



Cheer Rules 2025-2028 overview:

Rule Change:

Props are not necessary for the performance of a routine. **The only props allowed are standard flat signs, megaphones, and poms. Props must be hand held by a single athlete.** No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. **Props may not be used in conjunction with any stunting or tumbling.** All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect, it will be considered a prop.

Glossary Definition: Prop: An object that can be manipulated such as poms, signs, and megaphones Any uniform piece purposefully removed from the body will be considered a prop.

Rule Change Rationale:

Props are not necessary for the performance of a routine. There is a growing and significant concern surrounding the safe usage of props in an all star style routine that embraces a fast pace, intricate transitions and concepts. The rule adjustments allow for the usage of traditional props (as outlined) to be utilized to increase visuals and engage the crowd, while providing guidelines for safe usage and removing the requirement for pre-approval of props. The prop definition will be updated in the glossary, and prop allowances adjusted in the General Rules.

Clarifications of wording ONLY, (i.e. no change in rule) to enable a better understanding/interpretation of the specific rule:

- 1) Rhinestones may not be adhered to the skin **OR HAIR.**
- 2) "Required bracer(s)/connection(s) must be connected to top person by initiation of skill, and remain in contact throughout the skill" has been added to Pyramids C (non-released transitions). It still remains under Pyramids B as well.
- 3) Standing Tumbling Level 6: Up to 1 flipping and 2 twisting rotations. If exceeds 1 twist, must be preceded by a minimum of 2 **CONSECUTIVE** non-twisting, backward traveling tumbling skills (one must be a back handspring, excludes back extension roll). "*Consecutive*" added for better clarity.
- 4) Level 7, Pyramids F. Released braced inversions/flips requires 1 prep level or below bracer. The wording "*to 2 high pyramids*" has been removed for clarity, the rule also applies to 2 ½ high pyramids.

Additions:

Athletic Performance Standards have been added to the 2025-2028 rules. The IASF Image Policy has also been added to the rules.