

# School Divisions 2022-2023

## Rule Book

### **BUILDING DIVISIONS: TRADITIONAL AND ALL MUSIC**



[Americheerfamilyofbrands.com](http://Americheerfamilyofbrands.com)

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# General School Rules: Traditional and All Music

**School Definition:** To be considered a school organization, one or all of the following must apply:

- School is governed by associated school's administration.
- The team's main purpose is to cheer for associated school's athletic teams (i.e. football, basketball, soccer, etc.).

**Routines should be comprised of:**

- ▶ Strong motion sets
- ▶ Dance
- ▶ Jumps
- ▶ Tumbling (if in a tumbling division)
- ▶ Stunts (if in a building division)
- ▶ Transitions/ footwork/ floor work/ movement and use of the floor
- ▶ Crowd leading (if in a traditional division)

**Routine Music format:**

- ▶ Traditional : up to 1:30 of music plus a non-musical cheer/word section with a total of 2:30 routine. (no minimum)
- ▶ All Music: up to 2:30 of music. (no minimum)  
Cheer/words are allowed as long as the music contains at least a back beat and music track is never stopped.

# General School Rules: Traditional and All Music

## Routine Types:

### Building

- ▶ School Intermediate Building- Traditional
- ▶ School Advance Building-Traditional
- ▶ School Intermediate Building- All Music
- ▶ School Advance Building-All Music
- ▶ School Coed Building- Traditional
- ▶ School Coed Building- All Music
- ▶ Non-Tumbling Traditional Building (Spirit Leader)

### Non-Building

- ▶ School Intermediate Non-Building- Traditional
- ▶ School Advance Non-Building- Traditional
- ▶ School Intermediate Non-Building- All Music
- ▶ School Advance Non-Building- All Music
- ▶ Non-Tumbling Traditional Non-Building

## Division Types:

- ▶ Elementary, Junior High, Freshman/JV, Varsity, Varsity Coed



**Review of Placements** - In order to fairly serve all of our customers, it is the policy of The AmeriCheer Family of Brands that no performances be reviewed for placement discrepancies, etc. at the competition venue following awards. You may call our offices the Wednesday after the competition to receive information regarding an analysis of a routine; however, all decisions by the judges will be deemed final and an analysis of a routine will be for clarification purposes only.

**Music** - One representative may run the music, press play and must remain at the sound table throughout the entire performance. Please bring/supply two/three high-quality CDs and/or MP3 player/phone and personal adaptor. Have with you several music back-ups. Review the content of the music for any inappropriate language/sounds (spoken/implied) and poor quality. Also, music time should be recorded (three to four seconds) under the maximum time allotted due to variations in music system speeds.

AmeriCheer, AmeriDance & Eastern Cheer and Dance will be adhering to all copyright laws and guidelines related to the music industry. By signing the Family of Brands Code of Ethics, you will be acknowledging (along with other items) that your organization is in compliance with all copyright laws and guidelines related to the music industry. By acknowledging your compliance, you may or may not be asked to provide documented proof. If such documented proof cannot be supplied upon request, your organization may receive a penalty warning and/or a penalty deduction of 25 points based upon un-sportsman like conduct. Should you have questions about this policy or for more information please call our offices.

### **Interruption of Performance -**

**Music Interruption:** If your routine is interrupted due to failure of competition equipment, you will be allowed to perform again, going later in your division (if at all possible). Please check your music prior to competing. If interruption is due to failure of your equipment or supplies (i.e. scratched or burned CDs/MP3 player, etc.), you will have two options:

- Your team may perform again, using your own player or the back-up copy of your music; however, routine scoring will begin at the point where the interruption occurred.
- Your team may use the original performance.

**Interruption Due To Injury:** If a participant is visibly injured/ill and/or demonstrates he/she cannot continue executing the routine and/or it appears the injured/ill person becomes a safety hazard to oneself or his/her teammates, the routine must/will be stopped! The only person(s) permitted to stop the routine are competition officials, the coach/advisor of team performing and an injured/ill athlete. The team will be allowed to perform later in the division (if at all possible). Routine scoring will begin at the point where the injury/illness occurred. Under no circumstances will the injured/ill team member be allowed to compete at a later time without official medical authorization. The AmeriCheer Family of Brands reserves the right to stop any performance due to injury/illness.

**Music Compliance Challenges** - All questions regarding the validity of whether another performing team's music is compliant, must be directed to the competition director immediately following the team in question's performance. The competition director will in turn provide an official Grievance form to be completed and submitted while at the competition. The team in question will have twenty-four hours to provide proof of compliance. If the team in question cannot provide proof or it is determined that the team in question's music is/was not compliant, that team will forfeit all awards for that event.



**Eligibility of Participants** - Any team or participant proven to be in violation of the age/grade requirements for any AmeriCheer Family of Brands competition may result in disqualification from the competition. Log into your USASF Member Profile to retrieve all participant and age eligibility information.

**Spotter Policies** - The AmeriCheer Family of Brands will not provide spotters at any competitive events; however, programs may provide their own spotters provided the following guidelines are met:

- Program spotters should be at least 18 years of age and be very familiar with all aspects of the routine.
- Program spotters should present themselves in a professional manner to include, but not limited to: appropriate mode of dress, acting in a manner that does not distract from the performance and distinguishing themselves as a separate group from the performers by not wearing any apparel that is similar to the performers' uniforms.
- Program spotters should be readily available to only spot building sections.
- Program spotters may not verbally/manually coach performing competitors in any way.
- Program spotters should stay to the back of the performance floor/mat when not spotting the building skills of their program's routines, as well as to be careful to not block the pathways of any performing competitors.

**Choreography, Music, Outfitting and Image/Appearance** - All choreography, music, outfitting and overall team image/appearance should be suitable for family viewing and always be in good taste. Therefore, point deductions may be assessed for inappropriate music/words/profanity (in music spoken/implied), inappropriate moves and/or body positioning, appropriateness of uniform and overall appearance of each individual on or off the competition floor.

**Procedural Questions** - All questions relating to any procedures of the competition are to be handled only by the coach and are to be directed to the competition director only. All questions must be made prior to the team competing.

# School Age Grid: Elementary and Junior High



Elementary Non Building/Non Tumbling (Spirit Leader)	Female/Male	5-36 Members	6 Grade & Below
Elementary Building/Non Tumbling (Spirit Leader)	Female/Male	5-36 Members	6 Grade & Below
Elementary Intermediate Non Building Traditional	Female/Male	5-36 Members	6 Grade & Below
Elementary Intermediate Building Traditional	Female/Male	5-36 Members	6 Grade & Below
Elementary Intermediate Building All Music	Female/Male	5-36 Members	6 Grade & Below
Elementary Intermediate Non Building All Music	Female/Male	5-36 Members	6 Grade & Below
Junior High Non Building/Non Tumbling (Spirit Leader)	Female/Male	5-36 Members	8 Grade & Below
Junior High Building/Non Tumbling (Spirit Leader)	Female/Male	5-36 Members	8 Grade & Below
Junior High Intermediate Building Traditional	Female/Male	5-36 Members	8 Grade & Below
Junior High Advanced Building Traditional	Female/Male	5-36 Members	8 Grade & Below
Junior High Intermediate Non Building Traditional	Female/Male	5-36 Members	8 Grade & Below
Junior High Advanced Non Building Traditional	Female/Male	5-36 Members	8 Grade & Below
Junior High Intermediate Building All Music	Female/Male	5-36 Members	8 Grade & Below
Junior High Advanced Building All Music	Female/Male	5-36 Members	8 Grade & Below
Junior High Intermediate Non Building All Music	Female/Male	5-36 Members	8 Grade & Below
Junior High Advanced Non Building All Music	Female/Male	5-36 Members	8 Grade & Below

# School Age Grid: Freshman/JV



Freshman/JV Non Building/Non Tumbling (Spirit Leader)	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Building/Non Tumbling (Spirit Leader)	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Intermediate Building Traditional	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Advanced Building Traditional	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Intermediate Non Building Traditional	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Advanced Non Building Traditional	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Intermediate Building All Music	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Advanced Building All Music	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Intermediate Non Building All Music	Female/Male	5-36 Members	12 Grade & Below
Freshman/JV Advanced Non Building All Music	Female/Male	5-36 Members	12 Grade & Below

# School Age Grid: Varsity



Varsity Non Building/Non Tumbling (Spirit Leader)	Female/ Male	5-36 Members	12 Grade & Below
Varsity Building/Non Tumbling (Spirit Leader)	Female/ Male	5-36 Members	12 Grade & Below
Varsity Intermediate Building Traditional	Female/1 Male	5-36 Members	12 Grade & Below
Varsity Advanced Building Traditional	Female/1 Male	5-36 Members	12 Grade & Below
Varsity Intermediate Non Building Traditional	Female/1 Male	5-36 Members	12 Grade & Below
Varsity Advanced Non Building Traditional	Female/1 Male	5-36 Members	12 Grade & Below
Varsity Intermediate Building All Music	Female/1 Male	5-36 Members	12 Grade & Below
Varsity Advanced Building All Music	Female/1 Male	5-36 Members	12 Grade & Below
Varsity Intermediate Non Building All Music	Female/2+ Male	5-36 Members	12 Grade & Below
Varsity Advanced Non Building All Music	Female/2+ Male	5-36 Members	12 Grade & Below
Varsity COED Building (Advance) Traditional	Female/2+ Male	5-36 Members	12 Grade & Below
Varsity COED Building (Advance) All Music	Female/2+ Male	5-36 Members	12 Grade & Below



# Deductions

## SCHOOL ROUTINE SAFETY RULES:

THE AMERICHEER FAMILY OF BRANDS WILL FOLLOW THE 2022-2023 NFHS SPIRIT SAFETY RULES TO INCLUDE ALL GENERAL, TUMBLING, STUNTS, MOUNTS/PYRAMIDS AND TOSSES. TO ORDER A COPY OF THE 2022-2023 NFHS SPIRIT RULES BOOK, VISIT NFHS.ORG.

NOTE: ALL ELEMENTARY, JUNIOR HIGH/MIDDLE SCHOOL TEAMS, ARE NOT PERMITTED TO EXECUTE BASKET TOSSES, ELEVATOR TOSSES AND SIMILAR MULTI-BASED TOSSES.

**LEGALITY VERIFICATION** - FOR QUESTIONS REGARDING THE LEGALITY OF A SPECIFIC SKILL(S), ETC. YOU MUST ADHERE TO THE FOLLOWING GUIDELINES:

- PROVIDE A LINK OF VIDEO OF THE SPECIFIC SKILL(S), ETC. IN QUESTION.
- INCLUDE WITH THE LINK OF VIDEO THE TEAM NAME, TEAM DIVISION, COACH NAME, CELL PHONE NUMBER, EMAIL, NAME AND DATE OF THE COMPETITION TO BE ATTENDED.
- PLEASE SUBMIT LINK OF VIDEO AT LEAST TWO WEEKS IN ADVANCE OF THE COMPETITION TO BE ATTENDED. .
- EMAIL LINK OF VIDEO TO [EVENTS@AMERICHEER.COMM](mailto:EVENTS@AMERICHEER.COMM). BECAUSE OF DIFFERENCES IN TERMINOLOGY AND INTERPRETATION, WE RESERVE THE RIGHT TO NOT ADMINISTER PHONE VERIFICATIONS!

# Restrictions:

Elementary/Jr. High  
Intermediate vs Advance

THE AMERICHEER FAMILY OF BRANDS  
WILL FOLLOW THE **2022-2023 NFHS SPIRIT  
SAFETY RULES** TO INCLUDE ALL  
**GENERAL, TUMBLING, STUNTS,  
BUILDS/PYRAMIDS AND TOSSES.**

\*\*TO ORDER A COPY OF THE 2022-2023 NFHS SPIRIT RULES BOOK,  
VISIT [NFHS.ORG](https://www.nfhs.org)



## **ELEMENTARY/JUNIOR HIGH/MIDDLE SCHOOL RESTRICTIONS**

All Elementary, Junior High/Middle School Teams, are not permitted to execute Basket Tosses, Elevator Tosses and similar Multi-Based Tosses.

- ▶ **JUNIOR HIGH** can be Intermediate or Advance but CANNOT toss.

**SCHOOL INTERMEDIATE SKILLS RESTRICTIONS:** Intermediate teams will follow NFHS Safety Rules **2022-2023** with these additional skill restrictions.

### **STANDING TUMBLING:**

- ▶ All skills up through multiple Back handsprings are allowed.
- ▶ No standing back tucks or back handspring back tucks.

### **RUNNING TUMBLING:**

- ▶ Flips may ONLY be performed in tuck position only and from a round off or round off back handspring(s).
- ▶ Other skills with hand support prior to the round off or round off back handspring are allowed.
- ▶ Punch fronts are allowed.
- ▶ No twisting while airborne. (Exception: Aerial cartwheels are allowed.)
- ▶ No tumbling is allowed after a flip or an aerial cartwheel.
- ▶ Cartwheel tuck and/or cartwheel back handspring(s) tucks are not allowed.

## Intermediate cont'd

### STUNTS:

- ▶ Twisting transitions to and from an extended position may not exceed  $\frac{1}{2}$  twisting transition.
- ▶ Twisting transitions to, from and at prep level may not exceed 1 twisting transition.
- ▶ Release moves must start below prep level and must be caught at prep level or below.
- ▶ Release moves may not pass above extended arm level.

### PYRAMIDS:

- ▶ Braced flips are not allowed unless connected to someone/base on the ground with a hand to hand connection

### DISMOUNTS:

- ▶ Only straight pop downs, basic straight rides, and  $\frac{1}{4}$  turns are allowed from any single leg stunt.
- ▶ Up to  $1\frac{1}{4}$  twists are allowed from any two leg stunt.

### TOSSES:

- ▶ Up to 1 trick allowed during a toss.
- ▶ Tosses may not exceed 1 twisting rotation.



# Building:

Intermediate and Advance

- **SCHOOL INTERMEDIATE BUILDING-TRADITIONAL**
- **SCHOOL ADVANCE BUILDING-TRADITIONAL**
- **SCHOOL INTERMEDIATE BUILDING-ALL MUSIC**
- **SCHOOL ADVANCE BUILDING-ALL MUSIC**
- **SCHOOL COED BUILDING-TRADITIONAL**
- **SCHOOL COED BUILDING- ALL MUSIC**
- **NON-TUMBLING TRADITIONAL BUILDING (SPIRIT LEADER)**

## BUILDING: SCHOOL INTERMEDIATE DIVISIONS TRADITIONAL/ ALL MUSIC



Stunt Difficulty (most 75%)	Pyramid Difficulty (most 75%)	Tumbling Difficulty (majority 51%)
<b>3-3.7</b>	<b>3-3.7</b>	<b>3-3.7</b>
Preps One Leg Variations below Prep Level	Pyramids involving Extended Two Leg Stunts  And/or One Leg Stunts at Prep Level	Forward/Backward Rolls Cartwheels Round-offs Walkovers
<b>3.7-4.3</b>	<b>3.7-4.3</b>	<b>3.7-4.3</b>
Extensions One Leg Variations at Prep Level Release Move to below Prep Level	Pyramids involving Extended One Leg Stunts	Round-off BHS/Series Cartwheel BHS/Series  Stand BHS
<b>4.4-5.0</b>	<b>4.4-5.0</b>	<b>4.4-5.0</b>
Extended One Leg Stunts ½ Twist to/from Extended 1 Twist to/from Prep Level Release Moves to Prep Level  Required Dismount: Single Twist from Two Leg Stunts  Difficulty MAX SCORE - 5.0 Execution MAX SCORE - 5.0	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Release Pyramid Transition and Multiple Extended Structures  Difficulty MAX SCORE - 5.0 Execution MAX SCORE - 5.0	Aerials Round-off BHS Back Tucks Round-off Tucks Combinations thru to Tuck  Standing BHS Series Jump/BHS Combinations  Difficulty MAX SCORE - 5.0/5.0 Execution MAX SCORE - 5.0/5.0

STUNTS, PYRAMIDS  
**MOST** 75% of the team

TUMBLING  
**MAJORITY** 51% of the team

- Skills performed by less than **MOST** and **MAJORITY** will enable the score to be moved into a lower range.
- Additional skills performed but do not meet the **MOST** or **MAJORITY** range may be considered a score **DRIVER** at the discretion of the judge(s).

**NOTE: ALL School Teams must follow the NFHS Safety Rules.**

**\*\*TOSSES** are not required, but may be rewarded in the “Pyramid” category.

## BUILDING: SCHOOL ADVANCE DIVISIONS TRADITIONAL/ ALL MUSIC/ COED



Stunt Difficulty (most 75%)	Pyramid Difficulty (most 75%)	Tumbling Difficulty (majority 51%)
<b>3.0-3.7</b>	<b>3.0-3.7</b>	<b>3.0-3.7</b>
Extension One Leg Variations Prep Level	Pyramids involving Extended Two Leg Stunts  Pyramids involving Extended One Leg Stunts	Round-off BHS Round-off BHS Series  Standing BHS
<b>3.7-4.3</b>	<b>3.7-4.3</b>	<b>3.7-4.3</b>
Extended One Leg Stunts  Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Release Pyramid Transition and Multiple Extended Structures	Round-off Tucks Round-off BHS Back Tucks  Standing BHS Series Jump/BHS Combinations
<b>4.4-5.0</b>	<b>4.4-5.0</b>	<b>4.4-5.0</b>
Elite Skills- Full up to Extension, Release moves that land in an Extended Position, Tick tocks, and/or other Unique Mounts and Transitions of similar difficulty level  Single Twist from One Leg Stunts Extended Stunt Sequence performed by a Single Base, Unassisted  <b>Difficulty MAX SCORE - 5.0</b> <b>Execution MAX SCORE - 5.0</b>	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Braced Flip Transition/Arm Braced Tick Tock and Multiple Extended Structures  <b>Difficulty MAX SCORE - 5.0</b> <b>Execution MAX SCORE - 5.0</b>	Aerials, Punch Fronts ,Layouts, Pikes, Whips, Arabians, Fulls, Combination Passes  Standing Back Tucks Standing BHS Back Tucks Jump/Tuck Combination  <b>Difficulty MAX SCORE - 5.0/5.0</b> <b>Execution MAX SCORE - 5.0/5.0</b>

STUNTS, PYRAMIDS  
**MOST** 75% of the team

TUMBLING  
**MAJORITY** 51% of the team

- Skills performed by less than **MOST** and **MAJORITY** will enable the score to be moved into a lower range.
- Additional skills performed but do not meet the **MOST** or **MAJORITY** range may be considered a score **DRIVER** at the discretion of the judge(s).

**NOTE: ALL School Teams must follow the NFHS Safety Rules.**

**\*\*TOSSES** are not required, but may be rewarded in the "Pyramid" category.

## BUILDING NON TUMBLING DIVISIONS TRADITIONAL (SPIRITLEADER)



Stunt Difficulty (most 75%)	Pyramid Difficulty (most 75%)
<b>3.0-3.7</b>	<b>3.0-3.7</b>
Extension One Leg Variations Prep Level	Pyramids involving Extended Two Leg Stunts  Pyramids involving Extended One Leg Stunts
<b>3.7-4.3</b>	<b>3.7-4.3</b>
Extended One Leg Stunts  Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Release Pyramid Transition and Multiple Extended Structures
<b>4.4-5.0</b>	<b>4.4-5.0</b>
Elite Skills- Full up to Extension, Release moves that land in an Extended Position, Tick tocks, and/or other Unique Mounts and Transitions of similar difficulty level  Single Twist from One Leg Stunts Extended Stunt Sequence performed by a Single Base, Unassisted  Difficulty MAX SCORE - 5.0 Execution MAX SCORE - 5.0	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Braced Flip Transition/Arm Braced Tick Tock and Multiple Extended Structures   Difficulty MAX SCORE - 5.0 Execution MAX SCORE - 5.0

### STUNTS, PYRAMIDS **MOST** 75% of the team

- Skills performed by less than **MOST** and **MAJORITY** will enable the score to be moved into a lower range.
- Additional skills performed but do not meet the **MOST** or **MAJORITY** range may be considered a score **DRIVER** at the discretion of the judge(s).

**NOTE: ALL School Teams must follow the NFHS Safety Rules.**

**\*\*TOSSES** are not required, but may be rewarded in the "Pyramid" category.



## School Building: Additional Scoring

### JUMP EXECUTION: (3.0 - 5.0)

### JUMP DIFFICULTY: (3.0 - 5.0)

3.0 – Single jumps

3.5 – Double jump combinations no variety

4.0 – Double jump combinations with variety

4.5 – Triple jump combinations OR double jump combinations and a single jump, with no variety

5.0 – Triple jump combinations OR double jump combinations and a single jump, must include variety

**Jump Combination** = Jumps connected with continuous movement.

**Jump Variety**= two or more different jumps.

### CROWDLEADING SECTION: (Traditional only)

**CHEER WORDS**- Crowd leading words are practical, easy to follow, solicit crowd participation/yell backs. (3.0 - 5.0)

**VOICE/VOLUME**- Voice inflection and volume is loud, clear and well projected. (3.0 - 5.0)

**MOTIONS & SKILLS**- Motions are strong, visual, easy to follow for crowd leading. (3.0 - 5.0)

**PROPS & VISUALS**- Signs, poms, megaphones etc. are effectively incorporated to enhance crowd leading. (3.0 - 5.0)

**PERFECTION**- Degree at which crowd leading section is executed. (3.0 - 5.0)

### TUMBLING SECTION: (All Music only)

**STANDING TUMBLING: DIFFICULTY** (3.0 - 5.0)

**STANDING TUMBLING: EXECUTION** (3.0 - 5.0)

**RUNNING TUMBLING: DIFFICULTY** (3.0 - 5.0)

**RUNNING TUMBLING: EXECUTION** (3.0 - 5.0)

### TIMING: Synchronization and Timing

Stunt/Pyramid (3.0-5.0)

Jumps/Dance (3.0-5.0)

Tumbling (3.0-5.0)

### OVERALL COMPONENTS:

**REPRESENTATION**- Image, sportsmanship, performance integrity, sportsmanship, lack of arrogance (3.0 - 5.0)

**ROUTINE COMPOSITION/FLOW** -Choreography, creativity, innovation, variety, seamless, fluidity (3.0 - 5.0)

**SHOWMANSHIP/PRESENTATION**- Enthusiasm, excitement, energy, confidence, eye contact (3.0 - 5.0)

**OVERALL PERFECTION**- perfection, lack of errors, polished/well-rehearsed look. (3.0 - 5.0)

**OVERALL IMPRESSION**- Age appropriate, appealing, engaging, perception (3.0 - 5.0)



### Coed Stunt Quantity: (3.0-5.0)

#males on team	Coed stunt required
1	1
2	1
3	1
4	1
5	1
6	1
7	1
8	2
9	2
10	2

### Dance Difficulty (3.0 - 5.0) Dance Execution (3.0 - 5.0)

**\*\*Spirit Leader:** Limited tumbling is permitted for choreography and transitional purposes only. Any form/ combination of rolls, handstands or cartwheels will be permitted but will not be categorized or scored separately on the score sheet.