

the SKYRIDGE INVITATIONAL

October 25, 2025 @ Skyridge High School

Competition Divisions & Fees:

Elementary Small (1-18 athletes)	1st through 6th	\$20 per athlete
Elementary Large (19+ athletes)	1st through 6th	\$20 per athlete
Junior High, Intermediate	7th through 9th	\$20 per athlete
Junior High, Advanced	7th through 9th	\$20 per athlete

Registration Information:

For your convenience, registration for the 2025 Skyridge Invitational is online at skyridgecheer.com. Registration must be submitted by **Friday, October 3rd**, to guarantee a trophy or medal for your team. The order of competition will be determined by the order in which *complete* registration is received. Teams first to register will compete last in their division. To register, please complete the following steps:

Step 1: Submit team registration form. Available at skyridgecheer.com.

Step 2: Submit payment. Sign in at myschoolfees.com. Select Skyridge High School > Public Items > Cheer + Stunt Crew > Skyridge Invitational 2025 Participation Fee. Enter the number of participants for "quantity" and add to cart. Select "all items go to same person". Enter school name and grade level in comment section. Continue to checkout and follow payment prompts.

Step 3: Submit participant waivers. Participant waivers can be submitted at: <https://beta.letsapply.io/waiver/skyridge-invitational-2025-waiver>. Please distribute this link to all parents of participants.

Check-in, warm-up, and performance times will be posted online by Wednesday, October 22nd. Please be aware we cannot accept late entries or make division changes after this date.

Please direct questions to skyridgefalconscheer@gmail.com

Awards:

Team Award: All participants will receive an individual trophy if team registration is received by October 3rd. Placement ribbons will be awarded in each division.

Choreography Award: Judges will grant the 2025 Choreography Award to the team that performs the most crowd-effective and creative routine.

Grand Champ Award: The team that receives the highest overall score in the Elementary Division (1st-6th grade) and in the Junior High Division (7th-9th) will be named the 2025 Grand Champs and will receive one team trophy.

Check-In & Warm-up:

Teams are free to gather, mark routines, and stretch in the open gym as needed. Stunting and tumbling are not permitted in the open gym. Teams are allowed in the warm-up gym by assignment only, and will be directed through two warm-up stations. Station one includes five minutes of warm-up time on two mat strips. Music cannot be played at this time. Station two includes five minutes of warm-up time on 9 mat strips. A sound-system will be provided at this time. Teams that do not report to their assigned warm-up stations at their assigned warm-up times may forfeit warm-up time on the mats.

Routine Guidelines + Divisions:

Competition Area + Music. The competition surface is 54'W x 42'D (9 strips). Coaches can sound check their music in the main gym from 8:00-8:30am on October 25th. Each team must provide a representative to operate music during their competition routine.

Judges + Scoring. Final scores will be calculated by adding judges' scores and subtracting penalty points, if any. An accredited penalty judge will evaluate rule infractions. All stunting and tumbling must follow the 2025-2026 NFHS Spirit Rules of Safety. Failure to follow these guidelines will result in a five-point deduction for each occurrence of illegal procedure. A sample scoresheet can be located at the end of this document.

Routine Guidelines: Competition routines should consist of a cheer and music portion and will be evaluated based on stunts, jumps, tumbling, dance, cheer motions, and crowd-leading. Each routine must not exceed three minutes in length. Timing will begin with the first voice or note of music.

Elementary Divisions (1st-6th grade). Elementary-age teams will be divided by grade and team size. Small teams consist of 1-18 athletes, and large teams consist of 19+ athletes. Please note basket tosses are not allowed in practice or performance in the elementary-age division per the national governing rules set forth by USA Cheer.

Junior High Divisions (7th-9th grade). Junior high-age teams will be divided by grade and skill level. Advanced teams are allowed to execute legal skills outlined in the 2025-2026 NFHS Spirit Rules of Safety. Intermediate teams must obey the division guidelines located at the end of this document. Please note basket tosses are not allowed in practice or performance in the junior high-age division per the national governing rules set forth by USA Cheer.

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Spectator Information:

The 2025 Skyridge Invitational will begin at 9:00am on Saturday, October 25th. Awards will be presented at the conclusion of the competition. The cost for spectators is \$7.00 per person. Children 5 and under are free. Tickets must be purchased by scanning the QR Code below. Tickets cannot be purchased at the door.

QR Quick Links:

Team
Registration



[https://docs.google.com/
forms/d/e/
1FAIpQLSdjRM_PZ_XWRVK
kVFstp8i26Ol4FjQ1xoTj2
OBQExSM7Whrw/
viewform](https://docs.google.com/forms/d/e/1FAIpQLSdjRM_PZ_XWRVKkVFstp8i26Ol4FjQ1xoTj2OBQExSM7Whrw/viewform)

Waiver



[https://beta.letsapply.io/
waiver/skyridge-
invitational-2025-waiver](https://beta.letsapply.io/waiver/skyridge-invitational-2025-waiver)

Spectator
Tickets



[https://
webapp.vegaevents.com/
event/
BCX9dQtJrFfmt0BR19C](https://webapp.vegaevents.com/event/BCX9dQtJrFfmt0BR19C)

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YOUTH CHEER 2025 INTERMEDIATE DIVISION GUIDELINES

*All stunting and tumbling must adhere to current NFHS and USA Cheer rules and regulations.
Per NFHS Rule 3.5.10 and USA Cheer Regulations, all basket tosses to cradles are prohibited
for all elementary, middle school, and junior high cheerleading teams.*

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Standing Tumbling: Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off. Standing tumbling is limited in difficulty to standing back handspring series and/or jump/handspring(s) combinations. Aerial flips/rotations are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed. A punch front is 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. Running tumbling is limited in difficulty to tucks. Tucks can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s). Punch fronts are not allowed. 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.

Stunts:

- Extended single leg stunts are allowed.
- Only a ½ twist is allowed to any extended single leg stunt.
- All other twisting transitions may not exceed 1 twist.
- 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. For example, a switch-up to liberty must be caught at prep level, not extended level to be legal in the intermediate division.

Pyramids:

- Pyramid twisting transitions: Only a ½ twist is allowed to any extended single leg stunt (including platforms/targets). All other twisting transitions may not exceed 1 twist.
- Pyramid inversions: A 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 2025-26 NFHS Spirit Rules Book must be followed.
- Extended single leg stunts may not be braced by other extended single leg stunts.

Dismounts: Dismounts are defined as the movement of a top person from a stunt/pyramid to a cradle or to the performing surface. The following rules govern intermediate dismounts:

- Single leg extended stunts are only allowed up to ¼ twist.
- Up to 1¼ twist is allowed from a single-leg or platform/target prep level stunt
- Up to 1¼ twists are allowed from any two leg stunt

YOUTH CHEER SCORESHEET + RULES 2025

CHOREOGRAPHY **SECTION TOTAL:** ____ / 20

Visual Effect, Use of Floor, Overall Creativity

ROUTINE EXECUTION **SECTION TOTAL:** ____ / 20

Motions, Sharpness, Synchronization, Spacing

SKILLS EXECUTION **SECTION TOTAL:** ____ / 20

Overall Execution of Stunts, Pyramids, Jumps, Tumbling

SKILLS DIFFICULTY **SECTION TOTAL:** ____ / 20

Degree of Difficulty, Majority of Team Participation

SHOWMANSHIP + IMPRESSION **SECTION TOTAL:** ____ / 20

Facials, Confidence, Energy, Recoveries, Judge's Overall Impression

SCORING RANGES:

Exceptional	15-20
Above Average	10-15
Average	5-10
Below Average	0-5

BASKET TOSSES + ILLEGAL BUILDING

Per NFHS Rule 3.5.10 and USA Cheer Regulations, all basket tosses to cradles are prohibited for elementary, middle school, and junior high cheerleading teams. Teams that perform basket tosses or other illegal skills will be penalized 2 points per infraction.

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