

## Elementary Schools Rules for The Clovis Classic, Clovis West Showcase and Clovis North Showdown

**The following Elementary School Rule, are in recommendation of NFHS/USA Cheer, and will be enforced at all three competitions:**

Elementary School cheerleading varies across the country in organization, ability level, age ranges, philosophy and competitive focus. There is no one national standard for elementary cheerleading rules. In most cases, leagues either adopt existing rules or create their own rules. The safety of the cheerleader should be the primary focus. We recommend that elementary schools at least follow rules consistent with the NFHS rules for high school age and USA Cheer middle school rules for middle school age cheerleaders in their programs.

Currently, due to the nature of elementary as explained above, there is not an "USA Cheer Elementary School Rules". However, we felt compelled to share a set of rules we have worked on with the local high school programs. These rules are written to be very simple to understand by the average elementary coach who may have no cheer experience.

**If these rules are not followed, you will receive a one point deduction on your scoresheet.**

**A deduction is applied to each rule break.**

### **Routine Guidelines:**

- **Elementary Show Cheer: must include at least one cheer or sideline chant. Use of any props OTHER than megaphones, pom poms, flags and signs will not be allowed.**
- **Elementary School Pom (pep/songleader): Pom poms must be used for a portion or all of the routine.**
- **Sideline: this division is for elementary schools who have a "no cut" policy on their team 5 - 36 team members.**
- **Competition: this division is for elementary schools who have tryouts and select some (not all) students. It is a more advanced division.**  
**Cheer # of athletes split - Small 5-15, Medium 16-19, Large 20-23, Super 24-36**  
**Song/Pom # of athletes split - Small 4-7, Medium 8-11, Large 12-23**
- **Time limits for all teams: 2:30 minute maximum. Timing does not include entrance/exit, but should not exceed 15 seconds.**

### **Safety Guidelines:**

#### **All Cheer teams:**

- Tumbling is acceptable, back handsprings, tucks and layouts, but not required.
- No twisting tumbling or aerials
- No basket or elevator tosses.
- No assisted flipping in stunts (assisted flip can start on the ground and end on the ground).
- No inversions allowed in stunts (head should not drop below waist).
- No released twists (no helicopters, log rolls or twisting cradles).
- Only ½ twisting transitions are allowed in stunts.
- Only straight cradles allowed.
- A full stunt group is required in all stunts (two side bases and a backspot).
- The top flyer must have both feet in contact with the base at all times during any extended stunt (no liberties) unless in a pyramid with hand to hand connection by at least one side in prep level.
- Release moves in pyramids must start in a smooch and end in a smooch or cradle position (no flipping in pyramids allowed).

#### **All Pep teams:**

- No free flipping
- No front or side aerials
- No props (poms allowed)