



# NATIONAL YOUTH SPORTS CHEERLEADING RULES

*Applies to both practices and games.*

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1. Be kind.
2. Be positive.
3. Warm up required. You must stretch in order to cheer.
4. Limit talking between cheers.

## **ATTIRE**

5. Tennis shoes with socks must be worn at all times.
6. Hair must be worn away from the face.
7. No jewelry. Stud-style earrings are allowed.

## **STUNTS**

8. The only approved stunt is the pyramids that is one girl high.
9. The only approved tumbling are cartwheels and round-offs.
10. Never build an approved stunt without a coach present.
11. No stunting unless it's on the grass. NEVER perform stunts on concrete or in the dirt.
12. No tumbling unless it's on the grass.