

YOUTH AND MIDDLE SCHOOL CHEERING REFERENCE GUIDELINES

	Dismounts	Spotter Requirements	Tumbling	Jumps
Basic	Hand to Hand; Shrug; Shove Wrap; Pencil Down	Required on all stunts; spotters must have physical contact at all times.	Rolls; Cartwheels	Pencil / Tuck / Spread Eagle - No connections
Novice	N/A	N/A	Round-offs and Walkovers	Pencil / Tuck / Spread Eagle - May connect 2 jumps
Intermediate	Cradle	Required on all stunts except for thigh stands, shoulder sits, prep level V-sits, T-lifts, triple base Swedish Fall and triple based suspended splits	Aerial, Standing Back Handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike - No connections
Advanced	Twist; Pancake	N/A	Running or connected Back Handspring; Jump to BHS Tumbling Skills	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
Elite	N/A	N/A	Standing Back Tuck; Running Back Tuck or better; Jump to Tuck or Better Tumbling Skills	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 3 jumps