

Cheering Guidelines 2025-2026

Age Division and Skill Level		Stunt Criteria								Tumbling and Jump Criteria	
Skill Levels	Age Division for Club/Rec and All-Star Teams	Stunts Allowed	Release Stunts Allowed?	Twist Stunts Allowed?	Can Stunts Move?	Inversions Allowed?	Vertical to Horizontal Allowed?	Dismounts Allowed	Spotter Requirements	Tumbling Allowed	Jumps Allowed
Level 2	Rising Stars 2nd Grade & under	One foot must remain on ground at all times	No	No	No	No	No	N/A	Basic	Basic	Basic
Level 1	Rising Stars 2nd grade and under Tiny - Age 5 and Under	Thigh stand variations (1 foot must remain at thigh level or lower at all times)	No	No	No	No	No	Basic	Basic	Basic & Novice	Basic and Novice
Level 2	Shooting Stars 2nd, 3rd, 4th	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times)	Yes	Yes	Yes	Yes - waist height or below	No	Basic	Intermediate	Basic, Novice & Intermediate	Basic, Novice & Intermediate
Level 1	Shooting Stars 2nd, 3rd, 4th Mini - Age 8 and under	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Yes	Yes	Yes	Yes - waist height or below	Yes	Basic & Intermediate	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice & Intermediate
Level 2	Shining Stars 4th, 5th, 6th Youth - Age 11 and under	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Yes	Yes	Yes	Yes - prep level or below	Yes	Basic & Intermediate	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice, Intermediate & Advanced
Level 1	Shining Stars 4th, 5th, 6th Youth - Age 11 and under	Basic 2-legged extension level stunts or below and braced (arm/hand) 1-legged extension level	Yes	Yes	Yes	Yes - prep level or below	Yes	Basic, Intermediate & Advanced	Intermediate	Basic, Novice, Intermediate, Advanced & Elite	Basic, Novice, Intermediate & Advanced

Basket tosses & launches are NOT PERMITTED in any division except high school/senior. Double twist dismounts are ILLEGAL.

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

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Skill Levels	Age Division for Club/Rec and All-Star Teams	Stunts Allowed	Release Stunts Allowed?	Twist Stunts Allowed?	Can Stunts Move?	Inversions Allowed?	Vertical to Horizontal Allowed?	Dismounts Allowed	Spotter Requirements	Tumbling Allowed	Jumps Allowed
Level 2	Super Star - 5th, 6th, 7th, 8th Junior - Age 14 and under Middle School/JHS 5th, 6th, 7th, 8th	Basic 2-legged extension level stunts or below and <u>braced</u> (arm/hand) 1-legged extension level	Yes	Yes	Yes	Yes	Yes	Basic, Intermediate & Advanced	Intermediate	Basic through Elite	Basic through Elite
Level 1	Super Stars - 6th, 7th, 8th Junior - Age 14 and under Middle School/JHS 6th, 7th, 8th	Advanced stunts at extension level OR below	Yes	Yes	Yes	Yes	Yes	Basic, Intermediate & Advanced	Intermediate	Basic through Elite	Basic through Elite
NOTE FOR NORTHERN STAR IXED TEAMS: 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 rec programs/schools who need to take athletes from multiple grades in order to field a team and who cannot field teams in other divisions.											
Level 2	K-5 Northern Stars Mixed	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times)	No	No	No	No	No	Basic	Intermediate	Basic and Novice	Basic and Novice
Level 1	K-5 Northern Stars Mixed	Prep level stunts allowed (1 foot must remain at prep level or lower at all times and <u>be braced</u> (arm/hand))	No	Yes	Yes	Yes - waist height or below	No	Basic & Intermediate	Intermediate	Basic, Novice & Intermediate	Basic, Novice & Intermediate
Level 2	3-8 Northern Stars Mixed	Basic 2-legged extension level stunts or below and <u>braced</u> (arm/hand) 1-legged extension level	Yes	Yes	Yes	Yes - prep level or below	Yes	Basic & Intermediate	Intermediate	Basic, Novice, Intermediate & Advanced	Basic, Novice, Intermediate & Advanced
Level 1	3-8 Northern Stars Mixed	Basic 2-legged extension level stunts or below and <u>braced</u> (arm/hand) 1-legged extension level	Yes	Yes	Yes	Yes	Yes	Basic, Intermediate (Advanced at prep level only)	Intermediate	Basic through Elite	Basic through Elite
Level 1	Senior/High School Ages 18 and Under	Advanced stunts at extension level OR below	Yes Including Tosses	Yes	Yes	Yes	Yes	Basic, Intermediate & Advanced	Intermediate	Basic through Elite	Basic through Elite