STUNT Q and A

Sport Overview

1. What is STUNT?

STUNT is a new competitive team sport that has derived from traditional cheerleading. STUNT removes the crowd-leaving and focuses on the technical and athletic components of cheer, which include partner stunts, pyramids, basket tosses, jumps and tumbling skills. Each contest will consist of four quarters of play (Partner Stunts, Pyramids & Tosses, Group Jumps & Tumbling, and Team Performance) with a halftime in between the second and third quarters.

STUNT was developed by USA Cheer with collaboration from groups of Title IX experts as well as known coaches and experts in the All-Star and traditional cheerleading community. USA Cheer is the national governing body for sport cheering in the United States.

2. How is STUNT different from traditional cheer?

In traditional cheerleading, teams are primarily focused on crowd leadership at other sports' athletic contests. When traditional cheerleading teams engage in competition, it is by combining the unique skills of crowd-leading. These routines include actual game cheers and chants as well as the use of signs and include "crowd leadership" and other entertainment categories in their scoring. The rules governing these skills take into account that they will be performing during games as well as in competition settings. For example, there are rules for traditional cheerleading that restricts what skills can be performed at basketball games. Being that there are a wide range of traditional cheerleading styles and ability levels, the rules may change from one competition to another.

In STUNT, the crowd leading component is removed and teams are judged on the technical elements of cheerleading. There is one set of rules and one scoring system that is followed at every game. Teams compete in a head to head format and judges are in place to evaluate the execution of the predetermined routines and the technique used when performing different skill elements. The scoring and ranking is objective, immediate, and easy to follow.