

COMPETITIVE CHEER

Segment 1 (September 21 to October 4)

- Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.
- Activity limited to the third level of USA Cheer resumption (Contact) phases
- All participants wear mask/face covering during practices, secured if necessary as recommend by NFHS SMAC.
- Partner stunts may begin but shall not exceed two per group/unit with one spotter
- Each group/unit shall be at least 6 feet apart, but preferably 10 feet apart if possible from other stunt units with no mixing of stunt personnel between groups
- Stunts may only dismount by returning to a load-in position or a "pop-down" dismount
- Any twisting during partner stunts shall be limited to 1/4 up or 1/2 up to prep, OR 1/4 up or 1/2 up to extended
- The following skills are only allowed on a mat, grass, or rubberized track surface:
 - a. Basket tosses, elevator/sponge tosses, and other similar multi-base tosses.
 - b. Partner stunts in which the base uses only one arm to support the top person.
 - c. Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).

Segment 2 (October 5 to October 18)

- Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.
- Activity begins in the fourth level of USA Cheer resumption (Contact) phases
- All participants wear mask/face covering during practices, secured if necessary as recommend by NFHS SMAC.
- Group/unit should be at least 6 feet apart where practical and feasible to keep from mixing cohort groups/units
- Keep stunt groups distanced from other stunt groups when possible (i.e. when not building pyramids), while allowing for all groups to remain on the proper surface for stunting.
- Keep stunt groups together in cohorts and refrain from mixing and matching bases and tops from different groups.
- The following skills are only allowed on a mat, grass, or rubberized track surface:
 - a. Basket tosses, elevator/sponge tosses, and other similar multi-base tosses.
 - b. Partner stunts in which the base uses only one arm to support the top person.
 - c. Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).

Segment 3 (October 19)

- Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.
- Activity continues in the fourth level of USA Cheer resumption (Contact) phases
- Work regarding practicing inversions and other advanced may begin.
- All participants wear mask/face covering during practices, secured if necessary as recommend by NFHS SMAC.
- Group/unit should be at least 6 feet apart where practical and feasible to keep from mixing cohort groups/units
- Keep stunt groups distanced from other stunt groups when possible (i.e. when not building pyramids), while allowing for all groups to remain on the proper surface for stunting.

- Keep stunt groups together in cohorts and refrain from mixing and matching bases and tops from different groups.
- Stunting groups should consider limiting group/stunt work to 15-minute increments
- The following skills are only allowed on a mat, grass, or rubberized track surface:
 - a. Basket tosses, elevator/sponge tosses, and other similar multi-base tosses.
 - b. Partner stunts in which the base uses only one arm to support the top person.
 - c. Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).

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