



2022-2023 **Competitive Cheer Rulebook**

NATIONAL ASSOCIATION OF
INTERCOLLEGIATE ATHLETICS



The NAIA Official Competitive Cheer Rules and Regulations is compiled, edited and published by the National Association of Intercollegiate Athletics National Office under the oversight of the NAIA National Administrative Council and the NAIA Competitive Cheer Rulebook Committee. The committee is comprised of the following: Past President, the second Vice President, An At-Large Coach appointed by the current President, National Administrative Council Sport Liaison, the Officials Assignor and an At-Large official appointed by the NAIA Cheer Resource Advisor, **and two at-large administrators** for final review. The committee looks into all rules to make recommendations for changes to the general coaching body for a vote. **The Rulebook committee will review all sport motion and rulebook changes and work to have them implemented.** Changes made to the NAIA Competitive Cheer Rulebook and its appendices every two years; exception with safety rules can be implemented every year.

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Overview of Rulebook Changes for 2022-23

- Adjust Appeals Timing and Submission of Appeals Change: All appeals must be made in a 10 minute window of receiving a team's scoresheet to the following: Timing for Appeals 1. Coaches have 10 minutes from time of receiving their team's scoresheet to alert the host institution/game day manager that an appeal will be made. 2. Coaches have 15 minutes in total from the time of receiving their team's scoresheets to submit appeal paperwork.
- At the National Championship, the preliminary performance order will be determined as follows: Teams receiving automatic bids will receive the last performance order spots determined by random draw. The remaining at large bids preliminary performance order will also be determined by random draw.
- Adjust all difficulty scoring point ranges so there is a tenth of a point distinction between ranges. Example: Pyramids 2-2.9 Range then the next is 3-3.9 Range
- In order to be an NAIA-certified judge, you must have completed the required training as well as have a Dance/Cheer bio and resume uploaded. This will help coaches and competition hosts better select judges for their competitions. There are quite a few judges now listed as approved judges for both Cheer and Dance; however, some are not as proficient in one sport as they may be in the other. Knowing more about the judges' background; dance or cheer experience, coaching experience, previous judging experience, etc. will definitely help give coaches a better idea if that judge is right for their competition.
- If an injury occurs during warm-up or during the performance that would require time for the team to re-group the following process will be in place.
 - The team will be placed at the end of the performance order and a full re-warm up will take place. All procedures in terms of scoring and interruption to routine will be followed.
 - If the team is the last team in the order and/or all warm ups have concluded the team will be allowed a 10-minute regrouping period and then allocated additional warm-up time not to exceed the total amount of warm-up time given during the contest. (i.e. if teams have 10 minutes of warm up time, then the team will only be allowed a maximum of 10 minutes.)
- Remove the requirement that Cheer Officials complete the USA Cheer Safety and Risk Management Training.

Minor Cleanup/Wording Clarifications/Rule changes are noted in **red** throughout the rulebook.

Competitive Cheer

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Competitive Cheer

Rules & Regulations – Cheer

SECTION A: GENERAL RULES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship and in line with the values of the NAIA Champions of Character program throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
 - a. Coaches' / Competitor Code of Conduct
 - i. No coach/competitor during competition or after scores are posted may disrespectfully address a judge/administrator or gesture in such a manner as to indicate resentment.
 - ii. No coach/competitor shall make insulting or disparaging remarks to or about opposing teams or judges or questioning the integrity of a judge. (I.e. suggesting bias or cheating)
 - iii. No coach/competitor shall attempt to influence a judge's decision.
 - iv. No coach/competitor shall use profanity or vulgarity or use derogatory remarks or personal comments during or after the competition.
 - v. No coach/competitor after competition and scores have been completed shall post disrespecting public comments on judging to or on any type of media.
2. Rosters, schedules and results must be included on the institution's athletics website.
3. All scores must be reported to NAIA Cheer Score Reporting System within 24 hours of the conclusion of the competition.
4. If the NAIA Competitive Cheer scoresheets are used, then the NAIA Competitive Cheer Rulebook must be followed.
5. In order to qualify for postseason competition, 75% of minimum number of required competitions must use the NAIA Competitive Cheer Rulebook.

SECTION B: HOST REQUIREMENTS

1. Host institutions must report all scores to the NAIA Cheer Score Reporting System within 24 hours and the host institution is the responsible party to submit all results from all institutions.
2. Hosts will copy and distribute each team's performance outline to each official.
3. Host institutions must supply each competing coach with the following:
 - a. Names of each official **no later than the coaches meeting.**
 - b. Copy of all participating team rosters.
 - c. A copy of their scoresheets within 3 teams after competing to adhere to the appeals process.
 - d. **A [link to survey](#) for evaluating officials.**
4. Host institutions are responsible for knowing and adhering to the correct procedures set in place for an interruption of a performance (i.e. injury, music stops, uniform malfunction, etc.) as laid out in the official rules.
5. Scores shall not be released to the public until the awards ceremony. Preliminary scores at conference/unaffiliated grouping championships and the National Championship shall be released as scores are calculated.
6. Provide video recording for immediate review of all performances for officials' processes. Video provided for official review must be taken at the officials table or higher to get full video from center of the floor
 - a. For postseason competitions only, the host competition must provide ~~two~~ **one** video from the center of the floor ~~and one from the side of the floor~~. Both videos may be used by the head official and deduction official during the appeal process.

SECTION C: COMPETITIONS

1. Facility requirements
 - a. Competitive space must be full basketball court size with dimensions of 94 feet by 50 feet.
 - b. Mat size/dimensions: nine strips of 42 x 54 feet matting. Mat material is to be carpet-bonded foam at least 1³/₈ inches thick. **Full Velcro strips should be used.**
 - c. Officials must be seated away from spectators and located high enough to see full competition area.
 - d. Seating area large enough to accommodate the estimated number of spectators.

- e. Each competing team will be given locker room space to change and a space to leave their belongings during competition/warm-up. Teams may share locker rooms. A separate space for male and female athletes must be provided.
- f. Staff needed
 - 1) Certified Athletic Trainers
 - 2) Security
 - 3) Admissions
 - 4) Sports Information Director/Media Coordinator
 - 5) Officials
 - 6) Timers to ensure every team receives the same amount of warm-up time
 - 7) Announcer(s)/Sound Manager (to run music)
 - 8) Event Administrator who supervises the day

2. Description of competitions and procedures

- a. Coaches will submit a roster at check-in or the coaches meeting at each event. The roster will include all participants as well as any traveling alternates.
- b. At the coaches meeting, the Host institution will direct coaches in the logistics of entering and exiting the performance area; and the head official will be present.
- c. Teams are expected to enter and exit the performance area in a timely manner. Teams are judged from the time they step into the performance area until they exit the performance area. Formal entrances involving technical skills are not permitted.
- d. A separate space or a part of the competition space that can be separated out must be designated for warm up. If this cannot be provided by the Host institution, then teams will get additional time for full warm-up on the competition mat. It is recommended that a separate facility is used for warm-ups at the National Championship where sound from the warm-up area is not effected by the competition music.
- f. Warm-up requirements
 - 1) Designated space
 - 2) Proper sound and light
 - 3) Visible timers
 - 4) Cheer Mats **with velcro**
- g. The Host institution is required to send out instructions one week prior to each contest describing the host's sound capabilities and format for music. Host institutions may request the music to be sent in advance to create a playlist for the event.

3. Performance outline (see Appendix A)

Coaches must submit a detailed performance outline for their team's routine 24 hours prior to every competition to the host coach or the event manager. For Conference/unaffiliated grouping championships and the National Championship Competitions, a rule infraction will be applied if not received by the deadline (a rule infraction will result in a 5-point deduction from Preliminary Score).

- a) During regular season, if changes to a performance outline are made once submitted, those changes must be highlighted and four copies submitted at check-in.
- b) For post season events, if changes are made between prelims and finals, those changes must be highlighted and four copies submitted prior to warm ups for finals beginning.
- c) In the case of injury, changes must be highlighted and turned in to head official three teams prior to performance. If there are not three teams prior to a team performance, an agreement must be reached between head official, event administrator and the head coach.

4. Announcing Final Scores

- a. Regular Season Competition
 - 1) Teams will be brought back to performance floor.
 - 2) Scores are announced.
 - 3) Teams shake hands with opponents post contest.
- b. Conference/unaffiliated grouping championships and National Championship
 - 1) Preliminary Round
 - i. Scores are announced as they are tabulated.
 - ii. Team standings and performance order for the final round are announced once the preliminary round is complete.
 - iii. **At the National Championship, the preliminary performance order will be determined as follows: Teams receiving automatic bids will receive the last performance order spots determined by random draw. The remaining at large bids preliminary performance order will also be determined by random draw.**
 - 2) Final Round
 - i. All teams are brought to performance floor.
 - ii. Scores are announced from lowest ranking up to highest ranking.
 - iii. Teams shake hands with opponents post contest.

5. Competitors

- a. Must have a minimum of eight student-athletes and a maximum of 20 student-athletes on the floor during a performance. Teams are allowed to have male student-athletes that equal half plus one of the entire squad (with a maximum of 10 males). *Not meeting these requirements will result in a 5-point rule infraction.*
- b. All uniforms must represent each institution and individual in a positive and respectful manner. No risqué, sexually provocative or lingerie inspired uniform or garments are permitted. Garments should be securely fastened to eliminate any possibility of accidentally exposing an intimate part of the body or undergarments.

Appropriate undergarments must be worn.

- 1) Male cheer tops must be full torso length, covering shoulders to waist and/or the top of the uniform bottom in standing position and must be short or long sleeves, covering at least midway between shoulder and elbow. Tops may be round or V-neck.
- 2) Male cheer bottoms, if full length pants, must cover waist to feet. If shorts, must fall no higher than mid-thigh.
- 3) Female cheer tops: Standard shell, crop, or midriff top. No "bra top" style tops – material must fall at least one inch below the bra line. No tube tops, extremely low cut necklines, excessively bare or backless style tops. Tops must have solid material around the back and be secured by straps or material over at least one shoulder or around the neck.
- 4) Female cheer skirts must fully cover the hips, completely cover briefs when feet are shoulder width apart, and in the back, fall at least 1.5 inches below boy-short briefs or 2 inches below standard briefs. No excessively short or tight skirts. No ultra-low rise waistbands (no lower than 2 inches below navel) when worn in conjunction with a cropped or midriff-bearing top.
- 5) Soft-soled athletic shoes must be worn while competing. No gymnastics shoes or jazz shoes/boots are permitted. No bare feet, socks-only or footed-tights-only.
- 6) No student-athlete may wear jewelry of any kind in accordance with USA Cheer guidelines.

6. Performance requirements

- a. Routine minimum is 1 minute and 45 seconds; routine maximum is 2 minutes and 30 seconds. Routines are completely performed to music. There is no crowd involvement section. Timing begins with the first note of music and ends with the last. Music time must be stated on the performance outline.

- b. All skill requirements can be at varying degrees of difficulty with execution being the main focus. Requirements include Partner/Group Stunts, Pyramids, Basket Tosses, Standing Tumbling, Running Tumbling and Jumps. Scoresheets will reflect deductions and execution categories.
- c. In the event of an injury from prelims to finals, coaches must notify the host school event administrator if any changes to the roster or performance outline are made.
- d. If an injury occurs during warm-up or during the performance that would require time for the team to re-group the following process will be in place:
 - 1) The team will be placed at the end of the performance order and a full re-warm up will take place. All procedures in terms of scoring and interruption to routine will be followed.
 - 2) If the team is the last team in the order and/or all warm ups have concluded the team will be allowed a 10-minute regrouping period and then allocated additional warm-up time not to exceed the total amount of warm-up time given during the contest. (i.e. if teams have 10 minutes of warm up time, then the team will only be allowed a maximum of 10 minutes.)
- e. Teams will be announced in accordance with their performance order. Once a team is announced for their performance time, they should enter the performance area in a timely manner.

7. General Safety Guidelines

- a. Each coach is responsible for proficiency of team skills. Skills that are above a team's level should not be attempted at a competition.
- b. Warm up and technical skills should only be done in areas suitable for cheer.
- c. USA Cheer College Cheerleading Safety Rules are in effect for NAIA Competitive Cheer. See the rules at <https://usacheer.org/wp-content/uploads/2022/05/2022-23-College-Rules-Final-5-9.pdf>. Coaches must complete the USA Cheer Safety and Risk Management Training
- d. Per USA Cheer guidelines, all jewelry must be removed; it may not be taped over or otherwise covered.
- e. NAIA Competitive Cheer Guidelines on Spotters for Stunt, Tosses or Pyramids:
 - 1) Spotters are not required by the NAIA, but teams can utilize them and host institutions may require them.
 - 2) The NAIA and host institutions will not provide spotters.
 - 3) At no time should the number of spotters exceed 3.
 - 4) Spotter(s) must be dressed in something different than what the athletes are wearing. This should include athletic shoes and the removal of all jewelry.
 - 5) Spotters should be knowledgeable about the team's routine as not to get in the way, but to act in their role to protect an athlete. Spotters cannot be used for tumbling.
 - 6) The presence of spotters will not be considered in determining panel scores.
 - 7) Spotters should only engage to assist an athlete that is falling out of a stunt, and should act to catch athletes. At no time should a spotter assist in the 'lifting' or 'saving' of a stunt, toss or build. If the deduction official determines the spotters acted in a way, beyond the scope of their role, a 5-point Rule Infraction penalty can be assessed. If spotters become involved in a skill, a 5 pt. Rule Infraction can be assessed.
 - 8) Spotter should only enter or exit from the back of the mat.
 - 9) Spotters should remain quiet on the mat; there can be no counting, yelling, coaching or cheering. Spotters should remain neutral and impartial in their demeanor to what is happening within the routine.
 - 10) Spotters do not count toward the total number of athletes competing.

8. Inappropriate Choreography and Music Guidelines

All facets of a performance or routine, including choreography and music selection, should be suitable for family viewing.

- a. A deduction of 5.0 per performance will be given for vulgar or suggestive choreography. This includes, but is not limited to, movements or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications, such as hip thrusting and inappropriate touching, slapping, positioning of body parts and positioning to one another.

- b. A deduction of 5.0 per performance will be given for music or words unsuitable for family listening. This includes, but is not limited to, vulgar or suggestive language, swearwords, and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior.

Removing improper language or words from a song and/or replacing it with sound effects or other words constitutes inappropriate and deductions will be made accordingly.

- c. Any choreography or music, of which the appropriateness is questionable or with which uncertainty exists, may be submitted to the NAIA for feedback in advance of a competition. Review of the video by the NAIA does not guarantee the appropriateness of the choreography if it is performed differently during competition.
- d. The NAIA expects all members to fully abide by all state and federal regulations, including all copyright and licensing provisions. State and federal law have mandated the expectations at issue here. The NAIA will not impose any of its own criteria, meaning there is no need for the NAIA to institute special procedures for evaluating competitors' music. The NAIA will not mandate any requirements related to proof-of-purchase or pre-screening of any team's music prior to competition at an NAIA event. Please note NAIA teams competing in events run by a third-party organization may be subject to such procedures if deemed necessary by the event organizer.

Each performance will have its own unique considerations that may require a case-by-case analysis to determine which type of license and/or consent is required, including the intended use of the copyrighted material, the performance venue and its applicable performance/license agreements differing state regulations, etc. If you have further questions about what license may be needed for a particular performance, or what type of licensing your campus or performance gym may already have obtained, please work with your athletics director to communicate with your campus facilities personnel or legal counsel.

9. Interruption of Performance

- a. If a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred as agreed upon by the judges. The degree and effect of the interruption will be determined by the competition officials. Should a team fail to perform the routine in its entirety on the re-start, the team will receive a score based on the lower level performance.
- b. If a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition. The competition officials will determine if the team will be allowed to perform at a later time.

If the officials decided the team will perform the routine again in its entirety, evaluation will only be from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials. Should a team fail to perform the routine in its entirety on the re-start, the team will receive a score based on the lower level performance.

- c. Injuries
 - 1) The only persons who may stop a routine for injury are: competition officials, the advisor/coach of the team performing, medical personnel or an injured individual.
 - 2) The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.

- 3) The degree and effect of the interruption will be determined by the competition officials. Should a team fail to perform the routine in its entirety on the re-start, the team will receive a score based on the lower level performance.
- 4) To return the injured participant to the competition floor, competition officials must receive clearance from medical personnel attending to that participant and the head coach of the competing team. If medical personnel do not clear the participant, the participant cannot return. In the event of a suspected concussion, the participant cannot return to perform that day.
- d. In the event that a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance and begin again immediately. Judging and timing will resume from the point at which the malfunction occurred, as determined by the officials. In the event that a music error caused by the coach occurs, the performance may be stopped and begun again immediately. However, timing of the routine will not be stopped, and in most cases, a time penalty will occur. Judging will resume from the point at which the interruption occurred, as determined by the officials.
- e. The safety official or head official has the authority to stop a routine, assess a deduction, and/or disqualify a team due to a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

Leaving the performance floor to adjust a uniform may result in a boundary violation and/or safety rule infraction assessable from a 0.5 to a 5.0 deduction. Disqualification is also a possibility depending on the amount of distraction and/or inappropriate exposure.

If an official stops the routine, the penalty will be a 5.0 deduction or disqualification. Any deductions for time violations, safety/general rule violations, inappropriate choreography/music or uniforms will be subtracted from the final averaged score.

10. Verification and/or violation process

1. Each team is strongly encouraged to seek pre-approval on any questionable items that may include but are not limited to choreography, skills, uniforms, eligibility, and/or music. It will be the responsibility of the officials on site to determine a final ruling if not approved in advance.
 - 1) The pre-approval review process involves sending a video that contains the front, side and back view of the skill in question plus a written list of questions. The institution's name along with the coaches contact information must be included.
 - 2) The video and questions will be reviewed by the ~~NAIA Assigner of Officials~~ / **NAIA Resource Advisor**
2. NAIA reserves the right to be the arbitrator and interpreter of all rules. Officials' rulings are final related to deductions, safety violations, and final team placement.

11. Disqualification of a team will occur for the following situations:

- a. Use of an ineligible athlete.

12. Ejections/Suspensions

The competition officials have the authority to eject an athlete, coach, or team representative for misconduct or unsportsmanlike conduct during their jurisdiction. The offending individual must then leave the competition venue and is not allowed to communicate with the team or officials. The ejected individual must remain out of sight and sound for the remainder of the contest and must serve a suspension for the next regularly scheduled competition. (See NAIA NAC Policy Article IV below) Official's jurisdiction begins at the start of the coaches meeting and concludes once final appeal window closes. The following will be used to help define unsportsmanlike conduct

- i. Disrespectfully addressing an official or gesturing in such a manner as to indicate resentment.
- ii. Using profanity or vulgarity; taunting, baiting or ridiculing officials or opposing team personnel; or using derogatory remarks or personal comments during the competition.

- iii. Trying to influence or dispute the official's decisions by continuing to argue or to excessively express themselves with prolonged actions or offensive language.

Any unsportsmanlike conduct occurring outside of the officials' jurisdiction, must be reported by the event administrators to the NAIA using the NAIA cheer incident report form found [here](#).

NAIA NAC Policy Article IV – Conduct in Competition: An athlete or coach serving a game suspension shall be restricted to the designated spectator areas and prohibited from any communication or contact, direct or indirect, with the team, coaches, competition personnel and/or officials from the start of competition to its completion. While the suspended coach or athlete is allowed on the competition floor during pre-competition activities, the suspended athlete may not be dressed in their game uniform, and they may not take part in any warm-up activities.

SECTION D: SCORING

See Appendix C for the Cheer Scoring Rubric and Appendix D for the Cheer Scoresheet.

1. Teams will be scored in 10 categories. *Scores within each category will be given to the tenth of a point.*
 - a. The first six categories of the scoresheet reflect the objective portion of the scoresheet and are based on where the team falls in the Cheer Rubric.
 - 1) Partner/Group Stunts
 - 2) Pyramids
 - 3) Basket Tosses
 - 4) Jumps
 - 5) Standing Tumbling
 - 6) Running Tumbling
 - b. The bottom four categories reflect the subjective scoring of the officials.
 - 1) Choreography: Evaluate the music and how it applies to the routine, routine pace, the transitions between sections, the flow of the routine, motions, formation placement and execution of new formations, floor mobility and use of space for team size, overall creativity of the performance, was the routine uniquely visual, etc.
 - 2) Showmanship/General Impression: Floor presence, performance impression, energy, pace, excitement, confidence and the overall effect of the ability to perform the routine to display a strong collegiate cheer team.
 - 3) Overall Execution: Perfection of routine, cleanliness of what they do, how well they perform their choreographed routine. Consider formations, transitions, motions, etc. Focus on rewarding teams with clean execution.
 - 4) Degree of Difficulty: Look at whether or not the routine was difficult in all areas or weak in some while strong in others, looking at transitions and dead time in the routine or how long mounts and dismounts were held before moving on to the next section. Did the team throw multiple sections of all elements or only one of each element (stunts, tumbling sequences, pyramids....), teams that throw more elements and take less breaks with high difficulty would score higher in this category.
2. Before any competition, the officials should meet and review all Performance Outlines. If the officials determine a Partner/Group Stunt, Pyramids, BasketToss, Jumps, Standing Tumbling or Running Tumbling score has been written into a higher or lower category on the rubric than it should be, the officials should inform the coach before the competition begins of the potential to be moved up or down. Otherwise, a team would only be moved down a category if they do not complete the majority of the skills they have placed themselves in.
3. Deductions (see Appendix E for the Deductions Rubric and Appendix F for the Deductions Scoresheet)
 - a. Athlete Fall- .25
 - b. Building Fall- .50
 - c. Major Building Fall- 1.0
 - d. Time limit violations for total routine time are as follows:
 - 1) 3 to 5 seconds over time will result in a 0.1 deduction

- 2) 6 to 10 seconds over time will result in a 0.3 deduction
 - 3) 11 or more seconds over time will result in a 0.5 deduction
 - 4) A 2-second buffer is allowed for human and/or mechanical error.
 - e. Boundary Violations — Unintentional leaving of the competitive surface does not constitute a boundary violation. If the departure from the performance surface is intentional, a 0.5 deduction will be assessed. (e.g. A 0.5 penalty will be assessed if a student-athlete uses the space outside the performance surface to transition around another individual or group of individuals.)
 - f. Rule Infraction — A 5 point rule Infraction will be given for each safety/general completion rule violation. Safety violations are in effect until the team leaves the performance floor.
 - USA Cheer Safety Violations
 - *Inappropriate uniform (Rulebook Section C.5.b)*
 - *Inappropriate choreography or music (Rulebook Section C.8)*
 - *Performance Outline 24-hour rule (Rulebook Section C.3)*
 - *Minimum 8; Maximum 20 Athletes; Male Athletes must not exceed half plus 1 (Max 10 males) (Rulebook Section C.5.a)*
 - Any uniform malfunction deduction will only be a 0.5 deduction instead of a 5.0 deduction.
 - g. Unsportsmanlike conduct —will result in a 5.0 deduction and ejection. **See page 7 for Ejections/Suspensions and/or the Cheer Deductions Rubric**
 - h. There is a three-point maximum deduction for each section with a total maximum of 18.0 points. This does not include safety violations or unsportsmanlike conduct deductions.
 - i. The NAIA reserves the right to make decisions on any violations not covered in this rulebook and interpretation of rules covered.
4. Final scores at any regular season competition will be determined by the following system:
(see Appendix G)
- a. Teams will be scored by all panel officials.
 - b. All panel officials' scores will be added together to create a raw total.
 - c. The subtotal is created by averaging out the panel officials' scores (divide the raw total by the number of officials).
 - d. Deductions are then subtracted from the subtotal to create the total score.
 - e. Scores will be rounded to the nearest hundredth.
 - f. Teams will be ranked from highest score to lowest with the highest score being named the winner.
 - g. Mathematical errors in tallying should be brought to the attention of the competition event manager. The math in question will be double checked and explained to the coach as applicable. If an error has occurred scores will be adjusted. Mathematical errors must be brought to the event manager within 20 minutes of the final teams performance. Once scores are announced they will be final.
5. Final scores at the Conference/unaffiliated grouping championships and National Championship will be determined by the following system:
(see Appendix H for Preliminary Round scoring and Appendix I for Overall scoring)
- a. Follow the procedures as described above in Section 4 a-e to determine the preliminary round score for each team.
 - b. Scores will be ranked in order from highest to lowest.
 - c. The preliminary score will determine performance order for the final round of competition. Final round performance order begins with the lowest scoring team and finishes with the highest.
 - d. After each team's final round performance, the same scoring will be used as described above in Section 4 a-f to determine the final round score for each team.
 - e. A final event score will be calculated that reflects a preliminary round score weighted at 25% and a final round score weighted at 75%. Example: Preliminary Round Score: 91.5; Final Round Score: 89.3; Take 25% of 91.5 = 22.875; Take 75% of 89.3 = 66.975. Add 22.875 and 66.975 for a final event score of 89.85.
 - f. Teams will then be ranked from highest final event score to lowest final event score with the highest score being named the winner.
 - g. In the event of a tie, the score from finals will be used to break the tie. This process will also be used if necessary to determine qualifiers for the national championship.

- h. Scores should be available to coaches immediately following the announcement of all final scores and rankings.
6. The outcome of all contests is under the jurisdiction of the on-site officials and all disputes, protests, etc., must be settled directly with the head officials. If a mathematical error is found then all errors must be reported to the official scorers or sports information staff within 20 minutes of final score announcements for review.
7. Appeals Process
- a. Appeals can only be submitted in reference to a coach's team's own scoresheet.
 - b. Appeals can be considered under the following situations only:
 - 1) Difficulty Range that is incorrectly shifted down because officials missed the execution of skills. (i.e. a team did 2 basket sections, but the difficulty range score only reflects the team's first set of baskets.). If the difficulty appeal is won, officials could then change the execution score for that skill only.
 - 2) Incorrectly applied Safety Infraction
 - 3) Incorrectly applied Deductions (this would need to be done through video review by the deductions official and head official for each team).
 - i. If there is a mistake in deductions, a coach can ask for clarification by the Event Administrator. If deductions were added incorrectly or deductions were added when there were no actual deductions, then the deduction score can be changed by decision of the Head Official. If there is no Head Official for the contest the Panel Officials must make a unanimous decision.
 - c. Video can be reviewed for all appeals.
 - d. Appeals cannot be made for execution scores, or overall routine scores.
 - e. During appeals process, only skills listed on the appeal form can be reviewed.
 - f. **Timing for Appeals**
 - a. There is an Appeal Tracker Form (Appendix M) that is recommended for use by host institution.
 - b. Coaches have 10 minutes from time of receiving their team's scoresheet to alert the host institution/game day manager that an appeal will be made.
 - c. Coaches have 15 minutes in total from the time of receiving their team's scoresheets to submit appeal paperwork.
 - 1) Scoring Release
 - i. Each team's individual scoresheets and deductions sheet must be given to the head coach within three teams after they compete. If there are not three teams left they must receive their scoresheets and deductions 20 minutes before final results are announced.
 - g. A coach must submit an appeal form to the Event Administrator. There will be a \$50 fee to be collected by the Event Administrator for each appeal made. If an appeal is upheld then the \$50 fee will be returned to the head coach. If the appeal is denied then the \$50 will NOT be returned to the coach and collected to the NAIA.
 - h. The head coach will meet with the Event Administrator to get clarification and decisions from the head official for all appeals. Appeals are to be done in a private area with the head coach, head official and an event administrator that is not a coach.
 - i. **The NAIA Cheer Resource Advisor will complete Head Judge duties without being a scoring official at National Championship.**

SECTION E: OFFICIALS

1. Requirements
- a. All officials must complete the NAIA Cheer Officials online registration process through the NAIA Official Certification process each season in order to officiate NAIA Competitive Cheer competitions.
 - b. **Bios will be included in the official's registration process for host institutions to access.**
 - c. Preference will be given to those officials who have prior experience officiating competitive collegiate cheer.
 - d. ~~Must complete the USA Cheer Safety and Risk Management Training.~~
2. Number of officials
- a. Regular season competitions with two to three teams requires at least two officials **and one deductions official.**
 - 1) *If there are only two officials, video must be reviewed **by one of the official** to assess deductions*

- b. Regular season competitions with four or more teams require three officials and one deductions official.
 - 1) *If there are only three officials, video must be reviewed by one of the officials to assess deduction/safety official.*
- c. Conference/unaffiliated grouping championships and the National Championship require three panel officials and one deduction/safety official.
- e. Deductions /Safety official
 - 3) Watch routine for NAIA rule and USA Cheer safety violations and deductions; and complete the safety deduction scoresheets accordingly.
- f. Head Official
 - 1) Are responsible for quickly reviewing score sheets to establish consistency and ensure teams are scored within appropriate point range. Wide differences between high and low scores should prompt the head official to ask for clarification from the officials
 - 2) Head official may be any member of the panel including deductions/safety.
 - 3) Serves as the liaison between coaches/event administrator and the officials panel (appeals, injury notification, changes to performance outlines)
 - 4) Will attend the coaches meeting prior to the start of competition
 - 5) May invoke conduct procedures if deemed necessary
 - 6) *At the National Championship the NAIA Cheer Resource Advisor will serve in this role.*
- g. Panel officials should score each routine in its entirety and submit a score for all 10 categories.

3. Responsibilities

- a. Officials are expected to maintain a level of professionalism at all times.
- b. Officials must review and understand all performance outlines prior to the first team competing.
- c. Officials may take notes during competition to establish consistency of the scoring process throughout the competition-
- d. Scoring is based on the professional judgment of each individual official with their knowledge of the NAIA Competitive Cheer rubrics, rules, and scoresheets. It is not a collaboration of the panel. Questions between the officials are permitted for clarification, but collaborating each other's official scores is not permitted to keep the scores distinct of each individual official.
- e. Officials may review video immediately following a team's performance only when assessing a safety violation, rule infraction, or a deduction.
- f. Officials are required to use the cheer score tracker sheet for any competition where there are 3 or more teams competing (See Appendix L)

4. Post Season

- i. Coaches will have the opportunity to rate officials at the conclusion of their regular season meets and Conference/unaffiliated grouping championships
- ii. Ratings can impact future contract offers for NAIA Cheer officiating positions.
- iii. Officials must not be affiliated with competing schools or to each other.
- iv. Officials must be registered through NAIA Official Certification Process. *In order to be an NAIA-certified judge, you must have completed the required training as well as have a Cheer bio and resume uploaded to the current officiating system used by the NAIA for officials.* All postseason officials (qualifying competitions and national championship) ~~must~~ *should* have worked two competitions that used the NAIA Competitive Cheer Rulebook within a calendar year of his or her scheduled event.

Competitive Cheer

Appendices

Appendix A	Cheer Performance Outline
Appendix B	Cheer Roster
Appendix C	Cheer Rubric
Appendix D	Cheer Scoresheet
Appendix E	Cheer Deductions Rubric
Appendix F	Cheer Safety Deductions Scoresheet
Appendix G	Totals Sheet
Appendix H	Preliminary Totals Sheet
Appendix I	Overall Totals Sheet
Appendix J	Appeals Form
Appendix K	USA Cheer Safety Rules
Appendix L	Cheer Score Tracker
Appendix M	Appeal Tracker



CHEER PERFORMANCE OUTLINE

Please note that these ranges are used as a guide for the officials. The difficulty range may be adjusted based on what a team executes when competing

Number of Participants: _____ Male
_____ Female

School: _____

Total Music Time: _____

	0-1 Skills / (#)	1.1-2 Skills / (#)	2.1-3 Skills / (#)	3.1-4 Skills / (#)	4.1-4.5 Skills / (#)	4.6-5 Skills / (#)
Partner/Group Stunts	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)

	0-1 Skills / (#)	1.1-2 Skills / (#)	2.1-3 Skills / (#)	3.1-4 Skills / (#)	4.1-5 Skills / (#)
Pyramids	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)
Basket Tosses	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)

	0-1 Skills / (#)	1.1-2 Skills / (#)	2.1-3 Skills / (#)	3.1-4 Skills / (#)	4.1-5 Skills / (#)
Standing Tumbling	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)
Running Tumbling	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)
Jumps	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)

**Please list the skill you are doing in chronological order and the number of stunts, basket tosses or athletes performing the skill and percentages when applicable.*



NAIA Competitive Cheer Roster (Starting Lineup)

Institution Competing: _____
Competition Name: _____
Host Institution: _____
Date of Competition: _____
Coach Name: _____

Athletes on Floor*

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20

Alternates

1
2
3
4

**Only list student athletes who competed on the floor at the noted competition.*



CHEER RUBRIC BUILDING SKILLS

Partner/Group Stunts	Pyramids (14 or less Competitors)	Pyramids (More than 14 Competitors)	Basket Tosses All Girl/ <3 Males	Basket Tosses Co-Ed (all male throwers and back spot)
0-1 points Beginner level stunt skills	0-1 points 1 structure: Beginning pyramid skills (2-high non-transitional pyramids).	0-1 points 2 or More synchronized structures: Beginning pyramid skills (2-high non-transitional pyramids).	0-1 points Non-Flipping Non Twisting	0-1 points Non-flipping Tosses with Single Full Twisting Skills - toss single full twists, kick single, full twists, etc. Note: a 1.4 positioning move is allowed in twisting skills.
1.1-2 points Novice stunt skills	1.1-2 points 1 structure: 2-high pyramid that incorporates transitional mounts and dismount OR Basic braced 2 ½ high pyramid	1.1-2 points 2 or More synchronized structures: 2-high pyramid that incorporates transitional mounts and dismounts. OR Basic braced 2 ½ high pyramid	1.1-2 points Non-flipping Tosses with Single Full Twisting Skills - toss single full twists, kick single, full twists, etc. Note: a 1.4 positioning move is allowed in twisting skills.	1.1-2 points Non-Flipping Tosses with Double Full Twisting Skills - toss double full twists, kick double full twists, etc. Note: a ¼ positing move is allowed in twisting skills.
2.1-3 points Intermediate stunt skills	2.1-3 points 1 structure: Basic unbraced 2 1/2 high pyramid	2.1-3 points 2 or More synchronized structures: Basic unbraced 2 ½ high pyramid	2.1-3 points Non-Flipping Tosses with Double Full Twisting Skills - toss double full twists, kick double full twists, etc. Note: a ¼ positing move is allowed in twisting skills.	2.1-3 points <ul style="list-style-type: none"> Flipping Non-twisting baskets: backward somersaults in a tuck, layout, or pike position Flipping Non-twisting forward somersaults in an arched, tuck, layout, or pike position with no additional tricks.
3.1-4 points Advanced stunt skills	3.1-4 points 1 structure: Advanced Braced 2 ½ high pyramid	3.1-4 points 2 or More synchronized structures: Advanced Braced 2 ½ high pyramid OR 1 Structure: Advanced unbraced 2 ½ high with only 1 flyer	3.1-4 points <ul style="list-style-type: none"> Flipping Non-twisting baskets: backward somersaults in a tuck, layout, or pike position Flipping Non-twisting forward somersaults in an arched, tuck, layout, or pike position with no additional tricks. 	3.1-4 points <ul style="list-style-type: none"> Flipping Non-Twisting baskets with one additional non-flipping trick (example, tuck-x, layout-split)
4.1-4.5 points Elite stunt skills	4.1-5 points 1 structure: Advanced Unbraced 2 ½ high pyramid	4.1-5 points 2 or More synchronized structures: Advanced Unbraced 2 ½ high pyramid	4.1-4.5 points Flipping Non-Twisting baskets with one additional non-flipping trick (example, tuck-x, layout-split)	4.1-4.5 points Back layout full twist basket
4.6-5 points Superior stunt skills		<i>Note: Completing a variety of twisting/flipping entrances, exits and unique building elements along with a variety of pyramid builds will score higher in the ranges</i>	4.6-5 points Back layout full twist basket	4.6-5 points <i>Must be all male throwers and back spot, these baskets are illegal otherwise</i> <ul style="list-style-type: none"> Layout Straddle Full Twist Tuck X Out Full Twist Tuck Kick Full Twist or Tuck Split Full Twist Layout Kick Full Twist or Layout Split Full Twist Layout Double Full Twist
<i>Note: See Cheer Stunt Example List Page for lists of skills that fall in each category and clarification on stunt range placement To be considered in the range, you must perform at least two different mounts AND two different dismounts from the appropriate range. If you do not meet both the mounts AND dismounts in range, you will score in the lower of the ranges.</i>			<i>Note: Tosses must be done in the same section of the routine, synced or rippled to determine difficulty range. Teams must perform Majority of tosses to get in the range.</i>	

CHEER RUBRIC JUMPS & TUMBLING

Standing Tumbling	Running Tumbling	Jumps
0-1 points Beginning tumbling skills (ex: front walkover, cartwheel, forward roll, back walkover, etc.)	0-1 points Tumbling passes that include beginning tumbling skills (ex: round-offs, cartwheels, front walkovers, etc.)	0-1 points
1.1-2 points Standing back handspring, standing tumbling connected to back handspring or to multiple back handsprings	1.1-2 points Tumbling passes that include a back handspring or multiple back handsprings	1.1-2 points
2.1-3 points Standing back tuck, standing tumbling with a back tuck or connected jump to back handspring	2.1-3 points Tumbling passes that include a tuck	2.1-3 points Single Jump
3.1-4 points Standing layout, standing tumbling with a layout or connected jump to pass including tuck	3.1-4 points Tumbling passes that include a layout or arabian.	3.1-4 points Double jump combination
4.1-5 points Standing full, standing tumbling with a full or connected jump to pass including layout	4.1-5 points Tumbling passes that include a twisting skill. Full twisting skills will score higher in range	4.1-5 points Triple jump combination.
<i>Note: Tumbling Quantity Rubric will be used to determine the exact point range.</i> <i>Note: Standing Tumbling must be done in the same section of the routine, synced or rippled to determine difficulty range.</i>	<i>Note: Tumbling Quantity Rubric will be used to determine the exact point range.</i> <i>Note: Running Tumbling must be done in the same section of the routine, synced or rippled to determine difficulty range.</i>	<i>Note: Jump Quantity Rubric will be used to determine point range</i> <i>Note: Variety of jumps will score higher in the range</i>

CHEER QUANTITY RUBRIC 1

Number of successfully completed skills determines the quantity range within the skills point range.

(Example: A team of 16 athletes that does three successful toss inversions to extended double leg stunts with body position full double down cradles will be scored from 3.4 – 3.7, while a team of 16 athletes that does two successful toss inversions to extended double leg stunts with body position full double down cradles will be scored from 3.1 – 3.3.)

Partner/ Group Stunts	Points Within Range For 0-1, 1-2, 2-3, and 3-4			Point Within Range For 4.1-4.5		Points Within Range For 4.6 – 5.0	
Quantity Score	Less than Majority	Majority	Most	Majority	Most	Majority	Most
# of athletes on the floor	1.1 - 1.3	1.4 – 1.7	1.8 - 2.0	4.1 – 4.3	4.4-4.5	4.6 – 4.8	4.9 - 5
8 - 11	-	1 stunt group	2 stunt groups	1 stunt group	2 stunt groups	1 stunt group	2 stunt groups
12 - 15	1 stunt group	2 stunt groups	3 stunt groups	2 stunt groups	3 stunt groups	2 stunt groups	3 stunt groups
16 - 19	2 stunt groups	3 stunt groups	4 stunt groups	3 stunt groups	4 stunt groups	3 stunt groups	4 stunt groups
20	3 stunt groups	4 stunt groups	5 stunt groups	4 stunt groups	5 stunt groups	4 stunt groups	5 stunt groups

CHEER QUANTITY RUBRIC 2

Ex #1: A team with 16 athletes that performs 7 synchronized round off back tucks would equal 43.75% which would round up to 44%, the team would be in the .1-.4 range for running tumbling. Ex #2: A team of 11 that performs 5 standing fulls would equal 45.45% which would round down to 45%, the team would be in the .1-.4 range.

Standing Tumbling Running Tumbling Jumps	Minimum 25% – 50%	Majority 51% – 74%	Most 75% Plus
	.1 - .4 within skill point range	.5 - .9 within skill point range	1.0 within skill point range
Quantity is determined by dividing number of skills performed by total number of athletes			

CHEER QUANTITY RUBRIC 3

Ex #1: A team with 9 males would be expected to perform 3 of the co-ed elite tosses listed in order to get into the 4 – 5 range. Ex #2: A team of 16 athletes that includes 2 males that does 3 successful tuck baskets will be scored from 3.6 – 4.0, while a team of 16 athletes that includes 2 males does 2 successful tuck baskets will be scored from 3.0 – 3.5.

Jumps	< 50%	Majority 51% – 74%	Most 75% -99%	100%
	.1 - .3 within skill point range	.4 - .6 within skill point range	.7-.9 within skill point range	1.0 within skill point range
Quantity is determined by dividing number of skills performed by total number of athletes				

Note: For all Quantity Rubrics-Teams not performing the minimum quantity in the lowest range will receive a 0 in difficulty. Execution scores will still be given.

CHEER QUANTITY RUBRIC 4

Basket Quantity Score	Majority	Most
# of athletes on the floor	See toss columns of cheer building skills rubric	See toss columns of cheer building skills rubric
8 - 11	-	1 basket toss
12 - 15	1 basket toss	2 basket tosses
16 - 19	2 basket tosses	3 basket tosses
20	3 basket tosses	4 basket tosses

Co-Ed & All-Girl Toss Requirement:

3-5 Males: Must throw 1 Co-Ed Basket Toss *(all male throwers and back spot)*

6-8 Males: Must throw 2 Co-Ed Basket Tosses *(all male throwers and back spot)*

9-10 Males: Must throw 3 Co-Ed Basket Tosses *(all male throwers and back spot)*

- *Note: Teams must max out the number of allowable tosses, per co-ed or all girl <3 males make up to achieve the higher difficulty range.*
- *If teams meet the MOST quantity range doing all full twisting layouts (for all girl <3 males) or all double full twisting layout tosses (they should be scored at the top of their range.)*
- ~~*Note: In flipping baskets, if two male throwers, one must be backspot; if one male thrower, male thrower can be any base position*~~

Examples:

A team with 9 males would be expected to perform 3 of the co-ed ~~elite~~ tosses listed in their range in order to get into the 4.1 – 5 range. Ex #2: A team of 16 athletes that includes 2 males that does 3 successful tuck baskets will be scored from 3.6 – 4.0, while a team of 16 athletes that includes 2 males does 2 successful tuck baskets will be scored from 3.1 – 3.5.

If Team A (all girl 16 athletes) does 2 Tuck X baskets and Team B (all girl 16 athletes) does 3 Tuck X baskets, Team A would score 4.1-4.2 in difficulty and Team B would score 4.3-4.5 in difficulty.

If Team A (12 athletes 4 of which are males) does 1 Tuck X Out Full Twist baskets, and Team B (12 athletes 4 of which are males) does 2 Tuck X Out Full Twist baskets, Team A would score 4.6-4.7 for difficulty and Team B would score 4.8-5 for difficulty

If Team A (all girl 16 athletes) does 2 Tuck Baskets and Team B (all girls 16 athletes) does 3 Tuck Baskets, Team A would score 3.1 – 3.5 for difficulty and Team B would score 3.6-4 for difficulty.

NAIA Cheer Stunt **Example** List

		Coed/Partner Stunts	2-Person Stunts	Group Stunts
Partner/Group Stunts Range 0-1	Mounts	Toss chair, Walk-in (1/2 twisting) to hands, Toss hands, etc.	Toss chair, Walk-in (1/2 twisting) to hands or toss hands press extension, etc.	Toss extended double leg stunt, connected single leg stunt, connected 1/2 twisting to extended double leg stunt, etc
	Dismounts	Pop off, Straight Cradle, etc.	Pop off, Straight Cradle, etc.	Pop off, Straight Cradle, Sponge, Side Prone, 1/2 Turn Cradle, etc.
Partner/Group Stunts Range 1.1-2	Mounts	Walk-in (1/2 twisting) to extension Toss hands press extension, etc.	Walk-in (1/2 twisting) or Toss extended double leg stunt, walk-in or toss hands press extended single leg/single arm stunt , connected single leg stunt, connected 1/2 twisting to extended double leg stunt, etc	Toss extended single leg stunt, Walk-up extended immediate body position, toss 1/2 twisting to prep press extended double leg stunt, low to high tick tock, etc.
	Dismounts	Pop off with flair , 1/4 twist to cradle, etc.	Pop off, 1/4 twist to cradle , Straight Cradle, Sponge, Side Prone, 1/2 Turn Cradle, etc.	Pop off, full down from 2 feet, waterfall, inverted braced dismounts, etc.
Partner/Group Stunts Range 2.1-3	Mounts	Walk-in (1/2 twisting) to single leg stunt or toss extended double leg stunt, Walk-in or toss hands pump and go single leg/single arm stunt, etc.	Walk-in (1/2 twisting) or Toss extended single leg stunt, Walk-up extended immediate body position, toss 1/2 twisting to prep press extended double leg stunt, low to high tick tock, etc.	Toss extended immediate body position stunt, Full up to extended stunt, Inversion (release) to prep press extended stunt, Inversion (no release) to extended level stunt, toss 1/2 twisting to extended level stunt, high to high tick tock, etc.
	Dismounts	Pop off 1/2 twist, full twist from 2 feet, etc.	Pop off, 1/2 twist , full down from 2 feet, waterfall , inverted braced dismounts, etc.	Body position full down cradle, full twist to sponge, 1 1/4 Full down, 3/4 to Prone, etc.
Partner/Group Stunts Range 3.1-4	Mounts	Walk-in extended single leg/single arm stunt , Toss Hands pump and go to body positions, Toss extended single leg stunt, Toss full up to hands	Toss extended immediate body position stunt, Toss Full up to extended stunt, Toss extended one arm stunt , Inversion (release) to prep press extended stunt, Inversion (no release) to extended level stunt, toss 1/2 twisting to extended level stunt , high to high tick tock, etc.	Toss inversion that starts at the half or pump and go to extended double leg stunt, 1 1/2 twist up to extended level stunt, Full up to immediate body position, low-to-high 1/2 around tick tock, 360 switch up, etc.
	Dismounts	Full twist pop off, Full twist from single leg to cradle , etc.	Body position full down cradle, full twist to sponge, 1 1/4 Full down, 3/4 to Prone, etc.	Body position full down cradle, full twist to sponge, Full twist pop off, 3/4 flip to prone or cradle, kick full cradle, forward inverting dismounts , front flip to ground, etc.
Partner/Group Stunts Range 4.1-4.5	Mounts	Toss extended immediate body position stunt, Toss full up to extended stunt, Toss extended one arm stunt, release inversion to hands press extended stunt, etc.	Toss inversion to extended double leg stunt , Toss full up to extended stunt , Toss inversion that starts at the half or pump and go to extended double leg stunt, 1 1/2 twist up to extended level stunt, Full up to immediate body position, low-to-high 1/2 around tick tock, 360 switch up, etc.	Toss inversion that start from the ground and immediately hits to extended single leg stunt, Toss inversion that start from Hand to Hand or Handstand Inversion with pump and go to extended single leg stunt, 1 1/2 twist up to extended single leg stunt, back tuck rewind to two feet, low to high 360 tick tock, etc.
	Dismounts	Full twist pop off , Front inverting dismounts, two-feet double down , kick full cradle, etc.	Full twist pop off , Body position full down cradle, full twist pop off to sponge, Full twist pop off, 3/4 flip to prone or cradle, kick full cradle, Forward inverting dismount, front flip to ground, etc.	Two-feet All double downs, inverting dismount that includes either front flip to ground , 1 1/4 flip or a flip a twist, 3/4 Flip with 1/2 turn cradle, etc.
Partner/Group Stunts 4.6-5	Mounts	Release inversion to extended double leg stunt, Toss full up to one arm, Toss full up to immediate body position, back tuck rewind to two feet, low to high 360 tick tock etc.	Toss inversion that start from the ground and immediately hits to extended single leg stunt, Toss inversion that start from Hand to Hand or Handstand Inversion with pump and go to extended single leg stunt, 1 1/2 twist up to extended single leg stunt, back tuck rewind to two feet, low to high 360 tick tock, etc.	Toss inversions that start from Hand to Hand or Handstand Inversion to extended immediate body position, Toss inversion with 1/2 twist or more to extended level stunt, Double twist up to extended level stunt, high-to-high 360 tick tock, back tuck rewind to one foot, etc.
	Dismounts	Body-Position Double down, Backwards inverting dismounts, etc.	All body-position double downs, inverting dismount that includes either 1 1/4 flip or a flip a twist, 3/4 Flip with 1/2 turn cradle, etc.	Body-Position All double downs, inverting dismount that includes either 1 1/4 flip or a flip a twist, 3/4 Flip with 1/2 turn cradle, etc.

Must be unassisted throughout entire skill, until catching the dismount of the skill or landing on ground.

May be coed style stunt with an assist, or use 2 bases throughout the skill.

Glossary of Terms & Guidelines:

- *To be considered in the range, you must perform at least two different mounts AND two different dismounts from the appropriate range. If you do not meet both the mounts AND dismounts in range, you will score in the lower of the ranges. Both sets of mounts and dismounts from the same range must be performed in sequence, the sequences can be performed in different sections of the routine.*
Ex. If you perform a mount from the 2-3 range with a dismount from the 3-4 range, you will score in the 2-3 range.
- *In all ranges, skills must be performed at the same time (sync or rippled) to be accounted for by quantity rubric.*
Ex. A team may not have 2 groups do a skill in the 4 – 4.5 range at one point in the routine, then later have two groups perform another skill in the 4 – 4.5 range and count that skill as four groups performing skills in that range.
- *Unique mounts and dismounts are allowed. If the skill is not listed, a video may be submitted to the NAIA Resource Advisor (mspilski@emich.edu) for clarification of which range the skill is in.*
- *Co-Ed Baskets – there are two male throwers and a male backspot*

Pyramids

Basic: No flipping, twisting or inverting skills

Advanced: Flipping, twisting or inverting skills

Braced: Top athlete remains in contact with other athletes throughout pyramid

Unbraced- The continuous motion of a flyer initiated by her original bases to the top of a pyramid, the mid-layer may guide, touch, and place a flyer safely on the structure. Mid-layer may not provide main weight bearing that will increase the height or power of the throw. The overall motion is released and continuous. If there is a pause for the mid-layer to get a bases grip, this will count as braced.

The UNBRACED definition in the glossary is intended only for the MOUNT part of the pyramid, not the dismount. For the dismount, any continued full contact with the top girl by the mid will be counted as BRACED. The only exception is for a back layout to prone dismount from a 2.5 high pyramid because it cannot legally be done unbraced. The rubric does not say MOUNTS or DISMOUNTS, but please know that BOTH the mount and dismount count to get a team within the range.

Stunts:

2 Person Stunts: May be coed style stunt with an assist or use 2 bases throughout the skill.

Toss: all bases must release flyer; full release of flyer

Single leg stunt: includes liberty and body position variations

Body position: liberty not included

Inversion: Any stunt with hips of the flyer beginning above their head regardless of angle

Entrances/Mounts: A full up, regardless of the grip, that is in the same range cannot count as two different mounts. (Ex: Traditional Full Up to Lib & Ruby Slipper Full Up to Lib are not two different Entrances/Mounts)

Sequence: A mount and a dismount together

Pump and Go = Power Press

Jumps & Tumbling:

Jump combination: a series of jumps with no extra prep in between each jump



CHEER SCORESHEET

School: _____ Official #: _____

Building Skills	Comments	Difficulty Point Range	Difficulty Score	Execution Point Range	Execution Score	Total Score (10 pts maximum)
Partner Stunts/ Group Stunts		0-5		0-5		
Pyramids		0-5		0-5		
Basket Tosses		0-5		0-5		
Maximum (30) Building Skills Total =						
Tumbling/Jumping Skills	Comments	Difficulty Point Range	Difficulty Score	Execution Point Range	Execution Score	Total Score (10 pts maximum)
Standing Tumbling		0-5		0-5		
Running Tumbling		0-5		0-5		
Jumps		0-5		0-5		
Maximum (30) Tumbling/Jumping Total =						
Overall Routine	Comments	Point Range				Total
Choreography <i>See other side for category details</i>		0-10				
Showmanship/ General Impression <i>See other side for category details</i>		0-10				
Overall Execution <i>See other side for category details</i>		0-10				
Overall Difficulty <i>See other side for category details</i>		0-10				
Maximum (40) Overall Routine Total =						
(Maximum 100) PERFORMANCE TOTAL =						

Scores within each category will be given to the tenths of a point

Additional Comments:	
Official's Signature:	
Official's Name: (Printed)	

CHEER SCORESHEET CATEGORY DETAILS

Choreography: Evaluate the music and how it applies to the routine, routine pace, the transitions between sections, the flow of the routine, motions, formation placement and execution of new formations, floor mobility and use of space for team size, overall creativity of the performance, was the routine uniquely visual, etc.

Showmanship/General Impression: Floor presence, performance impression, energy, pace, excitement, confidence and the overall effect of the ability to perform the routine to display a strong collegiate cheer team.

Overall Execution: Perfection of a routine, cleanliness of what they do, how well they perform their choreographed routine. Consider formations, transitions, motions, etc. Focus on rewarding teams with clean execution.

Degree of Difficulty: Look at whether or not the routine was difficult in all areas or weak in some while strong in others, looking at transitions and dead time in the routine or how long mounts and dismounts were held before moving on to the next section. Did the team throw multiple sections of all elements or only one of each element (stunts, tumbling sequences, pyramids....), teams that throw more elements and take less breaks with high difficulty would score higher in this category.





CHEER DEDUCTIONS RUBRIC

All deductions will be taken from each scoring category (stunts, pyramids, basket tosses, jumps, running tumbling and standing tumbling). There will be a 3 point maximum deduction for each section, a total maximum of 18 points per team; this does not include safety violations or unsportsmanlike conduct. When multiple deductions should be assessed during an individual stunt/toss by a single group, or during a pyramid collapse, then the sum of those deductions will not be greater than 3.

Deductions

Athlete Fall – 0.25	<ul style="list-style-type: none"> - Hands down in tumbling/jumps - Knees down in tumbling/jumps - Blatant incomplete tumbling twists - Multiple body parts touch the floor in tumbling/jumps - Drop to floor in individual skills- tumbling, jumps, etc. - Blatant incomplete flipping or twisting cradle
Building Fall – 0.5	<ul style="list-style-type: none"> - Cradle, dismount, or bringing down stunt/pyramid early (not timing issues) - Base falling to floor during cradle or dismount - Intentional boundary violation - Uniform Violation
Major Building Falls – 1.0	<ul style="list-style-type: none"> - Falls from individual stunt/pyramid/tosses where multiple athletes and/or flyer fall to the ground.
Unsportsmanlike Conduct – 5.0 and ejection	<p>The following will be used to help define unsportsmanlike conduct</p> <p>Disrespectfully addressing an official or gesturing in such a manner as to indicate resentment.</p> <ul style="list-style-type: none"> i. Using profanity or vulgarity; taunting, baiting or ridiculing officials or opposing team personnel; or using derogatory remarks or personal comments during the completion. ii. Trying to influence or dispute the official's decisions by continuing to argue or to excessively express themselves with prolonged actions or offensive language. iii. Violate Coaches/Athlete Code of Conduct (Rulebook Section A)
Safety Violation/ Rule Infraction – 5.0	<p>Rule Infraction will be given for each safety/general completion rule violation. Safety violations are in effect until the team leaves the performance floor.</p> <ul style="list-style-type: none"> - USA Cheer Safety Violations - Inappropriate uniform (Rulebook Section C.5.b) - Inappropriate choreography or music (Rulebook Section C.8) - Performance Outline 24-hour rule (Rulebook Section C.3) - Minimum 8; Maximum 20 Athletes; Male Athletes must not exceed half plus 1 (Max 10 males) (Rulebook Section C.5.a) - Any uniform malfunction deduction will only by a 0.5 deduction instead of a 5.0 deduction.
Time Infraction	<p>3-5 seconds over = 0.1 deduction 6-10 seconds over = 0.3 deduction 11+ seconds over = 0.5 deduction</p>

Deduction Examples

1. Stunt section: 5 stunts in the air and 2 falls (.50 +.50) and 1 incomplete rotation on cradle (.25) would be 1.25 total in deductions
2. Pyramid section: 1 side of pyramid structure bobbles (zero deduction here – would be reflected on pyramid execution score) and other side dismounts early (.50) then .50 would be the total in deductions.
3. Basket Tosses section: 1 incomplete full toss base ends on the ground (.50) and 1 incomplete rotation into cradle (.25) total would be .75 in deductions
4. Jumps section: Double toe touch athlete falls to the ground on landing would be .25 point deduction
5. Tumbling section: 12 touch outs (3.0) and 4 falls (1.0) to the ground would technically be 4 points but it would be deducted at only 3 points due to the maximum deductions allowed in each section.





CHEER SAFETY/DEDUCTIONS Scoresheet

School: _____ Number of participants: _____

Time of Athlete Fall/ Bobble Description

Total: _____ multiplied by 0.25 = _____

Time of Building Fall/
Uniform/Boundary Violation Description

Total: _____ multiplied by 0.50 = _____

Time of Building Fall Description

Total: _____ multiplied by 1.0 = _____

Safety Violation/Rule Description (USA Cheer safety violations, music lyrics, etc.)

Total number of Rule Infractions: _____ multiplied by 5.0 = _____

Time of routine: _____ Overtime? (If yes, how much?) _____ Deduction = _____

3-5 seconds over = 0.1
deduction

6-10 seconds over = 0.3
deduction

11+ seconds over = 0.5
deduction

Unsportsmanlike Infraction? = _____
If yes, 5.0 deduction

TOTAL DEDUCTION =

Add all values in far right column (light grey boxes) to achieve the Total Deduction.
A max of 3.0 per section with a total maximum of 18.0 points.
(max. does not include unsportsmanlike & rule infractions)

Disqualified? YES NO



TOTALS SHEET

(For use at regular season competitions only.)

School: _____

Official 1	
Official 2	
Official 3	
RAW TOTAL	

Average the officials' scores to create subtotal

SUBTOTAL

--

DEDUCTIONS

--

Subtract deductions from subtotal to create total score

TOTAL SCORE	
--------------------	--



PRELIMINARY TOTALS SHEET

(For use at the National Championship and any competitions with Prelims and Finals.)

School: _____

Official 1	
Official 2	
Official 3	
RAW TOTAL	

Average the officials' scores to create subtotal

SUBTOTAL

DEDUCTIONS

Subtract deductions from subtotal to create final total score

PRELIMINARY TOTAL SCORE



FINAL TOTALS SHEET

(For use at the National Championship and any competitions with Prelims and Finals.)

School: _____

Official 1	
Official 2	
Official 3	

RAW TOTAL

--

(Average the officials' scores to create the subtotal)

SUBTOTAL

--

DEDUCTIONS

--

(Subtract deductions from subtotal to create the final score)

FINAL SCORE

--

X

.75

=

--

+

PRELIMINARY SCORE

--

X

.25

=

--

*(Add the two boxes
directly above to create
the Overall Total Score)*

OVERALL TOTAL SCORE

--



COMPETITIVE CHEER & DANCE APPEAL FORM

DIRECTIONS: Fill out this form as completely as possible.

- Coaches have 10 minutes from time of receiving their team's scoresheet to alert the host institution/game day manager that an appeal will be made.
- Coaches have 15 minutes in total from the time of receiving their team's scoresheets to submit appeal paperwork.
- Appeal fees will be refunded if the appeal is upheld.

☐ \$50 Appeal (cash or checks payable to the NAIA; must pay on site)

Mail to: NAIA, PO Box 410244, Kansas City, MO 64141

Coach Name: _____ School: _____

Competition Name: _____

- ☐ difficulty range that is incorrectly shifted down
☐ incorrectly applied safety infraction or
☐ incorrectly applied deductions

Please indicate the reason for the appeal and the remedy sought:

Please cite any applicable competition rules by number and page: _____

Signature: _____ Time and date of filing: _____

Decision of Head Official:

Signature of Head Official: _____

Time and date of decision: _____

2022-23 USA Cheer College Cheer Rules



SUMMARY OF CHANGES

- A. Definitions
 - Add Tension Drop definition.
- C. General Restrictions
 - Add fingernail rule.
- E. Pyramids – (several changes to align with existing skill progressions in stunts.)
 - Allow spotter to move with top person into pyramid position and clarify required position of spotter in relation to the top person.
 - Allow top person to also load into an inverted position from non-inverted stunts with up to ½ twist.
 - Allow full twisting front flip dismount to a two-catcher cradle.
 - Allow full twisting flipping mounts.
- F. Tosses
 - Clarify that tosses that land in stunts or pyramids are limited to the height of the first contact with the top and bases.
 - Restrict props to only poms during tosses to cradles.
 - Remove requirement that if a flipping basket involved more than one male thrower, the backspot must be male.
 - Allow non-twisting front flip tosses.
 - Allow back layout full twists for all personnel combinations.
 - Allow double full twist baskets with no variations for baskets with three male throwers and catchers.

New or revised rules are highlighted in **bold, underlined, italicized**.

A. Definitions

Base - A person who is in direct contact with the performing surface and is supporting another person's weight.

Cradle - Dismount from a stunt/pyramid/toss in which the top person lands in a face-up, semi-piked position.

Cupie/Awesome – A stunt in which both of the top person's feet are in one hand of the base.

Dive Roll - An aerial forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.

Flatback - A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface.

Flip - When a person is airborne while the feet pass over the head.

Height-increasing Apparatus - Any type of equipment that increases the height of a skill.

Inverted/Inversion – A body position where the shoulders are below the waist.

Loading Position - Any intermediate position below shoulder level that uses continuous motion to put a top person in a stunt or pyramid. Examples: Elevator/sponge load, basket load, smoosh, scoop from the back, etc.

Middle - A person who is being supported by a base while also supporting a top person.

Primary Weight – Fifty percent or more of a top person's weight. (Example: A middle layer holding the foot of a hitched leg would not be considered primary weight.)

Pyramid - A skill in which a top person is being supported by a middle layer person.

Rewind - Skill in which the top person starts with at least one foot on the ground, is tossed into the air and performs a forward, backward, or side flip into a stunt, pyramid, loading position, or cradle.

2022-23 USA Cheer College Cheer Rules



Spotter - A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.

Stunt - A skill in which a top person is supported by a base or bases.

Tension Drop - A pyramid/stunt in which the base(s) and the top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance.

Top - A person who is either being supported by another while off of the performing surface or who has been tossed into the air by another person.

Toss - A release stunt in which the bases begin underneath the top person's feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotters, posts or bracers.

B. General Program Guidelines

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the advisor/coach and held in a location suitable for the activities of cheerleaders (e.g., use of appropriate matting, away from excessive noise and distractions, etc.)
3. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
4. Advisors/coaches should recognize the particular ability level of all participants and should limit the squad's activities accordingly. Participants should not be pressed to perform activities until they are safely prepared.
5. Skills that have not been mastered should be performed only in a supervised practice environment.
6. Thorough training in proper spotting techniques should be mandatory for all squads.
7. All cheerleaders should receive proper training before attempting any form of cheerleading technical skills (tumbling, partner stunts, pyramids and jumps).
8. All cheerleading squads should adopt a comprehensive conditioning and strength building program.
9. An appropriate warm-up exercise should precede all cheerleading activities.
10. All programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill, and when spotting is required by specific rule.
11. In environments where there is close proximity to the athletic event and out of bounds plays pose a significant risk of injury to the participant, no technical skills should be performed while the ball is in play.
12. All partner stunts, pyramids, and tosses should be reviewed and approved by the coach prior to execution.

C. General Restrictions

1. The use of any height-increasing apparatus (e.g., mini-trampoline, etc.) other than a spring floor is prohibited for performance.
2. When using props (signs, etc.) that are made of solid material or have sharp edges/corners:
 - a. A top or middle person may not release the props to the ground.
 - b. A person on the ground must gently toss or place the props.
3. Unless allowed below, the top person in a partner stunt, pyramid or transition cannot be released from bases or leave the floor unassisted with the intent to land or be caught in an inverted body position.

2022-23 USA Cheer College Cheer Rules



4. An individual may not jump, flip or dive over, under, or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.
5. Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet which breaks the impact of the drop.
6. Jewelry of any kind is prohibited (e.g., navel jewelry, tongue jewelry, earrings, necklaces, etc.) Medical bracelets are allowed provided they are taped to the body.
7. **Fingernails, including artificial nails, must be kept short, near the end of the fingers.**
8. Soft-soled athletic shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.
9. Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling.

D. Partner Stunts

1. Released load-ins and released transitions with more than 1 ¼ twists require an additional spotter.
2. Dismounts with more than 1 ¼ twists require an additional spotter that assists on the cradle.
3. Stunts in which the base uses only one arm for support require a spotter when:
 - a. The stunt is anything other than a cupie/awesome or basic liberty. All other one-arm stunts require a spotter (e.g., heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.).
 - b. There is a released twisting load-in or dismount. The spotter must be in place during the twist and assist on the cradle during twisting dismounts.
 - c. The top person is popped from one arm to the other.
4. A single base release to shoulders requires a spotter to the side or back of the base during the release and landing phase of the skill.
5. Releases from a handstand position on the ground or a skill to a partner stunt (e.g., handspring loads, hand-to-hand releases) require an additional spotter.
6. Stunts in which the top person is in an extended handstand position require an additional spotter.
7. A top person can be released from a handstand position on the ground to a hand-to-hand stunt provided the top person does not twist or rotate.
8. A top person can be released from a cradle position to an inverted position.
9. Single based split catches are prohibited.
10. Twisting mounts and dismounts greater than 2 ¼ rotations are prohibited.
11. Front, back and side tension drops are prohibited.
12. Unless allowed by Rule D-13, all leg pitch, toe pitch, walk-in, sponge, and straddle catch flips to the performing surface are prohibited.

2022-23 USA Cheer College Cheer Rules



13. Flipping into and out of stunts is allowed with the following conditions. (Note that flipping from a basket or sponge loading position is a “toss” and must follow the Toss section rules.)
- The top person is limited to 1 ¼ flipping rotations and one twisting rotation.
 - Flips must be caught by the original group and may not be directed so that the bases must move to catch the top person.
 - Bases are limited to ½ turn under the top person.
 - In rewinds:
 - Rewinds require a spotter and may land in a stunt (including loads and horizontal positions), a standing position on the performing surface, or a cradle with assistance from the spotter.
 - Spotters may throw from under a single foot or leg of the top person.
 - In flips from stunts:
 - Flips from stunts must initiate from prep level or from below prep level in a cradle or horizontal position.
 - Flips from stunts must land in a cradle, horizontal position, or in a standing position on the performing surface. Flips to the performing surface are not allowed to twist.
 - Landings from flips with a single rotation or less require two people.
 - Landings from flips with greater than one rotation require three people. When landing in a cradle position, one of the catchers must be in a “scoop” position behind the top person.
 - Flips to the performing surface require the top person landing on at least one foot with assistance from at least one base. The spotter must be active but is not required to make contact.
 - In all other landings from flips, all required catchers must be active in assisting the top person during the landing by making contact.

E. Pyramids

- Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e., extension, liberty, etc.) are 2 ½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.
- In all pyramids:
 - There must be at least two spotters designated for each person who is above two persons high and whose primary support does not have at least one foot on the ground.
 - Spotters must be in position **as the top person lands in the 2 1/2 high position. They can load and move to this position as the top is loading.**
 - One spotter must be behind the top person and the other must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. **If on the side, the spotter must have at least one foot/shoulder in front of the base to show a clear path to the front.**
 - A required spotter must not place their hands directly under the sole of the foot of a middle layer or under the hands of a base in a support role.
 - Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle.
 - As pyramid design and loading varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
 - Loaders may act as spotters. The most important issue is that there is someone in position to provide assistance to the top person when they land.
 - Only bases and middle layer persons can bear primary weight of another person.
- In all “2-1-1 thigh stand tower” pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter who is not in contact with the pyramid is required.

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4. A top can be released from **a stunt** or an inverted position (e.g., handspring up) and land inverted in a pyramid with the following conditions:
 - a. A minimum of 2 base/spots must load the skill.
 - b. **The top person cannot flip (must be less than one complete rotation).**
 - c. **The release is limited to ½ twist.**
5. Twisting released mounts and dismounts greater than 2 ¼ rotations are prohibited.
6. Cradles and horizontal landings from pyramids over two high must use at least two catchers, one on each side of the top person.
7. Front, back, and side tension drops are prohibited.
8. Flipping dismounts from pyramids are allowed with the following conditions:
 - a. Front flip and Arabian dismounts may land in a cradle, face up horizontal position, or the performing surface to a minimum of two catchers who assist on the landing.
 - b. **Front flip with up to one complete twist may land in a two-person cradle only.**
9. Flips into a pyramid are allowed under the following conditions:
 - a. The flip is initiated from prep level or below.
 - b. The top person is limited to 1 ¼ flipping rotations and **one twisting rotation**.
 - c. Top persons may not land in an inverted position.
 - d. A rewind to a pyramid does not require an additional spotter.

F. Tosses

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than four bases, and must be cradled by three of the original bases, one of which must catch in a scoop under the head and shoulders.
 - a. Exceptions:
 1. Elevator tosses may flip into pyramids as outlined above.
 2. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of **first contact with the bases and top.**
2. Basket and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
3. **The top person in a basket toss or similar toss that lands in a cradle cannot hold anything in their hands with the exception of poms.**
4. In non-flipping baskets, the top person is limited to 2 ¼ twisting rotations and three total tricks (i.e. kick double full).
5. In flipping basket/sponge tosses, only the following skills are allowed:
 - a. Non-twisting backward somersaults in a tuck, layout, or pike position with up to one additional non-flipping trick.
 - b. **Non-twisting forward somersaults in an arched, tuck, layout, or pike position with no additional tricks.**
 - c. **Back Layout Full Twist.**
6. The following backward somersault skills may only be performed if both side throwers and the backspot are male.
 - a. Layout Straddle Full Twist
 - b. Tuck X Out Full Twist
 - c. Tuck Kick Full Twist or Tuck Split Full Twist
 - d. Layout Kick Full Twist or Layout Split Full Twist
 - e. **Layout Double Full Twist**

(All other flipping basket positions and combinations are prohibited, i.e., Front Fulls, Arabians, Pike-open Full Twist, Side Sumis, Kick Double Full Twists, Double Flips and greater, etc.)

2022-23 USA Cheer College Cheer Rules



G. Tumbling

1. Tumbling skills performed over, under or through partner stunts, pyramids or individuals are prohibited.
2. Tumbling skills that exceed one flipping rotation are prohibited.
3. Tumbling skills with two or more twisting rotations are prohibited.
4. Dive rolls are prohibited.
5. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.)

H. Specific Surface Restrictions

1. The following skills are only allowed on a mat, grass (real or artificial) or rubberized track surface.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Inversion releases from the ground or a skill (e.g., handspring loads, hand-to-hand releases).
 - c. Flipping skills into or from stunts, tosses or pyramids.
 - d. Two and one-half high pyramids. Mounts or dismounts to and from 2 ½ high pyramids may not flip or twist on a rubberized track surface.
2. At football games, kick double baskets and baskets that flip AND twist are only allowed during pre-game or half-time situations while on grass (real or artificial) or a matted surface with dimensions of at least 10' x 10'.
3. At basketball, volleyball, and other indoor games, the following skills are prohibited for all timeouts (regardless of matting) and for pre-game, half-time, or post-game performances without matting.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Partner stunts in which the base uses only one arm to support the top person. Exception: Cupies/awesomes are allowed with an additional spotter.
 - c. Flips into or from partner stunts.
 - d. Inversions. Exception: High school level inversions are allowed. (For college, braced flips can be braced by single-based skills with a spotter.)
 - e. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ rotation on the court require an additional spotter.
 - f. Two and one-half person high pyramids.
 - g. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, roundoffs and aerial cartwheels are allowed.)
4. At basketball, volleyball, and other indoor games during pre-game, half-time, or post-game performances where sufficient matting is used, there are no additional restrictions to the standard rules. (Sufficient matting varies by skill. In general, there should be at least two to three feet of clearance between non-tumbling skills and the edge of the mat.)

The above rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. USA Cheer makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants. Rules may change within a season for safety or clarification purposes. For the most recent safety rules and information, visit usacheer.org.



OFFICIALS TRACKING SHEET

(Required use at all competitions where 3 or more teams are competing)

Team Name																
Partner/Group Stunts																
Difficulty (0-5)																
Execution (0-5)																
Pyramids																
Difficulty (0-5)																
Execution (0-5)																
Basket Tosses																
Difficulty (0-5)																
Execution (0-5)																
Standing Tumbling																
Difficulty (0-5)																
Execution (0-5)																
Running Tumbling																
Difficulty (0-5)																
Execution (0-5)																
Jumps																
Difficulty (0-5)																
Execution (0-5)																
Choreography (0-10)																
Showmanship/General Impression (0-10)																
Execution (0-10)																
Difficulty (0-10)																
Performance TOTAL																



Host Institution Score Cheer & Dance Appeal Tracker Form

Institution Name	Sport	Time Scoresheets Given	Coach Initials (received scoresheets)	Appeal Submitted (yes or no)	Appeal Payment Method	Appeal Won or Lost

Please maintain a copy of this for your records. Payment for appeals should be sent to:

NAIA National Office: PO BOX 410244, KANSAS CITY, MO 64141