



# Girls STUNT

2015-16 High School Rule Book



# 2015-16 High School Girls' STUNT Rulebook

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2015-16 STUNT Rules Committee Members

## Coaches

Northeast Region – Christine Farina, Hofstra University

Mid-West Region - Michelle Sabourin, Alma College

West Region – Annette Laron-Pickett, Cal Poly

Southeast Region - Staci Sutton, Florida State University

Southwest Region - Evan Tims, Oklahoma City University

## Athletes

Megan Freeze - Davenport University

Myranda Stout - Oklahoma State University

## USA Cheer

Bill Boggs –Director of College STUNT (Chair)

Bill Ahern – USA Cheer

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USA Cheer

3131 Appling Road

Memphis, TN 38133

[www.usacheer.net](http://www.usacheer.net)



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# Rule 1 Section 1

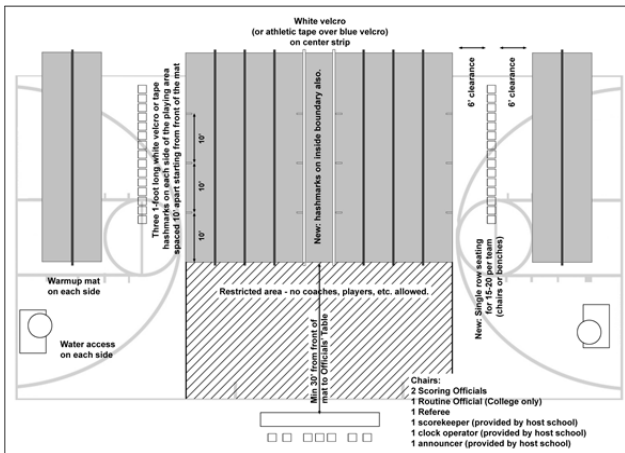
## Rule 1. General Information

### SECTION 1. THE GAME

**Article 1.1.1** . . . STUNT is played by two teams who perform preset routines on the playing field at the same time. These routines consist of varying skill levels of partner stunts, pyramids, tosses, jumps, and tumbling. Routines will be determined by USA Cheer and published annually prior to the start of the season. The purpose of each team is to score by executing the routine with fewer errors than their opponent. Routines are selected, performed, and evaluated subject to the rules outlined below.

**Article 1.1.2** . . . The game of STUNT may be modified by each state association or organizing group. States should supply an addendum to these rules for state modifications.

### SECTION 2. THE FIELD OF PLAY



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**Article 1.2.1 . . .** A STUNT game can take place in a gym or arena capable of accommodating the STUNT game setup. A STUNT game is best viewed from one side, the direction to where the teams face when performing their routines. In a capacity situation, seating on each side of the field of play is acceptable, but ample space must be given for the designated team areas.

**Article 1.2.2 . . .** The field of play will consist of nine 6' x 42' carpet bonded foam mats connected with Velcro strips, oriented so that the nine 6' ends are facing the front of the playing area and officials and the 42' edges are facing the sidelines.

**Article 1.2.3 . . .** The center strip will be secured using white Velcro or white athletic tape placed over standard color Velcro to designate the "neutral zone."

**Article 1.2.4 . . .** The remaining four strips on each side of the neutral zone are the playing area for each team.

**Article 1.2.5 . . .** Each team's playing area will have three hash marks along each side, each made of 12" long Velcro strips or white athletic tape, placed at 10' intervals from the front of the mat. This will leave a 12' distance between the last hash marks and the rear of the mat.

**Article 1.2.6 . . .** When looking at the mat from the spectator perspective, the home team seating and playing area will be on the left side and the away team will be on the right.

**Article 1.2.7 . . .** On each side of the field of play will be a 6' buffer space, then a single row of chairs, with enough chairs to seat the team roster and coaches.

**Article 1.2.8 . . .** On the outside of each seating area will be a 6' buffer space, then two strips of 6' x 42' carpet bonded foam mats connected with Velcro strips, oriented in the same direction as the main floor.

**Article 1.2.9 . . .** Optional: Water cooler stations may be placed on each team's side.

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**Article 1.2.10 . . .** The officials' table will be placed in front of the field of play. The ideal location is at least thirty feet away, and situated so that the officials are above the field of play, such as set up at a bleacher table; however, this distance and height is not a requirement.

**Article 1.2.11 . . .** The buffer dimensions and sideline matting may be modified by agreement of both coaches.

**Article 1.2.12 . . .** Coaches are restricted from standing directly in front of the field of play during an active round. This restricted area consists of the space between the edges of the outside mats extended forward to the bleachers.

### **SECTION 3. ATHLETE EQUIPMENT**

**Article 1.3.1 . . .** Team members should wear apparel that is appropriate for athletic skills.

**Article 1.3.2 . . .** Numbers are not required for play, but should be utilized for keeping game statistics.

**Article 1.3.3 . . .** Appropriate athletic footwear is required. Gymnastics slippers or similar footwear is prohibited.

**Article 1.3.4 . . .** Spotters must wear apparel that clearly differentiates them from the athletes performing. They should be in athletic wear or professional attire. No sandals, cutoff shorts, etc.

### **SECTION 4. HOSTING EQUIPMENT**

**Article 1.4.1 . . .** The hosting team will provide the following:

- a. Matting for the field of play and sideline areas.
- b. Chairs or bench seating for both teams.
- c. A sound system capable of playing the routine music loud enough for the teams to hear clearly, as well as a sound system operator.
- d. A scoreboard and scoreboard operator.
- e. An announcer (optional, but recommended.)



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### Rule 2. Game Timeline

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#### SECTION 1. PREGAME

**Article 2.1.1** . . . Twenty minutes prior to the start of the game, each team will be given fifteen minutes on their territory to warm up skills. Teams may warm-up on their practice mats at any time during the game. No routine music may be played during team warmups.

**Article 2.1.2** . . . The national anthem is played.

**Article 2.1.3** . . . Following the national anthem, the announcer will announce the coaches and officials, as they and the captains (optional) meet at the center of the field for the coin toss.

**Article 2.1.4** . . . The home team will call the coin toss to determine initial possession, and representatives return to their bench to begin play.

#### SECTION 2. REGULATION PLAY

**Article 2.2.1** . . . Regulation consists of 4 quarters of play:

- a. 1<sup>st</sup> Quarter: Partner Stunts (4 rounds, 1 pt. each)
- b. 2<sup>nd</sup> Quarter: Pyramids and Tosses (4 rounds, 1 pt. each)
- c. 3<sup>rd</sup> Quarter: Jumps and Tumbling (4 rounds, 1 pt. each)
- d. 4<sup>th</sup> Quarter: Team Routine (3 rounds, 3 pts. each)

**Article 2.2.2** . . . Each of the first three quarters will consist of four rounds. Each of these rounds will consist of one of six available routines based on the category of the current quarter.

**Article 2.2.3** . . . The fourth quarter will consist of three rounds. Each of these rounds will consist of one of six available routines which combine the previous three quarters' routines.

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**Article 2.2.4 . . .** Following the coin toss, the referee will call for the routine number from the coach with possession.

**Article 2.2.5 . . .** The routine to be performed is selected by the team with possession.

**Article 2.2.6 . . .** Once a routine number has been chosen, that routine number cannot be called again during the current quarter.

**Article 2.2.7 . . .** Teams will have twenty seconds to take the floor in their designated positions. If a team has not taken the floor during this time, they may be assessed a timeout by the referee. If a timeout is not available, the team will automatically forfeit the round.

**Article 2.2.8 . . .** At the referee's whistle, the routine's music will begin. At the end of the routine, teams should immediately return to their benches.

**Article 2.2.9 . . .** The scoring officials will determine a round winner, and the next round will commence.

**Article 2.2.10 . . .** There will be a two minute quarter break following the first and third quarters.

**Article 2.2.11 . . .** There will be a ten minute halftime break following the second quarter. Upon agreement of both coaches, this halftime break may be shortened to five minutes.

**Article 2.2.12 . . .** The team with the most points at the end of regulation play wins.

### SECTION 3. SUDDEN-VICTORY OVERTIME

**Article 2.3.1 . . .** In the event of a tie at the end of regulation, the coaches will meet at the center of the mat for a coin toss. The visiting team will call the coin toss to determine possession of the first overtime period, and representatives return to their bench to begin play.

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**Article 2.3.2 . . .** Teams will perform routine number one in the first round of overtime. The quarter (one through four) to be performed is selected by the team with possession.

**Article 2.3.3 . . .** Overtime rounds are performed and scored exactly like in regulation.

**Article 2.3.4 . . .** The team that wins the round is declared the winner of the game.

**Article 2.3.5 . . .** If the first round results in a tie, possession alternates, and overtime continues to round two. The routine level to be performed increases to routine number two. The team with possession will select which quarter will be used.

**Article 2.3.6 . . .** This process will repeat until there is a round winner. If overtime lasts beyond six rounds, the process repeats, starting over with routing number one.

### SECTION 4. PERSONNEL

NOTE: Team rosters and other personnel issues are the most likely game elements to be modified by state. Check with your state association or organizing group for any modifications to this section.

**Article 2.4.1 . . .** STUNT teams may have one head coach and up to three assistants.

**Article 2.4.2 . . .** The STUNT roster has a maximum of thirty-six athletes. At most, there will be sixteen athletes on the floor at any one time.

**Article 2.4.3 . . .** In the first quarter, the number of partner stunt groups required for each of the routines are as follows:

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- a. Routine 1 – 4 stunt groups
- b. Routines 2 and 3 – 3 stunt groups
- c. Routines 4 and 5 – 2 stunt groups
- d. Routine 6 – 1 stunt group

**Article 2.4.4 . . .** In the second quarter, all routines will require the use of either 8 or 16 athletes for pyramids and tosses, depending on the team's division.

**Article 2.4.5 . . .** In the third quarter, all routines will require 7 athletes for tumbling and jumps.

**Article 2.4.6 . . .** The fourth quarter routines will be consistent with the individual requirements of each routine in that level.

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### Rule 3. Scoring

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#### SECTION 1. STANDARD SCORING

**Article 3.1.1 . . .** Scoring officials will determine the total number and degree of errors made by each team, resulting in a number of deductions outlined below:

- a. Minor errors: one deduction.
- b. Major errors: two deduction.
- c. Major errors compromising safety (Double Major): four deduction.

**Article 3.1.2 . . .** Each boundary violation will result in a minor error (one deduction) being charged to the team committing the violation.

**Article 3.1.3 . . .** The scoring officials will confer to determine a winner of the round based on the number of execution errors by both teams. If each team has the same number of deductions, the round ends in a tie.

**Article 3.1.4 . . .** Quarters 1 through 3:

- a. The round winner receives 1 point.
- b. The round loser receives 0 points.
- c. A tie round results in each team receiving 1 point.

**Article 3.1.5 . . .** Quarter 4:

- a. Each “section” of the routine (Partner Stunts, Jumps & Tumbling, Pyramids & Tosses) is scored individually using the same scoring as the first three quarters. These section scores are then added together to get the round score. A team may score anywhere from 0 to 3 points.

Example: Team A wins the first section, Partner Stunts, resulting in a 1-0 score so far. Team A ties with Team B for the second section, Jumps & Tumbling, which gives each team 1 point, bringing the

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score to 2-1. Finally, Team A wins the third section, Pyramids & Tosses, which brings the final score for this round to 3 points for Team A, 1 point for Team B.

### Article 3.1.6 . . . Overtime:

- a. Overtime scoring is exactly the same as during regulation for the quarter selected by the team with possession.

## SECTION 2. FORFEIT SCORING

### Article 3.2.1 . . . Quarters 1 through 3:

- a. The forfeiting team receives 0 points.
- b. The team with possession may receive 0 points or 1 point.
  - i) A routine with 0 or 1 major deductions will result in 1 point for the round.
  - ii) A routine with 2 or more major deductions will result in 0 points for the round.

### Article 3.2.2 . . . Quarter 4:

- a. The forfeiting team receives 0 points.
- b. The team with possession may receive 0 to 3 points. Each individual routine section is scored according to Article 3.2.1.
  - i) A routine section with 0 or 1 major deductions will result in 1 point for the section.
  - ii) A routine section with 2 or more major deductions will result in 0 points for the section.
  - iii) Points from each section will be added for the total round score.

## SECTION 3. MERCY RULE:

**Article 3.3.1 . . .** When winning or tying the game is no longer a mathematical possibility, either coach may stop the game at that point. Should both coaches wish to continue play, the game will not be stopped.

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**Article 3.3.2 . . .** Point Differentials for Mercy Rule: Mathematically, the point differential that would trigger the Mercy Rule cannot be reached until the beginning of the 4<sup>th</sup> round of the 3<sup>rd</sup> quarter. If the score differential *to begin* the round is at least the number listed in the following chart, the referee will ask the coaches if they would like to invoke the Mercy Rule. If they do not, the game will continue.

<b>Quarter</b>	<b>Start of Round</b>	<b>Point Differential</b>
3	4	+11
4	1	+10
4	2	+7
4	3	+4

**Rule 4. Possession and Forfeits**

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Possession and forfeits are the strategies teams use to control the game. The team with possession has the opportunity to call the routine that gives them the best chance of winning the round, and ultimately the game. Forfeits may be used for safety reasons, but because a forfeit automatically gives a team possession of the next round, it may also be used as a strategy to take control of the game.

**SECTION 1. POSSESSION DURING REGULATION**

**Article 4.1.1 . . .** Possession in the first round of the first quarter goes to the team that wins the initial coin toss.

**Article 4.1.2 . . .** Possession in the first round of the second, third and fourth quarters goes to the team with the lowest game score at that time. If there is a tie in the game score to begin these quarters, possession alternates from the team with possession of the previous round (the last played round of the previous quarter.)

**Article 4.1.3 . . .** Possession during all other rounds in regulation will be determined as follows. A team will have possession for the current round if:

- a. The team forfeited the previous round.
- b. The team won the previous round (no forfeit was taken.)
- c. The opposing team had possession of the previous round and the round ended in a tie (possession alternates on a tie.)
- d. None of these situations have any effect on possession of the initial round of a quarter.



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### **SECTION 2. POSSESSION DURING OVERTIME**

**Article 4.2.1 . . .** The team that wins the overtime coin toss will have possession of the first round of overtime.

**Article 4.2.2 . . .** For each successive round of overtime, possession will alternate teams.

### **SECTION 3. ROUTINE FORFEITS**

**Article 4.3.1 . . .** Following the routine call during any round, the opposing team may forfeit the round. This is done by the coach signaling to the referee with the forearms crossed in front of the chest to form an “X”.

**Article 4.3.2 . . .** Once a forfeit is called, the team with possession must take the floor and perform the routine.

**Article 4.3.3 . . .** Forfeiting a round will result in the forfeiting team gaining possession of the next round within the quarter (see Section 1. Possession.)

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**Rule 5. Procedural Issues**

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**SECTION 1. TIMEOUTS**

**Article 5.1.1** . . . Each team will have three one-minute timeouts to use per regulation game.

**Article 5.1.2** . . . Each team will have one one-minute timeout to use per six-round overtime.

**Article 5.1.3** . . . Timeouts do not carry over from regulation into overtime or from one six-round overtime segment to the next.

**Article 5.1.4** . . . The signal for a timeout is the hands in front of the chest forming a “T”. A timeout may be called by a coach or athlete.

**Article 5.1.5** . . . During a timeout, teams may only perform skills on their sideline mats. No skills can take place on the main floor.

**Article 5.1.6** . . . The referee will blow the whistle to indicate the beginning and end of a timeout.

**Article 5.1.7** . . . Following the end of a timeout, teams will have the standard twenty seconds to take the floor and continue the game.

**SECTION 2. COACH’S CHALLENGE**

**Article 5.2.1** . . . Provided there is video replay in use by the scoring officials, a coach may request a review of the previous round’s scoring results. Outside video by coaches or others is not allowed for review. Video replay is not required by the officials.

**Article 5.2.2** . . . Each team is only allowed one challenge per game as long as they have at least one timeout remaining.

**Article 5.2.3** . . . The challenge may only be requested immediately following the round to be reviewed and prior to the whistle to begin play of the next round.

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**Article 5.2.4 . . .** Should the challenge result in the previous score being upheld, the team loses their challenge and a timeout.

**Article 5.2.5 . . .** Should the score be changed, then the challenging team will retain their timeout but their one challenge is now used for the remainder of the game.

**Article 5.2.6 . . .** In the event of overtime play, each team is awarded one challenge per six-round overtime as long as they have a timeout remaining.

### **SECTION 3. TECHNICAL FOULS**

**Article 5.3.1 . . .** If in the opinion of the Referee, a coach or player is displaying conduct that is not representative of USA Cheer and the local association, the Referee may give the coach/player a verbal warning.

**Article 5.3.2 . . .** A subsequent instance or continuous behavior in the same instance following this warning will result in a technical foul and the awarding of one point to the opposing team.

**Article 5.3.3 . . .** A third instance or continuous behavior following a technical foul will result in the addition of one (1) point to the opposing team, and the ejection of the guilty coach/player from the game.

**Article 5.3.4 . . .** A coach/player who is ejected from a game must remove her or himself from the entire venue. Ejections may be reviewed by the STUNT officials' committee for possible further action which may include future game suspensions or disqualification from post-season play.

### **SECTION 4. SPOTTING**

**Article 5.4.1 . . .** USA Cheer does not provide spotters.

**Article 5.4.2 . . .** Teams may provide spotters during any round. Spotters are there only to protect an athlete.

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**Article 5.4.3 . . .** The presence of spotters will not be considered in determining the score.

**Article 5.4.4 . . .** If a spotter becomes involved in a skill, it will be considered a major deduction.

**Article 5.4.5 . . .** Other team members acting as spotters must wear a team jacket or other covering over their uniform.

**Article 5.4.6 . . .** Non-team spotters must wear professional apparel (team warm-up, khakis and team polo, etc.) and appropriate footwear.

### SECTION 5. MUSIC MALFUNCTION

**Article 5.5.1 . . .** If there is a music malfunction during any round - including, but not limited to, skipping or stopping - both teams will be required to perform again from the beginning of the routine.

**Article 5.5.2 . . .** The teams should stop the routine at a SAFE point (once a skill or series of skills has been completed). The referee will also step in at a safe/appropriate time to blow the whistle and signal for the routines to stop.

**Article 5.5.3 . . .** Both teams will re-set after the issue has been resolved and perform the routine again from the beginning.

**Article 5.5.4 . . .** The routines will be evaluated from the beginning with ANY execution errors from the previous performance carrying over to this performance.

Example: Team A has no errors and Team B has 2 minor errors when the music stops. After the music issue is resolved, both teams will perform the routine from the beginning. Team A will begin with no errors and Team B will begin with 2 minor errors.

**Article 5.5.5 . . .** If the music skips during the routine, the officials will determine when the music started skipping and the scoring of both teams will end at that point, regardless of when the routine was stopped. Any errors up to that point

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will be scored, teams will reset, the routine will be replayed and scored from the beginning according to the rules above.

### **SECTION 6. INJURY**

**Article 5.6.1 . . .** The referee, scoring officials, head coach, or athlete all have the right to stop a performance due to an obvious injury.

**Article 5.6.2 . . .** If play is stopped due to an injury in the first three quarters,

- a. The team with the injury will be scored based on what was performed, with automatic deductions for what skills were not performed after the point of the injury.
- b. The team without the injury will perform the routine from the beginning and scoring will continue from the point where the routine was stopped.

**Article 5.6.3 . . .** If play is stopped due to an injury in the fourth quarter,

- a. A five minute break will be given to both teams.
- b. Play will resume and both teams will perform the routine from the beginning. Scoring will continue from the point where the routine was stopped.

**Rule 6. Glossary**

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**SECTION 1. DEFINITIONS**

**Boundary Violation:** When a performing athlete touches any part of the area outside their designated performance area including the neutral area or the ground outside of the mat. The white line bordering the neutral zone is considered to be “in bounds.”

**Challenge:** When a coach requests a review of the previous round’s scoring results.

**Completion of a Round:** Each round in a quarter is considered to be completed once the round is scored and announced.

**Game:** Head-to-head competition between two teams, consisting of four quarters with a halftime in between the second and third quarters.

**Forfeit:** The act of a team choosing to surrender their right to perform the called routine in a round of a quarter.

**Halftime:** Ten minute break between the 2nd and 3rd quarters of a game.

**Meet:** When three or more teams are competing during the same event in the same venue on the same day, but not to determine a single winning team of the event.

**Neutral Zone:** The center mat or buffer area between teams performing head-to-head. The neutral zone is occupied by the Referee and is designated by 4” wide white Velcro strips separating the zone from the adjacent mat panels.

**Overtime:** The period that occurs if there is a tie score between two teams at the end of regulation play of a game.

**Possession:** The team having control of determining the routine to be performed in the following round.

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**Practice Mats:** Two (2) mat panels, each 6' x 42' in size, available to teams for warm-up areas in proximity to their team bench.

**Quarter Break:** Two minute breaks between the 1st and 2nd quarters, as well as the 3rd and 4<sup>th</sup> quarters of play.

**Quarter:** Each of the four skill components of a game, as follows; 1st Quarter - Partner Stunts, 2nd Quarter - Pyramids & Tosses, 3<sup>rd</sup> Quarter - Group Jumps & Tumbling, and 4th Quarter – Team Performance.

**Referee:** The game official positioned on the competition floor that controls the flow of the game and enforces the rules of the sport.

**Round:** A period of time that encompasses the calling of a routine, the performance of the routine, and the scoring of a routine.

**Routine:** The eighteen skill sequences of progressive levels of difficulty. Routines are choreographed and published by USA Cheer STUNT Competition Committee.

**Routine Call:** Decision of the team with possession as to which routine will be performed in a particular round.

**Routine Official –** The official responsible for tracking each routine for timing, formation and other general implementation errors. (Optional for High School Girls' STUNT)

**Scoring Official:** The game officials responsible for scoring each performance and determining how points are awarded throughout a game.

**Team Performance:** The 4th quarter routines that combine each of the three individual routines from the previous quarters performed continuously to music. Each level of a 4th quarter routine consists of the same level routines from all three previous quarters (i.e. Routine 1 for the 4<sup>th</sup> quarter

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will consist of Partner Stunts Routine 1, Pyramids/Tosses Routine 1, and then Tumbling/Jumps Routine 1).

**Tie (Round):** A round tie occurs when two teams perform the selected routine with the same number of deductions.

**Timeout:** A one minute break during the game in which play stops, signaled by a player or coach and called by the Referee.

**Tournament:** When three or more teams play each other at one event to determine an overall winner of that event. Tournaments may be completed in one day at one venue or may last several days and use multiple venues.



## **Game Stats Pages**

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Printing of the rule book requires a minimum of 48 pages.  
The following pages can be used to record game statistics.

**Game Stats** \_\_\_\_\_ **vs.** \_\_\_\_\_

Quarter: 1 2 3 4  
 Routines: 1 2 3 4 5 6

Round: 1 Routine:

	Home	Away
Possession		
Winner		
Score		
Timeout		

Round: 2 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 3 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 4 Routine:

Possession		
Winner		
Score		
Timeout		

**Game Stats** \_\_\_\_\_ **vs.** \_\_\_\_\_

Quarter: 1 2 3 4  
 Routines: 1 2 3 4 5 6

Round: 1 Routine:

	Home	Away
Possession		
Winner		
Score		
Timeout		

Round: 2 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 3 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 4 Routine:

Possession		
Winner		
Score		
Timeout		

**Game Stats** \_\_\_\_\_ **vs.** \_\_\_\_\_

Quarter: 1 2 3 4  
 Routines: 1 2 3 4 5 6

Round: 1 Routine:

	Home	Away
Possession		
Winner		
Score		
Timeout		

Round: 2 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 3 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 4 Routine:

Possession		
Winner		
Score		
Timeout		

**Game Stats** \_\_\_\_\_ **vs.** \_\_\_\_\_

Quarter: 1 2 3 4  
 Routines: 1 2 3 4 5 6

Round: 1 Routine:

	Home	Away
Possession		
Winner		
Score		
Timeout		

Round: 2 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 3 Routine:

Possession		
Winner		
Score		
Timeout		

Round: 4 Routine:

Possession		
Winner		
Score		
Timeout		

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Girls STUNT is a competitive team sport derived from cheerleading, but designed as a head-to-head game just like other sports.

STUNT removes the crowd-leading element and focuses on the technical and athletic components of partner stunts, pyramids, basket tosses, group jumps and tumbling.

STUNT is growing rapidly at the college and high school levels. Find out why at [usacheer.net](http://usacheer.net) and join us in this exciting new sport!

[usacheer.net/stunt](http://usacheer.net/stunt)



USA Federation for Sport Cheering



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