



2026 UNIVERSITY CHEER RULES & SCORING

Revised January 2026 (V1)
Changes to 2025 in red.

1. UNIVERSITY CHEER

- 1.1 University Cheer teams must comprise of 100% current University student athletes from the same institution.
- 1.2 Student athletes competing in the University divisions will need to state their current University Student I ID number on the official entry form and present their card to be verified by Event Officials.
- 1.3 Crossovers from University and All Star teams are permitted.
- 1.4 University student athletes CANNOT compete twice in the same university cheer level.
- 1.5 Any University who would like to compete in the All Star divisions may do so with a team composed of current students, alumni and external athletes. These teams may compete the following guidelines:
 - Follow the All Star rules and regulations.
 - Compete in the All Star Divisions.
 - Crossovers into All Star teams are NOT permitted.
- 1.6 Please refer to Division Grid for Rules, Score Sheets and Cheer/Chant requirements.
- 1.7 Please refer to the IASF/ICU Rules for skills allowed in your level.

Exceptions:

- Level 1/2 NT will allow any IASF level appropriate tumbling, instead of following the IASF Non-Tumbling rules.
 - Level 1/2 and 3/4 will follow these ICU Prop Rules instead of IASF Prop Rules, including:
 - Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props allowed.
 - Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.
 - *Clarification: As is common with Cheerleaders at sporting events; for divisions that allow the standing single back tuck flip skill, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.*
 - All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
- 1.7.1 The IASF (International All Star Federation) are found here: <https://www.iasfworlds.net/cheer/>
 - 1.7.2 The ICU (International Cheer Union) rules are found here: https://cheerunion.org/wp-content/uploads/2025/09/ICU_2026_Rules_CH-PC.pdf

UNIVERSITY CHEER DIVISIONS		Athletes	Level	Rules	Score Sheet	Chant	Time
University	All Girl	6-38	1/2 NT	IASF*	Uni AG	YES	2:30
University Mixed	1+ males	6-38	1/2 NT	IASF*	Uni AG	YES	2:30
University	All Girl	6-38	3/4	IASF*	Uni AG	YES	2:30
University Mixed	1+ males	6-38	3/4	IASF*	Uni Coed	YES	2:30
University Elite	All Girl	6-38	Elite	ICU**	Uni AG	YES	2:30
University Elite Mixed	1+ males	6-38	Elite	ICU**	Uni Coed	YES	2:30
University Premier	All Girl	6-38	Premier	ICU**	Uni AG	YES	2:30
University Premier Mixed	1+ males	6-38	Premier	ICU**	Uni Coed	YES	2:30
FISU DIVISIONS Elite & Premier University & FISU divisions will be combined unless there are 9 or more teams in the division and there are at least 3 teams in each split.							
Elite Small All Girl	All Girl	16-20	Elite	ICU**	Uni AG	YES	3:00
Elite Small Mixed	1-4 males	16-20	Elite	ICU**	Uni Coed	YES	3:00
Elite Large Mixed	5-12 males	16-20	Elite	ICU**	Uni Coed	YES	3:00
Premier All Girl	All Girl	16-20	Premier	ICU**	Uni AG	YES	3:00
Premier Small Mixed	1-4 males	16-20	Premier	ICU**	Uni Coed	YES	3:00
Premier Large Mixed	5-12 males	16-20	Premier	ICU**	Uni Coed	YES	3:00
* Level 1/2 and 3/4 will follow ICU Prop Rules instead of IASF Prop Rules as listed below.							
** University Elite and Premier will follow ICU rules, however, will keep time limit of 2:30 inclusive of chant. FISU divisions have time limit of 3:00 (minimum 30 second chant + 2-minute music portion) as aligned with FISU scorecard.							

2. UNIVERSITY CHEER SCORE SHEETS

- 2.1 Level 1/2 Non-Tumble teams are judged on the All Girl University score sheet; however, divisions will still be split into Coed and AG. Level 1/2 NT requires a chant.
- 2.2 Level 3/4 teams are judged on the Coed or AG University score sheet and will be divided into Coed and AG divisions. Level 3/4 requires a chant.
- 2.3 ELITE and PREMIER teams are judged on the Coed or AG University score sheet and will be divided into Coed and AG divisions. ELITE & PREMIER require a chant.

3. UNIVERSITY CHEER SCORE SHEET BREAKDOWN

- 3.1 Six score sheets will be used:
 - Crowd Leading
 - Building Difficulty
 - Building Execution
 - Non-Tumble Overall (1/2)/Overall Tumble (3/4, Elite & Premier)
 - Deductions
 - Legalities
- 3.2 Within the different sections on each score sheet, there are more detailed elements relevant to the style on which you will be judged.
- 3.3 All score sheets are judged by separate panel judges.
- 3.4 CROWD LEADING judges only judge the CHANT component of the routine. As such, your skills in the chant do not transfer onto other score sheets. i.e., the baskets you perform in the CHANT element do not get counted on the ROUTINE score sheet.

4. UNIVERSITY LEVEL 1/2 NON-TUMBLE DIVISION

- 4.1 Level appropriate tumbling is still permitted in the Level 1/2 NT, but there is no dedicated tumbling scoring section. Any tumbling included in the routine will be subject to routine and rule infractions/deductions.

5. CHEER ROUTINE TIME LIMITS

- 5.1 CHEER Level 1/2 NT, 3/4, Elite & Premier:
 - Routine time limit is 2.30 minutes.
 - 1.45 minutes maximum of music for the Cheer Routine element.
 - The rest of the routine (45 seconds) will include the Chant and Transitions from Cheer Routine to Chant, must NOT exceed the 2.30 minutes.
 - Timing will begin with the first movement or voice or note of music.
 - Penalties apply if the routine is over 2.30 minutes.

6. PENALTIES FOR CHEER RULE INFRACTIONS AND DEDUCTIONS (Level 1/2, 3/4, Elite & Premier)

- 6.1 All University divisions will follow the same deduction system as All Star Routines. Please refer to the AASCF Cheer Deduction System for the specific point values which will be deducted for routine infractions and/or rule violations.

Please note: If a team goes on to compete internationally (i.e., at the University World Cup Cheerleading Competition) they should refer to that competition's deduction system, as the deductions for time limit and boundary violations are likely to be of a much greater value.



2026 UNIVERSITY CHEER RULES & SCORING

UNIVERSITY CROWD LEADING CHEER SCORE SHEET EXPLANATION

Level 1/2, 3/4, Elite & Premier

7. CHEER CROWD LEADING (9-15 points)

7.1 CROWD LEADING ABILITY/ABILITY TO LEAD THE CROWD, VOICE, PACE, FLOW (3-5 pts)

- The judges will credit here: The cheerleader's ability to encourage crowd involvement using suitable words with clarity and loud volume. The pace/speed is suitably slow and allows crowd to follow cheer/sideline and call back easily. The flow between skills is seamless while maintaining crowd engagement, volume, and pace throughout.

7.2 CROWD LEADING ABILITY WITH PROPER USE OF SIGNS, POMS, MEGAPHONES & MOTION TECHNIQUE (3-5 pts)

- The judges will credit here: The effective use of signs, poms, megaphones, and motions to encourage crowd involvement to follow cheer/sideline and call back easily. Usage of signs is clear and shown effectively with sharpness and precision that is easy to read and follow. Usage of poms and megaphones is effective and assists the crowd in following the cheer/sideline. The cheerleaders show superior motion control, precision, synchronization and sharpness and motions are used effectively to direct the crowd. This includes motions in stunts, pyramids, and jumps.

7.3 ABILITY AND ENERGY TO LEAD THE CROWD (3-5 pts)

- The judges will credit here: The genuine use of projection and energy to encourage crowd involvement and to effectively direct the crowd to follow cheer/sideline.

8. SKILLS INCORPORATIONS (9-15 points)

8.1 PROPER USE OF SKILLS TO LEAD THE CROWD (3-5 pts)

- The judges will credit here: The suitable use of skills such as stunts, pyramids, basket tosses, tumbling and jumps to direct the crowd to follow cheer/sideline. Skills enhance and complement the crowd leading quality of the cheer.

8.2 DIFFICULTY OF PRACTICAL SKILLS (3-5 pts)

- The judges will credit here: The difficulty of practical skills (does not reflect execution). Effective incorporation of challenging skills that are practical and suitable. Note that all skills performed in the cheer/sideline only counts towards the crowd leading score sheet.

8.3 PERFORMANCE

- PROPER TECHNIQUE, SYNCHRONIZATION, SPACING (3-5 pts) - The judges will credit here: The demonstration of proper execution of skills such as stunts, pyramids, basket tosses, tumbling and jumps. How well the team performs together as a group and maintains uniformity, accuracy, and control. The ability of team to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

9. OVERALL CHEER IMPRESSION (3-5 points)

- 9.1 The judges will credit here: Appropriateness of cheer/sideline and choreography. Did the cheer/sideline leave a memorable and lasting impression?



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UNIVERSITY ALL GIRL CHEER SCORE SHEET EXPLANATION Level 1/2 AG & COED, 3/4, Elite & Premier

10. STUNTS (8-15 points)

10.1 EXECUTION OF SKILLS - Proper Technique, Synchronization, Spacing (5-10 pts)

- The judges will credit here: The demonstration of proper technique in stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of bases. How well the team performs stunts together as a group and maintains uniformity, accuracy, and control. The ability of team to gauge and position themselves correct distances between each other in stunts.

10.2 DIFFICULTY – Level of Skill, Number of Bases, Number of Stunt Groups, Transitions, Variety (3-5 pts)

- The judges will credit here: The difficulty of stunts such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number of stunts (higher number stunts = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty.

11. PYRAMIDS (8-15 points)

11.1 EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing (5-10 pts)

- The judges will credit here: The demonstration of proper technique in pyramids such as form and flexibility of top, appearance of pyramids, completion of skills and minimal movement of bases. How well the team performs pyramids together as a group and maintains timing, uniformity, accuracy, and control. The ability of

team to gauge and position themselves correct distances between each other in pyramids.

11.2 DIFFICULTY – Level of Skill, Number of Bases, Number of Structures, Transitions, Creativity (3-5 pts)

- The judges will credit here: The difficulty of pyramids such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number of structures (more structures = more difficult). The number of formation changes, type of transitions, variety, creativity, and pace of pyramids also contribute to difficulty.

12. BASKET TOSSES (3-5 points)

12.1 EXECUTION OF SKILLS, SYNCHRONIZATION & VARIETY (WHEN APPLICABLE), PERFORMANCE (3-5 pts)

- The judges will credit here: The demonstration of proper technique in tosses such as height, form and flexibility of top, appearance of toss, completion of skills and minimal unintentional travelling of tosses. How well the team performs tosses together as a group and maintains timing, uniformity of skills and height, accuracy, and control. Variety of toss skills where applicable. How well the tosses generate excitement and enhance performance.



13. GROUP TUMBLING (3-5 points) - not included in Level 1/2 Non-Tumbling division

13.1 GROUP TUMBLING, EXECUTION OF SKILLS, DIFFICULTY, PROPER TECHNIQUE, AND SYNCHRONIZATION (3-5 pts)

- The judges will credit here: The demonstration of GROUP tumbling with proper technique such as form, appearance of tumbling and completion of skills. The difficulty of group tumbling such as the incorporation of level appropriate skills, the number of tumblers and specialty group tumbling passes. How well the team performs synchronized group tumbling while maintaining timing and uniformity of skills. Note that individual passes are not given credit. Teams can choose to perform standing tumbling or running tumbling or both.

14. DANCE (3-5 points)

14.1 TECHNIQUE, MOTIONS, SHARPNESS, SPACING, LEVELS, TIMING, CHOREOGRAPHY, PLACEMENT, VISUAL APPEAL (3-5 pts)

- The judges will credit here: The proper execution of dance elements and the perfection, synchronization, sharpness, strength and placement of motions and dance moves. The ability of the team to gauge and position themselves correct distances between each other during dance. The incorporation of innovative and intricate choreography such as multiple visual elements and a variety of levels. The team displays strong ability to perform visual ideas to enhance the overall dance appeal.

15. OVERALL PRESENTATION (3-5 points)

15.1 OVERALL CHOREOGRAPHY, CREATIVITY, FLOW, FORMATIONS & TRANSITIONS, PACE, SHOWMANSHIP (3-5 pts)

- The judges will credit here: Appropriateness of the choreography and incorporation of innovative and creative ideas (which can incorporate level and non-level appropriate skills), for example: thinking outside the box and not doing a cookie cutter routine. The flow and seamlessness of routine with minimal time/counts spent on transitions. Formations throughout routine contribute a visual impact and have spacing that is equal and makes sense. The pace of routine, energy level and genuine enthusiasm and showmanship enhances crowd appeal. Did the performance leave a memorable and lasting impression?



UNIVERSITY COED CHEER SCORE SHEET EXPLANATION
Level 3/4, Elite & Premier

16. STUNTS (11-20 points)

16.1 EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing (5-10 pts)

- The judges will credit here: The demonstration of proper technique in stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of bases. How well the team performs stunts together as a group and maintains uniformity, accuracy, and control. The ability of team to gauge and position themselves correct distances between each other in stunts.

16.2 DIFFICULTY – Level of Skill, Number of Bases, Number of Stunt Groups, Transitions, Variety (3-5 pts)

- The judges will credit here: The difficulty of stunts such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number of stunts (higher number of stunts = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty.

16.3 USE OF COED SKILLS/PARTNER STUNTS THROUGHOUT ROUTINE (3-5 pts)

- The judges will credit here: The use of assisted and/or unassisted coed skills/partner stunts throughout routine. The demonstration of proper technique of coed skills/partner stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of base(s).
- The difficulty of coed skills/partner stunts such as the incorporation of level appropriate skills, the number of coed skills/partner stunt groups and whether the stunt is assisted or unassisted (unassisted coed skills/partner stunts = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty.

17. PYRAMIDS (8-15 points)

17.1 EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing 5-10 pts)

- The judges will credit here: The demonstration of proper technique in pyramids such as form and flexibility of top, appearance of pyramids, completion of skills and minimal movement of bases. How well the team performs pyramids together as a group and maintains timing, uniformity, accuracy, and control. The ability of team to gauge and position themselves correct distances between each other in pyramids.

17.2 DIFFICULTY – Level of Skill, Number of Bases, Number of Structures, Transitions, Creativity (3-5 pts)

- The judges will credit here: The difficulty of pyramids such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number of structures (more structures = more difficult). The number of formation changes, type of transitions, variety, creativity, and pace of pyramids also contribute to difficulty.

18. BASKET TOSSES (3-5 points)

18.1 EXECUTION OF SKILLS, SYNCHRONIZATION & VARIETY (WHEN APPLICABLE), PERFORMANCE (3-5 pts)

- The judges will credit here: The demonstration of proper technique in tosses such as height, form and flexibility of top, appearance of toss, completion of skills and minimal unintentional travelling of tosses. How well the team performs tosses together as a group and maintains timing, uniformity of skills and height, accuracy, and control. Variety of toss skills where applicable. How well the tosses generate excitement and enhance performance.



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19. GROUP TUMBLING (3-5 points)

19.1 GROUP TUMBLING, EXECUTION OF SKILLS, DIFFICULTY, PROPER TECHNIQUE, AND SYNCHRONIZATION (3-5 pts)

- The judges will credit here: The demonstration of GROUP tumbling with proper technique such as form, appearance of tumbling and completion of skills. The difficulty of group tumbling such as the incorporation of level appropriate skills, the number of tumblers and specialty group tumbling passes. How well the team performs synchronized group tumbling while maintaining timing and uniformity of skills. Note that individual passes are not given credit. Teams can choose to perform standing tumbling or running tumbling or both.

20. OVERALL PRESENTATION (3-5 points)

20.1 OVERALL CHOREOGRAPHY, CREATIVITY, FLOW, FORMATIONS & TRANSITIONS, PACE, SHOWMANSHIP (3-5 pts)

- The judges will credit here: Appropriateness of the choreography and incorporation of innovative and creative ideas (which can incorporate level and non-level appropriate skills), for example: thinking outside the box and not doing a cookie cutter routine. The flow and seamlessness of routine with minimal time/counts spent on transitions. Formations throughout routine contribute a visual impact and has spacing that is equal and makes sense. The pace of routine, energy level and genuine enthusiasm and showmanship enhances crowd appeal. Did the performance leave a memorable and lasting impression?