



NMAA

New Mexico Activities Association



Middle School Cheerleading Rules

The New Mexico Activities Association (NMAA) follows all National Federation of State High School Associations (NFHS) rules for Cheerleading. In addition to NFHS rules, the NMAA has adopted the American Association of Cheerleading Coaches and Administrators (AACCA) rule of no tossing at the junior high/middle school level. Please be aware of the following information:

- According to AACCA rules, basket tosses, elevator tosses and similar multi-based tosses are prohibited at the junior high/middle school level. In addition, please note the following:

- No tension rolls
- Tumbling is acceptable, but not required
- No twisting tumbling (Arabians or full twists)
- Only straight cradles allowed
- A spot is required on all building
- No inversions allowed in stunts
- The top girl must have both feet in contact with the base at all times during any extended stunt (no liberties)

- All coaches, advisors, volunteers, or supervisors (high school and junior high) must be AACCA certified and obtain a New Mexico coaching license.

If you have any questions with regards to rules for spirit or cheerleading please contact:

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