



## School Cheer Divisions

Code	Divisions	Grade	Size	Males	Level
SC 500	Elementary School	6 <sup>th</sup> and under	No limit	No Limit	Intermediate or Advanced
SC 501	Elementary School Non-Mount	6 <sup>th</sup> and under	No Limit	No Limit	Intermediate or Advanced
SC 502	Elementary School Non-Tumbling	6 <sup>th</sup> -12 <sup>th</sup>	No Limit	No Limit	Intermediate or Advanced
SC 503	Middle School	8 <sup>th</sup> and under	No Limit	0-1	Intermediate or Advanced
SC 504	Middle School Non-Mount	8 <sup>th</sup> and under (no building allowed)	No Limit	0-1	Intermediate or Advanced
SC 505	Middle School Non- Tumble	8 <sup>th</sup> and under (no tumbling allowed)	No Limit	0-1	Intermediate or Advanced
SC 506	Small Junior High	9 <sup>th</sup> and under	16 or fewer	No Limit	Intermediate or Advanced
SC 507	Large Junior High	9 <sup>th</sup> and under	17 or more	No Limit	Intermediate or Advanced
SC 508	Small Junior High Non - Mount	9 <sup>th</sup> and under (no building allowed)	16 or fewer	No Limit	Intermediate or Advanced
SC 509	Large Junior High Non-Mount	9 <sup>th</sup> and under (no building allowed)	17or more	No Limit	Intermediate or Advanced
SC 510	Small Junior High Non-Tumble	9 <sup>th</sup> and under (no tumbling allowed)	16 or fewer	No Limit	Intermediate or Advanced
SC 511	Large Junior High Non-Tumble	9 <sup>th</sup> and under (no tumbling allowed)	17 or more	No Limit	Intermediate or Advanced
SC 512	Freshman	9 <sup>th</sup>	No Limit	No Limit	Intermediate or Advanced
SC 513	Freshman Non- Mount	9 <sup>th</sup> (no building allowed)	No Limit	No Limit	Intermediate or Advanced
SC 514	Freshman Non - Tumbling	9 <sup>th</sup> (no tumbling allowed)	No Limit	No Limit	Intermediate or Advanced
SC 515	Small Junior Varsity	9 <sup>th</sup> – 11 <sup>th</sup>	16 or fewer	0 -1	Advanced
SC 516	Large Junior Varsity	9 <sup>th</sup> – 11 <sup>th</sup>	17 or more	0 - 1	Intermediate or Advanced
SC 517	Co-Ed Junior Varsity	9 <sup>th</sup> – 11 <sup>th</sup>	No limit	2 or more	Intermediate or Advanced
SC 518	Small Junior Varsity Non Mount	9 <sup>th</sup> – 11 <sup>th</sup> (No building allowed)	16 or fewer	0-1	Intermediate or Advanced

SC 519	Large Junior Varsity Non Mount	9 <sup>th</sup> – 11 <sup>th</sup> (No building allowed)	17 or more	0-1	Intermediate or Advanced
SC 520	Small Junior Varsity Non Tumble	9 <sup>th</sup> – 11 <sup>th</sup> (No tumbling allowed)	16 or fewer	0-1	Intermediate or Advanced
SC 521	Large Junior Varsity Non Tumble	9 <sup>th</sup> – 11 <sup>th</sup> (No tumbling allowed)	17 or more	0-1	Intermediate or Advanced
SC 522	Small Varsity	9 <sup>th</sup> – 12 <sup>th</sup>	16 or fewer	0-1	Advanced
SC 523	Large Varsity	9 <sup>th</sup> – 12 <sup>th</sup>	17 or more	0-1	Advanced
SC 524	Co-Ed Varsity	9 <sup>th</sup> – 12 <sup>th</sup>	No Limit	2 or more	Advanced
SC 525	Small Varsity Non - Mount	9 <sup>th</sup> – 12 <sup>th</sup> (No building allowed)	16 or fewer	0-1	Advanced
SC 526	Large Varsity Non – Mount	9 <sup>th</sup> – 12 <sup>th</sup> (No building allowed)	17 or more	0-1	Advanced
SC 527	Small Varsity Non – Tumble	9 <sup>th</sup> – 12 <sup>th</sup> (No tumbling allowed)	16 or fewer	0-1	Advanced
SC 528	Large Varsity Non - Tumble	9 <sup>th</sup> – 12 <sup>th</sup> (No tumbling allowed)	17 or more	0-1	Advanced
SC 529	Large Varsity Open	6 <sup>th</sup> – 12 <sup>th</sup>	17 or more	0-1	Advanced

**CCE follows NFHS RULES for all youth/rec and school teams. Rules can be found in the NFHS Spirit RULES Book.**

### **Novice**

Standing tumbling is limited to the following basic skills: forward/backward rolls, handstands, cartwheels and round-offs.

Running tumbling is limited to the following basic skills: cartwheels and round-offs.

All extended stunts are prohibited (Exception: All pyramids with extended stunts, the flyers must be standing on TWO FEET and connected on both sides by a prep level or lower stunt). All single-leg PREP LEVEL stunts are allowed. Single-leg Extended Show-and-Go stunts are prohibited.

All pyramids with extended stunts, the flyers must be standing on TWO FEET and connected on both sides by a prep level or lower stunt.

Cradles: ALL twisting dismounts are prohibited.

Basket tosses: Prohibited

### **Intermediate**

Standing tumbling is limited to back handsprings. (front and back walkovers are allowed).

Standing front and back tucks are prohibited.

Running tumbling is limited to back handsprings, back handspring series and back tucks. Back tucks must be performed from a round off or from a round-off back handspring.

All single-leg PREP LEVEL and show-and-go stunts are allowed, as long as the stunt does not stick while the bases hands are extended above shoulder level. All extended stunts, in which the flyer is standing on two legs, are allowed. NOTE: ALL extended single-based stunts are prohibited.

Pyramids: All single-leg extended stunts, that are braced, arm to arm, on both sides, by stunts that are held at or below shoulder level are allowed. Stunts must be braced before being fully extended.

Cradles: Cradling dismounts are limited to a single twisting rotation.

Basket tosses: Tosses must follow NFHS guidelines.

**Advanced**

Standing back handsprings and standing back tucks are allowed. Back handspring back tuck combinations are also allowed.

Running Tumbling: All skills allowed up to a single full (layout with one twist).

All single leg stunts that do not violate NFHS guidelines allowed.

All pyramids allowed that do not violate NFHS guidelines allowed.

Cradles: Double full-twisting cradles are allowed.

Basket tosses: Back tuck tosses are prohibited. Tosses must follow NFHS guidelines.

**For cheer safety and legality questions please contact Brittney. [brittney@ccecheer.com](mailto:brittney@ccecheer.com)**