



Club STUNT

Frequently Asked Questions

2025-2026 Season

How much does it cost to get started?

A: Program membership is \$399 for the year. This covers all of the material for all 4 age divisions and is good June 1-May 31.

What are the uniform requirements for STUNT?

A: Jerseys, like volleyball, are required for STUNT. You can work with any vendor and follow our guidelines in the rulebook to create custom jerseys.

When and where are tournaments?

A: For our fall season, tournaments typically happen September-December with our nationals concluding the Fall season. In spring, we see tournaments March-May. Tournaments can be virtual or in person. USA Cheer hosts a few tournaments a year in different areas across the country. We also rely on programs to host Sanctioned Events to bring more opportunities for playing.

When is the club STUNT season?

A: The club season is June 1 through May 31 but is divided into two parts. Fall (June-December) is when we see the bulk of our tournaments, we rank all 14U and 18U teams nationally who participate in sanctioned events and we conclude the season with nationals. This is also the only season 18U is sanctioned to play. Spring (January-May) is popular for our youth programs and 14U and below divisions. May play locally and we also host and sanctioned events towards the end of the season.

What are the divisions ages and roster sizes for club STUNT?

A: 18U (ages 14-18), 14U (ages 11-14), 11U (ages 8-11) and 8U (ages 6-8) as of June 1, 2025. For the 2025-2026 season, 18U requires a minimum of 12 athletes and has a maximum of 24 athletes for their roster. For 14U and below (11U and 8U), 8 athletes are required as the minimum and they have a maximum of 16 athletes.

Can we have multiple teams in the same division from one gym?

A: YES! Each gym location can have their own team. If a location has enough interest, they can even field 2 teams in the same division to get more athletes to play.

Is there training available for coaches?

A: YES! Our team is working on creating more accessible training for the coming season. In the meantime, we recommend that coaches do the officials training in order to get a better understanding of the format of the game and to get insight into what officials are looking for.

What is the difference between a USA Cheer Sanctioned Event and a non-sanctioned event?

A: Sanctioned events provide the full support of USA Cheer. We handle registration, scheduling, confirming rosters (athletes and coaches must all be cleared members) as well as a tournament director. In the fall, teams participating in sanctioned events also received rankings in the 14U and 18U divisions. Non-sanctioned events must be completely planned by the coaches and do not guarantee officials, help with the schedule or with roster validation. We only recommend non-sanctioned events for scrimmages in the beginning of your season.

Do you allow age waivers?

A: We do. All waivers are reviewed by USA Cheer and evaluated and approved/denied on a case-by-case basis. Typically, waivers are approved when athletes are 1 year or less above or below the age division and there are no other age divisions available for them to participate. Parents must consent to the request and coaches must complete a questionnaire in order for us to review and determine if a waiver will be approved.

Have additional questions? Please reach out to Shayna Daniels, Director of Club STUNT at SDanielsen@usacheer.org