

Cheer Essentials 2025 Division Chart

Division	Novice	Beginner	Intermediate	Advanced	Elite
Level	Mighty Mite and Mite	Mighty Mite, Mite, Pee Wee, Midget, Mixed	Mite, Pee Wee, Midget, Mixed	Mite, Pee Wee, Midget, Mixed	Mite, Pee Wee, Midget, Mixed
Stunts	2 leg stunts at thigh or waist level and 1 leg stunts with bases on their knees or nuggeting	Prep level on 2 feet	Extensions on 2 feet	Extensions on 2 feet	Any legal skills outlined in the NFHS Spirit Rule Book
		Waist level on 1 foot	Prep level on 1 foot	Prep level on 1 foot	
		Shoulder sits	Shoulder sits	Shoulder stands	
		No inversions	Inversions to waist level	Inversions to prep level	
		No half ups	Half ups to prep level	Half ups to 2 leg extension	
		No full ups	No full ups	Full ups to prep level	
	Releases allowed at waist or below with at least 1 spotter.	Releases allowed at prep with post	Releases allowed at prep level		
Pyramids	2 leg stunts at thigh waist level and 1 leg stunts with bases on their knees or nuggeting	No flips	No flips	Flips (no twisting flips) allowed beginning and ending at prep	Any legal skills outlined in the NFHS Spirit Rule Book
		Extended 2 leg stunts with 1 hand/arm connected bracer	Extended 2 leg stunts with 1 hand/arm connected bracer	Extended 2 leg stunts with 1 hand/arm connected bracer	
		1 leg stunts at prep level allowed with 1 hand/arm connected bracer	Extended 1 leg stunts with 1 hand/arm connected bracer	Extended 1 leg stunts with 1 hand/arm connected bracer	
		No Releases	Releases at prep level allowed with 1 hand/arm connected bracer and may pass through extension	Releases at extension allowed with 1 hand/arm connected bracer	
Dismounts	No cradles	Straight cradle from 2 legs at prep	Straight cradle from 2 legs at prep	Straight cradle from 2 legs at extension	Any legal skills outlined in the NFHS Spirit Rule Book
		No cradles from 1 leg at waist	Straight cradle from 1 leg at prep	Straight cradle from 1 leg at prep	
		No twisting	Single twist from 2 legs at prep	Single twist from 2 legs at extension	
		No flips	No flips	Flips (no twisting flips) allowed beginning and ending at prep	
		No waterfalls	No waterfalls	Waterfalls allowed at prep with 2 feet	
Tumbling & Jumps	Novice Tumbling & Jumps	Beginner, Intermediate, Advanced and Elite Division Tumbling & Jumps			
	Novice tumbling limited to Forward/Backward Rolls, Cartwheels and Roundoffs. Novice teams are only required to do TWO jumps, difficulty will play in with type of jump, connections, etc.	Pick your Tumbling Division from the right (A, B or C) and add it to your Skill Division (Stunt/Pyramid) from above: ***All teams required to perform four jumps, either a quad combo or triple plus single.	Division A	Division B	Division C
			Tucks or better and all tumbling in Divisions B and C.	Back/Front Handsprings and all tumbling in Division C	Forward/back Rolls, Cartwheels, Roundoffs, front/back walkovers, handstand, back extension roll, one handed cartwheels
MISCELLANEOUS					
1	The above chart represents the " maximum " that can be done at each level and is not intended to be a complete list.				
2	Tumbling excluded are axles and dive rolls.				
3	Basket Tosses are not allowed for OCYCA league teams.				
4	Hitches, Show and Go's, Teddys and Supermans allowed at any level except Novice.				
5	Flips are defined as any rotation where head goes over heels.				
6	A release move is defined as both feet of a flyer are airborne or released from their base(s) at the same time.				
7	An inversion is when a flyers head drops below their own waist. Example: Handstand, backwalk over out of a cradle.				
8	A post is defined as an athlete is not bracing or in a weight bearing position. Both feet of the post must be on the mat.				
ADDITIONAL RULES AND REGULATIONS					
9	No minimum or maximum team members or maximum stunt groups.				
10	Routine time parameters: Novice routines can't exceed 2 minutes. Beginner, Intermediate, Advanced and Elite routines can't exceed 2.5 minutes. All routines must have a minimum of 2 counts of a voice/cheer to be given a voice score.				
11	Time will begin on the start of the first word, motion or beat of music and will end on last word, beat of music or motion.				
12	All teams must adhere to the National Federation Guidelines - Spirit Rules.				
13	Mighty Mite Coaches are allowed to kneel in front of the mat to help their team.				