

STUNT COMPETITION

This competition is open to all stunt groups whose members are part of their school's varsity cheerleading team. There are three divisions: Coed Partner Stunt Division, All-Girl Group Stunt Division, and Mixed Group Stunt Division. This competition will award the top three stunt groups in each division. Each stunt group will perform their routine live after the conclusion of the team cheerleading competition. Each stunt group will be evaluated by a panel of judges according to the included rubric. Stunt groups are expected to follow the safety regulations as outlined in the 2024-2025 National High School Federation Spirit Rule Book. Violations will earn penalties toward the stunt group score. The required elements are outlined below.

DIVISIONS:

1. Coed Partner Stunt Division – must be one male and one female with an additional designated spotter
2. All-Girl Group Stunt Division – may have four female team members with an additional designated spotter
3. Mixed Group Stunt Division – may have four team members with a maximum of two male members with an additional designated spotter

MUSIC AND TIME LIMITATIONS:

- A. All routines must be "Music Only"
- B. Performance time is 45-60 seconds
- C. Timing will begin with the first movement, voice, or note of music, whichever comes first
- D. There should not be any organized exits or other activities after the official ending of the routine

GENERAL RULES:

1. Stunt groups must begin their routine with both feet on the ground.
2. You are required to have an additional designated spotter throughout your routine. Additional spotters will be provided by DoDEA.
3. Tumbling into a stunt is allowed.
4. All participants must wear the school uniform. This includes spotters.
5. You are required to follow the NFHS Spirit Rules. All skills that require an additional spotter are allowed; however, skills that require two bases to perform are not allowed for coed partner stunt groups. Be sure to follow Section 2 Stunting Personnel in the NFHS Spirit Rule Book, specifically Articles 4 and 5. Article 4: A spotter may help control the building of or dismounting from a partner stunt, pyramid, or toss, but must not provide primary support for the top person. Article 5: In stunts that require a spotter, a spotter must be in the proper location with the appropriate body position to help minimize risk to the top person.
6. Each school may submit a maximum of 3 all-girl groups.
7. Each school may submit a maximum of 2 coed partner groups.
8. Each school may submit a maximum of 2 mixed groups.
9. Each athlete may compete in a maximum of 2 groups.

SCORE SHEET:

Any changes to the score sheets that will be used for the Stunt Competition will be emailed to all coaches/schools no later than January. It is recommended that you have these score sheets in mind when planning your performances.

AWARDS:

The top three stunt groups in each division will be announced at the awards ceremony after the cheerleading competition. Each stunt group will receive a critique of their performance.

REGISTRATION:

Register by Wednesday, January 15, 2025.