



STUNT

High School & Junior High STUNT

This training is designed to cover information specific to High School and Junior High STUNT. This training will cover the specifics of how the game is played and different game elements that are at the high school and junior high levels.

Team Information



IMPORTANT DATES

Team registration opens	June 1, 2022
Skill Grid released	August 1, 2022
Routines released	December 13, 2022
Season of Sport	Spring

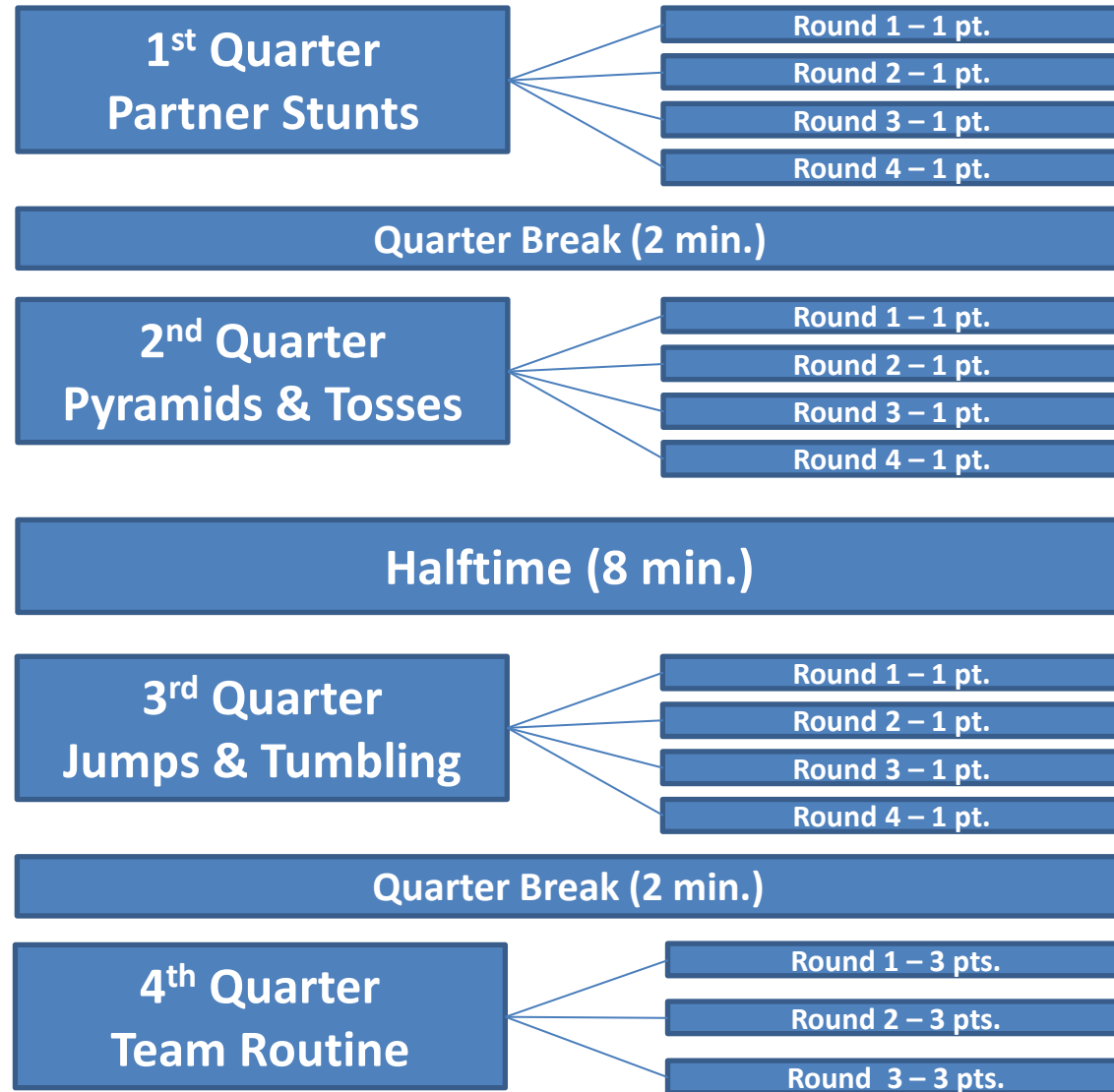
TEAM MAKEUP

- There can be no more than sixteen (16) athletes on a team for the 8-athlete division and it is recommended that there a minimum of eight (8) athletes.
- The 12-athlete division has no maximum number of athletes on a team but is recommended that there are minimum of twelve (12) athletes.
- Junior Varsity and Junior High will only play the 8-athlete division option.
- There is no restriction on the athletic training staff.

Introduction to STUNT



- Each of the first three (3) quarters will consist of four (4) rounds. Each round will consist of **one (1) of six (6)** available routines for high school and junior high, based on the category of the current quarter.
- Quarter 4 will consist of three (3) rounds. Each round will combine the routines of that level in one (1) continuous routine, in the following order: Partner Stunts, Jumps & Tumbling, then Pyramids & Tosses.
- The routines are designed in an overall progression from easier to harder, with Routine 1 having the lowest degree of difficulty.



Team Information



HIGH SCHOOL

- Athletes participating on a High School STUNT team must be official students of that institution and are subject to their academic and athletic policies.
- High School STUNT has an 8-athlete and 12-athlete division option. Please refer to the materials section of your USA Cheer account and local area to determine what division is competed in your state.
 - Junior Varsity only will play the 8-athlete division option.
 - The structure of the game is the same for all divisions.
 - See Appendix B in the Rulebook for an outline of the levels and their requirements.

Team Information



JUNIOR HIGH

- Athletes participating on a Junior High STUNT team must be official students of that institution and are subject to their academic and athletic policies.
- Junior High STUNT plays the 8-athlete division option.
 - See Appendix B in the Rulebook for an outline of the levels and their requirements.

Game Specifics



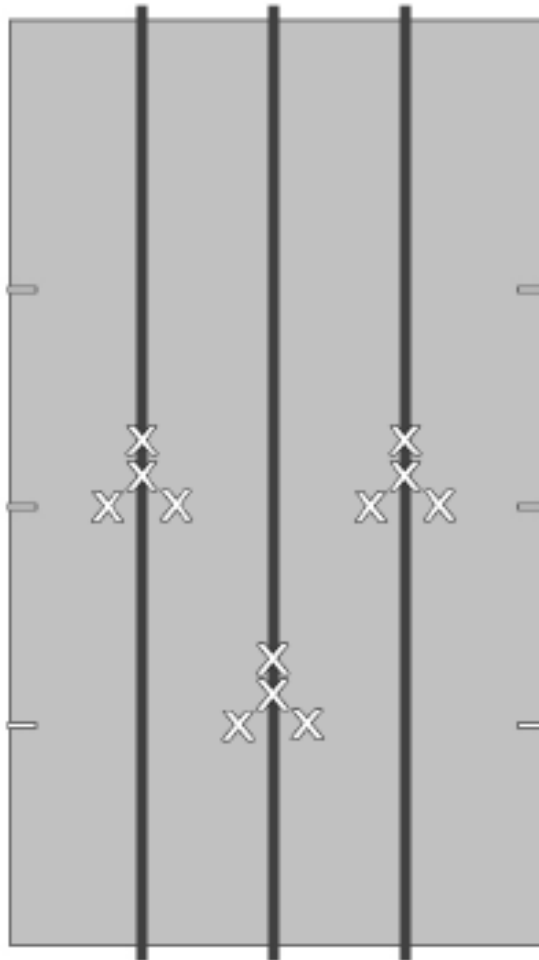
ROUTINE INFORMATION

- Division specific routines will be used to play.
- There are six (6) routines in each quarter.
 - Quarters 1-3: Four (4) routines will be played.
 - Quarter 4: Three (3) routines will be played
- 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.
 - For the 12-athlete division:
 - Routines 1 and 2 require three (3) stunt groups.
 - Routines 3 and 4 require two (2) stunt groups.
 - Routines 5 and 6 require one (1) stunt group.
 - For the 8-athlete division:
 - Routines 1-3 require two (2) stunt groups.
 - Routines 4-6 require one (1) stunt group.

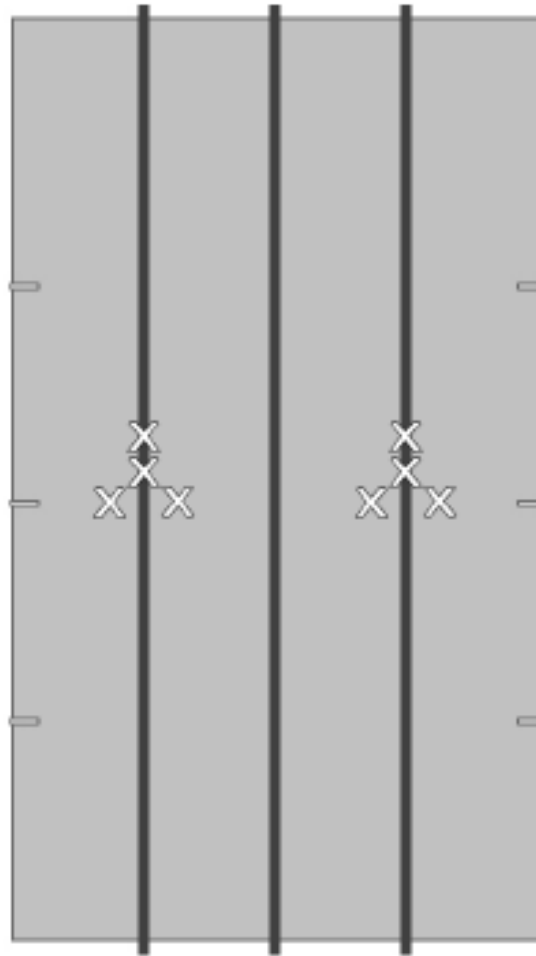
Game Specifics



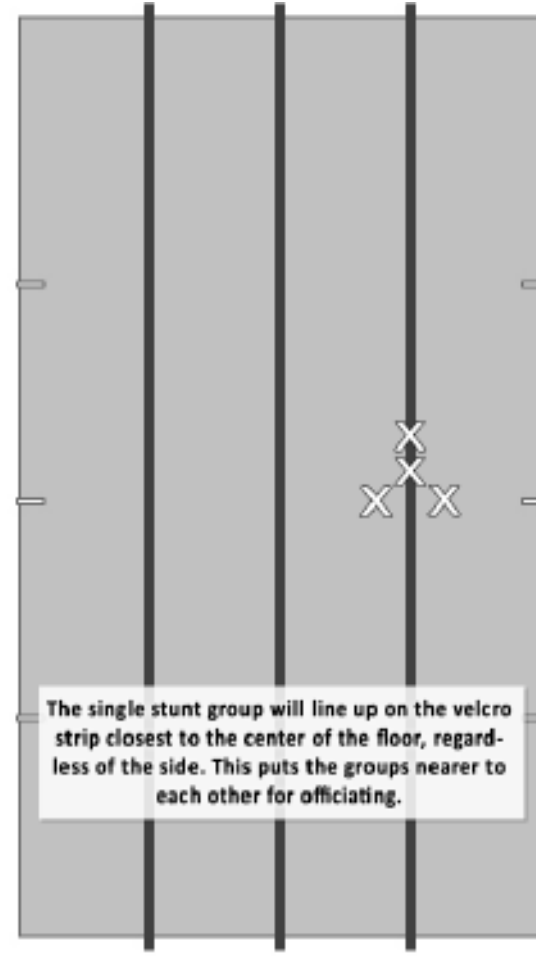
Formation for three (3)
Partner Stunt Groups



Formation for two (2)
Partner Stunt Groups



Formation for one (1)
Partner Stunt Group



Game Specifics



ROUTINE INFORMATION CONT.

- Pyramids & Tosses routines are different for the 8-athlete and 12-athlete divisions.
 - For the 12-athlete division:
 - All Pyramids & Tosses routines will require twelve (12) athletes.
 - For the 8-athlete division:
 - All Pyramids & Tosses routines will require eight (8) athletes.
- Jumps & Tumbling routines are the same for both 8-athlete and 12-athlete divisions.
 - All Jumps and Tumbling routines require seven (7) athletes.

Ancillary Parts of the Game



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 and junior high level of play:

- Coin toss – YES
- Possession – YES
- Overtime – YES
- Mercy Rule – High School YES, Junior High NO
- Minimum Must Play Rule – NO
- Team Zone – YES
- Coaches Challenges – NO
- Game Summary Sheets – High School YES, Junior High NO

**Please refer to your local area to determine if any changes will be made to the game structure.*

Game Timeline



PREGAME

On the clock:



GAME TIME



QUARTER BREAK - 2 MINUTES



HALFTIME - 8 MINUTES





QUARTER BREAK - 2 MINUTES



Game Summary – High School Only

GAME SUMMARY SHEET

- It is the coach's responsibility to review personal film from the game to assess each of the errors.
- There will be NO further discussion about the Game Summary Sheet with the Officials.
 - The intention of the Game Summary is to provide coaches with a general assessment and should be combined with personal film to determine specific errors during the game.


STUNT Game Summary Sheet


Home Team					Away Team				
Q1	RT #	8 or more	Modification(s)		Q1	RT #	8 or more	Modification(s)	
Rnd 1 PS					Rnd 1 PS				
Rnd 2 PS					Rnd 2 PS				
Rnd 3 PS					Rnd 3 PS				
Rnd 4 PS					Rnd 4 PS				
Q2	RT #	8 or more	Modification(s)		Q2	RT #	8 or more	Modification(s)	
Rnd 1 PT					Rnd 1 PT				
Rnd 2 PT					Rnd 2 PT				
Rnd 3 PT					Rnd 3 PT				
Rnd 4 PT					Rnd 4 PT				
Q3	RT #	12 or more	Modification(s)		Q3	RT #	12 or more	Modification(s)	
Rnd 1 JT					Rnd 1 JT				
Rnd 2 JT					Rnd 2 JT				
Rnd 3 JT					Rnd 3 JT				
Rnd 4 JT					Rnd 4 JT				
Q4	RT #	8 or more	12 or more	Modification(s)	Q4	RT #	8 or more	12 or more	Modification(s)
Rnd 1 PS					Rnd 1 PS				
Rnd 1 JT					Rnd 1 JT				
Rnd 1 PT					Rnd 1 PT				
Rnd 2 PS					Rnd 2 PS				
Rnd 2 JT					Rnd 2 JT				
Rnd 2 PT					Rnd 2 PT				
Rnd 3 PS					Rnd 3 PS				
Rnd 3 JT					Rnd 3 JT				
Rnd 3 PT					Rnd 3 PT				

8/12 or More = 8/12 or more total deductions
 Modification(s) = Lists the skill that was considered modified

 It is the coach's responsibility to refer to the 8-count sheets and glossary, in addition, to reviewing personal film from the game to assess each of the errors.
There will be NO further discussion about the Game Summary Sheet with the Officials.



Game Summary



READING THE GAME SUMMARY

- RT # – will list the routine number that was called for that round.
- 8 or more – there will be an 'x' in this box if you completed that round with eight (8) or more TOTAL deduction points for the Partner Stunts or Pyramids & Tosses sections.
- 12 or more – there will be an 'x' in this box if you completed that round with twelve (12) or more TOTAL deduction points for the Jumps & Tumbling section.
- Modification(s) – will list the skill that was considered modified.

Basic Costs



MEMBERSHIPS

- Team Membership \$149
- Coach Membership (optional) \$35
- Athlete Memberships (optional) \$20
 - Athletes can associate themselves with your team.

OFFICIALS

- \$35-\$60 per Official per game
 - Rates set by the local/state Officials Association (if you are unsure of your Officials Association, please contact info@usacheer.org).
- Required: Three (3) Officials per game
 - Two (2) Scoring Officials and one (1) Referee
- Must be USA Cheer certified and members of their local/state Officials Association.

Resources Available



Check out www.stunthesport.org for tons of great resources including a step-by-step process to starting a STUNT program, STUNT Administrators Guide, New Coach Guidebook, Hosting Packet, and tons more!



This concludes
the High School
& Junior High
STUNT Training.

