



2026-2027 WEST COAST OPEN DIVISION LIMITATIONS

Updated 7/29/2026

In addition to all rules covered in the 2026-27 National Federation of State High School Associations NFHS Spirit Rules Book, the following restrictions also apply to teams entering these divisions:

Show Cheer/Show Time – Novice
Show Cheer – Novice Non-Tumbling
Show Cheer/Show Time – Intermediate
Show Cheer – Intermediate Non-Tumbling
Show Cheer/Show Time – Advanced
Show Cheer – Advanced Non-Tumbling
Group Stunt – Novice, Intermediate and Advanced
Game Day and Sideline

Show Cheer/Show Time and Group Stunt – NOVICE – Division Limitations

TUMBLING

Standing tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off.

Limited in difficulty to:

- Standing single back/front handspring.
- Jump/handspring combinations, standing handspring series, dive rolls, standing tucks, and/or aerials are **not** allowed.

Running tumbling: “Running tumbling” is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Limited in difficulty to:

- Round off back handspring series and front handspring entry.
- Flips in any body position, aerials, and dive rolls are **not** allowed.

Show Cheer/Show Time and Group Stunt – NOVICE – Division Limitations Cont.

STUNTS

- Extended stunts are limited to both feet in the base(s) hands at all times. Both top person's feet must be held throughout the entire transition to/from the extended position.
- Single leg stunts may not be held or pass through an extended position.
- Twisting stunt transitions are limited to a ½ twist. (Exception: A single full twisting log/barrel roll is allowed if it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person.) Simultaneously performing a half twist while turning, and/or while bases are turning, is not allowed.
- Release moves: Single full twisting log roll. Released switch-ups are prohibited.
- The only stunt inversions allowed are:
 - a. Transitions from ground level inversions up to non-inverted positions. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. Ground level inversions may not be released from base(s).
 - b. Suspended forward rolls where at least one person on the performing surface controls the top person in a suspended forward roll with continuous hand-to-hand contact and/or hand-to-wrist contact to a stunt, two-person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, no twisting is allowed, and the feet of the top person must be released.
 - c. Inversions to the performing surface: The following three skills are the only allowable inversions to the performing surface. 1.) A cradle to a back walkover out. 2.) Prone position at waist level to a forward rollout. 3.) A cartwheel from a horizontal position at waist level (there must be a clear pause in the horizontal position before the cartwheel).

PYRAMIDS

- Single leg extended stunts are allowed provided they are braced on one side prep level or below with hand/arm/waist connection. The connection must be established at prep level or below and connection must be maintained until upward motion of the dismount.
- Pyramid release moves are allowed provided the top person is braced by two hand/arm/wrist connection at prep level or below. Constant contact must be maintained between the top person and the bracers throughout the transition. May be braced by one bracer with both hands/arms/wrist connection or two bracers with one hand/arm/wrist connection each.
- Twisting pyramid transitions are limited to a ½ twist.
- Pyramid released inversion/braced flips, collapsible pyramids, are prohibited.

DISMOUNTS

"Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle or to the performing surface.

Basic straight cradles, ¼ turn dismounts, shove wrap, single trick cradles and the three specified inversion dismounts (above in stunts) are allowed. Straight pop offs/bump downs are ONLY allowed from prep level. Pop offs/bump downs from one leg extended pyramids are allowed if the top person remains connected to the bracers until the top person is at prep level or lower. All other dismounts are prohibited.

TOSSES

Elementary School all divisions and Junior High School Novice – Tosses are strictly prohibited.

High School - The only body position allowed is a straight ride.

Show Cheer – NOVICE NON-TUMBLING – Division Limitations

Non-Tumbling Novice teams will follow the 2026-27 Novice Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt and tumbling skill restrictions.

STANDING/RUNNING TUMBLING

*This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Legal inversions into or from stunts will **not** be considered tumbling.*

Show Cheer/Show Time and Group Stunt – INTERMEDIATE – Division Limitations

TUMBLING

Standing Tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off.

Limited in difficulty to:

- Standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed. Dive rolls are **not** allowed.

Running Tumbling: “Running tumbling” is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Limited in difficulty to:

- Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s).
- Punch fronts, tumbling may not occur after the skill is performed. No twisting is allowed while airborne. (Exception: Aerial cartwheels are allowed).
- The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill. Dive rolls are **not** allowed.

STUNTS

- Extended single leg stunts are allowed.
- Only a ½ twist is allowed to or from any extended single leg stunt.
- All other twisting transitions may not exceed 1 twist.
- Helicopters are limited to ½ rotation.
- All inverted stunts and transitions up to the NFHS limitations are allowed.
- Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the base's/bases' extended arm level.

Show Cheer/Show Time and Group Stunt – INTERMEDIATE – Division Limitations Cont.

PYRAMIDS

- Twisting pyramid transitions released and non-released are allowed to perform 1 ½ spins.
- Braced forward, or backward flip is allowed; however, two bracers with hand to hand/arm connection with the top person is required, no twisting is allowed, and the flip must end in a cradle. All other braced flip rules in the “2026-27 NFHS Spirit Rules Book” must be followed.
- Pyramid release moves are allowed provided the top person maintains contact with at least one bracer during the entire transition.
- Braced rolls are allowed provided the flyer remains in contact with a base or spotter on the performance surface and a bracer at prep level or below throughout the transition.

DISMOUNTS

“Dismount” is defined as the movement of a top person from a stunt and/or pyramid to a cradle or to the performing surface.

Limited in difficulty to:

- Pop offs and cradles from all stunts
- Twisting dismounts are limited to 1 ¼ twists from all two leg stunts or prep level single leg. ¼ twist dismount from extended single leg.
- Full twist (360) from extended single leg stunts or double twist from prep level or extended stunts are prohibited.

TOSSES

High School - Limited to one trick only during a toss (i.e., one toe touch). Examples of skills not allowed: A kick followed by a twist, or a ball to an X. Twisting toss is limited to one twist.

Jr. High School & Middle School – Limited to straight ride tosses.

NFHS has officially approved Straight Ride Tosses for Intermediate and Advanced Junior High/Middle School divisions.

Show Cheer – INTERMEDIATE NON-TUMBLING – Division Limitations

Non-Tumbling Intermediate teams will follow the 2026-27 Intermediate Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt and tumbling skill restrictions.

STANDING/RUNNING TUMBLING

*This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Legal inversions into or from stunts will **not** be considered tumbling.*

Show Cheer/Show Time and Group Stunt – ADVANCED – Division Limitations

TUMBLING

- Flips are allowed but may not exceed one flipping and one twisting rotation.

STUNTS/PYRAMIDS/DISMOUNT/TOSSES

- Advanced teams will follow the “2026-27 NFHS Spirit Rules Book” with no additional skill restrictions for the division.

Jr. High School & Middle School – Limited to straight ride tosses.

NFHS has officially approved Straight Ride Tosses for Intermediate and Advanced Junior High/Middle School divisions.

Show Cheer – ADVANCED NON-TUMBLING – Division Limitations

Non-Tumbling Advanced teams will follow the 2026-27 Advanced Division Limitations for Stunts, Pyramids, Dismounts, and Tosses with the following stunt and tumbling skill restrictions.

STANDING/RUNNING TUMBLING

This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Legal inversions into or from stunts will **not** be considered tumbling.

GAME DAY – Division Limitations

Game Day “Friday Night Lights” - will follow the 2026-27 Novice and/or Intermediate Division Limitations for Tumbling, Stunts, Pyramids, Dismounts, and Tosses. **Exception Standing Tucks are allowed.**

3:00 min max routine including music and cheer. Teams may include in any order but are not limited to the following categories band chat; fight song; and sideline cheers.

SIDELINE – Division Limitations

1:15 min max routine including cheer only. Music is strictly prohibited in this category. At least one of the following props are required; poms, banners/flags, megaphones, or signs. Teams are highly encouraged to use a variety of props for crowd leading purposes

TUMBLING

Sideline teams will follow the 2026-27 Novice Division Limitations for Tumbling.

STUNTS/PYRAMIDS/DISMOUNTS/TOSSES

Sideline teams will have strict stunting limitations.

- All **stunts** are limited to two feet only.
- All inversions are illegal.
- All release moves are illegal.
- Dismounts are limited to straight ride cradles, and pop offs only.
- Basket tosses and sponge tosses are prohibited.

To obtain a copy of the 2026/27 NFHS Spirit Rules Book, visit www.nfhs.org and click on the “Spirit” activity under the drop-down menu “Activities & Sports”.