



2025-26 MHSAA GIRLS COMPETITIVE CHEER GIRLS COMPETITIVE CHEER MANUAL INSERT (2024-26)

Updated 10/01/25

The 2024-26 Girls Competitive Cheer Manual has been prepared to provide coaches, judges and administrators of Girls Competitive Cheer a comprehensive guide in which to locate general information regarding regular season limitations and procedures of Competitive Cheer. The rules and format of the MHSAA Competitive Cheer Tournament Series are also described. When necessary, additional 2024-26 Competitive Cheer information will be listed at mhsaa.com in the light blue coaches box. Video resources include the Precision 10 Count from the front and back, both full speed and slow motion.

The high school and junior high school panel score sheets and safety score sheets, as well as the varsity three- and five-judge scoring and tally sheets and junior high school three-judge scoring and tally sheets, are included on mhsaa.com.

2024-26 MANUAL CORRECTIONS:

- p. 22: Italics under the Requirements and Skills schematic should be five (5) skills for HS.
- p. 64: 9th bullet should read: In a single-braced suspended roll (when the flyer has both hands in contact with the bracers)
- p. 68: #9 in Section G is no longer applicable.
- p. 78: the Swedish Lift in middle school can be performed as pictured on p. 44. (Remove bullet on p. 78)
- p. 81: One Leg Extension Exception: Single-braced liberty with two points of contact allowed.
- p. 102: Round 2 MS Scoresheet should reflect 4 skills (not 5). Go to mhsaa.com for Round 2 JH/MS scoresheet.

2025-26 DATES TO REMEMBER – These are changes from the dates reflected on p. 10 and 12 in the Manual. The correct dates are below.

Online Rules Meeting:	October 6 – December 11, 2025	
Tryouts may begin:	November 10, 2025	
First Contest:	November 24, 2025	
Opt-Out Due Date:	January 30, 2026	
Districts:	February 20 or 21, 2026	6 Districts in 4 Divisions (24 total)
Regionals:	February 28, 2026	2 Regionals in 4 Divisions (8 total)
Finals:	March 6 and 7, 2026	D4: Friday, March 6, 2026 – 2 p.m. D1: Friday, March 6, 2026 – 6:30 p.m. D3: Saturday, March 7, 2026 – 11 a.m. D2: Saturday, March 7, 2026 – 3:30 p.m.

2025-26 UPDATES:

Coaches Inquiries:

Page 13

A reminder:

These are the limitations on **coaches' inquiries** (per rule): A Coach is allowed to question:

- **The addition of scores.**
- **Areas left blank on the scoresheet.**

If a penalty is imposed that needs to be addressed, these are the steps to follow:

- **Approach the safety judges respectfully after they have judged the last team in the round, at the judge's table.**
- **Inquiries may only be made regarding your own team.**
- **The final outcome of the inquiry will be made by the official.**

For high school only:

Page 59

a. Allow braced-released inversions as part of a single-braced pyramid.

Addition: A static inversion may be part of a single-braced pyramid when all of the following occur:

- The inverted flyer shall have at least two bases and a spotter.
- Each bracer is at elevator level or below. If in an elevator, the bracer(s) shall have two bases and a spotter.
- One bracer maintains continuous contact with one hand to the hand or arm of the flyer.
- The bracer must maintain constant contact with the flyer until no longer inverted.
- The inversion may only transition to a stunt at shoulder level or below, or a double-based sponge with both feet of the flyer in the hands of the bases.

b. Allow in a braced release pyramid, a flyer to transition to a face down or face up horizontal position while maintaining contact with the bracer(s) and three catchers.

c. Allow in a braced release pyramid, a flyer to be transitioned to a split position while maintaining contact with the bracer(s) and three catchers.

For middle school only:

Page 81:

- **Allow middle schools to perform non-pyramid forward suspended rolls. Middle school teams may only end a forward suspended roll in a cradle position with the original bases and spotter.**

Bows:

Page 14

- If a team chooses to wear hair bows, the bow must be of a solid color and non-metallic. Starting in 2025-26, the bow must be of a solid color, non-metallic and **may include a school-approved logo and/or lettering applied by heat transfer**. Adornments may not be glitter, mesh, overlays, rhinestones, sequins and/or studs.

2024-25 INTERPRETATIONS:

1. **Three HS OLEs have different angled legs (some positioned forward or to the side).** The deduction should be taken from the Team Coordination category (Precision of the stunt/skills).
2. **A competitor does a switch split and has six inches of space in each direction of the split. What is the deduction?** The deduction (0.05 – 0.08) should be taken for skills not mastered in each direction.
3. **A competitor trips and falls while changing formations. Should execution be taken for a fall?** No, a deduction should be taken in Floor Mobility.
4. **A competitor in Round 1 or 2 does not do a skill? What is the deduction?** Safety would take a 22-point penalty, and panel would take (0.9-1.0) for “Skill not completed as described in Manual, wrong skill”.
5. **A competitor does an extension or elevator to twist cradle to inverted exit. What points should be received?** 10 or 7 + 4 + 4 + 4. Because the inverted exit is coming from a stunt, it would receive 4 points.
6. **A competitor does an extension or elevator to a cradle/inverted exit. What points should be received?** In this case, the cradle is a part of the exit, and the sequence would receive 10 or 7 + 4 + 4.

01/15/25 Update:

1. New Glossary Term: Shoulder Press

A transition that begins in an extension (one or two-footed) that is lowered to shoulder level then is immediately pressed back up to extension (one or two-footed).

Case Play: A team performs an extension (10) shoulder press (4) extension (10) Cradle (4).

Correct. The stunt receives 10 points for each extension and 4 points for the shoulder press, which is a transition between the two extensions. In addition, the 4 points for the shoulder press should be counted between any extension stunts, such as extension, shoulder press, OLE.

2. **Case Play: A stunt group falls in a stunt and the base and flyer land on the floor. An 8-point safety deduction, in addition to a 2.0 deduction (per panel official) is given.**

Correct. A 2.0 fall deduction is given per stunt group as each occurs, not for each competitor.

3. **Case Play: With the addition of timing to the deduction chart on pg. 17, are we getting deducted in timing in both team coordination and execution,**

Use the deduction chart on pg. 17 as a guide when evaluating timing in the team coordination category.

Timing should be deducted in team coordination in Round 1 and 3, and not as part of the execution score.

4. **Flyers are in a single-braced stunt where the flyers are thrown to an extension or above level and the flyers ball split and are caught on their stomach in a flatback. There are 3 catchers.**

Illegal: Even though the flyer begins in an elevator which would require 3 catchers for a face down flat back, the flyer is above extension level with the toss and needs 4 catchers (p. 48 – Flatbacks). When the flyer starts from shoulder level or below, the flyer may pass through a heightened position but, not reach the extension level prior to the drop. Also, with a flat back, the flyer must maintain contact with at least one of the original bases or spotters.

5. **A team has 3 elevator stunts with the outer 2 flyers doing a suspended roll while the center elevator/bracer maintains continuous contact with one hand to one hand or arm of the flyers**

Legal: Page 64 (highlighted) includes the new rules for bracing a forward suspended roll. The bracer can have one hand or both hands in contact with the flyer. With the new rules, safety officials need to look at the hand placement of the bracer.

6. **Clarification:** Floor skills, as independent skills, must be able to be performed without the assistance (weight-bearing guidance) of another person. (Pg. 39).

7. **Clarification:** The flyer may perform a skill prior to dismounting to the cheering surface with contact assist from the base(s) and/or backspot. (Pg. 46).