number of steps taken.

Article 14.8.2 . . . In Partner Stunts and Pyramids & Tosses routines: A Minor 1 deduction will be applied for **traveling step(s)** taken by base(s) to adjust for balance, for a maximum of one (1) Minor 1 deduction for traveling steps on each skill. This deduction is applied per stunt group.

- a. Example: Two (2) stunt groups take two (2) traveling steps to maintain balance of a full up to extended level. Each stunt group incurs one (1) Minor 1 deduction point, for a total of two (2) Minor 1 deduction points on that full up. Later in the routine, one (1) stunt group takes four (4) traveling steps to maintain balance of a switch up to single leg. That stunt group incurs one (1) Minor 1 deduction point for that switch up to single leg because the maximum number of Minor 1s that can be applied to a skill (per group) for STEPS is one (1).

Article 14.8.3 . . . In the event that athletes in Jumps & Tumbling routines or stunt groups in Partner Stunts and Pyramids & Tosses routines take steps to ‘save’ a skill but still fall, the fall deduction overrides the deductions for the steps. The deductions are not added together. However, if steps are taken to save a skill and then a subsequent skill is attempted, resulting in a fall on that skill, *both* the steps for the first skill and the fall for the subsequent skill apply.

- a. *Note:* It is likely that athletes taking that many steps to ‘save’ a skill are going to incur additional deductions as a result (i.e. missing the next count or motion, balance checks by the top person, synchronization issues, etc.)

Article 14.8.4 . . . TRAVELING STEPS:

- a. Traveling steps are the unprescribed steps taken, in any direction, while providing support to a top person, that result in spatial movement of a stunt or pyramid structure on the playing surface. The steps are taken while progression to or upon completion of a stunt or pyramid element for the purpose of maintaining or regaining stability or control of the stunt or pyramid element.
 1. Steps to execute the stunt do not necessarily constitute a deduction (i.e. steps in rotation of a spinning stunt). Steps to maintain or recover stability of the stunt, resulting in actual traveling of the stunt on the playing surface, will constitute a deduction.

2. Small movement of the base(s) feet to adjust or reposition under the top person in support do not constitute a traveling step deduction unless they result in spatial movement of the stunt. However, if the repositioning or adjustment results in a bobble by the top person, the deduction for that bobble may apply.
 3. A pivot is when an athlete who is supporting a top person steps in any direction and, while maintaining a point of contact between either foot and the playing surface, rotates their body (primarily the hips) to improve the position while in support of the top person. Pivoting does NOT count as a traveling step.
- b. Please refer to the video training material for further understanding of this rule.

SECTION 9. TECHNIQUE AND EXECUTION

Article 14.9.1 . . . Errors related to technique and execution will be divided into Minor 1s and Minor 2s.

Article 14.9.2 . . . A **MINOR 1** will be applied for small errors in technique and execution that do not compromise the overall technical quality of the skill. In general, the Minor 1 technique and execution deduction is intended to be applied to errors in aesthetic quality. These types of errors may be the result of poor technique, but do not necessarily constitute a significant error.

- a. A Minor 1 will be applied to EACH top person in Partner Stunts and Pyramids & Tosses routines, EACH stunt group in Partner Stunts and Pyramids & Tosses routines, and EACH athlete in Jumps & Tumbling routines (with one exception).
 1. Examples of errors demonstrated by top persons in Partner Stunts and Pyramids & Tosses routines:
 - Lack of flexibility in body positions
 - Lack of flexibility in basket toss elements
 - Legs wider than shoulder width apart in extension
 - Bent leg(s) in support or body position
 - Balance check or ‘bobble’ by the top person (not in reference to movement of bases)
 2. Examples of errors demonstrated by bases in Partner Stunts and Pyramids & Tosses routines:
 - Low cradle catches
 - Low basket tosses
 - Poor posture while supporting a stunt (per group)
 3. Examples of errors demonstrated by athletes in Jumps & Tumbling routines:
 - Landing jump elements with feet apart
 - Landing tumbling elements with feet shoulder width apart or further
 - Bent legs on jump or tumbling elements
 - Leg separation on tumbling elements
 - Crooked tumbling (overall pass per athlete, not per element)
 - **Exception:** Sub-level flexibility in jumps is applied as an overall deduction.

4. *Note:* These are not exhaustive lists of examples. These are intended to provide understanding of the deduction. Any skill performed with an execution error that is noticeable enough to be seen in real time should be applied to this understanding.

Article 14.9.3 ... A MINOR 2 will be applied to moderate errors in technique and execution that compromise the overall quality of the skill. In general, the Minor 2 technique and execution deduction is intended to be applied to errors in operational quality. These types of errors may be the result of poor technique and lead to significant errors that do not necessarily fit into the Major 1 deduction (drop a full level, modification, omission).

- a. A Minor 2 will be applied to EACH top person or each stunt group in Partner Stunts and Pyramids & Tosses routines, and/or EACH athlete in Jumps & Tumbling routines.

1. Examples of Minor 2 errors:

- A shoulder level hand-to-hand that does not show that the top person's weight is in the top person's wrists and shoulders creating a vertical line in a handstand position.
 - A layout element being performed in a pike position.
 - A full being performed in a tuck position. (This does not include standing or cartwheel fulls that are permitted to be executed in a tucked position)
 - A stunting element to extended position that is performed to any level below extended position (i.e. not caught at the top) and pushed back up to extended level. This should be applied specifically to skills that are caught below the intended height, but not so far as to be caught AT the lower level. The same concept should be applied to this type of error within the performance of the skill, not just at the 'catch'. Essentially, lowering less than a full level is a Minor 2 and lowering a full level is a Major 1.
 - Any standing tumbling skill that starts with a step, hop, scooch, or slide prior to the sit motion is considered poor technique. The first movement must be the 'sit' motion.
 - Any tumbling element into an entry of a partner stunt skill with a step, hop, scooch, or slide prior to the sit motion is considered poor technique unless indicated by the routine materials.
2. Any example listed under Minor 1 could fall in the Minor 2 category depending on the severity of the errors or the effect the error has on the remainder of the stunt, sequence of transitions to stunts, or tumbling pass.
3. *Note:* This is NOT an exhaustive list of examples. This list is intended to provide understanding of the deduction.

SECTION 10. MODIFICATIONS

Article 14.10.1 . . . A MAJOR 1 will be applied to EACH skill performed in such a way as to be considered *modified*.

- a. This will be applied per top person in Partner Stunts and Pyramids & Tosses routines, per stunt group in Partner Stunts and Pyramids & Tosses routines, and per athlete in Jumps & Tumbling routines.
- b. A modification deduction applies to specified body positions and transition elements, as indicated by the routine materials.
 1. Modifications are intended to be applied only to skills.
 2. A Modification deduction will be applied per skill modified. (i.e. The 8-count sheets show an athlete is to perform a RO Whip BHS Tuck. The athlete performs a RO-BHS-BHS-BHS. This would result in two (2) modifications, as two (2) skills have been modified within the routine.
- c. Skills that consist of two or more skills happening **simultaneously** will be considered one (1) skill for scoring purposes. IE: A back handspring full up consists of a back handspring up and a 360-degree spinning rotation that happens simultaneously. A full switch up consists of a switch up and a 360-degree spinning rotation that happens simultaneously. These ‘combination’ skills will be counted as **one** skill for scoring. Any modifications of these skills will have a maximum of one (1) modification deduction for the entirety of the skill.

Article 14.10.2 . . . Safety Spotter – A Major 1 will be applied in the event that a spotter becomes involved in the support of a stunt, pyramid, or tumbling element and will be termed a modification. This deduction will be applied per spotter.

- a. It is NOT a deduction for a spotter to catch a falling athlete.
- b. It should also be noted that if a spotter causes an error, the applicable deduction will be applied to the round in which it occurs (i.e. bumps into another athlete and causes them to fall or miss a count as indicated on the 8-count sheet).

Article 14.10.3 . . . Music Malfunction - A Major 1 will be applied for EACH skill modified during the repetition of the routine. The number of skills in each routine, for the purpose of calculating deductions in the event of a music malfunction, will be listed on the 8-count sheet for each routine.

- a. *Note:* The number of skills listed on the 8-count sheet is not inclusive of every skill capable of receiving a deduction during regulation and overtime play.

Article 14.10.4 . . . Quarter 4 specific - A ‘pop down’ dismount is the only allowable dismount from the end of the Partner Stunt section of Quarter 4 routines. Any other dismount at the end of this section will be considered a modification and will be applied as an *overall* deduction regardless of the number of groups.

- a. **Exception:** 8U & 11U are allowed to ‘pop down’ OR ‘bump down’ from the end of the Partner Stunt section of Quarter 4 routines.

Article 14.10.5 . . . A skill is considered *modified* for the following reasons:

- a. A skill performed or completed in such a way that it is identified as a different skill on the progression list (i.e. BHS up to extended level performed to shoulder level or

a Baja roll performed as a free or single-braced flip). This applies to differences that make the skill easier, harder, or otherwise different than what is indicated in the routine materials.

- b. A skill performed or completed inconsistent with the prescribed technique indicated by the routine materials.
- c. A transition of an athlete into a skill when a ‘move’ count is not indicated on the 8-count sheet.
- d. Examples of Modifications:
 - A liberty position performed instead of a heel stretch;
 - A full up performed with a technique other than the technique specified in the routine materials;
 - A toe pitch using four (4) throwers instead of three (3);
 - A standing back handspring performed instead of a standing back tuck;
 - A stunt or pyramid skill performed with additional support;
 - A release element performed without a release;
 - A straight up to extended position performed instead of a 360 to extended position.

Article 14.10.6 . . . The allowable modifications are the following (unless specifically listed in the routine materials as the way to execute a specific skill):

- a. Specific grips for stunts;
- b. Pyramid bracing and connecting, such as hands holding feet, how the hand/arm overlap is done, or placement on a body part;
- c. One-foot or two-foot sets for basket toss skills ONLY (sets for all other types of skills must be done as indicated in the routine materials);
- d. Direction of the spin in TUMBLING SKILLS ONLY (i.e. Fulls twisting left or right, cartwheel, step-outs, or front walkover skills performed as a ‘lefty’ or ‘righty’) unless otherwise specified in the routine materials.
 1. This includes tumbling skills INTO or WITHIN a stunt, basket, or pyramid element.
- e. A running tumbling pass can be performed from either running steps or a power hurdle but must follow the initiation and landing listed on the 8-count sheet;
- f. Top persons can choose to push off or not push off the bases during back handsprings and round offs into a stunt.
- g. RELEASED spinning skills can spin in either direction.

SECTION 11. OMISSIONS

Article 14.11.1 . . . A MAJOR 1 will be applied for EACH skill *omitted* within a routine.

This will be applied per top person in Partner Stunts and Pyramids & Tosses routines, per stunt group in Partner Stunts and Pyramids & Tosses routines, and per athlete in Jumps & Tumbling routines.

- a. An **omission** deduction applies to specified body positions, transition elements, and major and minor elements within the routine, as indicated by the routine materials.
- b. Dismounts are considered a skill, and if not executed, an omission deduction applies.
- c. An Omission deduction will be applied per skill omitted. (i.e. The 8-count sheets show that an athlete is to perform a RO BHS Tuck. The athlete only performs a RO. This would result in two (2) omissions, as two (2) skills have been omitted from the routine).

Article 14.11.2 . . . Music Malfunction – A Major 1 will be applied for EACH skill omitted during the repetition of the routine. The number of skills in each routine, for the purpose of calculating deductions in the event of a music malfunction, will be listed on the 8-count sheet for each routine.

- a. *Note:* The number of skills listed on the 8-count sheet is not inclusive of every skill capable of receiving a deduction during regulation and overtime play.

SECTION 12. FULL LEVEL DROP

Article 14.12.1 . . . Full Level Drop – A skill performed or completed in such a way that the **skill lowers a full level** from what is indicated on the 8-count sheet or glossary, will incur a Major 1 deduction (i.e. extended level lowers to shoulder level, extended level lowers to waist level, shoulder level lowers to waist level, etc.)

SECTION 13. AUTOMATIC INJURY DEDUCTION

Article 14.13.1 . . . Automatic Injury Deduction – A Major 1 will be applied as an overall deduction to a team in the event of an injury. This deduction is applied only once per routine regardless of the number of athletes injured.

SECTION 14. FALLS

Article 14.14.1 . . . A MAJOR 2 will be applied for EACH fall in a Partner Stunts or Pyramids & Tosses routine. This will be applied per stunt group in Partner Stunts and Pyramids & Tosses routines, and per athlete in Jumps & Tumbling routines.

- a. A **fall** is inclusive of any part of the athlete’s body touching the playing surface that is not specifically required to do so for the performance or completion of a skill, position, motion, or transition, without compromising the safety of the athlete(s).
 - 1. A fall specific to Partner Stunts and Pyramids & Tosses routines is inclusive of the performance or completion of a skill that results in a sweep to cradle, or the top being brought down in any type of upright position under control and without compromising the safety of the athlete(s), and will incur a Major 1 deduction.
- b. A skill performed or completed in such a way that the **skill lowers a full level** from what is indicated on the 8-count sheet or glossary, will incur a Major 2 deduction (i.e. extended level lowers to shoulder level, extended level lowers to waist level, shoulder level lowers to waist level, etc.)

Article 14.14.2 . . . Unsafe or Uncontrolled Fall – A Major 3 will be applied when an athlete lands in a compromising position from a safety standpoint.

- a. This will be applied per top person in Partner Stunts and Pyramids & Tosses routines, per stunt group in Partner Stunts and Pyramids & Tosses routines, and per athlete in Jumps & Tumbling routines.
- b. The amount of assist during a fall in Partner Stunts or Pyramids & Tosses routines will be considered when determining the safety and control of the error, as well as the part of the body compromised for safety (i.e. head and neck area).

Rule 15. Using the Routine Materials

SECTION 1. ROUTINE MATERIALS

Article 15.1.1 . . . Routine materials include the routine videos, 8-count sheets, **formations glossary**, and glossary (written and/or video).

- a. Routine materials should be used *together* to understand the requirements of each routine.
 1. The 8-count sheets **and formations glossary** will be used by Scoring Officials to determine deduction errors during the game.
 2. The routine videos are not used by Scoring Officials to determine in-game situations.
- b. Routine videos, 8-count sheets, **and formations glossary** are provided for each STUNT routine.
 1. The goal of the 8-count sheet is to provide the counts for significant parts of the routine and aid in synchronization of skills and motions.
 2. The goal of the routine videos is to provide a visual aid for teams to understand the routine as it is written on the 8-count sheet.
 3. *Note:* The ‘Incorrect Count’ deduction will only be applied to *counts* listed on the 8-count sheet.
 4. **The goal of the formations glossary is to provide visual aid of the formations that will be officiated within each routine.**

Article 15.1.2 . . . USA Cheer is developing a video glossary of the skills used in routines to show the number of counts a specific skill should take, as well as what the skill should look like. A written glossary (Rule 16) and video glossary are provided to aid in understanding the specific requirements of the skills in each routine (i.e. grips, starting positions, ending positions, etc.)

SECTION 2. ROUTINE VIDEOS

Article 15.2.1 . . . In general, no skills are shown on the routine videos for Jumps & Tumbling routines.

- a. Only the formations, blocking of the skills, and some unique skills and transitions will be shown.
- b. The initiation and landing will be designated on the 8-count sheet.
- c. Use the combination of the 8-count sheet, glossary, **formations glossary** and video clips to add in the actual skills being asked of the teams for each routine.

Article 15.2.2 . . . How to watch the video clip for standing and running tumbling skills:

- a. A bent-arm movement that stays at shoulder level indicates a back handspring.
- b. A straight-arm movement that is above the head indicates a free flipping skill.
 1. The 8-count sheet will specifically list the skill to perform on those counts.
- c. A bent-arm movement that starts at shoulders and then presses to a straight-arm position above the head, finishing with one arm coming down to the side at a time indicates a back-extension roll.

- d. A straight-arm movement that goes above head (like a free flipping skill) and then comes to the front extended away from the body and finishes by cleaning either one (1) arm at a time or both arms to the side indicates a front walkover.
- e. The 8-count sheet will indicate the initiation and landing of the pass.
 - 1. The 8-count sheet will specifically list the skill to perform.
 - 2. The tumbling glossary will aid in ideal timing of the skill but will not be officiated.
- f. Small skills or unique skills, such as rolls, will be executed on the video.

Article 15.2.3 . . . How to watch the video clip for the jump skills:

- a. Arms straight out in a ‘T’ type motion indicate a toe touch or side hurdler.
- b. Arms straight out toward the front of the body is a pike jump.
- c. Arms straight out toward the front of the body and slightly up is a front hurdler.
- d. The specific jump will be indicated on the 8-count sheet.

Article 15.2.4 . . . Be aware that some small count changes may have been added to carryover routines to help clean up any issues that may have come up in previous years and will be indicated on the 8-count sheet.

Rule 16. Glossary

Note: Abbreviations used on the 8-count sheets are included in parentheses.

Skills specific to Jumps and Tumbling:

***May be used as entries to or dismount variations from stunt or pyramid positions.**

****May be used as variations in basket toss elements.**

Aerial* - A cartwheel or walkover skill performed without placing hands on the playing surface during the forward/sideward inverted rotation. The skill ends in a standing position or in a stunt position, as indicated by the 8-count sheet.

Arabian** - A free flipping element in which the athlete initiates a ½ turn prior to the hip-over-head forward rotation.

Back Extension Roll* (BER) - A skill in which an athlete passes through a sit position and initiates backward rotation on the playing surface. The hips are lifted upward into a handstand position as the hands contact the playing surface.

Back Tuck* (Tuck) - A skill in which an athlete exhibits an upward trajectory and initiates a tucked position to create backward inverted rotation with the body clear of the playing surface prior to landing.

Back Handspring* (BHS) - A skill in which the athlete starts in a standing position and jumps backward from two feet. The body rotates backward, showing flight prior to the hands contacting the playing surface in an extended inverted position. To complete the hip-over-head rotation the athlete blocks off the playing surface by pushing through their shoulders to land with either the feet on the playing surface or the body in a stunt element, as indicated on the 8-count sheet.

Back Walkover* (BWO) - A skill which begins in a standing position and is initiated with an arching back. The lead leg lifts/kicks to start the backward continuous rotation as hands contact the playing surface. The body passes through a handstand position with legs separated. Rotation continues until the skill ends with both feet on the playing surface in a standing position **or the body in a stunt element, as indicated on the 8-count sheet.**

Backward Roll (BWR) - A skill beginning in or passing through a squat position moving into a tucked backward rotation, ending either in a squat position or moving to an immediate standing clean position.

Cartwheel* (CW) - A skill in which the athlete performs a sideways hip-over-head rotation, transitioning through an inverted position and landing one foot at a time in a non-inverted position.

Forward Roll (FWR) - A skill in which an athlete performs a tucked forward rotation on the playing surface, ending either in a squat position or moving to an immediate standing clean position.

Front Handspring* (FHS) - A skill in which an athlete lunges forward into a handstand position while blocking off the playing surface by pushing through the shoulders. The athlete performs a hip-over-head rotation and either lands back on their feet **on the playing surface or the body in a stunt element, as indicated on the 8-count sheet.**

Front Hurdler Jump (FH) - A jump in which the front leg is extended higher than parallel to the playing surface and is in front of the torso. The back leg is bent **in a position with knee facing down toward the playing surface.** Arms will be extended toward the front foot. The athlete will jump and land facing the front left or right corner of their respective field of play. A left hurdler will be performed with the left leg as the front leg,

facing the front left corner. A right hurdler will be performed with the right leg as the front leg, facing the front right corner. The 'clasp' prior to the jump will be performed facing the front of the field of play, with the indicated motion (i.e. high-V or cone) prior to the jump being performed facing the respective corner.

Front Walkover* (FWO) - A skill starting from a standing position in which an athlete passes through a handstand position, with the legs split and the lead leg driving the rotation forward. The athlete performs a hip-over-head rotation and either lands back on their feet on the playing surface or the body in a stunt element, as indicated on the 8-count sheet.

Full** - A free flipping skill in which an athlete performs a backward rotating layout with a 360-degree twist before the completion of the skill. Standing and cartwheel fulls are permitted to be executed in a tucked position.

Handstand (HS) - A skill in which an athlete is supporting the body in a stable, inverted vertical position with weight on the hands.

Handstand Forward Roll (HS FWR) - A skill in which an athlete performs a handstand position before lowering into a forward roll motion. The skill either ends in a squat position or moves to an immediate standing clean position.

Layout (LO)** - A free rotating element in which the athlete initiates an upward trajectory before creating hip-over-head rotation either forward or backward by lifting the hips. The body remains straight, particularly in the hips. It is appropriate to show a hollow position in a backward rotating layout and a slight tight arch position in a forward rotating layout.

Lunge – (forward lunge) An entry or finishing position of an athlete in which the athlete's feet are apart with front leg bent and back leg straight. The athlete's primary weight bearing leg is their front (bent) leg. Athletes will pass through this position at the entry of skills like handstand, cartwheel, roundoff, front walkover, etc. Athletes will complete skills in this position when indicated on the 8-count sheet.

Onodi - Starting from a back handspring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out or into a stunt, as indicated on the 8-count sheet.

Pike** - A jump in which the legs are together and extended in front of the body, parallel to the playing surface. Arms will be extended toward the feet. The athlete will jump and land facing completely to the side, with the left side of the athlete facing the front of the field of play unless otherwise specified on the 8-count sheet. The 'clasp' prior to the jump will be performed facing the front of the field of play, with the indicated motion (i.e. high-V or cone) prior to the jump being performed facing the side.

Power Hurdle (PH) - An athlete begins from a standing position with feet together. The hurdle is initiated from a jumping motion off of both feet and on the descent the athlete will step out, landing one foot at a time passing through a lunge position to reach into a tumbling element.

Round Off* (RO) - A skill in which the athlete begins as if performing a cartwheel but pushes through the shoulders to block off the playing surface with legs coming together at the top of the inversion. The skill ends with both feet on the playing surface in a standing position facing the direction in which the athlete began the skill or with body in a stunt element, as indicated on the 8-count sheet.

Running Tumbling (RT)- A tumbling skill, or sequence of tumbling skills, performed from a forward step(s) and hurdle or power hurdle used to gain momentum.

Standing Tumbling (ST) - A tumbling skill, or sequence of tumbling skills, performed from a static position without any previous forward or backward momentum. The first movement of a standing tumbling skill should be a 'sit' into the skill. **Exception:** Standing Tumbling skills may be connected to jumps as indicated on the 8-count sheet.

Toe Touch (TT)** - A jump element in which at the peak the legs are extended in a full forward straddle. Arms are extended in a 'T' motion with head and torso in an upright position. This jump will always be performed facing the front of the field of play. May also be performed as a basket toss element.

Tuck Jump - A jump element in which at the peak the legs are in a knee-to-chest position, with knees and feet together and arms in a high-V position. This jump will always be performed facing the front of the mat.

Whip - A tumbling skill without hand support in which the athlete performs a back handspring without placing their hands on the playing surface.

X Jump (X) - A jump element in which at the peak the legs are extended with knees facing forward in a straddle. Arms are extended in a high V motion with head and torso in an upright position. **Body creates an 'X' position.** This jump will always be performed facing the front of the field of play.

Skills/Terms specific to Stunts, Pyramids, and Tosses:

¾ Flip to Prone - A backward hip-over-head rotation in which the top person completes a ¾ rotation and finishes in a prone position.

¾ Flip to Cradle - A forward hip-over-head rotation in which the top person completes a ¾ rotation and finishes in a cradle position.

1-¼ Flip to Cradle - A backward hip-over-head rotation in which the top person completes a 1-¼ rotation and finishes in a cradle position.

1-¼ Flip to Prone - A forward hip-over-head rotation in which the top person completes a 1-¼ rotation and finishes in a prone position.

1-¼ (450) - The movement in which the top person makes a full 1-¼ rotation around the hip axis, spinning over the right shoulder. The bases will execute the 360 technique while also rotating a ¼ turn under the top person.

1-½ (540) - The movement in which the top person makes a full 1-½ rotation around the hip axis, spinning over the right shoulder. The bases will execute the 360 technique while also rotating a ½ turn under the top person.

360 - The movement in which the top person makes a full rotation around the hip axis, spinning over the right shoulder.

360 Pop Off - A dismount in which the top person is fully released from the base(s) and spins 360 over the left shoulder then comes back to the performing surface. Base(s) will make contact prior to the top landing on the playing surface to slow the momentum.

Back Spot (Back) - An athlete in position to protect the head/neck/shoulders and who is generally positioned behind the top person in relation to the top person's orientation.

Back Walk-Out (BWO) - A skill which begins in cradle position and is initiated with an arching back, with the lead leg starting the backward continuous rotation and hands will contact the playing surface with the body passing through a handstand position. Rotation continues until the skill ends with both feet on the playing surface in a standing position.

Baja - A stunt element in which the top person performs a forward hip-over-head rotation with support from one base.

Ball Down - A skill in which the top person is released from the base(s) to move one (1) or more levels lower than starting position and balls legs up during the decent.

Ball Up - An action that takes place by the top person between the initiation of the stunt and the completion or catch of the stunt. The top person pulls their knees up to her chest in a tuck/ball position and then changes their body position to complete the skill.

Ball X - An action that takes place by the top person when transitioning from a tucked position to a straddle (X) position with the arms and legs.

Base - An athlete who is in direct weight-bearing contact with the playing surface and provides primary support for another athlete.

Basket Toss (BT) - A type of release that requires the hands/wrists of the bases to be interlocked to the hands/wrists of another base. The top person begins the toss by standing on top of the interlocked hands/wrists at waist level before being released.

A *basket toss grip* may also be used as an entry into a stunt or pyramid, as indicated on the 8-count sheet, with the key point being the interlocked hands/wrists grip by the bases at the initiation of the stunt.

Bird Front – A release front flip in which the top person initiates a slightly inverted and arched position before beginning front hip-over-head rotation to be caught in a cradle position.

Braced Flip - A pyramid element in which the top person performs a hip-over-head rotation while being released from the bases on the playing surface and staying in physical contact with at least one bracer.

Braced Roll - A pyramid element in which the top person performs a hip-over-head rotation while staying in physical contact with at least one bracer and one base.

Bracer - An athlete in direct physical contact with a top person. A bracer may be a separate athlete standing on the playing surface or another top person.

Bump Down - A non-release dismount in which the top person is lowered shoulder level or higher to a sponge, load or tap.

Corkscrew - A skill in which the top person remains in contact with at least one base and spins in an upright position over the left shoulder. This element may start and end at the same level OR end at a lower level than started.

Cradle - A position in which the top person is in a face-up open-pike position with one arm of the bases under the back and the other arm under the hip/thigh of the top person.

Diamadov - Entry to an inverted position involving a lift off the playing surface with a 180 degree turn while maintaining a hand-to-hand grip on one arm.

Dismount (DM) - The ending movement from a stunt or pyramid in which the top person ends in a prone, cradle, load, or on the playing surface.

Double (720) - The movement in which the top person makes a full double rotation around the hip axis, spinning over the right shoulder. The bases and backs make a quarter rotation under the top person.

Drop Dismount - A dismount that descends or releases to descent without a prior dip.

EL Shoulder Invert – A stunt position in which a top person is in a prone position at extended level with hands reaching towards or on shoulders of bases. Bases/back spots arms are extended and locked out above their heads keeping top person in a slightly inverted position.

Fan Kick – A stunt skill in which a top person is standing on one (1) leg with other leg lifting/kicking extended and straight forward up towards face and rotates outward to descend.

Faux Single Base - A stunt skill in which two bases provide primary support to the top person with one base turned under the top person to appear as a single base skill.

Flatback - A body position in which a top person is in a parallel position to the playing surface and face up, supported by bases. The athlete can either be completely horizontal or could form a 90-degree angle at their hips with their feet up.

Flip - An airborne stunt or pyramid element in which the top person performs a hip-over-head rotation.

Flip Flop - Entry in which the top person initiates as a back handspring into a handstand position (inverted) and the base(s) change the direction of the top person, out of the handstand, back to the front in an upright position.

Front Pop - A released inversion skill that dips from hand-to-hand at either shoulder or extended level and follows an arched body position to catch upright at shoulder or extended level.

Front Walk-Out (FWO) - A skill starting from a prone position in which an athlete passes through a handstand position, with the legs split and the lead leg driving the rotation forward.

Full Around - The movement in which the top person makes a full rotation around the hip axis, spinning over the right shoulder. This starts and ends in a stunt and can end at the same level OR end at a higher level than started.

Full Down - A dismount skill in which the top person is released from the hands of the base(s) and performs a 360-degree twisting rotation. The skill may end in a cradle, prone, or set position, as indicated on the 8-count sheet.

Examples of variations of this dismount:

$\frac{3}{4}$ down to prone

1- $\frac{1}{4}$ down to cradle

Double Down

Full Twist Basket Toss - A basket toss element in which the top person performs 360-degree twisting rotation before being caught in a cradle position.

Full Up - The movement in which the top person makes a full rotation around the hip axis, spinning over the right shoulder. This will begin in a set or load position and end in an upright position at a higher level than it started.

Grip - When a base and/or top has person has a firm hold; grasp or clasp on a part of a body to load, support, or control someone during a stunt/pyramid, basket, or transition. Majority of grips will be hand-to-foot, but can also be hand-to-shoulder or hand-to-hand, etc.

Hand-to-Hand - A skill in which the top person is inverted with weight in the top person's wrists and shoulders creating a vertical line in a handstand position and hand-to-hand connection with the base(s). This may be performed at extended level, shoulder level, and waist level and may be braced, as indicated on the 8-count sheets.

Half (180) - The movement in which the top person makes half (180 degrees) of a full rotation around the hip axis, spinning over the right shoulder.

Hitch – A skill in which the top person is standing with weight bearing on one straight leg while bending the other leg so that her hip and knee are both at approximately a 90-degree angle.

Inversion (Invert) - A stunt in which the shoulders of the top person are below the waist. Top is supported by one or more base(s) at shoulder level or below.

J-Toss - A stunt that begins with the top person having one foot in the hand(s) of the base(s) and the other foot in contact with the playing surface. The top person flicks from a base/spotter's wrists, the base/spotter throws from the top person's waist. Another base/spotter throws from the leg or thigh.

Kick Full - A element in which the top person performs a single kick with the right leg and then a 360-degree twisting rotation before being caught in a cradle position. **This element can be performed in a cradle element or as a basket toss element** (an additional ¼ turn is allowed prior to or during the kick of the basket toss element if indicated on the 8-count sheet).

Leap Frog - A skill in which the top person transitions in an upright position over the torso of another athlete while in constant contact with that athlete.

Lever - A stunt in which the top person is supported on one foot by the base(s) while in an inverted position on a straight support leg. The top person's non-supported leg is also straight and aimed upward, while she is reaching down grabbing either her own ankle or shoulders of the base(s).

Liberty – A 1ft stunt in which the top person is standing on the right leg with left leg bent at knee and hip and inside of left foot flat against right leg.

Log Roll - A skill that initiates from a horizontal position (cradle position or prone) and rotates over the left shoulder parallel to the playing surface before being caught by bases. Can finish at any level above the playing surface.

Non-release (NR) - A stunt or pyramid element in which contact is maintained between the top person and an athlete in contact with the playing surface.

Pancake - A downward inversion, hip-over-head rotation, in which the upright top person folds over forward at the waist and is caught on their back by multiple catchers, while one or both of the top person's ankles/feet remain in the grip of the back-spot.

Paper Dolls - A pyramid structure in which multiple stunts brace each other while at the same level with all top persons in the same body position.

Pike Split Basket Toss - A basket toss element in which the top person first performs a pike position with straight legs together and opens to a split leg position (either leg may split forward).

Pop Off - A dismount skill in which the top person is fully released from the base(s) and comes back to the playing surface with one or both feet. Base(s) will make contact prior to the top landing on the playing surface to slow the momentum.

Pop Tart – A fully released entry into hand-to-hand in which the top person rotates through the hips from a release to catch at an inverted position.

Prone - A position in which a top person is in a face down/horizontal position supported by bases below shoulder level.

Prone Roll - A forward roll on the playing surface which initiates from a prone position.

Pump and Go (P&G) - The continuous movement in which base(s) move the top person from one level to another level.

Pyramid – Two or more stunts connected at any point.

Quarter (90) - The movement in which the top person makes a quarter (90 degrees) of a full rotation around the hip axis.

Quick Toss (QT) - A release element that begins with the top person having both feet in weight-bearing contact with the playing surface and ends in a stunt position. The top person flicks from the wrists of the back spot, the back-spot throws from the waist of the top person. Bases throw from the leg.

Release - A stunt or pyramid element in which contact is NOT maintained between the top person and an athlete in contact with the playing surface.

Reload – A skill or movement in which the top person is in a cradle or prone position and is popped to a sponge or load.

Retake – A skill or movement in which the top person is in a cradle or prone position and is popped to a new position with one foot in contact with the playing surface.

Rewind – A release stunt or pyramid skill initiated from the playing surface in which the top person performs a hip-over-head backward rotation. The skill ends in a stunt or pyramid position as indicated on the 8-count sheet and can be performed in a tucked or piked position.

Round On (RO) – An entry into a stunt or pyramid element in which the top person performs a round off into a prone-like position, supported by the base(s), and is moved to the stunt level as indicated on the 8-count sheet.

Shotgun – A slipping skill that releases from a group dip at the shoulder level and catches at shoulder level, extended level, or into a pyramid position, rotating backwards unless designated by the 8-count sheet.

Shoulder Invert – A stunt in which the top person is in an inverted prone position with hands on base(s) shoulders and elbows bent. Bases front arms are bent with hands on top person's shoulders. Bases back arms are slightly bent to position top person in an inverted position. Back spots (if applicable) arms will be extended as for the top person to remain in an inverted position.

Shoulder Sit – A stunt or pyramid position in which the top person is sitting on the shoulders of a base or another top person.

Shoulder Stand (SS) – A single base supports a top person standing on their shoulders.

Shoulder Stand Pop Down – A dismount in which the top person is fully released from the base and comes back to the performing surface with both feet. Base will make contact prior to the top landing on the playing surface to slow the momentum. This skill can be executed as assisted with multiple bases making contact or unassisted with only one base making contact. Refer to routine materials for which way this is executed in the routine.

Show and Go (S&G) – A stunt element in which the bases drive the top person from waist level up through extended level and returns to the original position. This can be performed as a single-foot or two-foot skill. The 8-count sheet will indicate the count in which the top person should be at the extended level.

Side Pop - A released inversion skill that dips from a shoulder or extended level inversion and follows a hollowed body position to catch upright at waist, shoulder, or extended level with minimal bending at the top person's waist.

Single Base (SB) - A single base is providing primary support to a top person.

Spotter - A person in direct, weight-bearing contact with the playing surface whose primary function is to protect a top person's head, neck and shoulders.

Straddle Lift - A stunt skill in which the top person is lifted with each leg 45 degrees sideward from the torso. This may be performed at shoulder level or extended level, as well as part of a pyramid connection supported by two or more bases.

Straight Ride - A basket toss skill in which the top person is released from the bases in a vertical straight-line position and returns to the bases in a cradle position.

Stunt - Any element in which an athlete is supported above the playing surface by another athlete.

Suspended Roll - A stunt element in which the top person performs a hip-over-head rotation while connected by the hand(s) to the base(s).

Suspended Split or Straddle - A stunt or pyramid element in which the top person is supported by the base(s) while maintaining a straddle sit or split position.

Swedish Fall - A stunt or pyramid position in which the top person, in a prone position, supports their own upper body by placing hands on the shoulders of a base (or other top person) while their lower body is supported by another base (or other top person) with extended arms.

Switch Up - A release stunt in which the top person starts with one foot in the hand(s) of the base(s) and the other foot in contact with the playing surface. The top person is released upward and caught in a vertical stunt with the opposite leg in the hand(s) of the base(s). A standard switch up is left foot to right foot in support, unless otherwise indicated on the 8-count sheet.

Teddy Bear - A stunt or pyramid position in which a top person extends both legs out straight, forming an approximately 90-degree angle with her hips in a straddle sit.

Thigh Stand - A stunt or pyramid element in which a top person is supported on the upper thigh of the base(s). Base(s) will be in a (thigh stand) lunge position, with the back leg extended straight and knee facing forward. Bases front (bent) knee will face the side.

Tick Tock - A release stunt in which the top person switches from one support leg to the other.

Toe Pitch - A movement into a stunt or pyramid element with back spot throwing from the hips of the top person and two (bases) throwing from the foot of the top person.

Top Person (Top) - An athlete and stunt or pyramid position receiving primary support from another person or group of people. The term 'flyer' or 'top person' may be used to refer to this position. A top person may also provide support to another top person in a pyramid element, commonly referred to as a 'mid-layer' in college pyramids.

Vault Over - A stunt or pyramid element in which the top person moves over a base, either moving forward or backward, passing through an inverted position while maintaining hand-to-hand contact with a base(s).

Walk In - A stunt or pyramid element in which the top person takes steps toward the base(s), places the support foot in the hands of the base(s) and hands on the base(s) shoulders in a continuous movement. The base(s) initiate a lift-up movement and a tap or push off of the playing surface by the non-support foot of the top person into a stunt or pyramid position.

Waterfall - A specific type of dismount where the top is lowered toward the base(s) and the base(s) arms make contact on the back of the top person at approximately **shoulder** level. At this point the top will continue the hip-over-head rotation and roll over the arms of the base(s) to land with their feet on the playing surface.

X-Out - A basket toss element in which the top person performs a hip-over-head rotation while going from a tucked position to a straddle (X) position with the arms and legs.

Stunt Levels:

Extended Level (EL) - A stunt level in which the supporting arms of the base(s) are fully extended above their head in an upright position.

Ground Level (GL) - A stunt level in which the top person is supported by, or at the height of, the playing surface.

Knee Level (KL) - A stunt level in which the top person is supported primarily by the thigh or upper leg of the base(s) while the base has one (1) or two (2) knee(s) in contact with the playing surface.

Shoulder Level (SL) - A stunt level in which the top person is supported at the approximate shoulder level of the base(s).

Thigh Level (TL) - A stunt level in which the top person is supported primarily by the thigh or upper leg of the base(s).

Waist Level (WL) - A stunt level in which the top person is supported in the hands of the base(s) at the approximate waist level of the bases.

Referring to the levels of initiation and completion of a spinning, flipping, or tick-tock stunt element:

High-to-High - From extended level to extended level.

Low-to-High - From shoulder level to extended level.

Low-to-Low - From shoulder level to shoulder level.

Stunt Positions:

One Foot (1ft): A stunt or pyramid element variation in which the top person is supported on one foot by the base(s) while in a non-inverted position on a straight support leg. A single foot element may be performed in various positions, as indicated on the 8-count sheet. Refer to the picture glossary in the “Materials” section of the coach’s portal for reference of these body positions intended look.

Arabesque	Liberty
Heel Stretch	Scale
Hitch	Torch

Two-Foot (2ft): A stunt or pyramid element in which the top person is supported by the base(s) on two feet/legs in various positions.

Extension - A stunt position in which the top person is at extended level with feet approximately shoulder width apart and each foot is held by one set of hands (multi-based) or one foot in each hand (single base).

Load - A stunt position in which the top person is in a squat or crouched position with feet together in the hands of the bases. The bases’ hands are held at waist to knee level.

Modified Load - A stunt position that is specific to the modified 360 in which the top person crosses legs/feet allowing the bases to be in contact with both feet at some point in a spin.

Prep - A two-foot stunt position in which the top person is supported at shoulder level by the base(s) with feet approximately shoulder width apart. Each foot is held by one set of hands (multi-based) or one foot in each hand (single base) with weight equally distributed.

Target - A stunt or transition position in which the feet of the top person are together (with no space between them) at any level. This can be a stunt position itself or a temporary position from which the top would change body position or stunt levels.

Terms for the 8-count sheet: These will be considered COUNTS for the purpose of scoring.

8-count Block - The term used to indicate a specific 8-count section on the 8-count sheet that begins on '1' and ends on '8'.

Bend - A position in which an athlete is upright with a slight bend in their knees. Arms are clean unless designated by the 8-count sheet.

Clean - A position in which the athlete is standing or kneeling with or without feet together and arms by their side, as indicated in the routine materials.

Connect - The term used to indicate the count on which the top person and bracer make hand-to-hand, arm-to-arm, or hand-to-foot contact.

Dip - The movement when an athlete bends at the knee(s) prior to beginning an upward movement. This applies to the movement of the top person prior to the load, as well as the movement of a base(s) to move the top person to a stunt position.

Grab - The term used to indicate the count on which a connection is being made between athletes prior to a skill.

Initiate - The term used to describe the beginning of a specific movement or skill.

Land – Referring to timing only of the completion of a skill. If not defined in 8-count sheet, up to stylistic choice of coach.

Lift Up - The 2-count upward movement before the tap on the playing surface in walk-in stunt and toe-pitch elements.

Move - A time in the routine where athlete(s)/group(s) can, but does not have to, transition to a new spot.

Pop - A controlled upward release by the base(s) to initiate a dismount, release transition, or to increase the height of the top person.

Press - A term used to describe a movement in which a top person is supported at shoulder level and then moved to extended level by the base(s).

Reach - The movement by an athlete where the hand/arms begin a movement toward the playing surface/person/skill.

Set - The position in which a stunt group starts a skill from the playing surface, prior to the first movement to initiate the skill (usually a dip). See Set Positions.

Set Out - The term used to indicate the count on which the top person should be set on the playing surface after the completion of a stunt or pyramid element.

Sponge - A continuous movement passing through the load position to the upward movement of a stunt.

Stand – A position in which the athlete is standing with or without feet together after completing a skill. Arms are indicated by the routine materials.

Tap - A continuous movement in which the top person touches the playing surface with **both feet** or the non-supported foot **prior to the immediate upward movement into the next element**.

Throw - The upward movement of a base(s) to move a top person to another stunt or pyramid position, skill, or set of bases.

Referring to groups in formations:

BG - Back Group
BR - Back Row
BTG - Basket Toss Group
FG - Front Group
FR - Front Row
MG - Middle Group
MR - Middle Row
OG - Outside Groups
SG - Side Group
SHG - Shoulder Group

Set Positions: These will be considered COUNTS for the purpose of scoring.

Set - The position in which a stunt group starts a skill from the playing surface, prior to the first movement to initiate the skill (usually a dip).

Basket Toss - Top person is in a 1ft or 2ft set position, with hands on the shoulders of the bases. Back-spot's hands are on the waist of the top person. Bases wrists are interlocked at approximately waist level.

J-Toss - Top person has one (1) foot in the hand(s) of a base, the other foot on the playing surface, and hands on the wrists of a base/spotter or connected to bracers. A base/spotter grasps the support leg. Another base/spotter's hands are on the waist of the top person.

One-Foot (1ft) - Top person has one (1) foot in the hands of the base(s), the other foot on the playing surface, and hands on the shoulders of the base(s) or connected to bracers. Bases have one (1) foot of the top person in their hand(s) and back-spot (where applicable) bracing underneath the hips of the top person.

Peg Leg - Top person has one (1) foot on the playing surface and the other foot/leg extended at a 90-degree angle in the hand(s) of the bases.

Quick Toss - Top person has both feet on the playing surface and hands on the wrists of the back-spot or connected to bracers. Bases grasp the legs. Back spot's hands are on the waist of the top person.

Shoulder Sit – Set position for shoulder sit will be determined by the routine materials, depending on the shoulder sit variation.

1. Top person facing forward with legs slightly wider than shoulder width apart. Base behind top person facing top person's back. Base scoops head between top person's legs with hands wrapped around thighs of top person.

2. Top person facing forward with feet together. Base behind top person facing top person back grabs waist of top person. The top person grabs the wrists of back base.

3. Base facing forward in a thigh stand lunge position, arms up in the routine materials. Top person behind base facing the back of the base with arms up connected at the shoulders of the base and one foot on the upper thigh of the bases bent leg.

4. ASSISTED: Top person facing forward with one foot in the hands of a base. Base behind top person facing top person's back grabs waist of top person. The top person grabs the wrists of back base. There could potentially be another base on the other side of the top person grabbing the leg of the top person in contact with the performance surface.

Single Base – Top person has one (1) foot on the playing surface and other foot in the hands of the base. Location of base initiation will depend on variation of skill being performed. Back spots set position will depend on variation of skill being performed.

1. Back spot grabs waist of top person, top person grabs wrists of back spot.
2. Back spot grabs ankle and thigh of supported foot (not on playing surface), top person grabs back spot and base shoulders.

Thigh Stand - Bases legs in a (thigh stand) lunge position with back leg in a straight position, knee forward. Bases front leg is bent, knee facing side. Arm position optional. The position of the top person and back-spot (if applicable) will vary based on the thigh stand variation.

Toe Pitch - Top person has one (1) foot in the hand(s) of the bases, the other foot on the playing surface, and hands on the wrists of the back-spot or connected to bracers. The back spot's hands are on the waist of the top person.

Tumble-in elements - Bases in a bent-leg position (arms optional).

BHS/BER - Top person standing with back to the bases, feet together, and arms in a clean position.

FWO/FHS/CW/RO/Aerial - Top person facing the bases with one foot forward and arms indicated by the 8-count sheet.

Rewind - Top person standing with back to the bases and arms indicated by the routine materials, with bases hands contacting the lower back/upper thigh/leg area.

Two-Foot (2ft) - Top person has both feet on the playing surface and hands on the shoulders of the bases. Bases are in a bent-leg position, preparing to catch the feet of the top person. Back spot's hands (when applicable) are on the waist of the top person.

Motions: These will be considered MOTIONS for the purpose of scoring.

Knee - The body position in which an athlete is bent at the hips and knees with the LEFT knee down on the playing surface and right foot in front. Arm position will be clean, unless indicated on the 8-count sheet.

Nugget - The body position in which an athlete is on their feet in a squatted position with feet and knees together and hands touching the playing surface.

Rock - A position in which an athlete maintains complete forearm and shin contact with the playing surface. **Can be utilized in a stunting position as well.**

Seat Roll (SR) - A movement in which an athlete goes from some type of upright position (starts on foot/feet) and moves to the side or front/back by having hips on the playing surface and “rolling” to a position where the foot/feet are under them to stand back up **or go to a knee.**

Clasp	Hips
Cone	Low-V
Half High-V (right or left)	Punch (right or left)
Half Low-V (right or left)	T Motion
High-V	Tabletop
	Touchdown

Materials Index

Available in your USA Cheer account:

High School, Junior High, and Club Rulebook

Routine Materials:

8-Count Sheets

Formations Glossary

Routine Videos

Routine Music

Written/Video Glossary

Progression List

Skill Grids

Available on stuntthesport.org:

Membership Options

STUNT in your State (High School/Junior High)

Division & Eligibility Guidelines (Club)

Important Dates

Current Program Listing

Team Rankings (Club)

Sanctioned Tournaments (Club)

STUNT Interest/Contact Form

How to Start a STUNT Program

Available in the Resources section on stuntthesport.org:

Overview of STUNT

“This is STUNT” Video

STUNT Administrators Guide

STUNT Routine/Rules Question Form

Rules Proposals Form

New Coach Guidebook

Sample Budget

STUNT Stats Spreadsheet

FAQs

Hosting Packet

Set Up Checklist

Announcer’s Script

Livestream Script

Time and Scorekeeping Guide

Official’s Forms

To submit STUNT Rules Proposals, visit stuntthesport.org/Resources and submit suggestions for rule and procedure changes.

More Official’s information and Referee training is available at stuntthesport.org/officials.

Check us out on social media - @stuntthesport!
Facebook, Instagram, and Twitter

Rule 17. Appendixes

Appendix A: League Age Quick Reference Table

Appendix B: STUNT Division Outline

Appendix C: Sample Minimum Must Play Roster Guide

Appendix D: Officials Scoresheet Q1-Q3

Appendix E: Officials Scoresheet Q4

Appendix F: Official Scorebook

Appendix G: Game Summary Sheet

Appendix H: Referee Scorecard

Appendix I: Official's Packet Checklist

Appendix J: Referee Hand Signal Images

Appendix K: Referee and Coach Hand Signal Images

Appendix L: Uniforms

Appendix M: Maximum 13-mat Game Floor Layout

Appendix N: Modified 11-mat and 9-mat Game Floor Layout

Appendix O: Home and Away Team Designation

Appendix P: Restricted Zones

Appendix Q: Warm-up Guidelines

Appendix R: Out of Bounds

Appendix S: Scoring Guide



LEAGUE AGE QUICK REFERENCE TABLE

For play occurring between June 1, 2025 – May 31, 2026

Age as of June 1, 2025, = LEAGUE AGE

Find the athlete’s birth month column across the top. Go down the rows to the athlete’s birth year. The corresponding League Age and Division listed at the end of the row is the athlete’s League Age and Division for the 2025-2026 Club STUNT season.

Division	Rules
8U	See 8U Rules
11U	See 11U Rules
14U	See 14U Rules
18U	See 18U Rules

JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	LEAGUE AGE	DIVISION
2020	2020	2020	2020	2020	2019	2019	2019	2019	2019	2019	2019	5	8U
2019	2019	2019	2019	2019	2018	2018	2018	2018	2018	2018	2018	6	8U
2018	2018	2018	2018	2018	2017	2017	2017	2017	2017	2017	2017	7	8U
2017	2017	2017	2017	2017	2016	2016	2016	2016	2016	2016	2016	8	8U or 11U
2016	2016	2016	2016	2016	2015	2015	2015	2015	2015	2015	2015	9	11U
2015	2015	2015	2015	2015	2014	2014	2014	2014	2014	2014	2014	10	11U
2014	2014	2014	2014	2014	2013	2013	2013	2013	2013	2013	2013	11	11U or 14U
2013	2013	2013	2013	2013	2012	2012	2012	2012	2012	2012	2012	12	14U
2012	2012	2012	2012	2012	2011	2011	2011	2011	2011	2011	2011	13	14U
2011	2011	2011	2011	2011	2010	2010	2010	2010	2010	2010	2010	14	14U or 18U
2010	2010	2010	2010	2010	2009	2009	2009	2009	2009	2009	2009	15	18U
2009	2009	2009	2009	2009	2008	2008	2008	2008	2008	2008	2008	16	18U
2008	2008	2008	2008	2008	2007	2007	2007	2007	2007	2007	2007	17	18U
2007	2007	2007	2007	2007	2006	2006	2006	2006	2006	2006	2006	18	18U

STUNT Division Outline

Level of Play	Club				Junior High	High School		
Team Type	8U	11U	14U	18U	JH	JV (8)	Var (8)	Var (12)
Min # of Athletes	8	8	8	12	8	8	8	12
Max # of Athletes	16	16	16	24	16	N/A	16	N/A
	*One (1) Head Coach & two (2) Assistant Coaches are allowed per team. *8U/11U/14U are allowed two (2) Junior Coaches per team.					*Check for which divisions are being played in your state.		

Number of stunt groups needed in each Partner Stunt routine.								
PS 6	N/A	N/A	1	1	1	1	1	1
PS 5	N/A	N/A	1	1	1	1	1	1
PS 4	N/A	1	1	2	1	1	1	2
PS 3	1	1	2	2	2	2	2	2
PS 2	2	2	2	3	2	2	2	3
PS 1	2	2	2	3	2	2	2	3

Number of athletes needed in each Pyramid & Toss routine.								
PT	8	8	8	12	8	8	8	12

All Jumps & Tumbling routines require seven (7) athletes.

Ancillary Parts of the Game								
Min. Must Play	X	X	X	N/A	N/A	N/A	N/A	N/A
Coin Toss	N/A	X	X	X	X	X	X	X
Possession	N/A	X	X	X	X	X	X	X
Overtime	N/A	N/A <small>*See Exception</small>	X	X	X	X	X	X
Game Summary	N/A	N/A	N/A	N/A	N/A	X	X	X

Minimum Must Play Roster Guide

See STUNTtheSport.org/resources for print versions.



11U Team Name: _____
 Coach Name: _____

DOB	#	Athlete Name	Partner Stunts						Jumps and Tumbling						Pyramid and Tosses						Total
			1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
1/10/10	0	Jessica Chatto	X	X		X			X					X				X			6
4/18/10	4	Amy Haney		X			X		X	X				X			X				7
7/31/09	6	Lauri Harris	X			X			X			X			X	X					6
																					0
																					0
																					0
																					0
																					0
																					0
																					0
																					0
																					0
																					0
																					0
																					0
																					0

Minimum Must Play = 6 routines per athlete
 Maximum Athletes on Roster = 16
 Minimum Athletes on Roster = 8



STUNT Officials Scoresheet Q1-Q3



Official: _____ Quarter: 1 2 3

	Home Team	Points Awarded (0/1/2)	Away Team
Round 1 Routine:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Round 2 Routine:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Round 3 Routine:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Round 4 Routine:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quarter Score:		<input type="checkbox"/>	<input type="checkbox"/>



STUNT Officials Scoresheet Q4



Official: _____ Quarter: **4**

	Home Team	Points Awarded (0/1/2)	Away Team
Round 1 Routine:	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
Round 2 Routine:	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
Round 3 Routine:	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
Round 4 Routine:	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
Quarter Score:			



Youth STUNT Official Scorebook



Date: ____/____/____

Start Time: ____ End Time: ____

HOME TEAM

AWAY TEAM

				Coin Toss					
				<	>				
TO	POSS	ROUND SCORE	HOME SCORE	ROUTINE	AWAY SCORE	ROUND SCORE	POSS	TO	
QUARTER 1 - PARTNER STUNTS									
QUARTER 2 - PYRAMIDS & TOSSES									
QUARTER 3 - JUMPS & TUMBLING									
PS	JT	PT	QUARTER 4 - TEAM ROUTINE			PS	JT	PT	
PS	JT	PT	OVERTIME			PS	JT	PT	
				FINAL					

Note any music malfunctions -
 Quarter: _____ Round: _____ Routine: _____
 Details:

Note any injury timeouts -
 Quarter: _____ Round: _____ Routine: _____
 Details:



Youth Game Summary Home Team



Home

Away

Q1 Minor Feedback

		Quarter 1: PS								
		12+	Major	Mod. (8-count Row #)	Q1: PS	RT #	W2	12+	Major	Mod. (8-count Row #)
IC	Steps				Rnd 1					
	Synch.				Rnd 2					
	Form.				Rnd 3					
	Motions				Rnd 4					
	Tops									

Q2 Minor Feedback

		Quarter 2: PT								
		12+	Major	Mod. (8-count Row #)	Q2: PT	RT #	W2	12+	Major	Mod. (8-count Row #)
IC	Steps				Rnd 1					
	Synch.				Rnd 2					
	Form.				Rnd 3					
	Motions				Rnd 4					
	Tops									

Q3 Minor Feedback

		Quarter 3: JT								
		12+	Major	Mod. (8-count Row #)	Q3: JT	RT #	W2	12+	Major	Mod. (8-count Row #)
IC	Steps				Rnd 1					
	Synch.				Rnd 2					
	Form.				Rnd 3					
	Motions				Rnd 4					
	FF									

Quarter 4

		Quarter 4														
		PS 12+	JT 12+	PT 12+	Maj.	Mod. (8-count Row #)	Q4	RT #	PS W2	JT W2	PT W2	PS 12+	JT 12+	PT 12+	Maj.	Mod. (8-count Row #)
							Rnd 1									
							Rnd 2									
							Rnd 3									
							Rnd 4									

IC - Incorrect Count, Synch. - Synchronization, Form. - Formations, Motions, Steps, FA - Feet/Legs Apart, BL - Bent Legs, FF - Flexed Feet



Youth Game Summary Away Team



Away

Quarter 1: PS

12+	Major	Mod. (8-count Row #)	Q1: PS	RT #	W2	12+	Major	Mod. (8-count Row #)
			Rnd 1					
			Rnd 2					
			Rnd 3					
			Rnd 4					

Q1 Minor Feedback

IC Steps
Synch. FA
Form. Bases
Motions Tops

Quarter 2: PT

12+	Major	Mod. (8-count Row #)	Q2: PT	RT #	W2	12+	Major	Mod. (8-count Row #)
			Rnd 1					
			Rnd 2					
			Rnd 3					
			Rnd 4					

Q2 Minor Feedback

IC Steps
Synch. FA
Form. Bases
Motions Tops

Quarter 3: JT

12+	Maj.	Mod. (8-count Row #)	Q3: JT	RT #	W2	12+	Maj.	Mod. (8-count Row #)
			Rnd 1					
			Rnd 2					
			Rnd 3					
			Rnd 4					

Q3 Minor Feedback

IC Steps
Synch. FA
Form. BL
Motions FF

Quarter 4

PS 12+	JT 12+	PT 12+	Maj.	Mod. (8-count Row #)	Q4	RT #	PS W2	JT W2	PT W2	PS 12+	JT 12+	PT 12+	Maj.	Mod. (8-count Row #)
					Rnd 1									
					Rnd 2									
					Rnd 3									
					Rnd 4									

IC - Incorrect Count, Synch. - Synchronization, Form. - Formations, Motions, Steps, FA - Feet/Legs Apart, BL - Bent Legs, FF - Flexed Feet

Referee Scorecard



20 MINUTES PRIOR TO GAME TIME:

- Line up teams alongside mats, check for jewelry/nails - not allowed
- **Check jerseys and spotters attire**
- Start 15 MINUTE WARM-UP, then National Anthem

COIN TOSS:

Up to 2 Coaches & 4 Athletes. Show coin, 1 person to coin, home team calls in air.

1. **Welcome** - Introduce yourself.
2. **Whistle** - Blow to start & to stop music/for injury.
3. **Spotters** - Must be contrasting color to jerseys
4. **Boundaries** - Out of bounds will be evaluated, coaches must stay in coaches' area, call routines from front corner of mat
5. **Coaches** - No electronic devices, only 1 coach calls routines
6. **Timeouts** - Three 60-second per regular game, two 30-second per 8-round
7. **Self-Forfeit** - ONLY 1 allowed per half.
8. **Sportsmanship** - Remind of good sportsmanship, teams shake hands & wish good luck

REF	AWAY			HOME			GAME #
TEAM							
COIN TOSS	WIN / LOSS		WIN / LOSS				TIME:
POSSESSION	Q1	Q3	Q1	Q3			VENUE:
TECH. FOULS	1	2	3	1	2	3	
SELF FORFEITS	1 ST	2 ND	1 ST	2 ND			
TIMEOUTS	1	2	3	1	2	3	
QTR	RND	RT#	AWAY	POSS	HOME	SCORE	
1	1						
	2						
	3						
	4						
2	1						
	2						
	3						
	4						
QTR	RND	RT#	AWAY	POSS	HOME	SCORE	
3	1						
	2						
	3						
	4						
4	1						
	2						
	3						
	4						
OT	RND	RT#	AWAY	POSS	HOME	SCORE	



20 MINUTES PRIOR TO GAME TIME:

- Line up teams alongside mats, check for jewelry/nails - not allowed
- **Check jerseys and spotters attire**
- Start 15 MINUTE WARM-UP, then National Anthem

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REF	AWAY			HOME			GAME #
TEAM							
COIN TOSS	WIN / LOSS		WIN / LOSS				TIME:
POSSESSION	Q1	Q3	Q1	Q3			VENUE:
TECH. FOULS	1	2	3	1	2	3	
SELF FORFEITS	1 ST	2 ND	1 ST	2 ND			
TIMEOUTS	1	2	3	1	2	3	
QTR	RND	RT#	AWAY	POSS	HOME	SCORE	
1	1						
	2						
	3						
	4						
2	1						
	2						
	3						
	4						
QTR	RND	RT#	AWAY	POSS	HOME	SCORE	
3	1						
	2						
	3						
	4						
4	1						
	2						
	3						
	4						
OT	RND	RT#	AWAY	POSS	HOME	SCORE	

Official's Packet Checklist

TO PRINT FOR OFFICIALS:

CHECK	ITEM TO PRINT	PER OFFICIAL	TOTAL PER GAME
	Quarter 1-3 Scoresheet	3	6
	Quarter 4 Scoresheet	1	2
	Scorebook	→	1
	Game Summary Sheet - Home	→	1
	Game Summary Sheet - Away	→	1
	Referee Scorecard	→	1

If printing SCORESHEETS front and back,
please print in the following order for each Scoring Official:

1st page → Quarter 1-3 Scoresheet on both front AND back

2nd page → Quarter 1-3 Scoresheet on front and Quarter 4 Scoresheet on back

The Scorebook, Game Summary Sheets, and Referee Scorecard may NOT be printed front and back.

Recommended: *Always have extra copies of these materials available for Officials.*

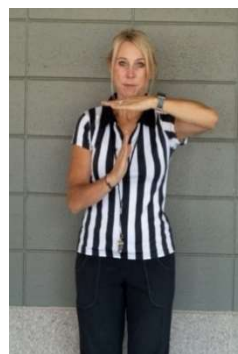
Referee Hand Signals



Award Possession



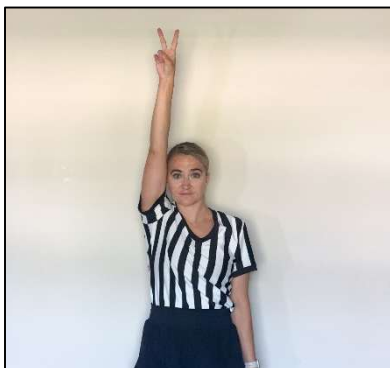
Zero Points Awarded
(in a forfeit)



Technical Foul
(space between hands)



Within 2 (Forfeit)
(Signaled AFTER point awarded)



Within 2 (traditional):
Step 1: Show left image (to show round was within 2)
Step 2: Show right image (to show points awarded)



Show Routine # Called to Sidelines



Show Routine # Called to Officials



Tie

Referee and Coach Hand Signals



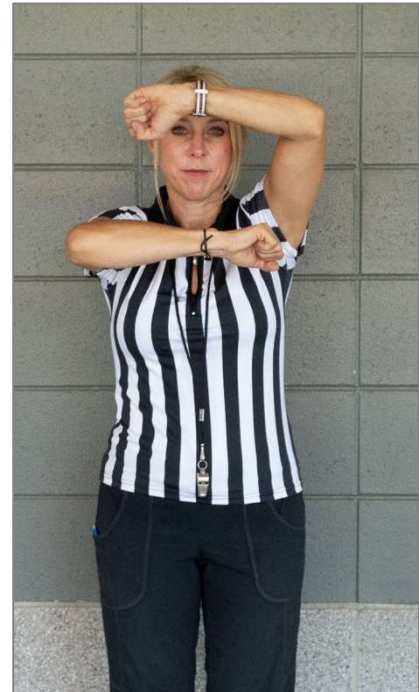
Show Routine # Called to Officials



Timeout



Forfeit



Coaches Challenge: Arm-over-arm rotation in a circular motion above the head.

Uniforms

JERSEYS: Jerseys may be long sleeve, short sleeve, or sleeveless.

- Side inserts may be contrasting school colors.
- All jerseys shall have an identifying name, abbreviation, official school logo, or mascot.
- School identification must be visible.

NUMBERS: Numbers shall be placed on the front and back of the jersey.

- Numbers on the front of the jersey shall be a minimum of four (4) inches in height and visible.
- Numbers on the back of the jersey shall be a minimum of six (6) inches in height and visible.
- Numbers shall be a color that contrasts with the jersey color and/or may be bordered by no more than ½ inch border of any contrasting color.
- Duplicate numbers are not permitted to be worn by members of the same team.
- A roster may include a 0 or 00, but not both.

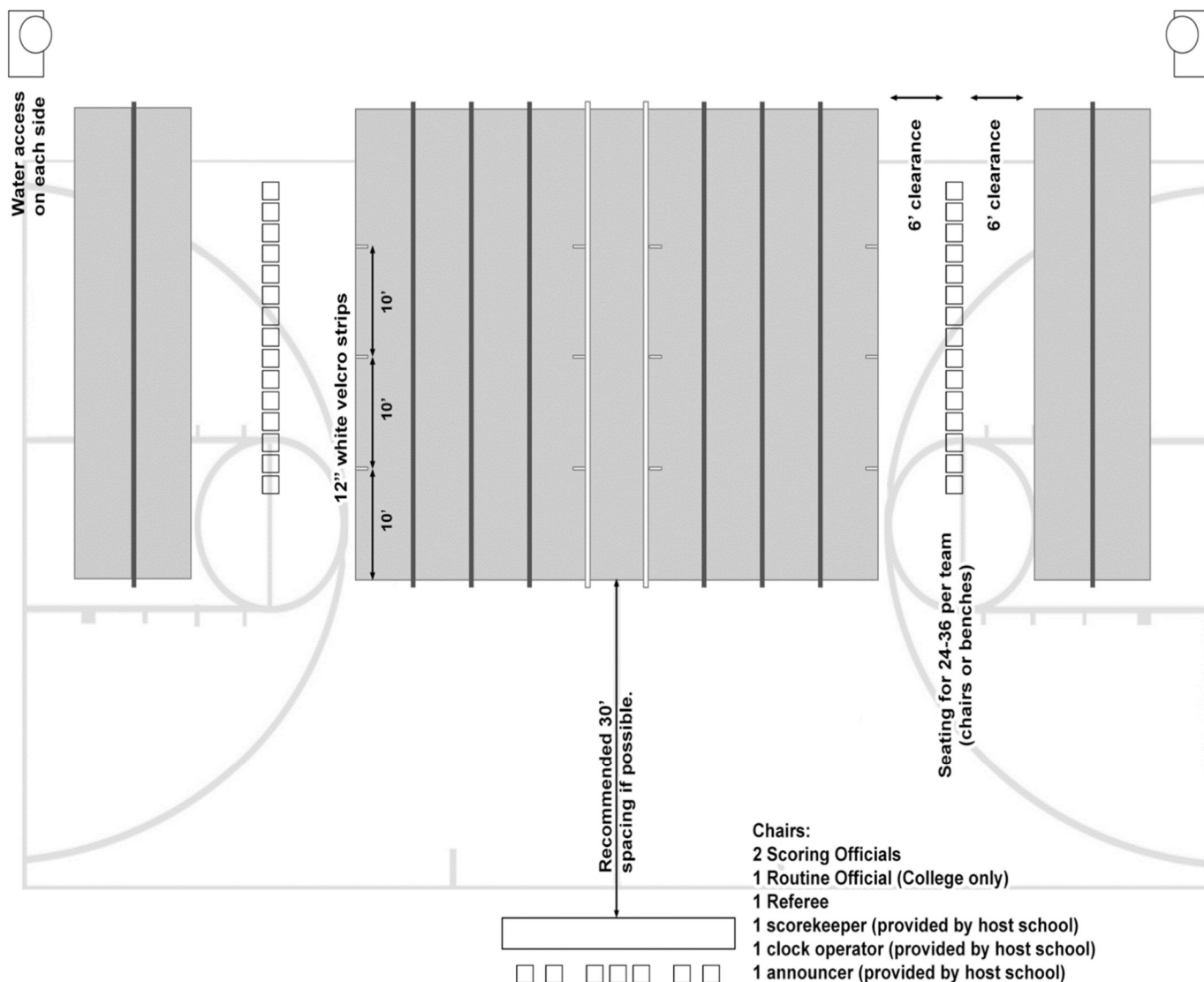
COMPRESSION SHORTS: All players shall wear spandex/compression shorts of the same color and design.

Note: Institutional official uniforms and all other items of apparel shall bear only a single manufacturer's or distributor's normal label or trademark, not to exceed 2-¼ square inches in area. There may not be more than one manufacturer's logo/trademark on the outside of each item.



Maximum 13-Mat Game Floor Layout

- Includes two (2) warm-up mats for each team.



One each side of the playing area there will be a 6' buffer space between the playing area and the team bench, and between the team bench and the warm-up mat(s).

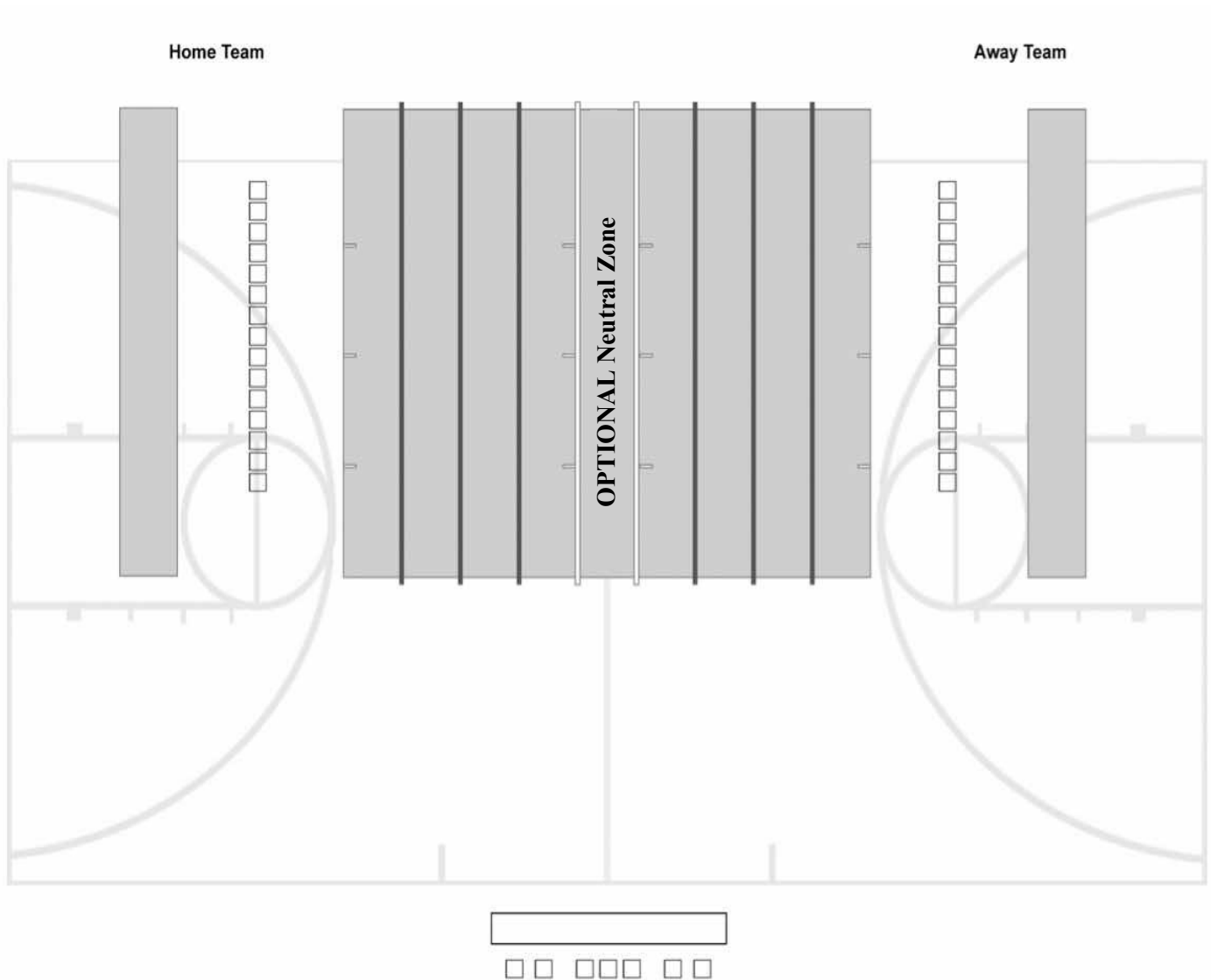
Each team plays on the dimensions of four (4) mats.

Both sides of the center mat should be lined with white Velcro to distinguish the out of bounds line.

Each team playing area will have three (3) hash marks along the left and right boundary line, each made of 12" long Velcro strips or white athletic tape. Measuring from the front of the mat, the hash marks should be placed at 10' intervals. This will leave a 12' distance between the last hash mark and the back of the mat.

Modified 11-Mat Game Floor Layout

- Includes only one (1) warm-up mat for each team.



Modified 9-Mat Game Floor Layout

- Nine (9) mat layout includes a center mat for the neutral zone, but no warm-up mats.

Modified 8-Mat Game Floor Layout

- Eight (8) mat layout includes no center mat for the neutral zone, and no warm-up mats.

Home and Away Team Designation

Looking at the mat from the Officials Table:

- The HOME TEAM will always be on the LEFT SIDE of the mat.
- The AWAY TEAM will always be on the RIGHT SIDE of the mat.

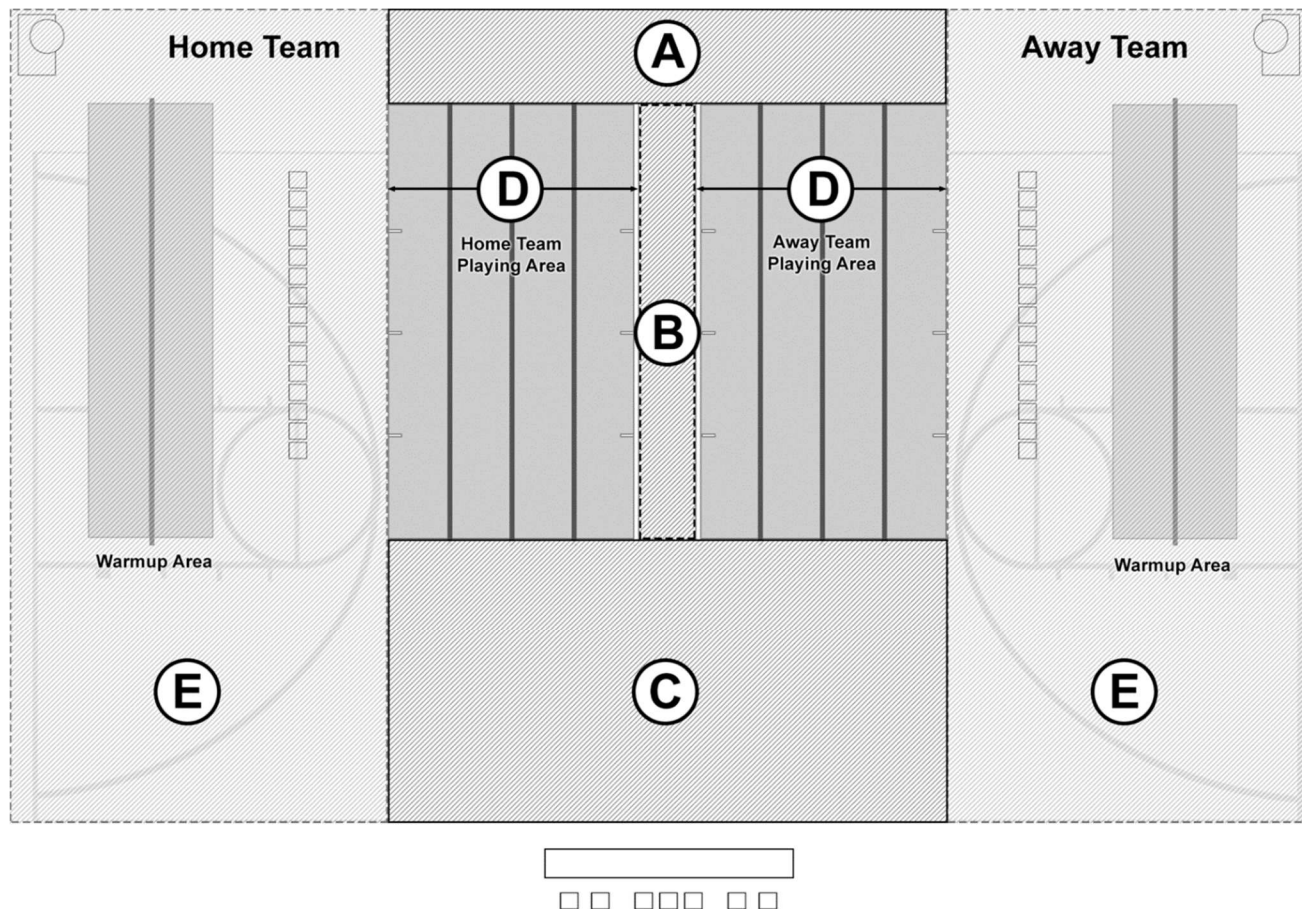
Note: The scheduling institution has the ability of adjusting the home and away fields of play due to best fit the needs of their facility (i.e. livestream, scoreboard, etc.) It is recommended that if their livestream has the home on the right side and the away team on the left side, they switch the names when entering them into the system, so it accurately represents the team playing on the designated side.

HOME TEAM

AWAY TEAM



Restricted Zones



Three (3) main RESTRICTED ZONES:

A – The area directly behind the main floor mats, extended to the bleachers, backdrop, or wall.

B – Neutral Zone - The center mat between each team’s playing area, if applicable.

C – The area directly in front of the main floor mats, extended to the bleachers.

D – Playing Area or Field of Play – Each team plays on the dimensions of four (4) mats.

E – Team Zone – The designated Team Zone for each team includes the space between each team’s playing area and the team bench, to extend to the bleachers, backdrop, or wall, and the additional warm-up mat(s), to include a perimeter around the outside edge(s) of the warm-up mat(s).

Warm-Up Guidelines

Article 17.1.1 . . . Both teams will begin their FIFTEEN (15) minute pregame warm-up twenty (20) minutes prior to the start of the game.

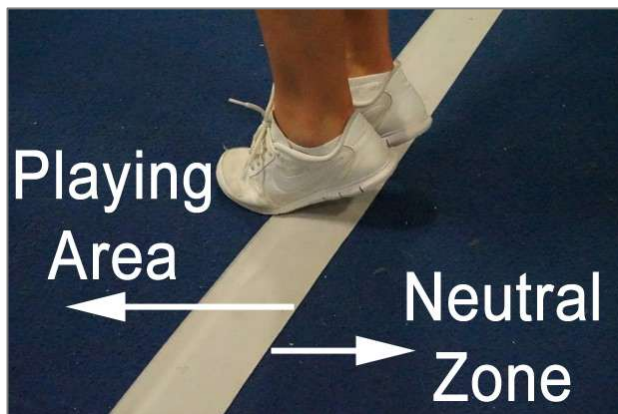
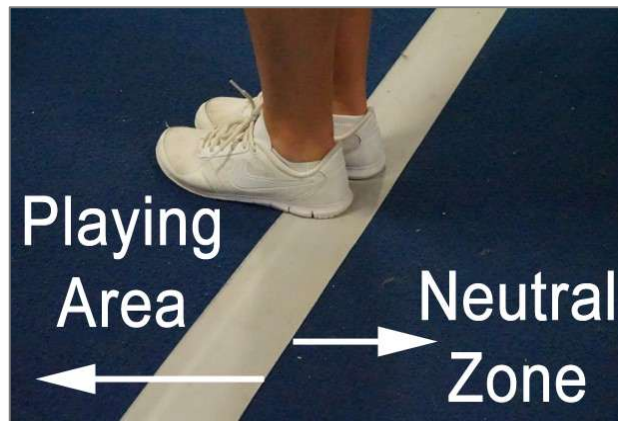
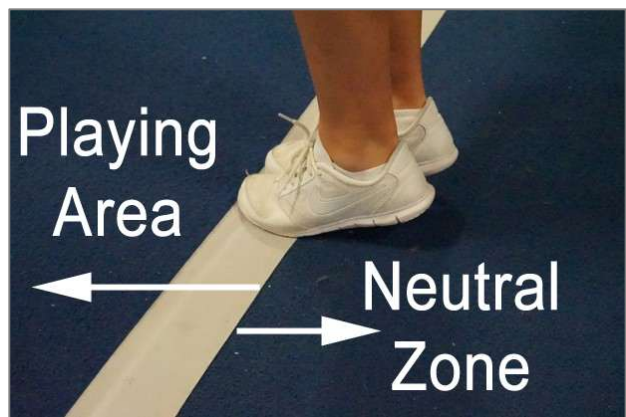
- **Five (5) minutes** prior to the start of the game, the Referee will whistle the end of warm-ups. Both teams will clear the floor and return to their team bench. The National Anthem will be played at this time before the first game of a tournament.
- **Two (2) minutes** prior to the start of the game OR after the National Anthem has played, the Announcer will call for the coaches and captains (optional) to meet at the center of the mat for the coin toss.
- Additional warm-up may take place during timeouts, quarter breaks, halftime, and regulation play. Please refer to the chart below for the allowable warm-up specifications.

WARM-UP SPECIFICATIONS	13 MATS APPENDIX ITEM M	11 MATS APPENDIX ITEM N	8/9 MATS APPENDIX ITEM N
During the FIFTEEN (15) minute pregame warm-up:	Team Zone; respective side to include field of play AND two (2) additional mats	Team Zone; respective side to include field of play AND one (1) additional mat	Team Zone; respective side to include field of play
During TIMEOUTS, QUARTER BREAKS, and HALFTIME:	Team Zone; respective side to include field of play AND two (2) additional mats	Team Zone; respective side to include field of play AND one (1) additional mat	Team Zone; respective side to include field of play
Additional skill(s) warm-up during regulation*:	Two (2) additional mats ONLY	One (1) additional mat ONLY	No skills during regulation play

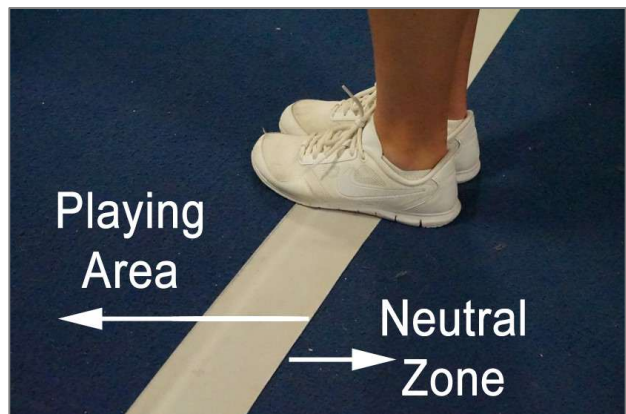
**Teams may warm-up on the additional mat(s) behind the team bench at any time during the game.*

Out of Bounds

NOT touching outside of the playing area is NOT out of bounds. White line is okay.



Touching OUTSIDE of the playing area/over the white line, is out of bounds.



SCORING GUIDE

STUNTS, PYRAMIDS, & TOSSES		JUMPS & TUMBLING	
MINOR 1	(-1)	MINOR 1	(-1)
Opening Formation – overall Out of Bounds – each Restricted Zone Violation – overall Incorrect Q4 Transitions - overall Synchronization – between groups Motions – each athlete Incorrect Counts – overall Technique and Execution – each Traveling Steps for Balance – each, does not exceed 1 Pyramid Connection Spacing – overall Target vs Extension – each		Opening Formation – overall Out of Bounds – each Restricted Zone Violation – overall Incorrect Q4 Transitions - overall Synchronization – between 2 or more Motions – each athlete Incorrect Counts – overall Technique and Execution – each Steps – each, does not exceed 1	
MINOR 2	(-2)	MINOR 2	(-2)
Technique and Execution – each		Technique and Execution – each	
MAJOR 1	(-4)	MAJOR 1	(-4)
Skill Modification or Omission – each Full Level Drop – each Automatic Injury Deduction – overall Safety Spotter Involved in Support - overall		Skill Modification or Omission – each Automatic Injury Deduction - overall	
MAJOR 2	(-6)	MAJOR 2	(-6)
Fall – each		Fall - each	
MAJOR 3	(-8)	MAJOR 3	(-8)
Unsafe Fall – each		Unsafe Fall - each	

REMINDERS:

- During a forfeit, a point is awarded if the performing team incurs less than 12 deductions in the Partner Stunts, Pyramids & Tosses, and Jumps & Tumbling sections.
- Deductions for steps cannot exceed one (1) Minor 1 per stunt group/athlete per skill. A Major 1 for a FALL on the same skill overrides the step deductions (do not add them together).
- MOTIONS – Minor 1 per ATHLETE