



## 2026 AASCF NOVICE CHEER RULES

Revised January 2026 (V1)  
No changes from 2025

<b>TUMBLING</b>	
<b>A. GENERAL</b>	<p>May jump/rebound over an individual.            May rebound from feet into a stunt transition.            When rebounding into a stunt transition, may not rebound to inverted or through an inverted position.            ½ rebound to prone allowed.            NO tumbling over, under, or through a stunt, individual or prop.            NO tumbling while holding/contact with prop.            NO dive rolls.</p>
<b>B. STANDING</b>	<p>Skills with constant physical contact with the performing surface such as a cartwheel, rolls, handstands.            Blocked cartwheels allowed.            NO walkover or walkover variations where there is continuous momentum through the bridge/backbend position.            Bridge/backbend kickover and handstand to bridge/backbend to standing ARE allowed if there is at least a one-count hold in the bridge/backbend position.            Tiny divisions only: NO bridge/backbend or bridge/backbend variations.</p>
<b>C. RUNNING</b>	<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls.            Blocked cartwheels and round offs allowed.            NO tumbling immediately after round offs or round off rebound.            NO walkover or walkover variations where there is continuous momentum through the bridge/backbend position.            Bridge/backbend kickover and handstand to bridge/backbend to standing ARE allowed if there is at least a one-count hold in the bridge/backbend position.            Tiny divisions only: NO bridge/backbend or bridge/backbend variations.</p>



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<b>STUNTS</b>	
<b>A. SPOTTERS</b>	<p>All Stunts. Exception:</p> <ul style="list-style-type: none"> <li>• Stunts only supported at waist that start or end on the performance surface.</li> <li>• Non-twisting T-Lifts that start and end on the performance surface where at least one foot is at waist level or below throughout the skill.</li> <li>• 'Release move' style stunt transitions that are supported at the waist</li> </ul>
<b>B. STUNT HEIGHT</b>	<p>Waist level single leg (NO Prep level single leg). Prep level two leg (may pass above prep level). NO single based stunts. Exception: Waist level stunts and shoulder sits allowed.</p>
<b>C. TRANSITIONS</b>	<p>Must remain in contact with at least one base. NO leapfrog/leapfrog variations. NO stunt transition to prone. Exception: Stunt transitions from ground to prone allowed. NO 'release move' style transitions body position to body position (lib to/from body position is allowed).</p>
<b>D. TWISTING</b>	<p>¼ Twist from ground to waist level OR ¼ Twist from waist level to ground OR ¼ twist transition at waist level. NO twisting to, from or at prep level (refer to IASF Glossary for prep level definition). Exception: rebound ½ turn to prone; wrap around; up to ½ twist starts and ends on performing surface and only supported at the waist; ¼ twisting T-lift that starts and ends on performing surface.</p>
<b>E. RELEASE MOVES</b>	<p>Not allowed other than dismounts.</p>
<b>F. INVERSIONS</b>	<p>Not allowed (inverted athlete must maintain contact with performing surface).</p>
<b>G. DOWNWARD INVERSIONS</b>	<p>Not allowed.</p>
<b>H. OVER/UNDER</b> Stunt or individual passing over/under a separate stunt or individual.	<p>Arms and legs allowed.</p>



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### PYRAMIDS

*Please note IASF define a pyramid as "Two or more connected stunts." If a stunt is only connected by a person or people on the ground it will not meet the pyramid definition.*

<b>A. GENERAL</b>	<p>Must follow stunt and dismount rules and allowed up to 2 high.          Top person must receive primary support from a base unless legal as a release transition.          Released transitions may not come in contact with other stunt/pyramid release moves.          Required catchers/spotters must be stationary, must maintain visual contact with the top person throughout the entire transition, and may not be involved in any other skill or choreography when the transition is initiated.          Primary weight may not be borne at second level.</p>
<b>B. STRUCTURES</b>	<p>NO single based stunts. Exception: Waist level stunts and shoulder sits allowed.          NO two leg extended stunts.          Required bracer(s) must be connected to top person by initiation of skill and remain in contact throughout skill.          Prep level single leg requires hand-arm/hand-arm connections with both arms braced by two top persons at prep level or below.          Exception: One of the required hand-arm connections may be made with a person on the performing surface. That person must have both feet on the performing surface and be attentive to the top person. The other connection must be with a top person at prep level or below.          Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, or straddle lift.</p>
<b>C. NON-RELEASED TRANSITIONS</b>	<p><b>TWISTING:</b>          Must follow stunt rules.  <b>INVERSIONS:</b>          Must follow stunt rules.</p>
<b>D. RELEASED TRANSITIONS</b>	Not allowed other than dismounts.
<b>E. OVER/UNDER</b> Stunt, pyramid or individual over/under a separate stunt, pyramids or individual.	Arms and legs allowed.

### DISMOUNTS

<b>A. GENERAL</b>	Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person.
<b>B. DISMOUNTS</b>	<p>Straight pop downs, basic straight cradles.          NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids.</p>

### TOSSES

<b>A. GENERAL</b>	Not allowed.
<b>B. TOSSES</b>	Not allowed including waist level cradles and sponge tosses.