

Cheer Essentials 2025 Infraction Sheet

Town:	Level:	Division:
Teams must comply with all safety standards outlined in the 2025-2026 NFHS Spirit Rules Book. It is the coach's responsibility to know the NFHS rules and the rules of Cheer Essentials division chart, etc. Interpretations and the Rulings of the Penalty Judges are final and binding.		

Rule	MINOR VIOLATIONS - 1 points
1	Any out of division violation as outlined on the Cheer Essentials Division Chart
2	Exceeding time limit – Total routine may not exceed 2.5 minutes (2 minutes for Novice Division) of all music. Voice is a minimum of 2 eight counts. Timing will begin with the first movement, voice, or note of music, whichever comes first. The timer will allow for a 5-second grace period for the musical prior to assessing a
3	Tumbling or stunting off the mat (stepping off is legal)
4	Each fall where the flyer's head strikes the mat
5	Each cradle where a flyer lands in a prone position
6	Each tumbling skill where the tumbler strikes his/her head or face on the performing surface
7	Each time a tumbler kicks, strikes, or tumbles into another participant
8	NFHS Rule 2, Section 1 General
9	NFHS Rule 2, Section 2 Sportsmanship
10	NFHS Rule 3, Section 1 Apparel, Article _____
11	NFHS Rule 3, Section 1 Apparel, Article 3 *Per Cheer Essentials, hair must be secured away from the face and shoulders and may not rest on the shoulders of the participant or obstruct the participant's view at any time.
Rule	MAJOR VIOLATIONS – 2.5 points
1	All other NFHS rules not listed above

Penalties Assessed:			
Violation	Infraction	Deduct	Comments
Minor Violation			
Minor Violation			
Minor Violation			
Major Violation			
Major Violation			
Major Violation			
Total Deductions			