



STUNT



USA
CHEER



STUNT ADMINISTRATOR'S GUIDE



What is STUNT?

STUNT, the fastest growing female sport in the country, removes the crowd-leading element and focuses on the technical and athletic components of cheer, including partner stunts, pyramids, basket tosses, group jumps and tumbling. These elements are put together in short routines that both teams must perform head-to-head on the floor at the same time. The team that executes the routine the best wins the round and the point. Possession then alternates to the other team who has the opportunity to determine which routine level will be called next. With four quarters of play – partner stunts, pyramids & tosses, jumps & tumbling, and team routine – STUNT is an exciting sport to play, coach and watch.



Why STUNT

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. STUNT just finished its 15th season at the college level and 13th for high school and is one of the fastest growing female sports in the country.

Sport Disciplines

USA Cheer governs STUNT as a discipline of cheer. USA Cheer's governance of STUNT as a discipline of cheer is similar to the structure of sports of other national governing bodies.

For example, NGB's (Nations Governing Bodies) oversee their respective sports e.g., Cheer, Basketball, Track and Field, Soccer, Gymnastics. Also, the NGB's oversee their sport "disciplines" that are sometimes considered "Sports" by the NCAA and National Federation of State High School Associations.

For Example:

- USA Basketball governs the "sport" of basketball.
 - Disciplines such as: 5-person basketball, 3 x 3 basketball, Slam Dunk, all female teams, all male teams, and mixed/coed teams.
 - Only all-female and all male teams are considered "sports" by the NCAA and NFHS.
- USA Soccer governs the "sport" of soccer.
 - Disciplines such as: futsal, Team Soccer, 3 x 3 Soccer, 1 x 1 soccer, etc.
 - Only Team Soccer falls under the NCAA & NFHS.
- USA Gymnastics governs the "sport" of gymnastics.
 - Disciplines such as: Artistic Gymnastics, Rhythmic Gymnastics, Acro Gymnastics, Trampoline, etc.
 - Only artistic gymnastics fall under the NCAA and NFHS.

STUNT'S Governance is Similar:

- USA Cheer governs the "sport" of cheer.
 - Disciplines such as: Sideline cheer, competitive cheer, all star cheer, performance cheer and STUNT.
 - STUNT is the "sport" discipline USA Cheer. It is an Emerging Sport with the NCAA and is advancing at the NFHS level.

STUNT vs. Competitive Cheer

How does STUNT compare to Competitive Cheerleading?

STUNT and Competitive Cheerleading are two different disciplines of “cheer” that both utilize technical skills in their sport, but there are differences. STUNT is the discipline that is an NCAA Emerging Sport for women in Divisions I, II and III.

	STUNT	Competitive Cheer
Game Length	45-60 minute game	2:30 minute routine
Competitive Format	Two teams in head-to-head competition.	Single teams perform one at a time at an event with many teams in the same competition division.
Scoring	Objective – Based on execution	Subjective/Objective – Based on routine choreography and execution.
Format	4 Quarter Format Based on Skills – Quarters consist of Partner Stunts, Pyramids and Tosses, Jumps and Tumbling. Routines are all compulsory.	Based on individual routine choreography. Includes crowd-leading and dance elements as well as stunting, pyramids, tumbling, and jumps.
Season	Teams competed as an exclusively Spring sport.	Teams compete year-round.

For more information, see the [USA Cheer Position Paper on Title IX](#).



Program Map

College STUNT is being played across the country at over 80 institutions, including 13 new programs playing 2026!



STUNT

STUNT Programs by Division

*denotes club program

Division I

Arizona State University*
Belmont University
Cal Poly
California Baptist University
Central Michigan University*
Grand Canyon University*
McNeese State*

Mercyhurst University
Michigan State University*
Missouri State University
Northern Kentucky University
Oklahoma State University*
Purdue University*
UC Davis*

University of Central Arkansas
University of Kentucky
University of Michigan*
University of Pacific
University of Tennessee, Martin
University of Texas, Austin*
University of West Georgia

Division II

Ashland University
Concordia University, Irvine
Dallas Baptist University (TX)
Davenport University
Drury University
East Stroudsburg University
Eastern New Mexico
Ferris State University
Fresno Pacific University
Hawaii Pacific University
Jessup University

Lake Erie College
Lewis University
Malone University
Maryville University (MO)
Northwest Nazarene
Oklahoma Baptist University
Purdue University Northwest
Quincy University
Sonoma State*
Southern Nazarene University
Southwest Baptist University

St. Edwards University
St. Mary's University
Texas A&M Kingsville
Texas Woman's University
Tiffin University
Trevecca Nazarene University
University of South Carolina*
Ursuline College
Vanguard University (CA)
Walsh University

Division III

Albright College
Alma College*
Baldwin Wallace University
Buena Vista University
Centenary College of Louisiana
Concordia University, Chicago
Gallaudet University
George Fox University

Greenville University
Heidelberg University
Hiram College
Kalamazoo College*
Maryville College
Misericordia University
Muskingum University
Randolph College

St Elizabeth University
St Mary's College(IN)
St. Norbert College
The University of Olivet
Transylvania University
UC Santa Cruz*
Whitworth University

NAIA

Aquinas College
Arizona Christian University
Central Methodist University

Hope International University
Madonna University
Missouri Baptist University

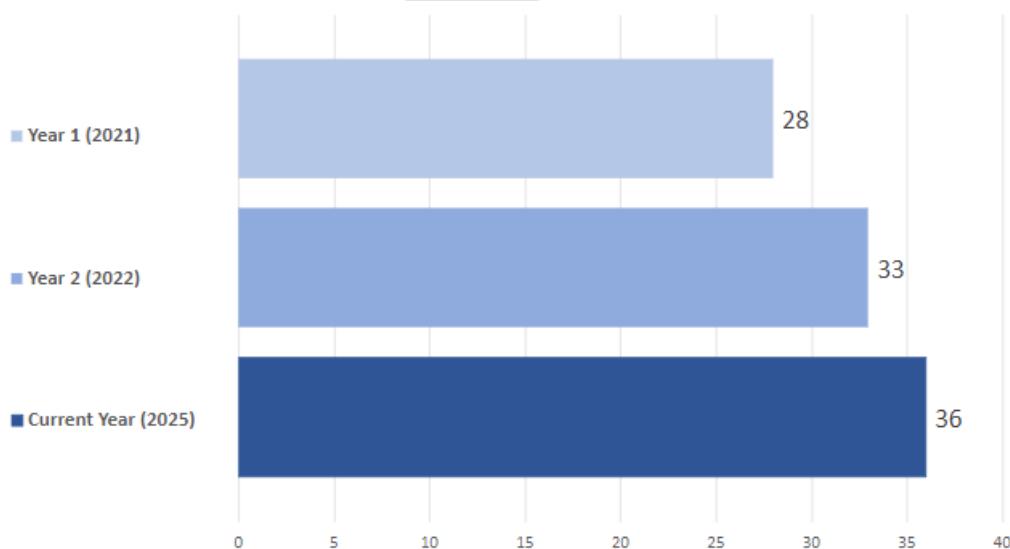
Missouri Valley College
Park University
Siena Heights University

STUNT Program Growth Case Studies – Division I

California Baptist University- DI



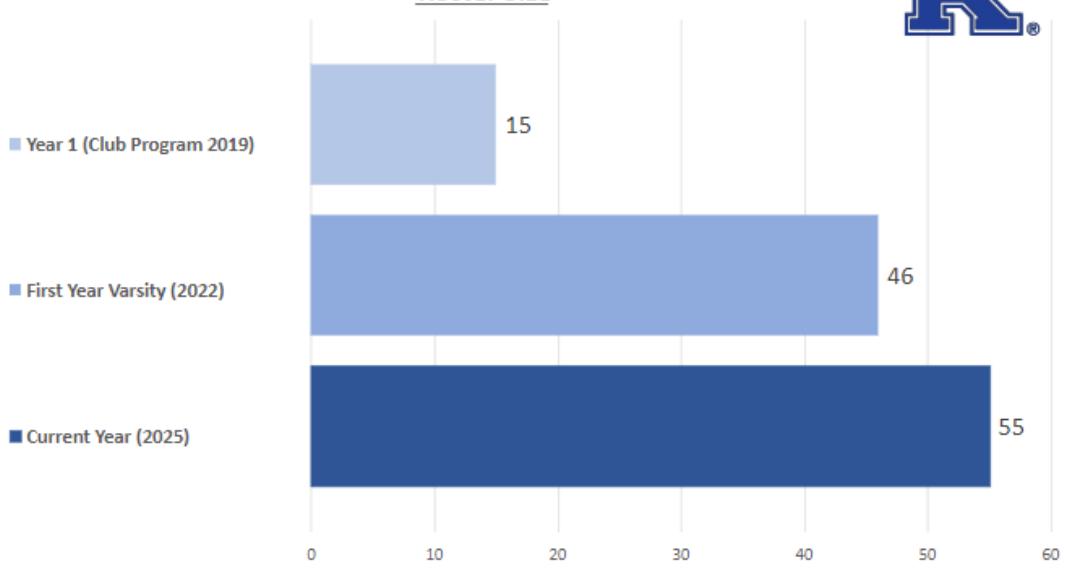
Roster Size



University of Kentucky- DI

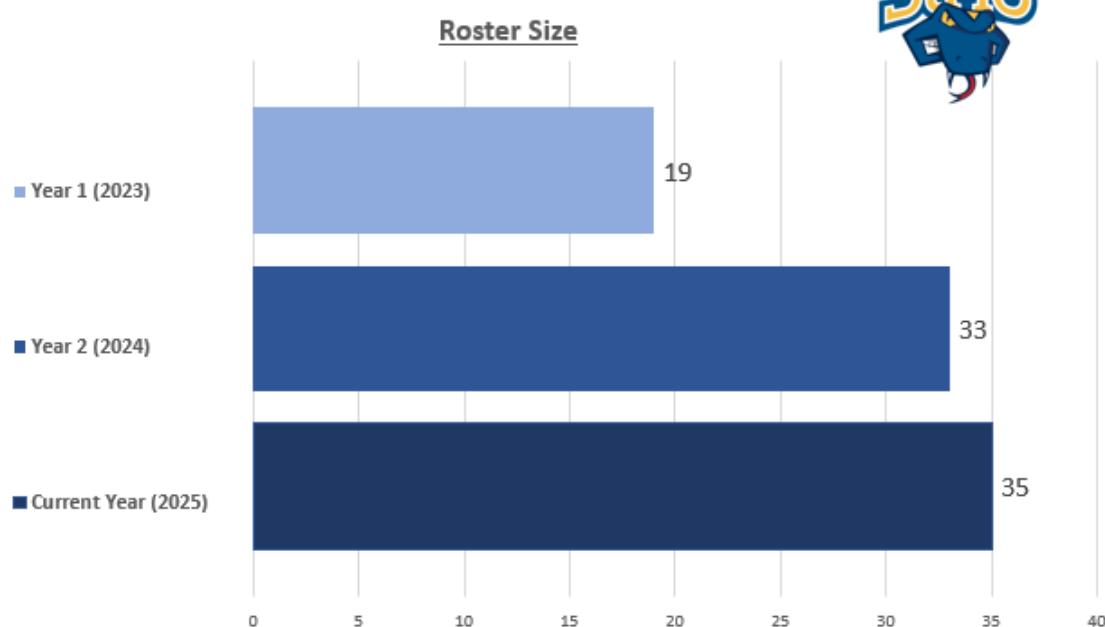


Roster Size

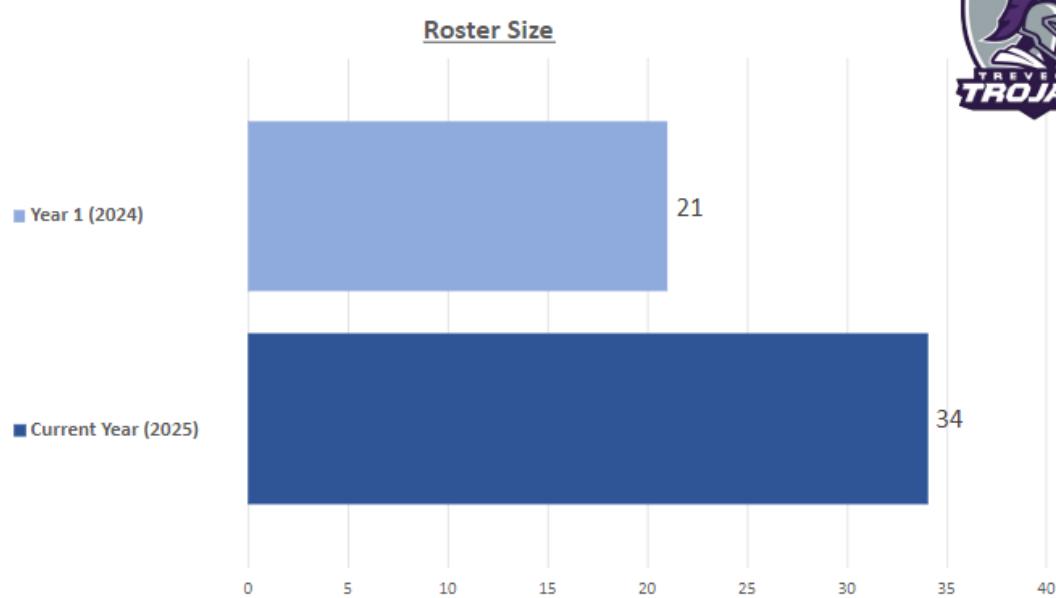


STUNT Program Growth Case Studies – Division II

St Mary's University - DII

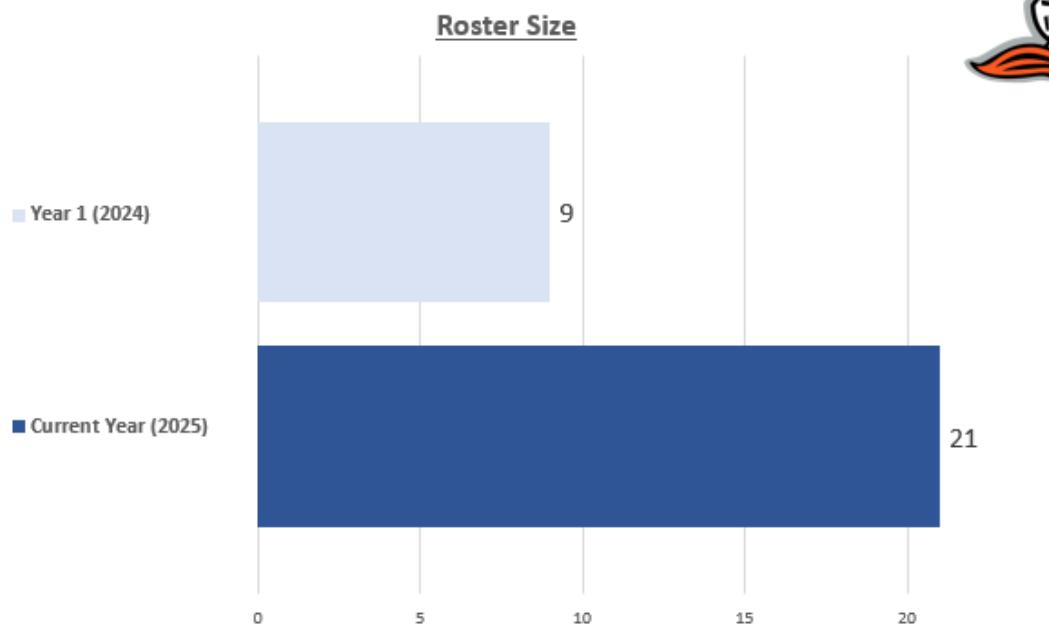


Trevecca Nazarene University- DII

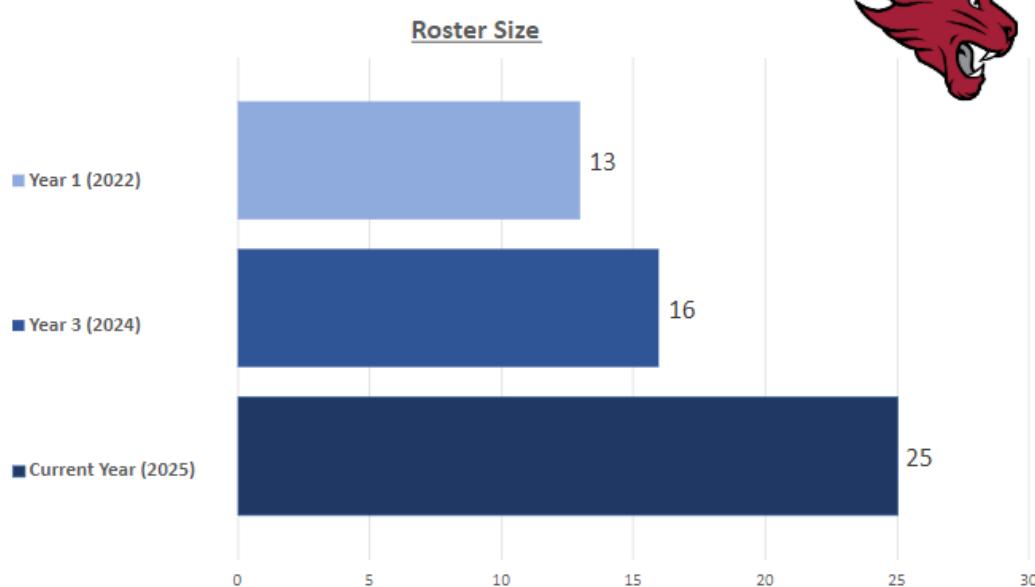


STUNT Program Growth Case Studies – Division III

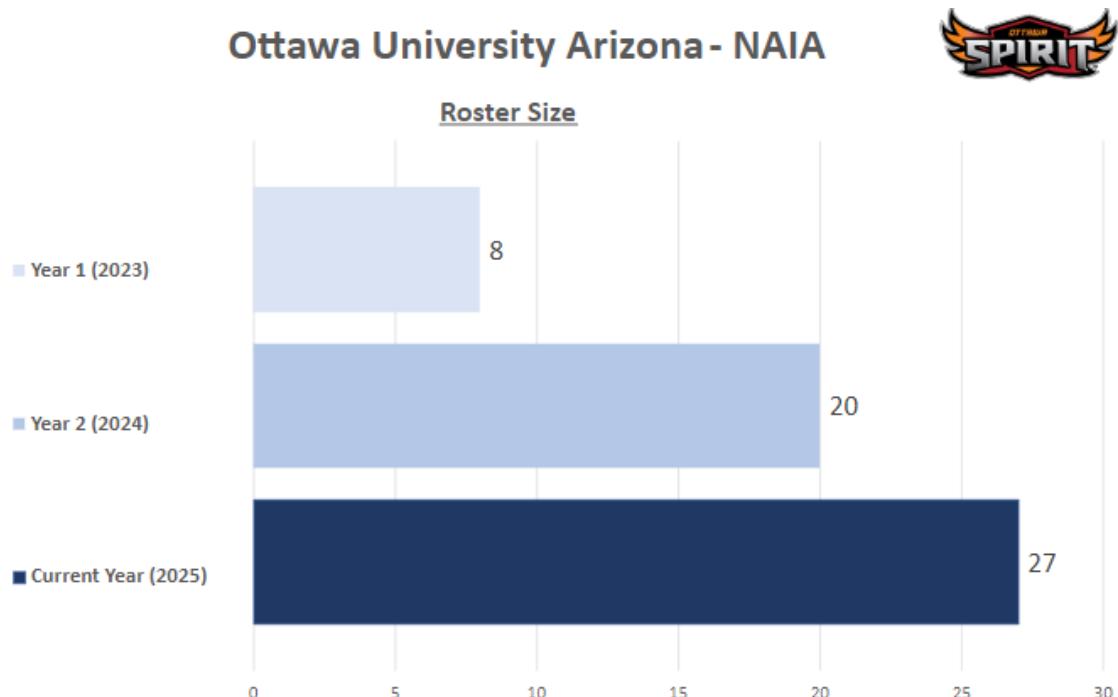
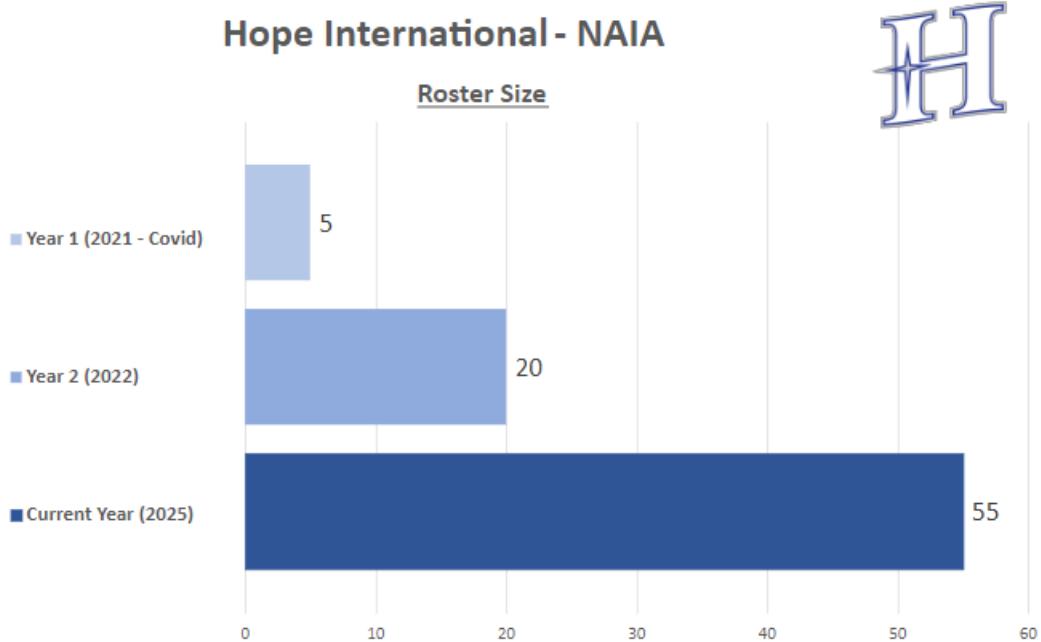
Heidelberg University - DIII



Concordia University Chicago - DIII

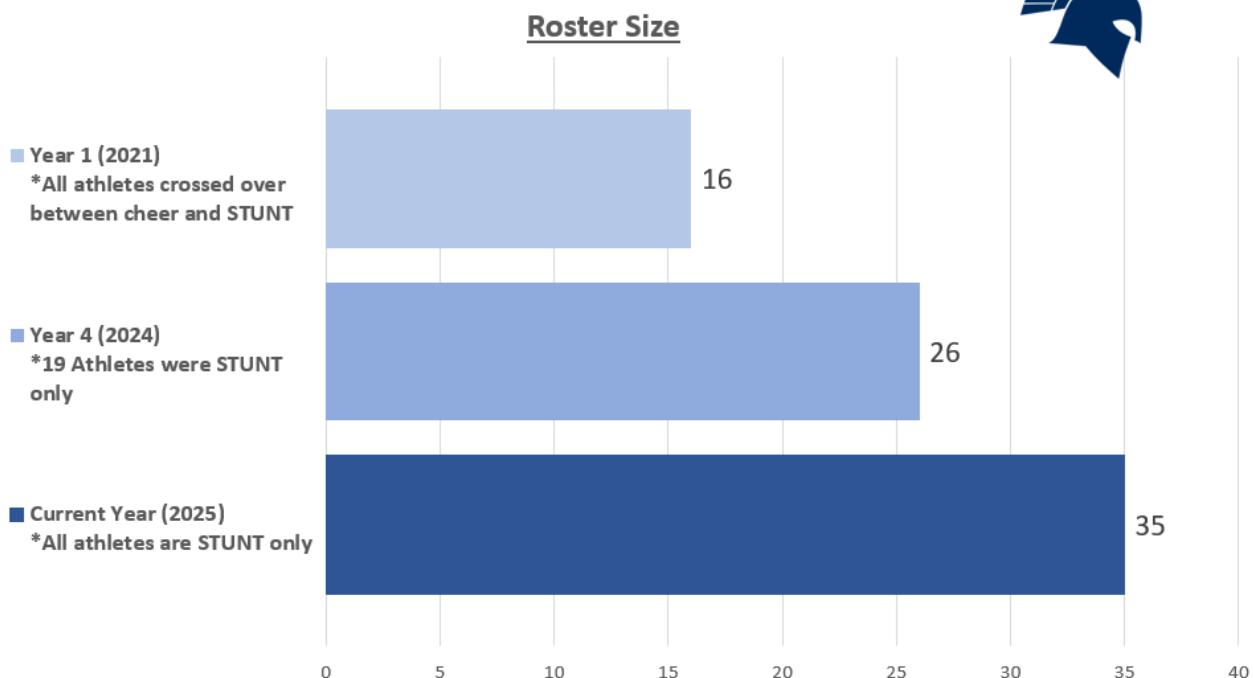


STUNT Program Growth Case Studies – NAIA



STUNT Program Growth Case Studies – NAIA

Missouri Baptist University - NAIA



NCAA Overview

STUNT has officially been recognized as an NCAA Emerging Sport for women across Divisions I, II, and III. As of the 2025 season, the sport has surpassed a key milestone—reaching over 40 varsity programs—which makes it eligible to be considered for full NCAA Championship Status. This significant achievement marks a major step forward in the growth and development of STUNT at the collegiate level. In January 2026, the NCAA membership will vote to elevate STUNT to an official NCAA Championship Sport.

Below is a high-level glance at STUNT legislation. For a comprehensive look at the STUNT legislation, please refer to your 2025-2026 NCAA Manual or use the links below:

[NCAA DI Legislation](#)
[NCAA DII Legislation](#)
[NCAA DIII Legislation](#)

Season of play:

Spring season

First date of competition – Feb. 1

Maximum Equivalency Limits:

Division I: 14

Division II: 9

Division I Roster Limit: 65

Minimum requirements for Sports Sponsorship:

Minimum contests: 8

Minimum Participants: 16

Number of Dates of Competition:

Maximum limitation: 16 dates of competition



Sample Budgets

These are sample budgets based on actual figures provided by our current programs and will differ depending on program needs.

Division I

Number of athletes: 30	
	Team Total
Equipment	\$1,000 - \$3,000
Uniform/Practice Gear/Shoes	\$10,000 - \$14,000
Administrative Costs	\$1,000
USA Cheer Team Registration	\$149
Travel	\$20,000 - \$30,000
Meals	\$6,000 - \$8,000
Program Activity	\$3,000
Recruiting	\$2,000 - \$4,000
Head Coach Salary	\$60,000 - \$80,000
Asst. Coach Salary	\$30,000 - \$40,000
Mats (will last approx. 10 yrs)	\$10,000 - \$13,000

*This does not include scholarships. Division I has a maximum equivalency limit of 14.

Division II

Number of athletes: 30	
	Team Total
Equipment	\$1000 - \$3,000
Uniform/Practice Gear/Shoes	\$10, 000 - \$12,000
Administrative Costs	\$1,000
USA Cheer Team Registration	\$149
Travel	\$15,000
Meals	\$6,000
Program Activity	\$3,000 - \$5,000
Recruiting	\$2,000 - \$4,000
Coaching Salary	\$60,000 - \$80,000
Asst. Coach Salary	\$25,000-\$35,000
Mats (will last approx. 10 yrs)	\$10,000 - \$13,000

*This does not include scholarships. Division II has a maximum equivalency limit of 9.

Division III/NAIA

Number of athletes: 30	
	Team Total
Equipment	\$1000 - \$3,000
Uniform/Practice Gear/Shoes	\$8000 - \$12,000
Administrative Costs	\$1,000
USA Cheer Team Registration	\$149
Travel	\$8000 - \$15,000
Meals	\$6,000
Program Activity	\$3,000
Recruiting	\$2,000
Coaching Salary	\$40,000 - \$50,000
Mats (will last approx. 10 yrs)	\$10,000 - \$13,000

STUNT

Officials Fees



www.nationalstuntofficials.org
NIASO.STUNT@gmail.com
[\(813\) 785-1892](tel:(813)785-1892)

<p><u>College STUNT Officials Pay Scale: 2025</u></p> <p>*Single Game \$110.00 per Scoring official (2) \$110.00 Routine official (1) \$90.00 Referee (1)</p>	<p><i>Per game total:</i> <i>(4 officials)</i> \$420.00</p>
<p><u>College STUNT Officials Pay Scale: 2025</u></p> <p>*games 2-5 on the same date and same location. Double, Triple, and Quad style of game format. \$100.00 per Scoring official (2) \$100.00 Routine official (1) \$80.00 Referee (1)</p>	<p><i>Per game total:</i> <i>(4 officials)</i> \$380.00</p>
<p><u>Large Tournament College STUNT Officials Pay Scale: 2025</u></p> <p>* 6 or more games played on the same date and location. * If the tournament is lasting 2 days or more, plan local hotel room accommodations for 4-6 officials for the night between game days. Larger tournaments might require 5-6 officials to create breaks into the officials schedule.</p> <p><u>6+ Games per date(s)/location</u> \$75.00 per Scoring Official (2) \$75.00 Routine Official (1) \$75.00 Referee (1)</p>	<p><i>Per game total:</i> <i>(4 officials)</i> \$300.00</p>

* 8-round format addendum: After Two (2), 8-round games, are played at the same location and same date the following 8-round games officials fee will be \$300 per game. If six (6) or more 8-round games are played, please email NIASO.

High School and Club Participation



High School STUNT

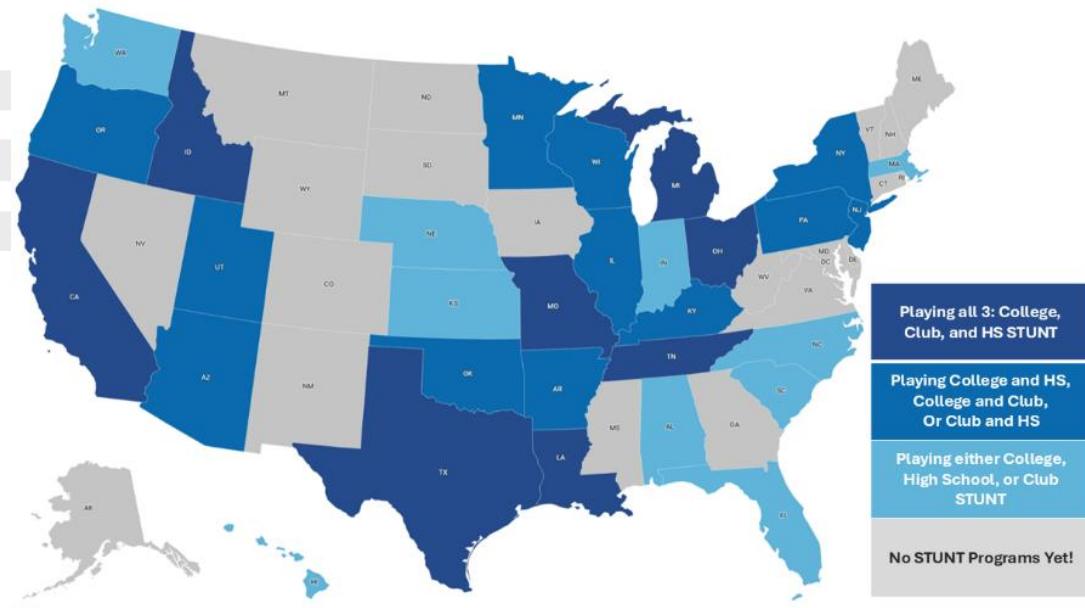
- 5000+ High School Athletes
- Sanctioned sport by CA, NY City Public Schools, Wake County Public School
- Emerging sport in Missouri
- Over 1200 games played in Spring 2025
- Currently games are being played in 9 states: CA, DC, LA, MD, MO, NC, NY, OK, TX
- New states playing in 2026: AZ, OR, UT, OH, ID
- Additional interest in AR, CO, DC, FL, MI, OH, TN, VA, KY

Club STUNT

In 2019, a pilot program for club/youth rec STUNT was created. STUNT now has a pipeline for athletes from the grass roots through the high school level.

- In fall of 2025, 50+ Club STUNT programs played, many of which have multiple teams within their program.
- Club STUNT programs are currently located in 11 states and growing.
- With the addition of virtual games, teams from all over the country are now able to play each other.

STUNT Participation



Safety and Risk Management

Nothing is more important than the safety of the athletes who play STUNT. This document will outline the risks involved in the sport of STUNT and the measures that are taken to minimize those risks.

STUNT Risks

All sports have inherent risks. STUNT involves athletes participating in partner stunts, pyramids, tosses, jumps, and tumbling. These skills include height, inversion, and rotation of the body as well as working in coordination with other athletes to perform these skills. Special care should be taken by supervisory staff to ensure that skills are taught in a progressive manner, requiring proficiency before advancing to skills with higher difficulty.

The Myth of Cheerleading Injuries

As STUNT is based on the skills found in cheerleading, one of the first issues to address is the unfounded perception that cheerleading is somehow more dangerous than other sports, including football.

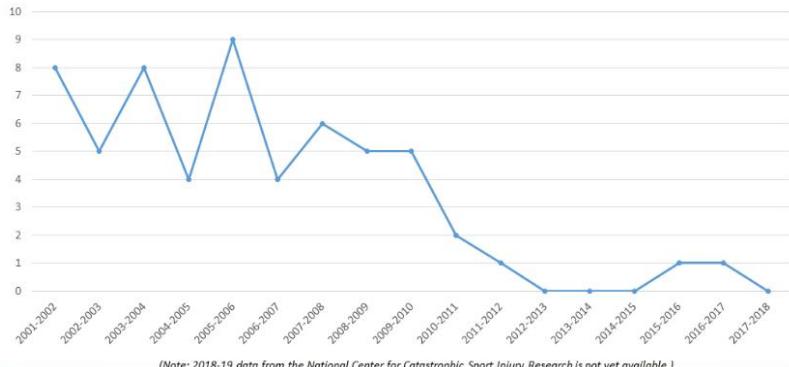
Without getting into details for the purposes of this article, many years ago a news article from Yahoo Sports inadvertently left off an important piece of information in a report it presented. It said that cheerleading had 67% of catastrophic injuries in all sports. The key mistake there is that the data was only of female sports, which have a significantly lower number of injuries than males sports. This mistake was then copied by the 300+ outlets that cited Yahoo Sports, including false headlines such as “Cheerleading is more dangerous than football”, obviously leading to the misperception that cheerleading is more dangerous than football. Yahoo updated their article, but few of the outlets that shared the information did. The data is simply not supported.

Additionally, even within cheerleading, the number of catastrophic injuries has been reduced dramatically over the past decade ([see Chart 1 below](#)). Very few news outlets have decided to share this information, leaving an information gap that still purports that cheerleading is dangerous.

Chart 1 - Cheer Catastrophic Injuries by Year

Female Cheerleading Catastrophic Injuries 2001-02 to 2017-18

National Center for Catastrophic Sport Injury (<https://nccsir.unc.edu/reports/>) “Data Tables”



Further, an ongoing 10-year study by the National Federation of High Schools has included cheerleading in its reporting, and throughout this study, cheerleading has ranked amongst the safest of the 20 sports studied in terms of injury rates, coming in 4th safest in the latest 2019 study ([See Chart 2 below](#)). In the same study, cheerleading shows a lower concussion rate than 8 other sports, including women's soccer, lacrosse, and basketball ([See Chart 3 below](#)).

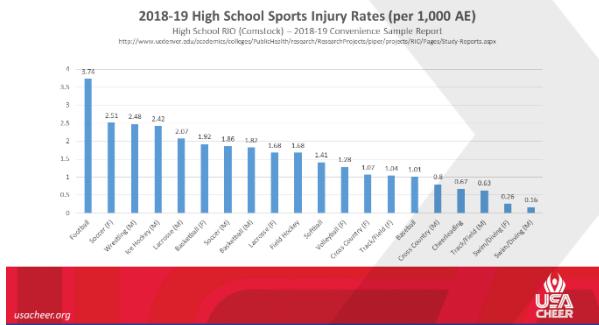


Chart 2 - High School Sports Injury Rates

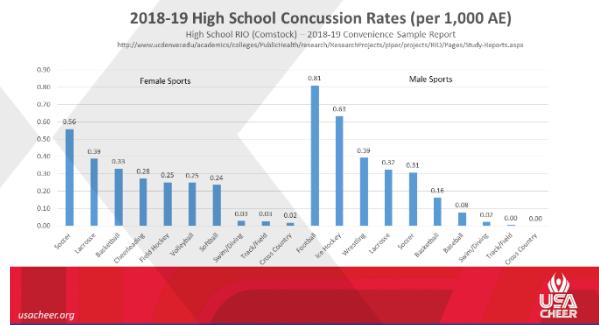


Chart 3 - High School Sports Concussion Rates

Finally, cheerleading emergency room visits are lower than several female sports, though the cheerleading figures are often cited in articles without any mention of these other sports for any type of perspective ([See Chart 4 below](#)).

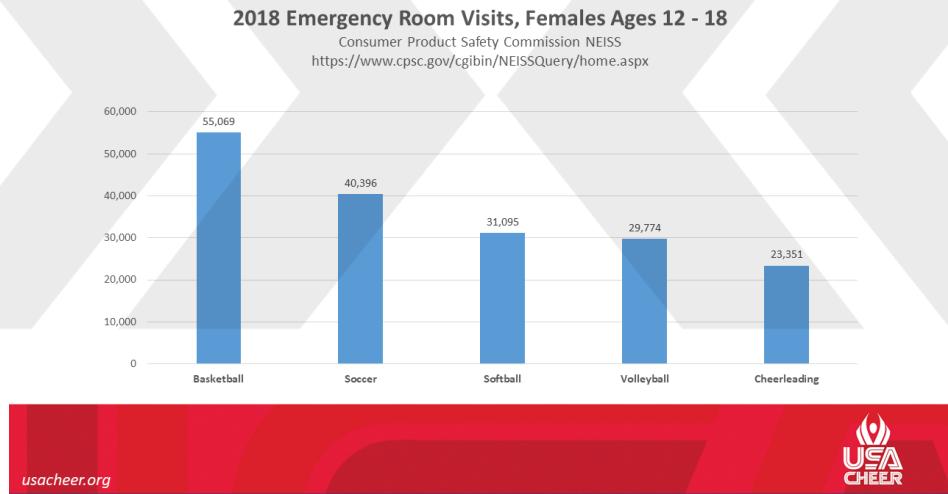


Chart 4 - Emergency Room visits by females ages 12-18

All of the available cheerleading injury data can be found at <https://www.usacheer.org/safety/research>.

What has STUNT done to minimize risk?

The format of the STUNT game vs. cheerleading leads to an even further decrease in risk.

In a cheerleading competition, teams are allowed to perform any skills within the allowed rules structure. This includes making up new skills and attempting the most difficult skills allowed, regardless of ability level. All athletes are on the floor at the same time, attempting to perform the most difficult skills they can perform in order to gain points. Scoring is based on execution and difficulty, Coaches training includes risk minimization, and penalties for falls help encourage teams to stay within their ability levels.

How the STUNT format minimizes risk:

1. In a STUNT game, teams perform pre-choreographed compulsory routines. There is no “making up new skills” to see who can come up with the most difficult and creative skill. Since each team is performing the same routine at the same time, difficulty is not considered in scoring. Technique and execution of skills is rewarded in the scoring system.
2. Skill modification is allowed, which gives the coach the opportunity to substitute an easier skill that will result in a smaller penalty than if the skill failed and created a safety issue. As the season progresses and individual skills get better, they may change the skill back to the original skill. This format encourages coaches to take the safer option.
3. The routines in each quarter are focused on a specific area of skills; quarter 1 is Partner Stunts, quarter 2 is Pyramids and Tosses, and quarter 3 is Jumps and Tumbling. The 4th quarter puts those routines back-to-back in a longer format, but utilizes the same compulsory routines. What this means is that an athlete who is good at building or spotting partner stunts is not pushed to also perform tumbling skills. Likewise, an athlete with a gymnastics background can be used for the Jumps and Tumbling quarter, but does not have to build stunts or pyramids. A comparison would be using specialized athletes on a kickoff or receiving team that may not participate in other parts of the game.
4. Each of the routines in the quarters involves a different level of difficulty. Lower-numbered routines have an easy difficulty level, which progresses steadily up to the higher-numbered routines with more difficulty. This format allows a coach to place athletes in routines that fit their ability level. Newer athletes may be involved in lower-numbered routines while more experienced and talented athletes participate in higher-numbered routines.
5. A team can forfeit a round. If a team determines that a higher-level routine is beyond their difficulty level and that performing it would be unsafe, they can simply forfeit that round. The opposing team would get the point, and the forfeiting team gains possession - the ability to determine which level of the routines will be played next. This not only keeps her team from being in an unsafe position, it allows her to call a routine that fits her team’s ability level for the next round.

In addition to the game format, STUNT coaches are required to complete the USA Cheer Safety and Risk Management Course, which is required of all NCAA cheerleading coaches and most state high school athletics associations who require coaches’ sport-specific training. They are also trained on the rules and regulations of STUNT, including the coaching strategies outlined above that can reduce risk while factoring into their overall game strategy.

The STUNT format has shown positive results.

Sport	Practice	Game	Source
STUNT	0.89	0.46	See below (1)
Soccer	16.4	5.2	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1941298
Basketball	7.68	3.99	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1941290
Gymnastics	15.19	6.07	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1941288

1. As STUNT is a new sport, it has not been included in external formalized studies or the NFHS or NCAA Injury Surveillance System up to this point.

The latest internal study showed that STUNT injury rates were favorable to those found in other college women's sports. The STUNT data below was collected from Athletic Trainer reports collected from STUNT games from 2010-2015. A 2016-17 Injury Survey was sent to coaches to include practices and games to determine practice injury rates. The game data collected from athletic trainers in 2010-15 supports data collected from coaches in 2016-17 (0.46 AE vs 0.42 AE), which provides some level of confidence in the coach reporting of practice injury rates.

A more formalized study was put in place for the 2020 season, but due to the COVID-19 pandemic, was not able to be utilized. We are looking forward to implementing this study in the upcoming 2021 season.

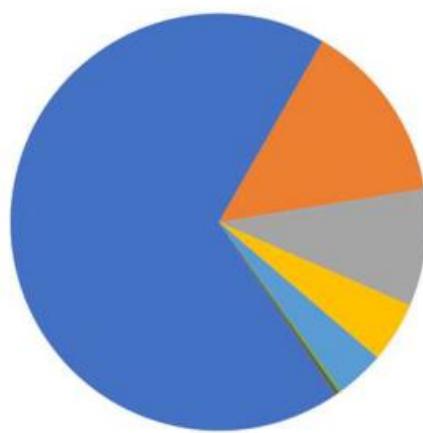
STUNT

Demographics Data for STUNT Participants

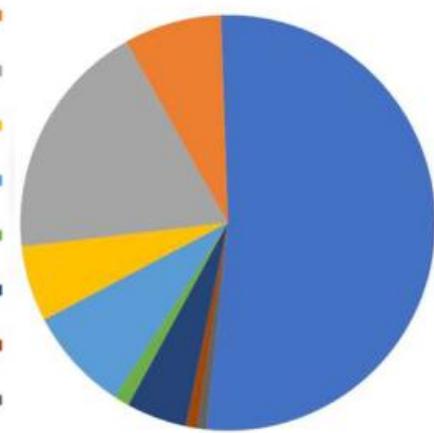
Stunt has a diverse coach and athlete ethnic demographic. The gender makeup of STUNT coaches is overwhelmingly female. In addition to ethnic diversity, STUNT attracts female athletes of all body types and socioeconomic backgrounds.

STUNT Athlete Participation is Diverse

College



High School, JH, & Youth



STUNT Creates More Opportunities for Female Coaches

100

91.3% Female

90

80

70

60

50

40

30

20

10

0

College Coaches

8.7% Male

93.8% Female

7.2% Male

High School, JH & Youth Coaches

Next Steps

If you are ready to start a STUNT program at your institution, visit the “Start a STUNT Team” page under the “College” section at STUNTtheSport.org. It will guide you every step of the way and have you prepared for the next season of STUNT.

If you have any questions, please reach out to Amy Haney, and she will assist you!

Amy Haney
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ahaney@usacheer.org

STUNT