



2026 Competition Cheerleading Manual Updates

The following updates and clarifications were added to the manual on July 31, 2026. Any printed publications prior to that date should be deleted or replaced with the following pages.

Section 1

- Page 1-5: GHSA Commitment – Zero Tolerance topic

Section 2

- Page 2-8: 10-point deduction for music containing profanity, suggestive content, or inappropriate language clarified

Section 4

- Page 4-7: 10-point deduction for music containing profanity, suggestive content, or inappropriate language clarified
- Page 4-8: NFHS rule section numbers corrected and added inattentive spotter as the only Section 2 two-point deduction

Section 5

Panel A

- Page 5-4: Cheer/Chant checkbox definition for Creative/Visual updates
- Page 5-5: Dance checkbox definition for Creative/Visual updates
- Page 5-6: Overall routine checkbox definition for Creative/Visual updates
- Page 5-7: Removed DOD and EXE wording in rubric for cheer and dance
- Page 5-7: Rubric Overall Routine Composition – move the number of falls or drops to the beginning of box to be consistent with other rubrics. This also lets the reader know that is the highest score possible for falls or dropped skills
- Page 5-8: Added under EXE for Jumps - Decimal of .5 permitted
- Page 5-8: Updated checkboxes for cheer, dance, and ORC to match definition list

Panel B

- Page 5-12: Moved cartwheels to DOD of 1 for running tumbling
- Page 5-12: Under EXE for running and standing tumbling, the wording in each box was swapped with the one below. This helps guide the reader better

Panel C

- Page 5-16: Clarification added for partner stunt skills
- Page 5-21: Clarification added for pyramid skills
- Page 5-21: Moved suspended roll in intermediate skills
- Page 5-24: Under EXE for Primary PS and Secondary PS, the wording in each box was swapped with the one below. This helps guide the reader better
- Page 5-25: Under EXE for Pyramid, the wording in each box was swapped with the one below. This helps guide the reader better

Section 6

- Page 6-3: Location of Coed sectional added