

2004 Pop Warner Cheer Categories

	Novice	Intermediate	Advanced
Standing Tumbling	No flips or aerials are allowed. All skills with flight and hand support are allowed. Both hands must remain in contact with the floor. Series standing handsprings allowed.	No flips or aerials are allowed. All skills with flight and hand support are allowed. Both hands must remain in contact with the floor. Series front and back are allowed.	Flips are allowed but may not exceed one flipping and one twisting rotation.
Running Tumbling	No flips or aerials are allowed. All skills with flight and hand support are allowed. Both hands must remain in contact with the floor.	Flips may be performed from a round off or round off back handspring entry. Aerial cartwheels and running tuck fronts are allowed. No tumbling is allowed after flip (exception: tumbling out of front flip IS allowed). Flips are not limited to a tuck position. No twisting is allowed in any flips.	Flips allowed but may not exceed one flipping and one twisting rotation.
Partner Stunts	Single leg stunts are allowed at the prep level only. Flyer can not leave the original bases. Twisting load-in skills limited to one half (1/2) twist by the partner/flyer (base cannot turn).	Single leg extended stunts are allowed. Twisting load-in skills limited to one twist by the partner/flyer (base cannot turn).	Single leg extended stunts are allowed. Twisting load-in skills limited to one twist.
Cradles	Only basic cradles (quarter turn allowed) are allowed from stunts. Twisting, arch, toe touch, pike, tucks, etc.... are not allowed. Cradles may not land in prone position (on stomach). Anything other than a straight pop off must be caught in a cradle position.	Only basic cradles (quarter turn allowed) are allowed from any extended one leg stunt. Two leg extended level stunts are allowed to full twist cradle. Prep level one leg stunts may not exceed more than one and one quarter (1 1/4) rotation. Other positions during cradles are allowed. Cradles may not land in prone position (on stomach). Anything other than a straight pop off must be caught in a cradle. Flips are not allowed.	Cradles from all stunts are limited to two and one quarter (2 1/4) twists. Flips are not allowed. Triple twists are not allowed.
Release Moves	No release moves allowed other than a basic cradle or pop off to the ground.	No release moves allowed other than a basic cradle or pop off to the ground.	Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Pyramids	Pyramids must follow partner stunt and cradling rules and are allowed up to two (2) high with the following exceptions: extended stunts with partner on one leg must be braced on both sides by a prep level stunt. The connection to prep can be hand or foot and must be established at or below prep level. Prep level partners must have both feet in bases hands. Partners/Flyers must maintain contact with a base at all times and may not lose contact with a prep when changing position.	Pyramids must follow partner stunt and cradling rules and are allowed up to two (2) high. Partners/Flyers must maintain contact with a base at all times.	Pyramids must follow partner stunt and cradling rules and are allowed up to two (2) high.
Tosses	No basket tosses are allowed (i.e basket toss grip). Sponge tosses must be caught in a cradle. Partner/Flyer must be cradled by original bases. Flipping (front or back), traveling, or twisting tosses are not allowed. The only tosses allowed are straight rides.	Tosses-basket or sponge-must be caught in a cradle. Partner/Flyer must be cradled by original bases. Flipping (front or back) or traveling tosses are not allowed. Tosses that exceed one twist are not allowed. Other basket toss positions are allowed.	Tosses-basket or sponge-that exceed eighteen inches above extended arm level must be caught in a cradle. Partner/Flyer must be caught by original bases. Half (1/2) helicopters are allowed. Flipping (front or back) and traveling tosses are not allowed. Triple twists are not allowed.