

NSSAF CheerExpo Cheer Team Competition Divisions 2018

Nova Scotia School teams must compete using the appropriate NSSAF rules of play. These rules are available from your school or on the NSSAF website. School teams will compete on a spring floor with mats for this competition. You must get your principal to send in a completed sanction form by February 16th, 2018. Email to info@cheerexpo.net

You pick which division you want to enter:

Junior High Level 2
Junior High Level 3
High School Level 2
High School Level 4

Max number of athletes is 24.

Please note that for NSSAF teams, Level 2 tumbling skills will be counted as “at level” skills in all levels for scoring purposes.

Clarification Example: In Senior High Level 4, the participation levels (i.e. Majority of the team) required for any given scoring range may be satisfied by performing Level 2, 3 or 4 tumbling skills, or any legal combination thereof.

Junior High Level 2 OR Senior High Level 2 teams will be restricted to level 2 skills.

Junior High Level 3 can do level 2 and/or level 3 tumbling skills to meet range requirements.

Senior High Level 4 may do Level 2, 3 or 4 skills (any combination thereof) to meet range requirements.

This is all the same as the past 3 seasons, however clarification was requested.

For level rules go to www.usasf.net and click on the safety link. Please note that all NSSAF regulations still apply in regards to school policies. Teams will only use the technical guidelines of the USASF.

Questions? Contact us at info@cheerexpo.net