



STUNT at The Alabama State Games June 13, 2026

STUNT has been invited to participate in the prestigious Alabama State Games in Birmingham, Alabama in June of 2026. For gyms and programs interested in participating, we have created a highlight document for everyone to learn more.

Ages and Divisions:

For the 2026 State Games, we are looking at having 11U and/or 14U brackets for teams to compete in.

11U, athletes ages 8-11 (as of June 1, 2025) are eligible

14U, athletes ages 11-14 (as of June 1, 2025) are eligible

**Age waivers are also available for those <1 year outside of eligibility*

Teams will need a minimum of 8 athletes to play and can roster up to 16 athletes per team.



Timeline/Calendar:

*Fall 2025 – Gather interest, provide dates for practices and the event itself

*Late March/Early April – Begin practicing 1-2 days a week to prepare for The State Games

*First Week of June – Have a showcase or exhibition prior to the state games for athletes to show off their hard work and prepare them for the game day

*Date of play: Saturday, June 13, 2026

*Location: Thompson High School in Allibaster, AL

(Optional: Opening Ceremony for The Games. Friday 6/12 at 7pm. Teams will wear team apparel and participate in the televised parade of athletes)

Requirements:

Teams will need the following items in order to play club STUNT.

- 1) USA Cheer Club Program Membership (\$399 per program, not per team) Membership will be **DISCOUNTED to \$150 for teams participating** in The 2026 Alabama State Games
 - a. Access to routine materials, music, 8-count sheets, glossaries, rulebooks and more
- 2) USA Cheer STUNT Coach Membership (\$35 per coach)
 - a. STUNT specific training
 - b. Background check for roster verification
- 3) USA Cheer Athlete Membership (\$25 per athlete)
 - a. Athlete training
 - b. Birth Certificate check for age verification
- 4) Jerseys/T-Shirts
 - a. Guidelines available in our rulebook
 - b. Can be simple and affordable with a number on it
- 5) Tournament Registration Fee
 - a. Fee is still TBD (minimal fee)



Skills Grids Examples:

11U:

	Routine 1	Routine 2	Routine 3	Routine 4
Partner Stunts	2 groups Preps, bump down Waist level arabesque, tick tock ¼ dismount	2 groups Braced shoulder level liberty, cradle dismount Tops forward roll ¼ up to load Prep	1 group HS to teddy bear ¼ turn dismount J-toss ¼ up to prep Thigh stand Shoulder level liberty P&G extension	1 group ½ up to prep Baja P&G cradle Retake Shoulder level heel stretch
Pyramids and Tosses	2 groups 2- show'n'go 2 – thigh stands 1 – prep Braced shoulder level tick tock, hitch	2 groups 1 – shoulder sit 2 – preps 1 – braced split 1 – shoulder level heel stretch 1 – braced extension level target	2 groups 1 – show'n'go 1 – ½ up to prep 1 – extended target 2 – straight ride baskets 2 – preps 1 - hitch	2 groups 2 – round on to load 2 – ¾ turn to cradle, BWO out 2 – straight right baskets 1 – ½ up to prep 1 – braced extended level liberty
Jumps and Tumbling	7 athletes 3 – cartwheel 2 – assisted handstands 3- forward roll 7 – tuck jump	7 athletes 3 – BWO 7 – toe touch 2 – round off 3 – cartwheels 2 – FWR 7 – pike jump	7 athletes 7 – toe touch 7 – FWR 3 – BWO 2 – HS FWR 4 – cartwheel 1 – standing BHS 1 – FWO CW 7 – right hurdler	7 athletes 7 – pike jump 4 – CW BWO 3 – BWO 2 – RO BHS 5 – toe touch 2 – standing BHS 7 – right hurdler

14U:

	Routine 1	Routine 2	Routine 3	Routine 4	Routine 5	Routine 6
Partner Stunts	2 groups QT to load Load to prone ¼ up to shoulder sit P&G to target Prep level hitch	2 groups Inversion on thighs ½ up to prep Liberty retake Extension Cradle	2 groups QT P&G extension Pop off Basket grip ½ up Forward suspended roll from load RO to load	1 group SL invert front flip to cradle ¾ turn to prep Press target Shoulder level liberty Pop off QT to prep	1 group FWO to shoulder level pike sit P&G full down QT to prep 360 to load	1 group Switch up to shoulder level liberty Prep 360 prep Full down Round on to prep Press extension level liberty
Pyramids and Tosses	2 groups 1 – Show'n'go 1 – hitch at shoulder level 2 – prep to prone 2 – thigh stands	2 groups 1 – Show'n'go 1 – Braced roll 1 – Reload to extended target 2 – Straight ride baskets 2 – prep level hitch	2 groups 2 – Extension 2 – Bump down 2 – Straight ride basket 2 – JT to prep 1 – Braced extension level liberty	2 groups 1 – Extension 2 – Bump down 2 – Straight ride basket 1 – Hand to foot release	2 groups 2 – Straight ride basket 1 – Braced roll 1 – Braced front flip 2 – Extension	2 groups 1 – Show'n'go target 1 – Braced ball up to target 2 – Straight ride basket 1 – hand to foot kick release 1 - Target
Jumps and Tumbling	7 athletes 7 – right hurdler 3 – cartwheel 4 – BWR 7 – toe touch 1 – FWO 1 – HS FWR	7 athletes 2 – HS FWR 3 – cartwheel 7 – right hurdler 6 – toe touch 1 – FWO CW 7 - FWR	7 athletes 7 – right hurdler 3 – standing BHS 2 – FWO 7 – toe touch 1 – RO BHS 2 – BER	7 athletes 7 – pike 7 – FWR 1 – RO Tuck 2 – RO BHS 4 – standing BHS 7 – toe touch	7 athletes 7 – toe touch 4 – RO BHS 2 – standing BHS 1 – standing 2 BHS 3 – BWR 3 – FWR 7 – right hurdler 7 - cartwheel	7 athletes 7 – right hurdler 2 - BER 2 BHS 4 - RO BHS 7 – toe touch 1 – RO BHS tuck 3 – FWR 2 – BHS step out

Additional Resources:

We are happy to offer a practice outline and a suggested progression to ensure coaches feel supported coaching and teaching to their athletes.

FAQ:**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.

Has STUNT been played at the Alabama State Games before?

A: NO! STUNT has never been a part of the Alabama State Games; this is the inaugural event for the athletes to be a part of.

Do we have to order custom jerseys for this event?

A: NO! While a simple volleyball jersey works, so does a t-shirt with numbers on it, shorts/compression shorts and cheer shoes.

Does the team need to be associated with an All-Star gym?

A: NO! Teams can be formed through rec leagues, all-star programs, schools or be created in the community with no affiliation at all!

Do we need to participate in other events to play at The State Games?

A: NO! There is no prerequisite for participating in the 2026 Alabama State Games.

How many games will be play?

A: This will be determined by the number of teams that register, but we are hoping to have a 2 game guarantee.

Do we need to participate in the Opening Ceremony

A: NO! This is completely optional for teams to participate in.

If we want to attend the opening ceremony, what do we wear?

A: This will be up to the team/program. Any type of team apparel (not their jersey) such as a team t-shirt would be perfect for this event.