



2026-2027

RULES & REGULATIONS

SCHOOL, CHALLENGE DIVISIONS, SPECIALTY DIVISIONS



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GENERAL EVENT INFORMATION

The AmeriCheer Family of Brands reserves the right to be the arbitrator and interpreter of all information covered in this document.

EXPECTATIONS

The AmeriCheer Family of Brands suggests all participants display overall behavior conducive to serving as a public representative/ambassador to their school/organization/district and with the appropriate attire suitable for everyone including family viewing (on or off the performance floor). Any observed deviation/violation from a team, coach and/or individual team member may result in a penalty and point deductions may be assessed for inappropriate apparel and/or unsportsmanlike conduct.

SAFETY RULES AND GUIDELINES

The AmeriCheer Family of Brands will follow the 2026-2027 NFHS Spirit Rules Book. For all school/organization/district divisions to include Traditional, All Music, Elementary, Youth Biddy League, Game Day Hot Shots, and Specialty routines. To obtain a copy of this book visit www.NFHS.org. Intermediate, Junior High/Middle School, Elementary, and Youth Biddy League Team Routines will have additional specific skill limitations listed later in this document in addition to the 2026-2027 NFHS Spirit Rules.

SCHOOL/ORGANIZATION/DISTRICT REPRESENTATION

In order to contribute to the image of today's cheerleading as a wholesome All-American activity, below are some general suggestions/guidelines to better prepare all participants for an excellent presentation when competing on/off the floor.

- **APPEARANCE** - All participants should present a well-rounded athletic, neat, clean, and unified look that represents their school/organization/district with pride and is appropriate for the role of an ambassador and/or representative of their community.
- **HAIR** - For the safety of all participants, hair should be secured off/out of the face that considers all diversities and minimizes risk.
- **BOWS** - Bows are permitted but tails should not hang in/over participants' eyes to minimize risk.
- **UNIFORMS** - Uniform styles should be appropriate for all participants and reflect a tasteful and appropriate appearance for the participants' age.
- **UNIFORM COVERAGE** - All uniforms must cover the midriff of all participants when standing at attention per the 2026-2027 NFHS Spirit Rules Book
- **GLITTER** - The use of glitter is not permitted to be worn for the safety of all participants.
- **JEWELRY** - Participants are not permitted to wear jewelry of any kind. This includes, but is not limited to earrings, belly rings, nose rings, watches, finger rings, bracelets, ankle bracelets, etc. This is a NFHS Safety Rule. A violation and point deductions may be assessed per occurrence.
- **TATTOOS** - The AmeriCheer Family of Brands highly recommends that all participants cover any visible tattoos to enhance a unified look. Exception: Stick-on face tattoos are permitted on participants' cheeks; however, they must be well secured during the performance.
- **MAKE-UP** - Participants should look "Game Day Ready" and should reflect an appropriate unified look. All make-up should be age appropriate and display a wholesome look that is not excessive and/or overdone while still being visible from the performance floor. In order to better enhance participants' presentation/facials from a distance, the use of stage/theatre make-up is permitted as long as it is done so appropriately.
- **ROUTINE CHOREOGRAPHY** - All elements of choreography including music, cheer and dance moves, words (spoken/implied), sounds, signs, cheer/chant contents, etc., should be appropriate and suitable for family viewing. Additionally, school/organization/district administration should have approval of all presented choreography.

Please call the AmeriCheer Family of Brands Corporate office for clarity or questions.

DEFINITION OF SCHOOL/ORGANIZATION/DISTRICT TEAMS

To be considered a school/organization/district, one or more of the following must apply:

- *The school/organization/district is governed by associated official administration.*
- *The main purpose is to cheer for associated school/organization/district competitive athletic teams at any level (i.e. football, basketball, soccer, etc.)*
- *Group is created for competition purposes only and comprises only of members of associated school/organization/district.*

All members must be recognized by the associated school/organization/district administration and as a member of the participating student body.

ELIGIBILITY OF PARTICIPANTS

All participants may not have graduated. Divisions are determined by grade level at the time of the competitive event they are attending, regardless of the participant's current age. To be fair to all, the AmeriCheer Family of Brands will strictly enforce its grade requirements for each division. The AmeriCheer Family of Brands reserves the right to assess a penalty/disqualify/reclaim any/all awards for any participants/teams found in violation of the eligibility policy, whether before/during/after a competitive event.

COMPETITION FLOOR AREA/OUT-OF-BOUNDS

Each AmeriCheer Family of Brands event will provide a performance floor measuring 42' x 54'. Please refer to the specific event information on our website for details regarding the performance floor, as configurations may vary by event. Performance floor information will also be included in the event confirmation packet. To be considered an out-of-bounds violation, a participant must make contact beyond the 42' x 54' competition floor boundary with both feet. The official boundary is defined by the edge of the 42' x 54' competition mat and does not include the white tape, line, or safety border surrounding the mat. A participant is considered out of bounds when both feet make contact beyond the designated competition floor boundary.

ROUTINE COMPOSITION

All routines should be comprised of all elements/categories indicated on each corresponding score sheet. See all division score sheets for reference on our website at www.americheerfamilyofbrands.com

PROPS

The use of props (see NFHS prop definition in NFHS Safety Rules book) includes poms/signs/megs/flags/rally towels. Props may not be forcibly/aggressively tossed off the performance floor when discarding such and must not present a danger to any participants in the audience including judges. Additionally, no objects may be thrown into the audience before/during/after a performance.

RUNNING THE MUSIC

One representative may run the music, press play and must remain at the sound table/station throughout the entire performance. Please bring/supply three high-quality copies of the music along with several backups. Review the content of the music for any inappropriate language/sounds (spoken/implied) and for quality. Also, music time should be recorded three to four seconds under the maximum time allotted due to variations in music system speeds.

MUSIC COPYRIGHT INFORMATION

The AmeriCheer Family of Brands will adhere to all copyright laws and guidelines related to the music industry. By signing the AmeriCheer Family of Brands Code of Ethics, your organization will be acknowledging that it is following all copyright laws and guidelines related to the music industry. By acknowledging the compliance, any organization may or may not be asked to provide documented proof. If such documented proof cannot be supplied upon request, the organization may receive a warning and/or a penalty/ points deduction for non-compliance. *Should you have questions or need more information about this policy, please call the AmeriCheer Family of Brands Corporate office.*

MUSIC COMPLIANCE INQUIRY

All questions regarding the validity of whether another performing team's music is compliant must be directed to a competition official immediately following the team in question's performance. The AmeriCheer Family of Brands official will in turn provide an official Inquiry form to be completed and submitted while at the competition. The team in question will have 24 to 48 hours to provide proof of compliance. If the team in question's music is/was not compliant, the team will forfeit all awards and/or placements for that event. The AmeriCheer Family of Brands will not accept any inquiries about the validity of a competing team's music after an event.

INTERRUPTION OF PERFORMANCE – EQUIPMENT

If a routine is interrupted due to failure of competition equipment, the team will be permitted to perform again, going later in the division, if at all possible. If the interruption is due to failure of the team's equipment or supplies the team will have two options:

1. The team may perform again, using their own player or the back-up copy of their music; however, the routine scoring will begin at the point where the interruption occurred **OR**
2. The team may use the original performance.

INTERRUPTION OF PERFORMANCE – INJURY/ILLNESS

If a participant is visibly injured/ill and/or demonstrates that he/she cannot continue executing the routine and/or it appears the injured person becomes a safety hazard to themselves or their teammates, the routine must/will be stopped. The only person(s) permitted to stop the routine are competition officials, the coach/advisor of the performing team and an injured/ill participant. The team will be permitted 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 participant be permitted to compete at a later time without the official authorization from either trainer/parent(s)/guardian(s)/head coach.

The AmeriCheer Family of Brands reserves the right to stop any performance due to injury/illness.

COACHES BOX/AREA

The AmeriCheer Family of Brands may provide a coach's box/area for all/any coaches to stand/kneel/sit during their team's performance. In the event one is not provided, coaches may utilize a specific designated area. This will be noted in the confirmation materials and/or at the event. Under no circumstances may a coaches stand in front of the judges and/or obstruct the judges' view. The AmeriCheer Family of Brands reserves the right to assess a violation/points deduction if a team's coaches is found in violation of this rule.

PERFORMANCE ORDER CHANGES – AT THE EVENT

In fairness to all participants and in the spirit of sportsmanship, the AmeriCheer Family of Brands asks that all attending teams remain cognizant of the number of performance order changes that are requested from each organization at the event. We realize sometimes things do happen that require such and we will do our best to accommodate everyone; however, please try to refrain from requesting an excessive number of changes because these changes also affect the other attending teams and/or their performance times.

REPORTING TO WARM-UP ON TIME/LATE

In order to respect every team's warm-up time, the AmeriCheer Family of Brands highly recommends all participating teams report to the designated warm-up area for their official check-in a few minutes before their official warm-up time. The official warm-up time will be indicated on the event performance order, and it is highly recommended that every team report 3-5 minutes before their official warm-up time.

SPOTTER POLICIES/PROCEDURES

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

- Program spotters must be at least 18 years of age and be very familiar with all aspects of the routine.
- Program spotters must present themselves in a professional manner to include, but not limited to appropriateness of dress, acting in a manner that does not distract from the performance and distinguishing themselves as a separate group from the performers i.e., by not wearing any apparel that is similar to the performers' uniforms.
- Program spotters must be readily available to only spot building sections.
- Program spotters shall stay at the back of the performance floor/mat when not spotting the building skills of their program's routines and not block the pathways of any performing competitors.
- Any violation may result in a violation/points deduction per occurrence.

PROCEDURAL QUESTIONS

All questions relating to any procedures of the competition are to be handled by one coach and are to be directed at the competition director/official only. All questions must be made prior to the team competing.

INQUIRY/GRIEVANCE PROCEDURES

In the event an organization has an inquiry(s)/grievance(s) regarding something at the event, the head coach must obtain and complete an AmeriCheer Family of Brands Inquiry/Grievance form from a designated AmeriCheer Family of Brands official (at the event). No forms will be accepted after the event. The AmeriCheer Family of Brands will have up to 72 hours upon receipt of the form(s) to address any inquiry(s)/grievance(s) if the matter cannot be resolved at the event's conclusion.

Note: AmeriCheer Family of Brands will not discuss another team's performance/business with the organization of the team filing the inquiry/grievance and this will be strictly enforced for the 2026-2027 competition season and all discussions between an AmeriCheer official and head coach are limited to 10 minutes.

SKILL LEGALITY VERIFICATION PROCEDURES

It is very important to be knowledgeable and current on all safety rules, guidelines, skill legalities, etc. Therefore, should a coach have a question regarding the legality of any skills, please adhere to the following steps to ensure a timely and accurate response:

- The skill(s) must be recorded at practice. We will no longer accept videos from a prior performance and/or competition.
- The skill(s) in question must be videoed from 3 angles: front, side, and back. We will not accept videos from less than 3 angles.
- All skills submitted may not exceed 10 seconds each.
- The submission will only be accepted via email to info@americheer.com and must include team name, head coach name, coach email, coach cell, division entering, and name and date of attending event.
- The video(s) must be submitted using a non-expiring link. Please make sure the video is "Unlisted" and not set to "Private".
- In the subject line, include the following to read LEGALITY VERIFICATION FOR ABC HIGH SCHOOL.
- Remember that all videos must be sent directly through email and cannot be sent or include a link to Instagram, Facebook, TikTok, etc. Also, all inquiries must be received in the AmeriCheer Family of Brands office no less than 3 weeks prior to the event. Videos received within 3 weeks will not be reviewed. The AmeriCheer Family of Brands will in turn have 2 weeks upon receipt of legality verification to respond with a ruling(s) via email and/or call.
- All submitted video and materials will become the property of the AmeriCheer Family of Brands.

IMPORTANT NOTE: The AmeriCheer Family of Brands will not provide any legalities/interpretations without the above procedures being followed. This includes no phone, email, social media verifications.

TRADITIONAL TEAM ROUTINES

PERFORMANCE REQUIREMENTS AND GENERAL GUIDELINES:

All Traditional team routines and participants are to adhere to the following requirements and guidelines and may result in a violation and/or points deduction if these requirements are not followed.

- Each team is to perform a choreographed routine not to exceed 2:30 in total length. A 3 second grace period will be in effect to allow for any speed differences of the competition sound system.
- Each team should choreograph their routine according to the elements/categories listed on the Traditional score sheet.
- Up to 1:45 of the routine may be performed to music. Music may be divided into more than one segment as long as the total music time does not exceed the 1:45 limit. A 3 second grace period will be in effect to allow for any speed differences of the competition sound system.
- All organized/choreographed entrances or exits that display any type of organized words/cheers/movements/jumps/tumbling/kicks and/or stunts are not permitted. Also, all team breaks, rituals, and traditions may only take place prior to entering the competition floor.

Participants may only “spirit/rally” and/or punch/wave when entering/exiting the floor but may not do so excessively. Participants should refrain from any type of excessive celebration before/after the conclusion of a performance. Excessive celebrations would include but are not limited to huddles, coaches/non-team members entering the competition floor, dancing, chest bumps, head/hair swinging, “showboating”, inappropriate gestures/moves, etc.

- Participants should quickly enter the floor and immediately go to their routine opening spot/position as soon as the team is announced on the competition floor.
- Timing of the routine will begin with the first organized word, movement or note of music – whichever comes first.
- Participants must have at least 1 foot on the performance floor when the routine begins.
- Only 1 mascot is permitted to participate in the routine and will count as a team member.
- Mascots are not permitted to participate in any stunting/building or tumbling skills of any type.
- Mascots may use legal props. See NFHS definition of a prop for clarity.
- Mascots may not throw any items into the audience before/during/after a performance.
- Mascots must remain on the performance floor during a performance and may not leave/enter the floor during a performance nor may they remove/add any part of the costume before entering/exiting the floor.
- Mascots must stay in full costume during the entire time the mascot is in front of the competition audience.
- Permitted props for team participants are signs, poms, megas, flags, rally towels, foam fingers, etc. See NFHS definition of what is considered a prop.
- Team members may not excessively/aggressively toss/fling/pitch/discard any props with excessive force.

All Non-Building Traditional team routines do not permit any stunts, (group/partner/coed), pyramids and tosses. If a participant is lifted/elevated off the performance floor, it will be considered a building skill and therefore illegal in any Non-Building divisions. This includes assisted tumbling, nuggets (stepping on another participant’s back while the base is down on the performance floor on all fours), etc.

All Non-Tumbling Traditional team routines do not permit any tumbling except for load-ins to any stunts/pyramids (if in applicable division). Tumbling is defined as any skill with feet over the head rotation.

All School/District – Elementary/Biddy/Youth Traditional team routine divisions will have additional specific skill restrictions (see below) in addition to what is defined in the 2026-2027 NFHS Spirit Rules Book.

1. All tosses (basket, sponge, and J-toss) to cradles are not permitted.
2. All inversions are not permitted.
3. All twisting into/out of and/or transitions in stunts/pyramids are not permitted
4. All twisting tumbling is not permitted. Exception: Round-offs.

All Junior High/Middle School Traditional team routine divisions will also have additional specific skill restrictions (see below) in addition to what is defined in the 2026-2027 NFHS Spirit Rules Book.

- All tosses (basket, sponge, and J-toss) to cradles are not permitted EXCEPTION:
- Straight ride (pencil) tosses only
- No twisting is permitted
- No additional body positions are permitted (i.e., kick, arch, pretty girl, straddle/toe-touch, etc.)

All Intermediate Traditional routines will have additional specific skill restrictions (see page 9) in addition to what is defined in the 2026-2027 NFHS Spirit Rules Book.

For any questions or clarity please call the AmeriCheer Family of Brands Corporate office.

ALL-MUSIC TEAM ROUTINES

PERFORMANCE REQUIREMENTS AND GENERAL GUIDELINES:

All Music team routines and participants are to adhere to the following requirements and guidelines and may constitute a violation/points deduction being assessed if not done so.

- Each team is to perform a choreographed routine not to exceed 2:30 in total length.
- Each team should choreograph their routine according to the elements/categories listed on the All-Music score sheet.
- The entire routine must be performed with all music.
- A cheer/chant may be performed; however, if performed, the music may not stop during the cheer/chant portion but rather the music may decrease in volume during this time.
- If the volume of the music is decreased during the cheer/chant section, the music must be clearly heard over the words, otherwise a penalty/deduction may be assessed.
- No voice-overs or words may be recorded to enhance the team's volume or to sound louder.
- All organized/choreographed entrances or exits that display any type of organized words/cheers/movements/jumps/tumbling/kicks and/or stunts are not permitted. Also, all team breaks, rituals, and traditions may only take place prior to entering the competition floor.

Participants may only "spirit/rally" and/or punch/wave when entering/exiting the floor but may not do so excessively. Participants should refrain from any type of excessive celebration before and/or at the conclusion of a performance. Excessive celebrations would include but are not limited to huddles, coaches/non-team members entering the competition floor, dancing, chest bumps, head/hair swinging, "showboating", inappropriate gestures/moves, etc.

- Participants should quickly enter the floor and immediately go to their routine opening spot/position as soon as the team is announced on the competition floor.
- Timing of the routine will begin with the first organized word, movement or note of music – whichever comes first.
- Participants must have at least 1 foot on the performance floor when the routine begins.
- Only 1 mascot is permitted to participate in the routine and will count as a team member.
- Mascots are not permitted to participate in any stunting/building or tumbling skills of any type.
- Mascots may use legal props. See NFHS definition of a prop for clarity.
- Mascots may not throw any items into the audience before/during/after a performance.
- Mascots must remain on the performance floor during a performance and may not leave/enter the floor during a performance nor may they remove/add any part of their costume before entering/exiting the floor.
- Mascots must stay in full costume during the entire time the mascot is in front of the competition audience.
- Permitted props for team participants are signs, poms, megs, flags, rally towels, foam fingers, etc. See NFHS definition of what is considered a prop.
- Team members may not excessively/aggressively toss/flip/pitch/discard any props with excessive force.

All Non-Building All-Music team routines do not permit any stunts, (group/partner/coed), pyramids and tosses. If a participant is lifted/elevated off the performance floor, it will be considered a building skill and therefore illegal in any Non-Building divisions. This includes assisted tumbling, nuggets (stepping on another participant's back while the base is down on the performance floor on all fours), etc.

All Non-Tumbling All-Music team routines will not permit any tumbling except for load-ins to any stunts/pyramids (if in applicable division). Tumbling is defined as any skill with feet over the head rotation.

All Intermediate All-Music team routines will have additional specific skill restrictions (see page 9) in addition to what is defined in the 2026-2027 NFHS Spirit Rules Book.

For any questions or clarity please call the AmeriCheer Family of Brands Corporate office.

INTERMEDIATE ROUTINE SKILL RESTRICTIONS

(Applicable To Traditional/All-Music Team Routines)

GENERAL:

- When airborne, twisting tumbling is not permitted. Exception: Aerial cartwheels.

STANDING TUMBLING:

- Single and series front and back handsprings **are permitted**.
- Jump handspring(s) combinations **are permitted**.
- Standing Tucks of any variation (ex. cartwheel tuck, back handspring tuck) **are not permitted**.

RUNNING TUMBLING:

- Back flips performed in tuck position **are permitted**.
- Back flips may only be performed from a round-off or round-off back handspring(s).
- No other skills are permitted prior to the round-off, round-off back handspring(s).
- Aerial cartwheels **are permitted**.
- No tumbling is permitted after a back flip or aerial cartwheel. There must be a definitive/clear/stop/pause in momentum prior to the next tumbling skill.
- Front flips are **not permitted**.

TWISTING STUNTS:

- Up to ½ twist is permitted to and from an extended position.
- Up to 1 full twist is permitted to and from prep level or below.

RELEASED STUNTS:

- Release moves are to only be initiated from prep level or below.
- Releases are permitted up to prep level.
- Release moves are permitted up to ¼ twist.

INVERSION STUNTS:

- Inversions are permitted from ground level to non-inversion stunts.
 - Note: Back handspring entries are not permitted.
 - Note: Inverted stunts above ground level are not permitted.
- Released ground level inversions are only permitted up to prep level.
- Released ground level inversions are permitted up to ¼ twist.
- Exception: Downward inversions are permitted from a horizontal/cradle position below prep level.

PYRAMIDS

- An extended single-leg stunt may not be supported or braced by another extended single-leg stunt.
- Pyramid skills must comply with all Intermediate stunt limitations unless the top person is connected to at least one bracer at prep level or lower through a hand or arm connection.
- The required bracer connection must be established before the skill begins and maintained continuously until the transition is complete.

PYRAMID RELEASE MOVES

- Braced release skills may include a maximum of ½ twist.

PYRAMID INVERSIONS

- A braced forward or backward flip is permitted with the following requirements:
 - The top person must maintain a hand-to-hand or hand-to-arm connection with two bracers.
 - No twisting may be incorporated into the flip.
 - The skill must finish in a cradle.
- Any other braced inversion must have a bracer connection in place before the inversion begins and that connection must remain intact for the entire skill.

DISMOUNTS

- From an extended single-leg stunt, only the following dismounts are permitted:
 - Straight pop-down
 - Basic straight cradle
 - ¼ twisting dismount
- A maximum of 1¼ twists is permitted from any prep-level stunt or any two-leg stunt performed at any level.

TOSSES

- A maximum of one trick is permitted.
- A toss may include up to one twisting rotation.
- When performing a twisting toss, the twist must be the only skill incorporated into the toss.

GAME DAY HOT SHOTS – TEAM ROUTINES

PERFORMANCE REQUIREMENTS AND GENERAL GUIDELINES

- All routines must follow the 2026-2027 NFHS Spirit Safety Rules and Guidelines in addition to specific Game Day Hot Shots Team division skill limitations (see Game Day Hot Shots Team Skill Limitations page 11).
- All Game Day Hot Shot Team Routines and participants are to adhere to the following requirements and guidelines and may constitute a violation/points deduction being assessed if not done so

Each Game Day Hot Shots Team Routine consists of the following three categories, which are to be performed in this order:

1. Band Cheer/Dance
2. Crowd Leading (Chant/Cheer) Note: No situational response is used for this category.
3. School Fight Song

Band Cheer – See criteria on Game Day Hot Shots Team score sheet.

- This category should focus on crowd appeal and practicality which are applicable to game situations/environment. Performances should focus on engaging the crowd and incorporate visual appeal such as prop incorporation, sharp, well-executed motions, ripples, levels, peel-offs, etc. all of which are pleasing to the eye and performed with precision, showmanship, and energy. **Stunts and tumbling are not permitted in this category no matter what the division.**

Crowd Leading Chant/Cheer – See criteria on Game Day Hot Shots Team score sheet.

- This category should be crowd oriented, and all material should be applicable for leading a crowd in a game situation/environment. Words to the material should be simple, easy to follow, and encourage maximum participation. All skills should be Game Day appropriate, synchronized, well executed, and crowd effective. Props should be incorporated to enhance the crowd-leading environment. *Hint: The more props incorporated, the better, as long as they are used effectively.*

Fight Song – See criteria on Game Day Hot Shots Team score sheet.

- Teams should use their official fight song if possible. Emphasis should be on execution, showmanship, energy, visual appeal, skill incorporation and crowd engagement, etc.

Stunts and tumbling are not permitted during transitions from one category/element to the other. This should be a time to exhibit high team energy and display the ability to engage the crowd by spiriting/rallying with a lot of individual and team spirit. Jumps and kicks are permitted during transitioning.

- All Non-Building divisions do not permit any stunts/building skills. If a participant is ever lifted/elevated off the performance floor, it will be considered a building skill and therefore illegal.
- All Non-Building/Non-Tumbling divisions do not permit any stunts/building skills and/or tumbling skills and will be considered illegal if executed in this division.
- Each team is to perform a choreographed routine not to exceed 3:00 in total length. A 3 second grace period will be in effect to allow for any speed differences of the competition sound system.
- Each team should choreograph their routine according to the elements/categories listed on the Game Day score sheet.
- All organized/choreographed entrances or exits that display any type of organized words/cheers/movements/jumps/tumbling/kicks and/or stunts are not permitted. Also, all team breaks, rituals, and traditions may only take place prior to entering the competition floor.

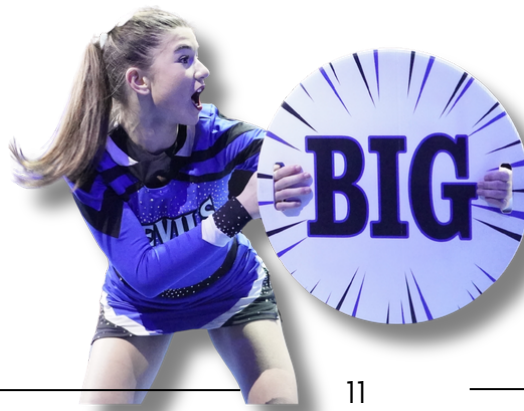
Participants may only “spirit/rally” and/or punch/wave when entering/exiting the floor but may not do so excessively. Participants should refrain from any type of excessive celebration before and/or after the conclusion of a performance. Excessive celebrations would include but are not limited to huddles, coaches/non-team members entering the competition floor, dancing, chest bumps, head/hair swinging, “showboating”, inappropriate gestures/moves, etc.

GAME DAY HOT SHOTS – TEAM ROUTINES

- Participants should quickly enter the floor and immediately go to their routine opening spot/position as soon as the team is announced onto the competition floor.
- Timing of the routine will begin with the first organized word, movement or note of music – whichever comes first.
- Participants must have at least 1 foot on the performance floor when the routine begins.
- Team members may only “spirit/rally”, and/or punch/wave when entering/exiting the floor but may not do so excessively.
- Participants should quickly enter the floor and immediately go to their routine opening spot/position as soon as the team is announced to the competition floor.
- Each team will perform a choreographed routine not to exceed 3:00 in total length.
- Timing of the routine will begin with the first organized word, movement or note of music – whichever comes first.
- Only 1 mascot is permitted to participate in the routine and will count as a team member.
- Mascots are not permitted to participate in any stunting/building or tumbling skills of any type.
- Mascots may use legal props. See NFHS definition of prop.
- Mascots may not throw any items into the audience before/during/after a performance.
- Mascots must remain on the performance floor during a performance and may not leave/enter the floor during a performance nor may they remove/add any part of the costume before entering/exiting the floor.
- Mascots must stay in full costume during the entire time the mascot is in front of the competition audience.
- Permitted props for team participants are signs, poms, megas, flags, rally towels, foam fingers, etc. See NFHS definition of what is considered a prop.
- Team members may not excessively/aggressively toss/flip/pitch/discard any props with force.
- Coaches and/or spectators may not enter the competition floor/mat at the conclusion of their team’s performance in order to congratulate any team members. Doing so may result in a violation/points deduction.

GAME DAY HOT SHOTS TEAM ROUTINE – SKILL RESTRICTIONS

- Any violations will result in various point deductions.
- Basket and waist tosses are not permitted. Examples of permitted toss skills are quick toss stunts, toss coed entries, and single-base toss toe touches.
- Inversion stunts of any type are not permitted.
- Twisting released dismounts are not permitted.
- Released twisting stunt transitions are not permitted.
- Single leg extended stunts are limited to liberties and liberty hitches only.
- Running tumbling of any type is not permitted.
- Single standing tumbling is permitted but may not be connected. Exception: A single tumbling skill may only be connected to a single jump.
- Single standing tumbling skills that are permitted are back handspring, back tuck, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.



EVENT RULES, REGULATIONS, PERFORMANCE GUIDELINES VIOLATIONS – PENALTY POINT VALUES

The AmeriCheer Family of Brands reserves the right to assess warnings in place of point deductions for violations if the Penalty/Deductions judge feels such is warranted.

Point Value	Violation
5.0	PARTICIPANT ELIGIBILITY VIOLATION
5.0	OUT-OF-DIVISION VIOLATION
5.0	PARTICIPANT NUMBERS VIOLATION
	REPRESENTATION VIOLATION (<i>See next line</i>)
2.0	IMAGE/BEHAVIOR
2.0	UNIFORM MIDRIFF COVERAGE
2.0	INAPPROPRIATE MUSIC
1.0	JEWELRY
2.0	INAPPROPRIATE CHOREOGRAPHY VIOLATION
1.0	FLOOR ENTRANCE/EXIT VIOLATION
2.0	NFHS SAFETY RULE VIOLATION
2.0	GENERAL SAFETY RULE VIOLATION
3.0	SKILL RESTRICTION VIOLATION
2.0	MASCOT GUIDELINES VIOLATION
2.0	BOUNDARY VIOLATION
2.0	SPOTTER VIOLATION
2.0	PROP VIOLATION
1.0	TOTAL ROUTINE TIME VIOLATION per every second over, after 3 second grace period
1.0	TOTAL MUSIC SEGMENT(S) TIME VIOLATION per every second over, after 3 second grace period
3.0	GAME DAY ROUTINE FORMAT VIOLATION
5.0	UNSPORTSMANLIKE CONDUCT VIOLATION
1.0-5.0	OTHER/MISC. VIOLATION



ROUTINE PERFORMANCE DEDUCTIONS

ATHLETE FALL – (.15)

DROPS TO THE PERFORMANCE SURFACE DURING TUMBLING AND/OR JUMP SKILLS

INCLUDES:

- Hands down during tumbling or jump skills.
- Knee or knees down during tumbling or jump skills.
- Tumbling transitions in/out of a building skill.

DOES NOT INCLUDE:

- An athlete that trips while walking during transition.
-

MAJOR ATHLETE FALL – (.25)

MULTIPLE BODY PARTS DROP TO THE PERFORMANCE SURFACE DURING TUMBLING AND/OR JUMP SKILLS

INCLUDES:

- Multiple body parts in tumbling or jumps i.e. hands & knees, seat & hands, etc.

DOES NOT INCLUDE:

- An athlete that trips while walking during a transition.
-

BUILDING BOBBLE – (.25)

BUILDING SKILLS THAT ALMOST DROP, BUT ARE SAVED

INCLUDES:

- Base or spotter drops to the performance surface during a building skill.
- Top person leans or bears weight on a base/spotter and is pushed back up into the stunt/skill.
- Lowering a stunt to prep from extended position to prep level (not a timing issue).
- Single-Based/Coed-Style (unassisted or assisted) stunts that drop to a load in position.
- Pyramid skills that would fall without the bracer or bracer's support.
- Both feet of the top person come in contact with the performance surface during a cradle/prone (excluding one foot).
- Hand(s) of the top person come in contact with the performance surface during a cradle/prone.
- Drops to the performance surface from a nugget, thigh stand, and/or waist level style stunt onto their feet (not a timing issue)

DOES NOT INCLUDE:

- An omitted skill
 - Drop in body position by the top person.
 - Excessive movement by the bases
 - Balance check by the top person
-

BUILDING FALL – (.75)

DROPS FROM A BUILDING SKILL OR TRANSITION

INCLUDES:

- Drops to a cradle position/load in/prone position.
- Coed Style (unassisted or assisted) stunts that drop to a cradle and/or prone.
- Single-Based/Coed-Style (unassisted or assisted) stunts that drop to the performance surface (not a load in position) with assistance from bases and/or spotter.
- Top person is set out of a building skill, transitions, and drops to the performance surface,

DOES NOT INCLUDE:

- Single-Based or Coed-Style (unassisted or assisted) stunts that drop to a load in position.
-

MAJOR BUILDING FALL – (1.25)

DROPS TO THE PERFORMANCE SURFACE FROM A BUILDING SKILL BY THE TOP PERSON AND/OR BASE(S) SPOTTER(S)

INCLUDES:

- Multiple bases and/or spotters drop to the performance surface.
- Top person lands on base and/or spotter who drops to the performance surface.
- Single-Based/Coed-Style (unassisted or assisted) stunts where the top person lands on performance surface without assistance from bases and/or spotter.

DOES NOT INCLUDE:

- Top person comes in contact with the performance surface during a transitional-stunt and/or pyramid that is continuous without interruption/stopping.
 - Top person is set out of a building skill, transitions, and drops to the performance surface (this includes tripping while walking).
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INDIVIDUAL CHALLENGE DIVISION

PERFORMANCE REQUIREMENTS/CRITERIA & GENERAL – GUIDELINES

JUMP-OFF CHALLENGE:

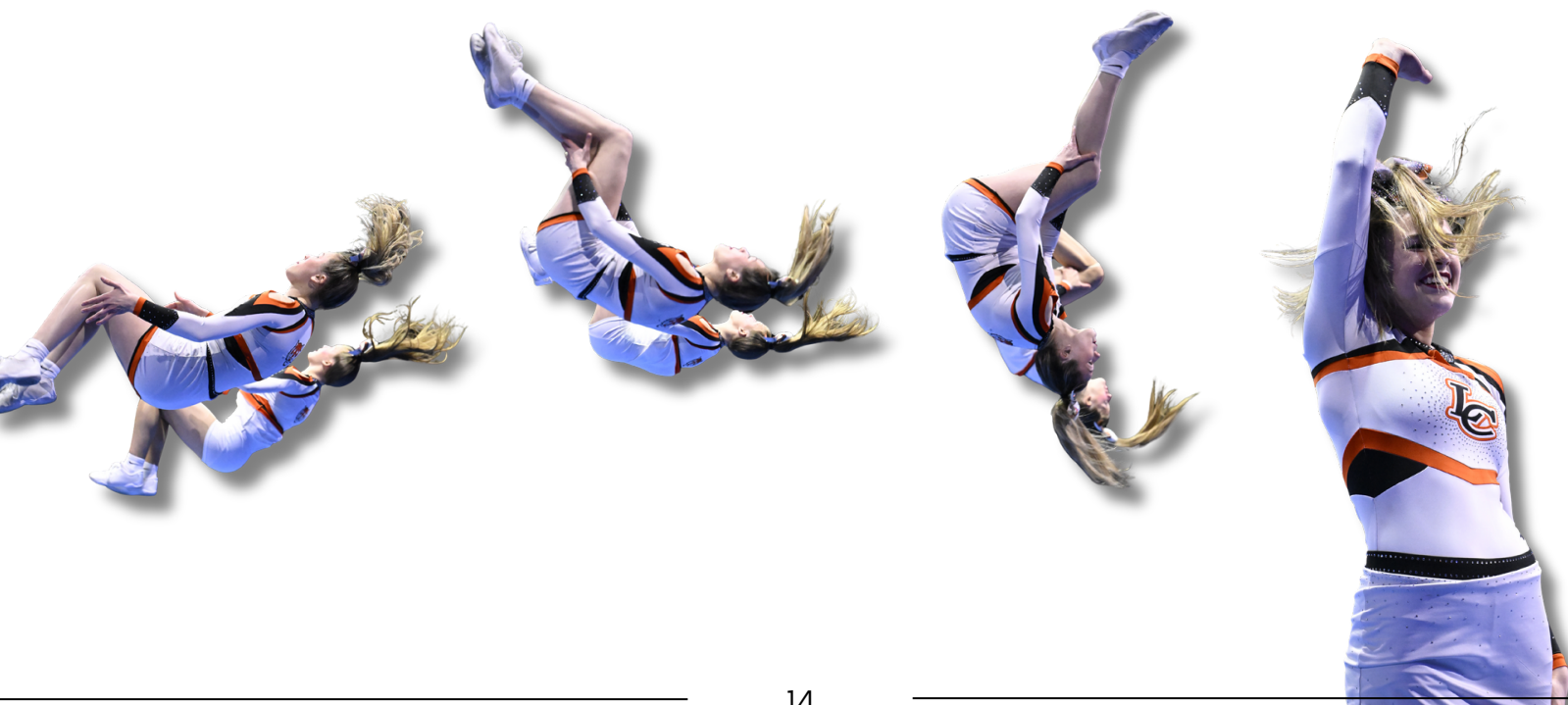
- All competitors must be in uniform and must represent a school/organization and look performance ready.
- When the competitor's name is called, the competitor will step forward and perform his/her jump(s). Note: Any approach of choice may be used.
- Next, the competitor will perform on cue a single toe-touch jump one competitor at a time.
- Next, the competitor will perform on cue their best *advanced connected double jump of choice one competitor at a time. Note: Both connected jumps may not be the same jump. They must demonstrate variety, and any approach may be used.
- Not adhering to Performance Rules and Guidelines will forfeit the right to earn awards in this division.
- Advanced Jumps include Toe-Touch, Herkie, Side Hurdler, Front Hurdler, Pike, and Double Nine

STANDING TUMBLE-OFF CHALLENGE:

- All athletes must be in uniform and must represent a school/organization and look competition ready.
- When the athlete's name is called, the athlete will step forward on the mat and perform his/her best standing tumbling move from the side. Note: Standing tumbling moves may include connected skills but may not change directions during the execution of such.
- Not adhering to any Performance Rules and Guidelines will forfeit the right to earn awards in this division.

RUNNING TUMBLE-OFF CHALLENGE:

- All athletes must be in uniform and must represent a school/organization and look competition ready.
- When the athlete's name is called, the athlete will step forward on the mat and perform his/her best running tumbling move from either side-to-side or corner-to-corner. Note: Running tumbling moves may include connected skills but may not change directions during the execution of such.
- Not adhering to any Performance Rules and Guidelines will forfeit the right to earn awards in this division.



SPECIALTY (Individual, Duo, Trio, Stunt Group and Partner Stunt) ROUTINES

PERFORMANCE REQUIREMENTS AND GENERAL GUIDELINES:

All Specialty division routines and participants are to adhere to the following requirements and guidelines and may constitute a violation/points deduction being assessed if not done so.

- Each routine is not to exceed 2:00 in total length.
- Each performance should be choreographed according to the elements/categories listed on the applicable score sheet.
- All Stunt Group & Partner Stunt routines must be performed with all music.
- For all Individual, Duo & Trio routines, a cheer/chant may be performed; however, if performed, the music may not stop during the cheer/chant portion but rather the music may decrease in volume during this time.
- If the volume of the music is decreased during the cheer/chant section, the music must be clearly heard over the words, otherwise a penalty/deduction may be assessed.
- No voice-overs or words may be recorded to enhance the volume or to sound louder.
- All organized/choreographed entrances or exits that display any type of organized words/cheers/movements/jumps/tumbling/kicks and/or stunts are not permitted. Also, all breaks, rituals, and traditions may only take place prior to entering the competition floor.

Participants may only “spirit/rally” and/or punch/wave when entering/exiting the floor but may not do so excessively. Participants should refrain from any type of excessive celebration before and/or at the conclusion of a performance. Excessive celebrations would include but are not limited to huddles, coaches/non-team members entering the competition floor, dancing, chest bumps, head/hair swinging, “showboating”, inappropriate gestures/moves, etc.

- Participants should quickly enter the floor and immediately go to their routine opening spot/position as soon as the team is announced onto the competition floor.
- Timing of the routine will begin with the first organized word, movement or note of music – whichever comes first.
- Participants must have at least 1 foot on the performance floor when the routine begins.
- Mascots are not permitted to participate in any Specialty division.
- Props are not permitted in any Specialty division.

