



2022 SCHOOL CHEER RULES - BUILDING

	GRADE 1 <i>(Equivalent to NZ Level 1R. Refer to official L1R document for full rules)</i>	GRADE 2 <i>(Equivalent to IASF Level 1. Refer to official IASF document for full rules)</i>	GRADE 3
SPOTTERS	Required for each top person. <i>Exception: T-Lifts and stunts where the top person starts and ends on the performance surface and is only supported at the waist.</i>	Required for each top person at prep level and above. <i>Exception: T-Lifts, Shoulder Sits and stunts only supported at waist do not require a Spotter.</i>	Required for each top person at prep level and above. <i>Exception: T-Lifts, Shoulder Sits and stunts only supported at waist do not require a Spotter.</i>
HEIGHT	No stunts above waist level. <i>Exception: T-Lifts & shoulder level V-Sits</i>	No single leg stunts above waist level. No 2 leg stunts above prep level. <i>Exception: Prep level single leg stunt with additional base with hand/arm connection prior to initiation.</i>	No stunts above prep level. 2 leg stunts may pass above prep level but not stop there. <i>Clarification: Single leg prep level stunts without a hand/arm connection are allowed.</i>
TWISTING	Up to a 1/4 twist allowed	Up to a 1/4 twist allowed	Up to a 1/2 twist allowed. Prep level skills exceeding 1/4 must land in a two leg stunt.
RELEASE MOVES	No Release Moves permitted	No Release Moves permitted	Full twist log roll (with no additional skills) that starts and ends in a cradle position is allowed.
INVERSIONS	No Inversions permitted	No Inversions permitted	No Inversions permitted
DISMOUNTS	Only straight pop downs are allowed. (Must be assisted) <i>Clarification: Cradles are not permitted at this level.</i>	Only straight Cradle from prep level only or straight pop down allowed. <i>Clarification: Pop downs from above waist level must be assisted.</i>	Straight cradles & straight pop downs from prep level or below are allowed <i>Clarification: Pop downs from above waist level must be assisted.</i>
TOSSES	N/A	N/A	Only Trophy Drill to Extended level permitted. (Skill must not be released)
PYRAMIDS	2 leg prep level stunts are allowed if braced by another person at waist level or below with hand/arm to hand/arm connection.	Single Leg prep level stunts are allowed if braced by another person at waist level or below with hand/arm to hand/arm connection.	2 Leg stunts above prep level are allowed if braced by another top person in a 2 leg prep level stunt. Connection must be hand/arm to hand/arm.



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LEVEL APPROPRIATE STUNTS		
<ul style="list-style-type: none"> • Back Stand/Nugget Stunt • 1 Leg stunt below prep level (Eg “baby lib”) • 2 Leg stunt below prep level • Hang Drill • Double base thigh stand • Single base thigh stand • 1/4 twisting transition to below prep level • 1/4 down to ground • T-Lift • V-Sit at shoulder level (aka Teddy/Straddle Lift) • Switch up to lib below prep level • Switch up to body position below prep level • Tic Toc below prep level (Lib to Lib) • Tic Toc below prep level (Lib to Body Position) 	<ul style="list-style-type: none"> • Back Stand/Nugget Stunt • 1 Leg stunt below prep level • Switch up to lib below prep level • Switch up to body position below prep level • Tic Toc below prep level (Lib to Lib) • Tic Toc below prep level (Lib to Body Position) • 1/4 twisting transition to below prep level • 1/4 twisting transition from prep level • 1/4 down to ground • Prep level show & go • Shoulder Sit • Shoulder Stand • Flatback • Extended Flatback • Prep level single leg stunt (with hand/arm connection) • Prep level to Prone • Straight cradle • V-Sit at shoulder level (aka Teddy/Straddle Lift) • Extended V-Sit (aka Teddy/Straddle Lift) 	<ul style="list-style-type: none"> • Load to 2 leg prep that passes through extended level • 1/2 twisting transition to 2 leg prep that passes through extended level • Show 'n' go that passes above prep level • Straight cradle from single leg prep level stunt • Prep level single leg stunt • Full twist log roll • 1/2 twist transition to 2 leg prep level stunt • Switch up to Lib prep level • Tic Toc below prep level (body position to body position) • Tic Toc prep level (Lib to Lib) • Tic Toc prep level (lib to body position) • 1/2 twist transition to below prep level • 1/4 twisting transition to to prep level Lib • 1/4 twisting transition to to prep level Body Position
LEVEL APPROPRIATE TOSSES & PROGRESSIONS		
N/A	N/A	Trophy drill through extended level



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	GRADE 4 <i>(Equivalent to IASF Level 2. Refer to official IASF document for full rules)</i>	GRADE 5	GRADE 6 <i>(Equivalent to IASF Level 3. Refer to official IASF document for full rules)</i>
SPOTTERS	Required for each top person above prep level.	Required for each top person above prep level.	Required for each top person above prep level.
HEIGHT	No single leg stunts above prep level. 2 leg extended stunts allowed	2 leg extended stunts allowed 1 leg stunts may pass above prep level but not stop there.	Single leg extended stunts are allowed
TWISTING	Up to 1/2 twist allowed	Up to 1/2 twist allowed Up to 1 full twist allowed for skills that land in a 2 leg stunt at prep level or below	Up to 1 full twist allowed <u>to or from</u> prep level or below Up to a 1/2 twist allowed <u>to or from</u> extended level
RELEASE MOVES	Full twist log roll (with no additional skills) that starts and ends in a cradle position is allowed.	Full twist log roll (with no additional skills) that starts and ends in a cradle position is allowed.	Release moves are allowed but: <ul style="list-style-type: none"> • Must start at waist level • Top person cannot exceed extended arm level • Cannot be inverted • Cannot twist • Must land at Prep or below <i>See IASF rules for full restrictions</i>
INVERSIONS	Transitions from inversions on the ground to non-inverted positions are allowed. No other inversions are allowed.	Transitions from inversions on the ground to non-inverted positions are allowed. No other inversions are allowed.	Inversions cannot exceed <i>shoulder level</i> Downward inversions are only allowed at waist level. Exception: Multi-based suspended roll.
DISMOUNTS	Up to 1/4 twist dismounts are allowed.	Up to a 1/4 twist cradle from single leg stunts Up to 1 1/4 twist cradle from 2 leg stunts 1 trick is allowed from 2 leg stunt	Up to a 1/4 twist cradle from single leg stunts Up to 1 1/4 twist cradle from 2 leg stunts 1 trick is allowed from 2 leg stunt
TOSSES	Only straight rides are permitted	Tosses may include 1 trick Exception: No twisting tosses allowed	Tosses may include 1 trick Up to 1 1/4 twisting toss is allowed
PYRAMIDS	Single Leg stunts above prep level are allowed if braced by another top person in a 2 leg prep level stunt. Connection must be hand/arm to hand/arm. Extended stunts cannot connect to other extended stunts.	Single Leg stunts above prep level are allowed if braced by another top person at prep level or below. Connection can be hand/arm to lower leg/foot. Extended single leg stunts cannot connect with other extended stunts.	Non-inverted release moves are allowed but require 2 bracers (one of which must be hand/arm to hand/arm, the other may be hand/arm or hand/arm to foot/lower leg). They also require at least 2 catchers and may not change bases. Extended single leg stunts cannot connect with other extended stunts.



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LEVEL APPROPRIATE STUNTS		
<ul style="list-style-type: none"> • Inversion on ground to waist level stunt • Inversion on ground to prep level stunt • Switch up to Lib prep level • Tic Toc prep level (Lib to Lib) • Tic Toc prep level (lib to body position) • 1/2 twist transition to below prep level • 1/4 twisting transition to to prep level 1 leg stunt • 1/2 twisting transition to below prep level • 1/2 twisting transition to prep level • 1/2 twisting transition to prep level 1 leg stunt • 1/2 twisting transition to prep level body position • 1/4 twisting transition to extended stunt • Straight cradle from extended stunt • Straight cradle from prep level body position • 1/4 twisting dismount from prep or extension 	<ul style="list-style-type: none"> • Inversion from ground level to extended stunt • Tic Toc prep level (body position to body position) • 1/2 twisting transition to extended stunt • 1/2 twisting inversion to extended stunt • 1/2 twisting Tic Toc to prep level 1 leg stunt • 1/2 twisting inversion to prep level 1 leg stunt • Switch up to prep level Lib • Full up below prep level • Full up to 2 leg prep level stunt • 1/4 twisting transition to 1 leg stunt that passes through extended level • 1/2 twisting transition to 1 leg prep that passes through extended level • Straight cradle from extended 1 leg stunt • Full down from prep • 1/4 twisting dismount from extended 1 leg • Single skill cradle from 2 leg stunt (non-twisting) 	<ul style="list-style-type: none"> • Inverted below prep level • Inverted at prep level • Downward inversion from below prep level • Release to prep level or below • Switch up to prep level Lib • Ball up, straddle up and/or release to prep level Lib • Tic Toc below prep level to below prep level (Lib to Lib) • Full up below prep level • Full up prep level stunt • 1/4 twisting transition to extended 1 leg stunt • Full up to prep level 1 leg stunt • Prep level full twisting transition to prep level 1 leg stunt • Straight cradle from extended 1 leg stunt • Full down from prep • 1/4 twisting dismount from extended 1 leg • Full down from extension • Single skill cradle from 2 leg stunt (non-twisting)
LEVEL APPROPRIATE TOSSES & PROGRESSIONS		
Straight ride toss	Toe Touch toss Pike Arch toss Kick Arch toss Pretty Girl Arch toss Ball-X toss	Toe Touch toss Pike Arch toss Kick Arch toss Pretty Girl Arch toss Ball-X toss Full Twist toss



2022 SCHOOL CHEER RULES - TUMBLING

	GRADE 1 & 2	GRADE 2 <i>(Equivalent to IASF Level 1. Refer to official IASF document for full rules)</i>
GENERAL TUMBLING	Dive rolls are not allowed	LEVEL APPROPRIATE TUMBLING
STANDING/ RUNNING TUMBLING*	<ul style="list-style-type: none">• Cartwheels, Round Offs and Walkovers are allowed.• Handsprings and Flips are not allowed."• No tumbling skills are allowed after a Round Off.	<ul style="list-style-type: none">• Forward Roll• Straddle Roll• Handstand"• Handstand Forward Roll• Front Limber• Front Walkover• Cartwheel• Backward Roll• Back Extension Roll• Push up to Backbend• Back Walkover• Round Off• Cartwheel Back Walkover• Front Walkover to Cartwheel/Round Off• Cartwheel 1/2 turn Front Walkover• Connected Skills - Cartwheel/Back Walkover



2022 SCHOOL CHEER RULES - TUMBLING

GRADE 3 & 4		GRADE 5 & 6	
GENERAL TUMBLING	<ul style="list-style-type: none"> Dive rolls are allowed (cannot be arched or twist) 	<ul style="list-style-type: none"> Dive rolls are allowed (cannot be arched or twist) 	
STANDING TUMBLING*	<ul style="list-style-type: none"> Single Handsprings are allowed (Connected Handsprings are not allowed) Jumps connected to standing handsprings are not allowed Flips are not allowed 	<ul style="list-style-type: none"> Series Handsprings are allowed Jumps connected to standing handsprings are allowed Flips are not allowed 	
RUNNING TUMBLING#	<ul style="list-style-type: none"> Multiple connected handsprings are allowed Flips and Aerials are not allowed 	<ul style="list-style-type: none"> Back tucks from a Round Off or Round Off Back Handspring is allowed. Aerial Cartwheels and Running Front Tucks are allowed No tumbling is allowed after a Flip or Aerial Cartwheel 	

***Standing Tumbling** - Any tumbling skill (or series of skills) that does NOT begin with a forward step or hurdle.

#Running Tumbling - Any tumbling skill (or series of skills) that DOES begin with a forward step or hurdle.

<div>GRADE 4</div> <div>(Equivalent to IASF Level 1. Refer to official IASF document for full rules)</div>	<div>GRADE 5 & 6</div> <div>(Equivalent to IASF Level 1. Refer to official IASF document for full rules)</div>
LEVEL APPROPRIATE TUMBLING	
<ul style="list-style-type: none">• Standing Back Handspring• Back Handspring step-out• Back extension roll Back Handspring• Back Walkover Back Handspring• Cartwheel BHS• Round Off BHS• Round Off BHS step-out• Round Off BHS series• Front Walkover to Round Off BHS Series	<ul style="list-style-type: none">• BHS Series• Jump to BHS• Jump to BHS series• BHS series jump BHS Series• BHS step out BHS combo• Aerial• Punch Front• Round Off Back Tuck• Round Off BHS Back Tuck• Round Off BHS series to Back Tuck• Front Walkover to Round Off BHS Back Tuck• Front Walkover to Round Off BHS series Back Tuck



2022 SCHOOL CHEER RULES

Cheer – Your routine will be NO longer then 2m 15s.
This will be broken down into 45s Cheer and a 1m 30s Routine.

Your Cheer **should include**: Crowd Involvement, Props to lead the crowd,
Loud clear spoken words, School spirit (Building & Tumbling Skills Are allowed)

The following props may be used: Flags, Poms, Signs.

