



University of Houston
Requirements needed for placement of cheer squad

All- Girl Squad

Stunting

Base – show the ability to hold a heel stretch full down (entry is at applicants discretion) as well as a single based stunt

Back - show the ability to hold a heel stretch full down (entry is at applicants discretion) as well as a single based stunt

Top – demonstrate good flexibility and execute a stretch full down (entry is at applicants discretion)

*All must also incorporate a transitional stunt (more than 1 stunt in continuation)
Bonus points will be added to score of applicant for double downs, rewinds, full ups, etc..*

Tumbling

Standing – standing back tuck

Running – series to a tuck (more than 1 backhandspring into a tuck)

Coed Squad

Stunting

Base – show the ability to hold a heel stretch full down (entry is at applicants discretion) assistance is allowed but maximum points will be earned without

Top - demonstrate good flexibility and execute a stretch full down (entry is at applicants discretion)

*All must also incorporate a transitional stunt (more than 1 stunt in continuation)
Bonus points will be added to score of applicant for double downs, rewinds, full ups, etc..*

Tumbling

Standing – standing back tuck

Running – series to a tuck (more than 1 backhandspring into a tuck)

All applicants will learn and demonstrate fight song and a cheer with tumbling and/or stunting incorporated into the material.