



## 2025-2026 Middle School and Junior High School Cheerleading and Dance Rule

The New Mexico Activities Association (NMAA) follows NFHS rules and USA Cheer and Dance Safety rules for middle school/ junior high cheer and dance teams. Coaches are required to be familiar with the NFHS rules, NMAA rules and USA Cheer and Safety rules which can be viewed by clicking on the following link.

[tps://usacheer.org/junior-high-cheer](https://usacheer.org/junior-high-cheer)

As an added safety precaution, the NMAA has implemented the following state rules which must be incorporated by the USA Cheer and Safety certification rules at the middle/ junior high school level:

- No twisting tumbling (Arabians or full twists)
- Inversions allowed in stunts (only at prep level)
- Click on link for further rules restrictions.

Notes:

- Member middle /junior high school cheer teams may compete in Cheer with Music and/or Game Day at NMAA Sanctioned Spirit Competitions. ***Game Day routines must follow NMAA High School Rules.***
- Dance Teams may compete in Hip Hop, Jazz, Military or Pom at NMAA Sanctioned Spirit Competitions.
- There is no limit to the number of participants/cheerleaders or dancers on member middle /junior high school cheer or dance teams.
- **ONLY** member middle/junior high schools will compete against each other at NMAA Sanction Spirit Competitions.
- NMAA and school eligibility rules must be followed.
- All participants administrators, coaches, athletes, officials, parents, fans, etc. are expected to:

1. Conduct themselves in a manner which reflects the “Compete with Class” Initiative.
2. Hold themselves and other participants accountable for actions that do not reflect the core values Integrity, Respect and Responsibility.

**Any member or non-member school /junior high school cheer or dance teams not adhering to the NMAA, NFHS rules or USA Cheer and Dance Safety rules, may be subject to disqualification from NMAA Sanction Spirit Competitions.**

All coaches, advisors, volunteers or sponsors working with member middle/ junior high school teams must be certified by USA Cheer and Dance Safety certification, and obtain a New Mexico coaching license.

If you have any questions with regards to rules for spirit, please contact Vanessa Whitaker ([vanessawhitaker6@gmail.com](mailto:vanessawhitaker6@gmail.com) or 505-263-1956)