

Youth Cheering Guidelines 2024-2025

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
Rising Stars - Div 2 - Pre-K, K, 1st, 2nd	One foot must remain on ground at all times	N/A	No	No	No	No	No	Basic	Basic	Basic
Rising Stars - Div 1 - Pre-K, K, 1st, 2nd	Thigh stand variations (1 foot must remain at thigh level or lower at all times)	Basic	No	No	No	No	No	Basic	Basic & Novice	Basic and Novice
Shooting Stars - Div 2 - 2nd, 3rd, 4th	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times)	Basic	Yes	Yes	Yes	Yes - waist height or below	No	Intermediate	Basic, Novice & Intermediate	Basic, Novice & Intermediate
Shooting Stars - Div 1 - 2nd, 3rd, 4th	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - waist height or below	Yes	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice & Intermediate
Shining Stars - Div 2 - 4th, 5th, 6th	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice, Intermediate & Advanced
Shining Stars - Div 1 - 4th, 5th, 6th	Basic 2-legged extension level stunts or below and braced (arm/hand) 1-legged extension level	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate & Advanced
Super Stars - Div 2 - 6th, 7th, 8th	Basic 2-legged extension level stunts or below and braced (arm/hand) 1-legged extension level	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate, Advanced & Elite
Super Stars - Div 1 - 6th, 7th, 8th	Advanced stunts at extension level OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate, Advanced & Elite

Basket tosses & launches are NOT PERMITTED. Double twist dismounts are ILLEGAL.

All other stunts and skills follow the Nation Federation Rules - <https://www.nfhs.org/activities-sports/spirit/>

Middle / JHS Cheering Guidelines 2024-2025

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
All Middle / JHS - 5th, 6th, 7th, 8th Division II	Basic 2-legged extension level stunts or below and <u>braced</u> (arm/hand) 1-legged extension level	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice, Intermediate & Advanced
All Middle / JHS - 6th, 7th, 8th Division I	Advanced stunts at extension level OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate, Advanced & Elite

Basket tosses & launches are NOT PERMITTED. Double twist dismounts are ILLEGAL.

All other stunts and skills follow the Nation Federation Rules - <https://www.nfhs.org/activities-sports/spirit/>

Youth Cheering Guidelines 2024-2025 - Mixed Northern Divisions

Northern Stars Mixed K-5 Division II	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times)	Basic	No	No	No	No	No	Intermediate	Basic and Novice	Basic and Novice
Northern Stars Mixed K-5 Division I	Prep level stunts allowed. (1 foot must remain at prep level or lower at all times) (1-legged prep level stunts <u>must be braced</u> (arm/hand))	Basic & Intermediate	No	Yes	Yes	Yes - waist height or below	No	Intermediate	Basic, Novice & Intermediate	Basic, Novice & Intermediate
Northern Stars Mixed 3-8 Division II	Basic 2-legged extension level stunts or below and <u>braced</u> (arm/hand) 1-legged extension level	Basic & Intermediate	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice, Intermediate & Advanced
Northern Stars Mixed 3-8 Division I	Basic 2-legged extension level stunts or below and <u>braced</u> (arm/hand) 1-legged extension level	Basic, Intermediate (Advanced allowed at prep level only.)	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate, Advanced & Elite

Basket tosses & launches are NOT PERMITTED. Double twist dismounts are ILLEGAL.

All other stunts and skills follow the Nation Federation Rules - <https://www.nfhs.org/activities-sports/spirit/>

NOTE: Must have representation of at least four (4) of the six (6) grades on your team in order to compete in the Northern divisions. These divisions are for the new or small programs/schools who need to take athletes from multiple grades in order to field a team.

Gym and Club Divisions - Youth Cheering Guidelines 2024-2025

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
Tiny - Division 1 Ages 5 and Under	Thigh stand variations (1 foot must remain at thigh level or lower at all times)	Basic	No	No	No	No	No	Basic	Basic & Novice	Basic and Novice
Mini - Division 1 Ages 8 and Under	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - waist height or below	Yes	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice & Intermediate
Youth - Division 2 Ages 11 and Under	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice, Intermediate & Advanced
Youth - Division 1 Ages 11 and Under	Basic 2-legged extension level stunts or below and braced (arm/hand) 1-legged extension level	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate & Advanced
Junior - Division 2 Ages 14 and Under	Basic 2-legged extension level stunts or below and braced (arm/hand) 1-legged extension level	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate, Advanced & Elite
Junior - Division 1 Ages 14 and Under	Advanced stunts at extension level OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate, Advanced & Elite
Senior/High School - Division 1 Ages 18 and Under	Advanced stunts at extension level OR below	Basic, Intermediate & Advanced	Yes Including Basket Tosses	Yes	Yes	Yes	Yes	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate, Advanced & Elite
Basket tosses & launches are NOT PERMITTED EXCEPT in Senior/High School Division. Double twist dismounts are ILLEGAL.										
All other stunts and skills follow the Nation Federation Rules - https://www.nfhs.org/activities-sports/spirit/										