

## 2018-2019 Middle School and Junior High School Cheerleading Rules

The New Mexico Activities Association (NMAA) follows American Association of Cheerleading and Coaches and Administrators (AACCA) rules for middle school and junior high cheer teams. Coaches are required to be familiar with the AACCA rules which can be viewed by clicking on the following link:

<http://www.cheerrules.org/wp-content/uploads/2018/04/2018-19-School-Rules.pdf>

As an added safety precaution, the NMAA has implemented the following state rules which must be incorporated to the AACCA rules at the middle school and junior high level:

- No twisting tumbling (Arabians or full twists)
- Inversions allowed in stunts(only at prep level)

Notes:

- Middle School/Junior High Cheer Teams will only compete in the Cheer with Music Category at NMAA Sanctioned Spirit Competitions.
- There is no limit to the number of participants/cheerleaders on Middle School/Junior High Cheer Teams.

Any middle school or junior high school cheer team not adhering to the NMAA or AACCA safety rules, are subject to fines by the NMAA and disqualification from NMAA Sanction Spirit Competitions.

All coaches, advisors, volunteers or sponsors working with middle school and/or junior high teams 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 Vanessa Whitaker ([vanessawhitaker6@gmail.com](mailto:vanessawhitaker6@gmail.com)).