



SPECIFIC RULES 2025 - 2026

SINGLE GROUP/PARTNER STUNT DIVISION RULES

1. This division consists of stunts-only routines.
2. Routine performance time may not exceed one minute [1:00]. The entire routine is to be performed with music.
3. Pyramids and props are NOT allowed.



DOUBLE GROUP/PARTNER STUNT DIVISION RULES

1. This division consists of stunts-only routines.
2. Routine performance time may not exceed one minute [1:00]. The entire routine is to be performed with music.
3. Two stunt groups will perform the exact same routine at the same time. Synchronization will be awarded under difficulty in the score sheet.
4. Pyramids and props are NOT allowed.
5. Change of top person **between groups** is NOT allowed.
Clarification: Change of top person within the same group is allowed.
Exception: An additional top person for double cupie is allowed.
6. Change of base between groups is NOT allowed.
Clarification: Change of base within the same group is allowed.



TUMBLING & JUMPS DIVISION RULES

1. This division consists of routines choreographed according to "Required Skills".
2. Routine performance time may not be less than One Minute Fifteen seconds [1:15] and may not exceed One Minute Thirty seconds [1:30]. The entire routine is to be performed with music.
3. Routines must consist of these elements:
 - a. Tumbling
 - b. Jumps
4. Stunts, pyramids, cheers and props are NOT allowed.
5. This division is up to CHARM Level 3 (Median) Standing and Running Tumbling Rules according to the respective divisions.
6. Team are required to perform all "Required Skills" according to their respective division. Then choreograph their routine up to their respective levels.

Required Skills

	Novice (up to L1)	Junior (up to L1)	Senior (up to L2)	Open (up to L3)
Motions	Clasp	T motion	K (both sides)	K (both sides)
	High V	Broken T	L (both sides)	L (both sides)
	Low V	High touchdown	7 (both sides)	7 (both sides)

Jumps	T (straight) jump	Tuck jump	Toe touch	Double toe touch
	Liberty jump (both sides)	Star jump	Pike jump	Combination of 2 different jumps
	Quarter jump	Half jump	Hurdler (either side)	

Tumbling	Forward roll	Bridge	Roundoff	Roundoff
	3/4 handstand	Kick up handstand	Front/Back walkover	Front/Back walkover
	Shoulder stand	Cartwheel	Running cartwheel	Running cartwheel

7. Majority of athletes are required to perform all "Required Skills" TOGETHER at least ONCE in the routine. There are no specific directions and counts.
 - a. **Clarification:** Majority = $\frac{1}{2} + 1$ (Half of team size plus 1, round down).
8. Teams are NOT allowed to perform "jumps" and "tumbling" in the "Required Skills" list of a higher division. Novice teams cannot perform Junior and Senior division jumps and tumbling skills, Junior teams cannot perform Senior division jumps and tumbling skills. This does not apply to "motions".
 - a. Skills that are also NOT allowed in Novice division.
 - i. Any handstand variation (Including but not limited to tuck up, straddle up and pike up handstand).
 - b. Skills that are also NOT allowed in Novice and Junior division:
 - i. Front limber.
 - ii. Bridge kickover.
 - iii. Tick tock.
9. Teams may perform variations and combinations of division-appropriate skills. **Example:**
 - a. One-handed front walkover for senior teams.
 - b. Tuck jump backward roll for junior teams.
 - c. Forward roll straddle for novice teams.



COMPULSORY ROUTINE DIVISION RULES

1. Teams must perform a fixed routine provided by the organizers. The choreography of routine is prepared in the form of a video, position sheet and count sheet.
2. Teams are required to perform the full routine using the soundtrack provided by the organizers.
3. Teams must adhere to the routine's choreography, positions, and counts. Failing to do so may result in a deduction.
4. Teams are required to incorporate team identity (eg: team name, team color) into their cheer chant portion.
5. Props are mandatory.
 - a. Example: Placard and Poms.
6. The team is responsible for creating own cheer chant that minimum 30 seconds for their routine and must be placed in the beginning of the routine.
7. Compulsory routine is open for beginner teams, regardless of age. This may include brand new teams or beginner teams within an established program: It serves as an introduction to the sport and aims to help new coaches and athletes understand how the sports works.
8. Athletes in the compulsory routine division may not crossover to other divisions, or vice versa.
9. Each group stunt is allowed up to 5 pax in each group stunt and pyramid.
10. The team will be scored based on the synchronicity and uniformity of the routine, regardless of the team's size.
11. Reference materials will be provided. Please refer to the link:
<https://drive.google.com/drive/folders/13v1HfgYO2J8MU8fY3puCCR7BjPpvzDEU?usp=sharing>



POM COMPULSORY ROUTINE DIVISION RULES

1. Teams must perform a fixed routine provided by the organizers. The choreography of the routine is prepared in the form of a video, position sheet and count sheet.
2. Teams are required to perform the full routine using the soundtrack provided by the organizers.
3. Teams must adhere to the routine's choreography, positions, and counts. Failing to do so may result in a deduction.
4. The routine length is one minute thirty seconds (1:30).
5. Teams are required to incorporate team identity (eg: team name) into the last pose of the routine.
6. Compulsory routine is open for beginner teams, regardless of age. This may include brand new teams or beginner teams within an established program. It serves as an introduction to the sport and aims to help new coaches and athletes understand how the sports works.
7. Athletes in the compulsory routine division may not crossover to other divisions, or vice versa.
8. The team will be scored based on the synchronicity and uniformity of the routine, regardless of the team's size.
9. All teams must comply with the general safety guidelines outlined in CHARM's Performance Cheer Rules.
10. Reference materials will be provided. Please refer to the link:
 - a. PeeWee: <https://drive.google.com/drive/folders/1ia5A4eLcrhjJPfCyW8K8PZ-Mw5EaM-03?usp=sharing>
 - b. High School: <https://drive.google.com/drive/folders/16WxWkg7CAmeqnJP5mREvgjT7C7NrsnRx?usp=sharing>