THE CARTOON BOOK OF

COMPETITIVE CHEERLEADING



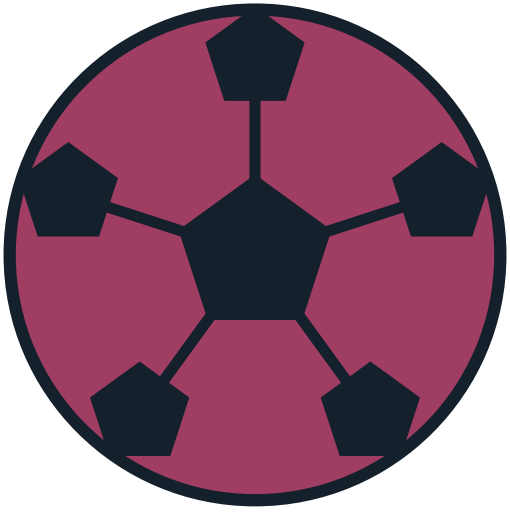
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

Original illustrations · No characters were copied in the making of this book

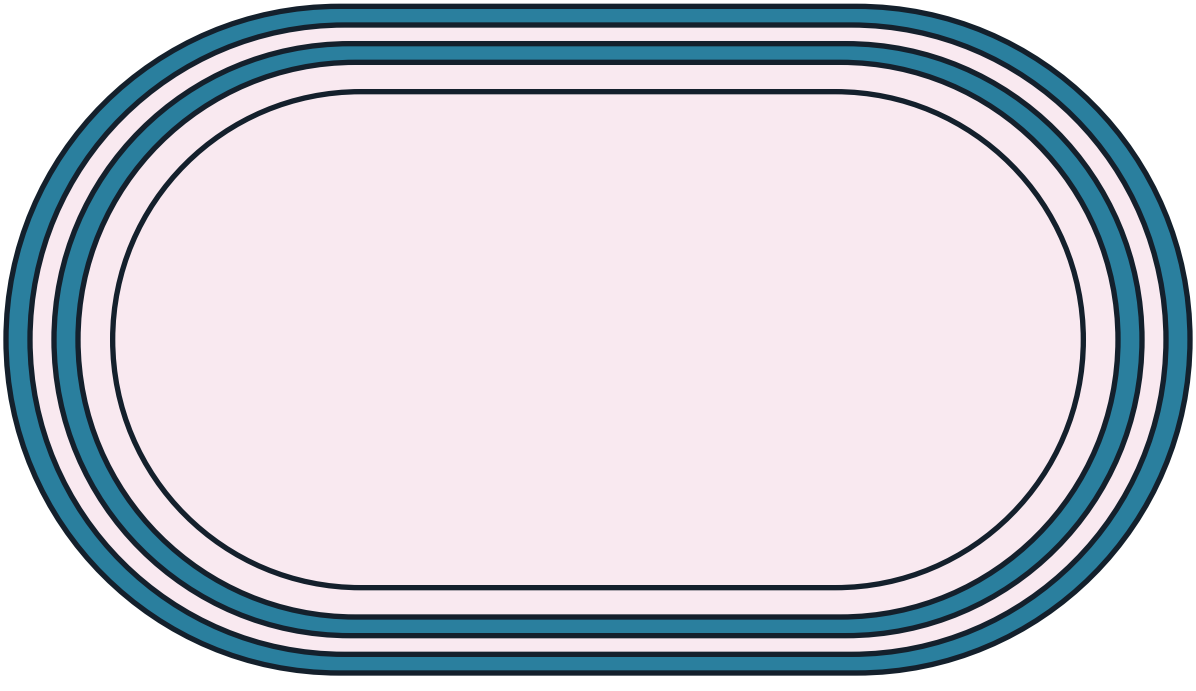
Meet Competitive Cheerleading!

Choreographed stunts, tumbling and dance routines.



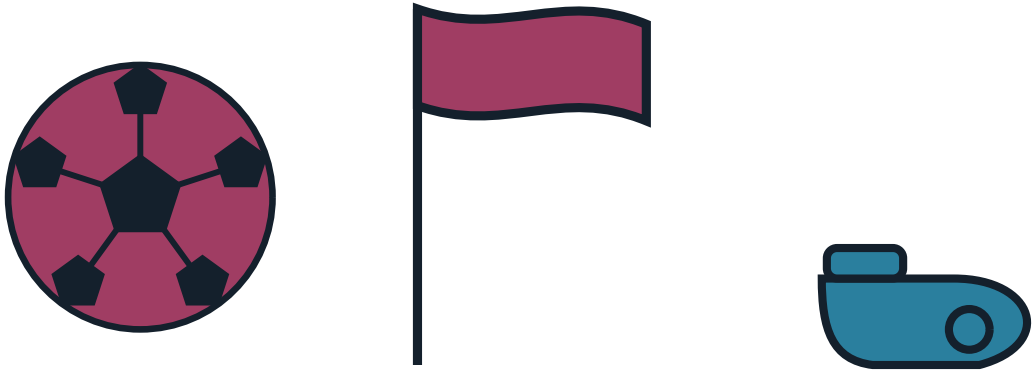
Where It Is Played

Performance surface dimensions are specified in the ICU rules' Other Criteria section; routines are performed on a marked cheer performance surface.



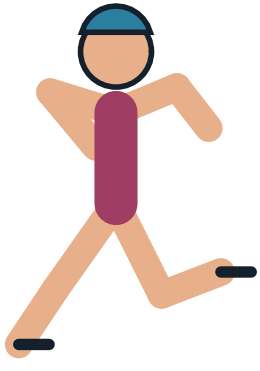
The Gear

Performance surface / sprung cheer floor, team uniform; no apparatus beyond the athletes themselves.



How It Starts

Join a club or school team, learn basic motions, jumps and level-appropriate tumbling and stunting at Introductory or Beginner level, and compete under a qualified coach.



How to Play

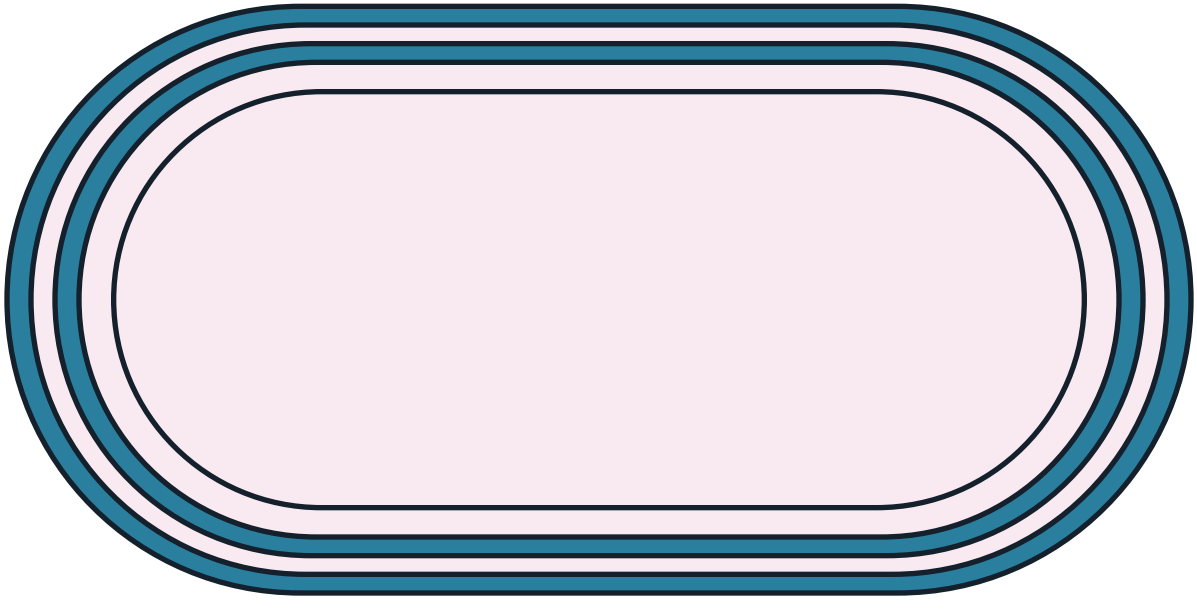
- Format: teams perform a choreographed routine combining tumbling, stunts, pyramids, tosses, jumps and dance, judged against the ICU scoresheets.
- Scoring: panels score routines on the ICU scoresheets; the highest total decides placings, with legality and safety deductions applied for rule breaches.
- Divisions are ordered by level from Introductory through Beginner, Novice, Intermediate, Median and Advanced to Elite and Premier, each level permitting progressively harder skills.
- General Safety Rules apply at every level, on top of the level-specific safety rules.

More of the Game

- Coaches must require proficiency before an athlete progresses to the next level and must place athletes at the proper performance level.
- At Introductory level (L0) tumbling, stunts, pyramids, dismounts and tosses are all prohibited; jumps are allowed and are not classed as tumbling.
- The rules include an Age Grid and athlete age-eligibility recommendations, scoresheet criteria, and sections on performance surface dimensions and routine time.
- Adaptive Abilities and Special Olympics / Special Abilities divisions have their own rules sections within the same document.

The Shape of a Match

A squad performs one judged routine of tumbling, stunts, pyramids, tosses and dance at its entered level; rankings come from the judges' scoresheet totals.

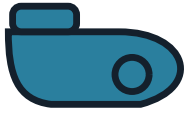


More of the Athletics & endurance Family

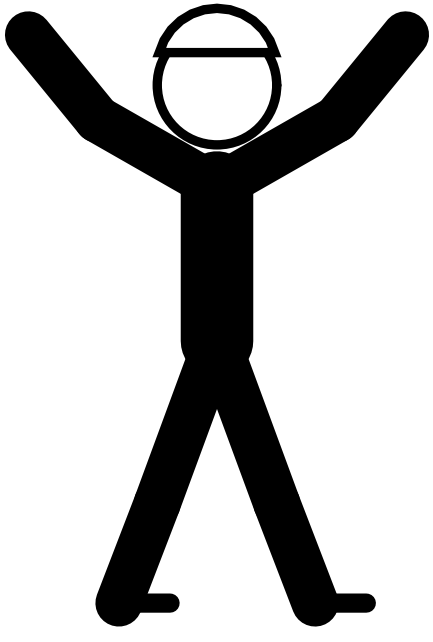
- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

A Note on the Rules

Competitive cheerleading is governed by the ICU and USASF/IASF under scoring systems (building, tumbling, and overall-impression categories with difficulty drivers) revised by cycle, and the sport's governing milestone is institutional rather than legal: the ICU received full IOC recognition in 2021. Scoring rubrics evolve continuously; no single dated law change is carried for competitive cheerleading.

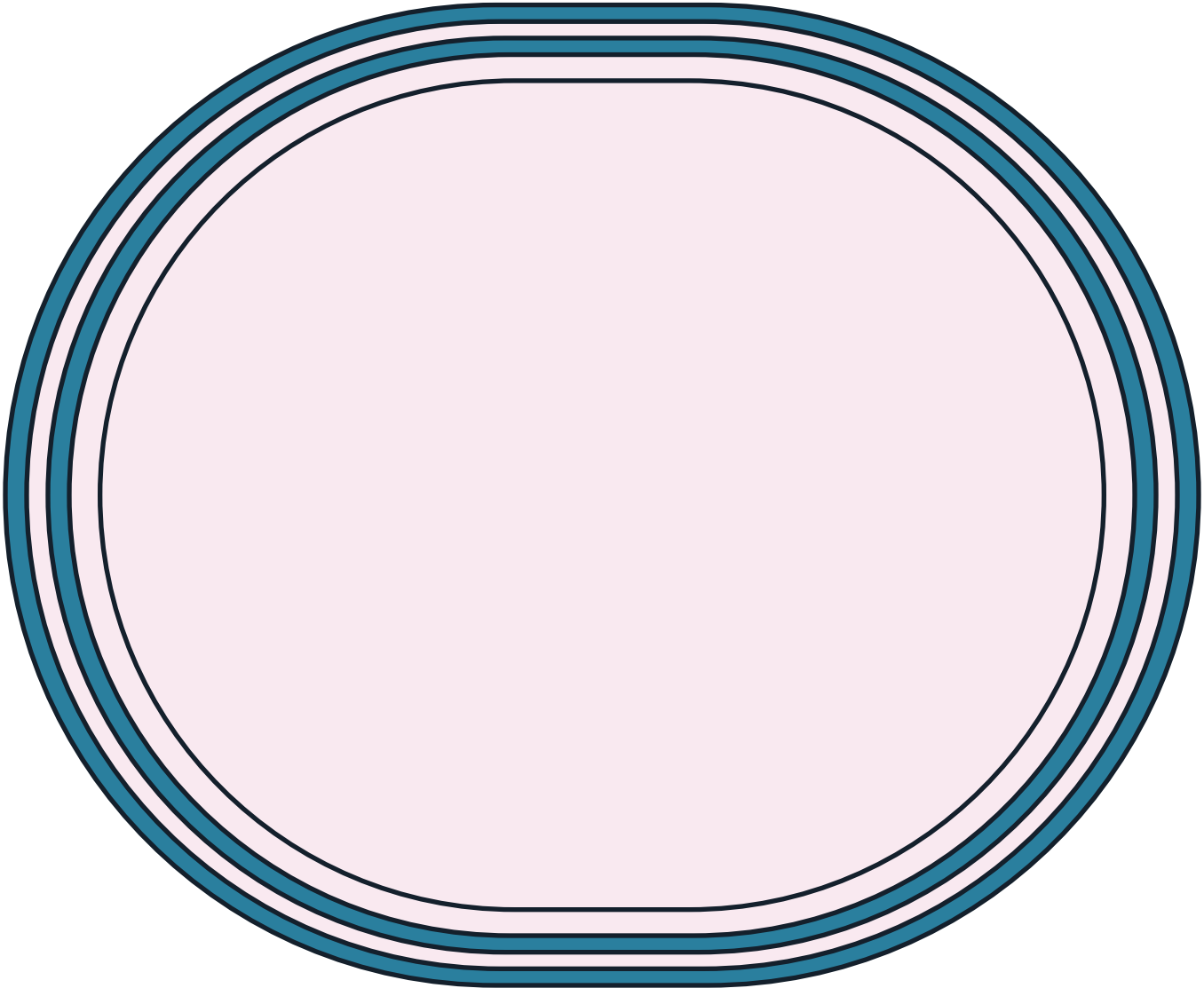


Colour the Action

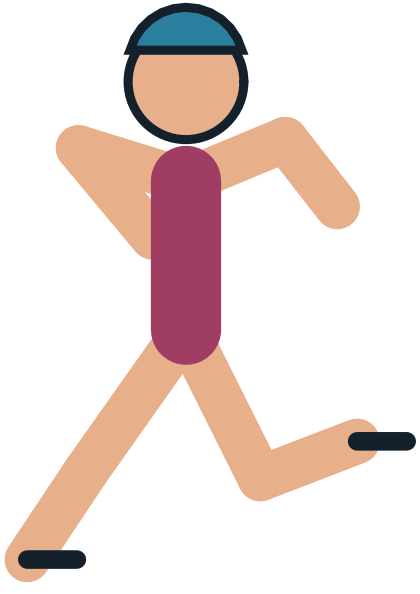


Psst — this page is a colouring page!

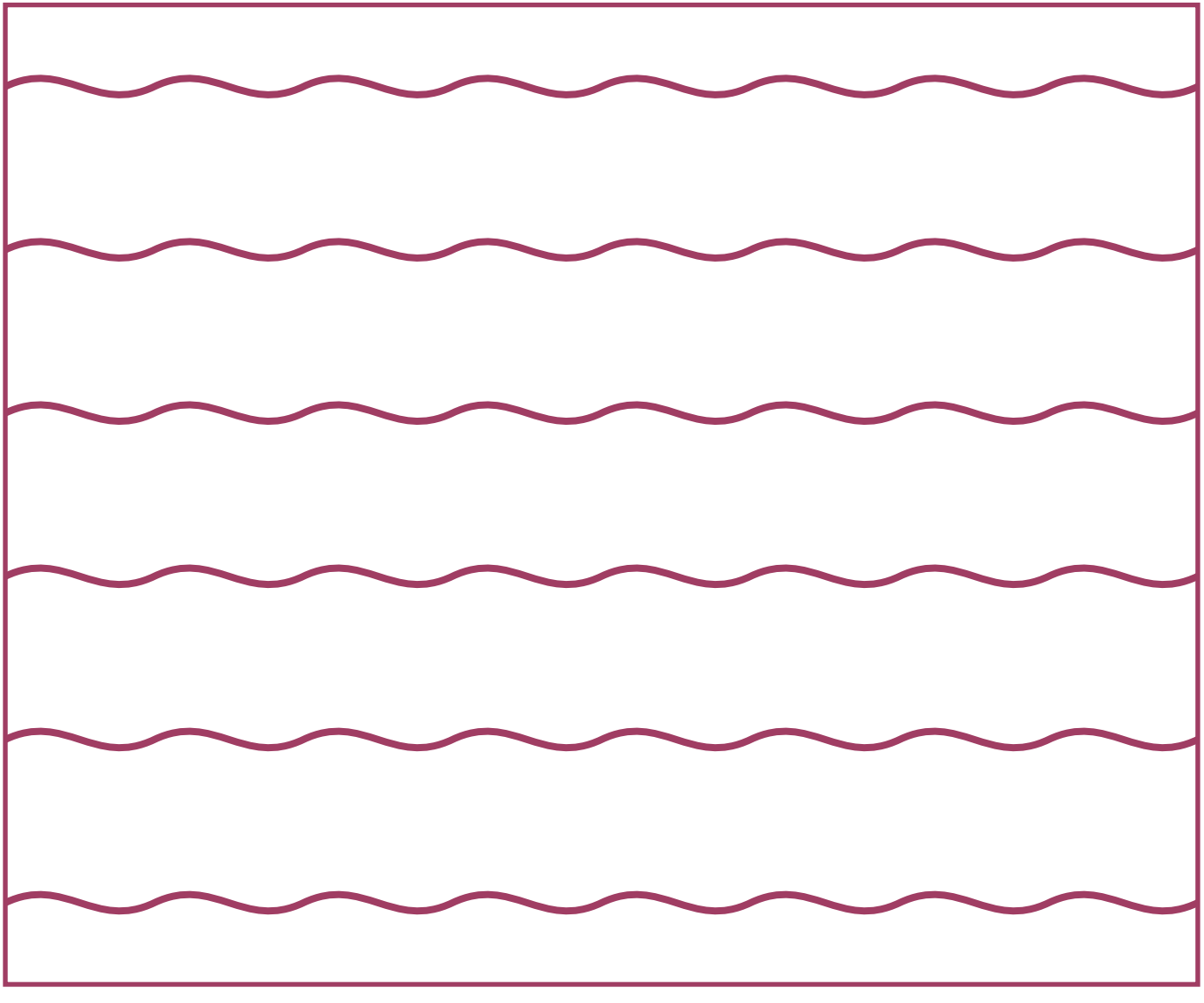
The Sport Today



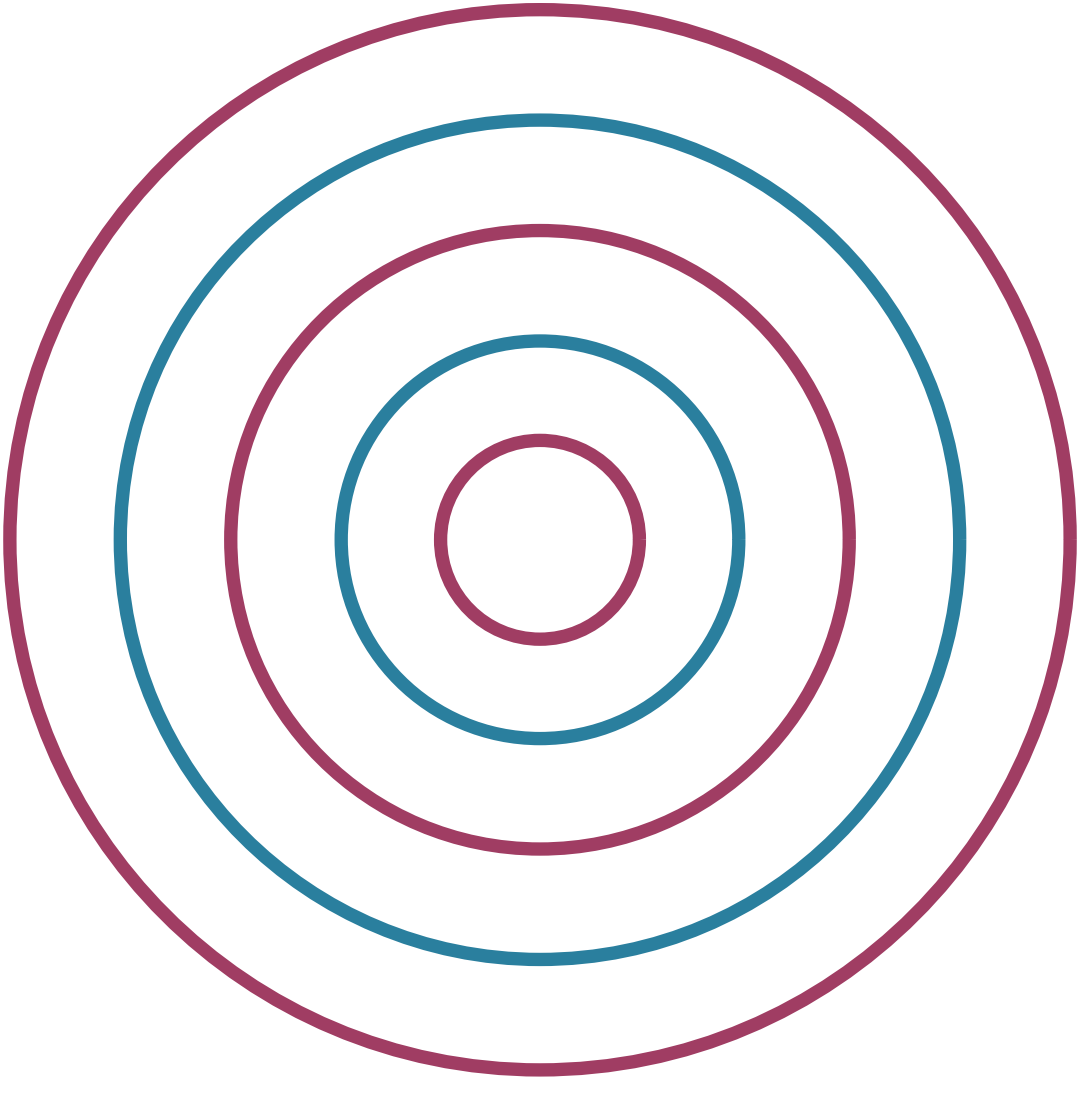
At School and College



Play It Near You



Through the Year



The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
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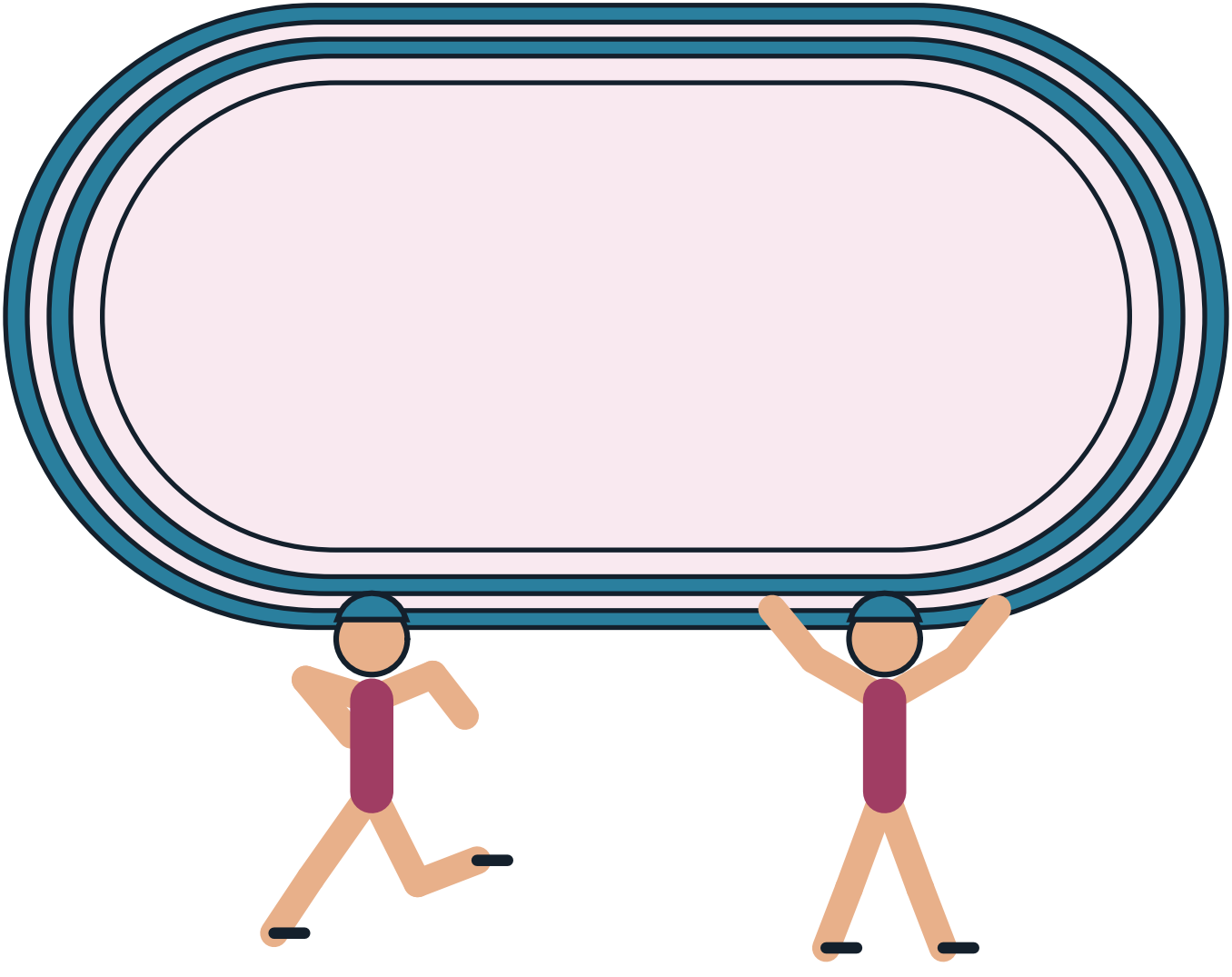
Game Day!

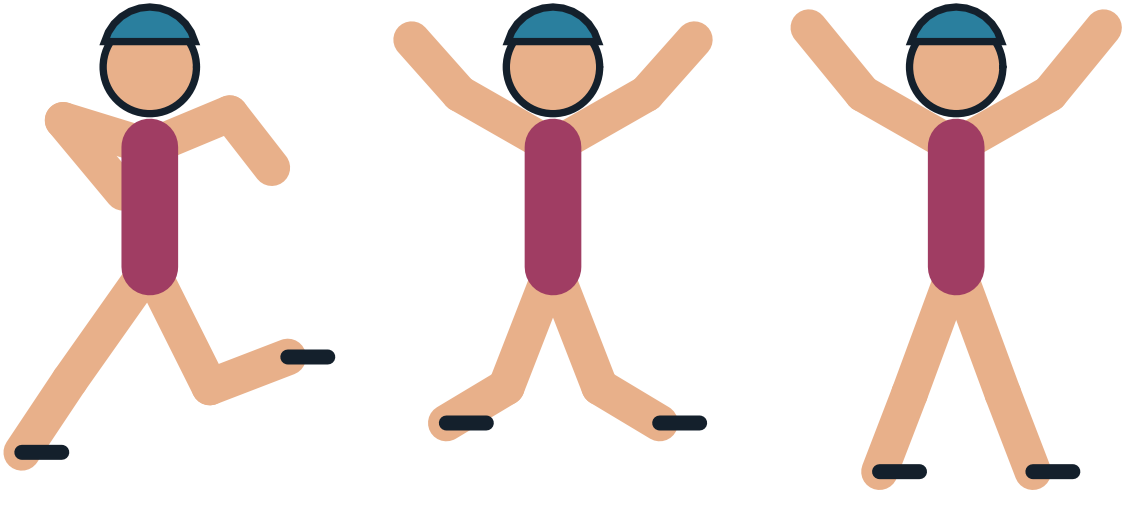


The Sport on Earth Mark

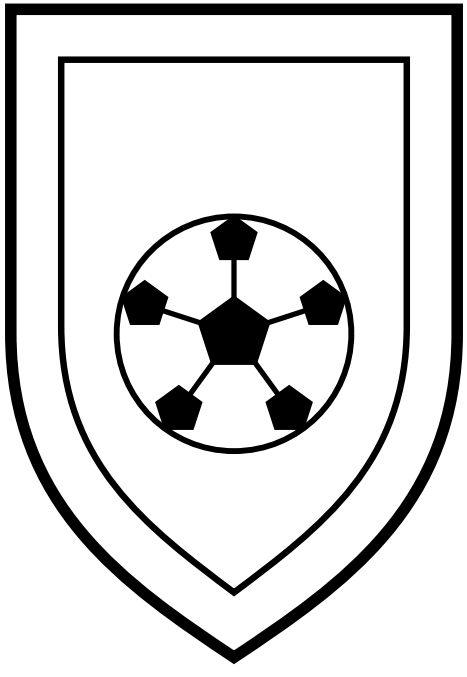
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

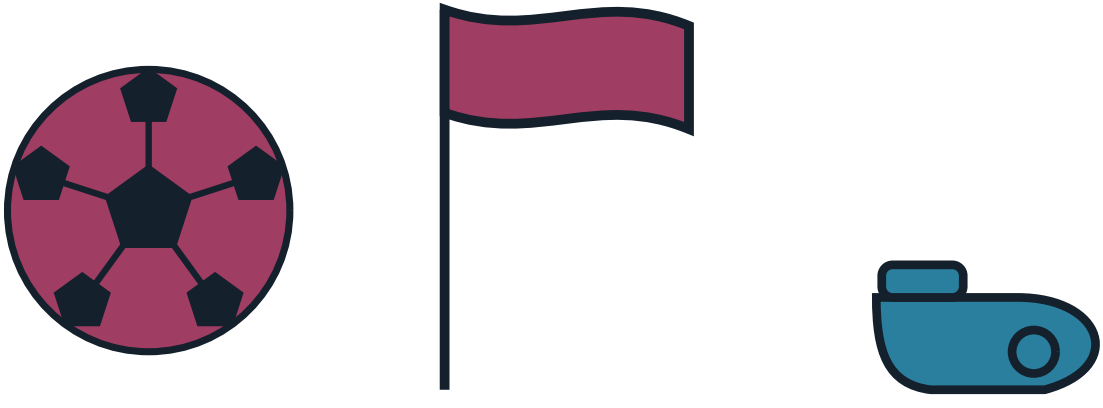


Design a Badge

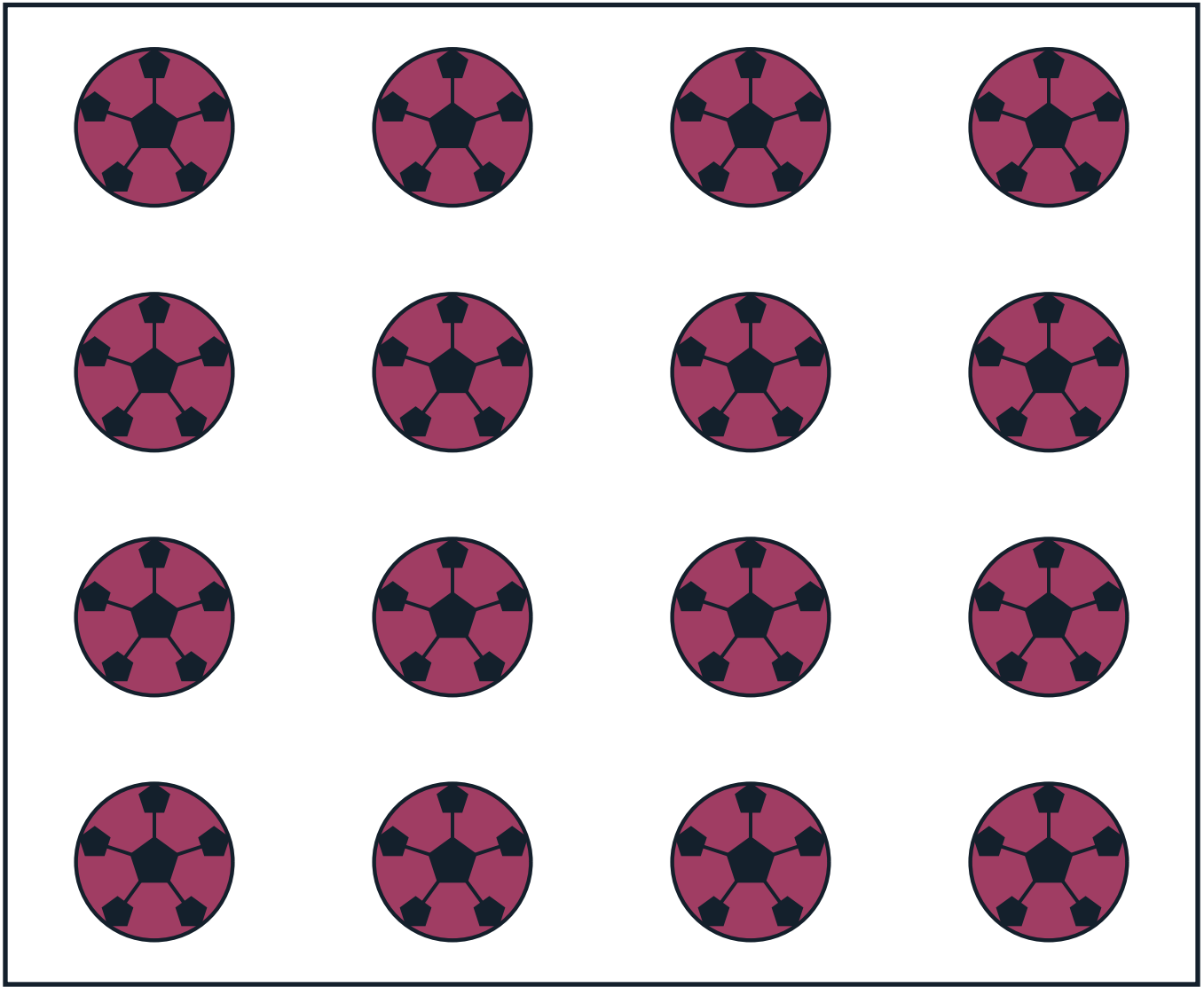


Draw and colour a badge for your own team.

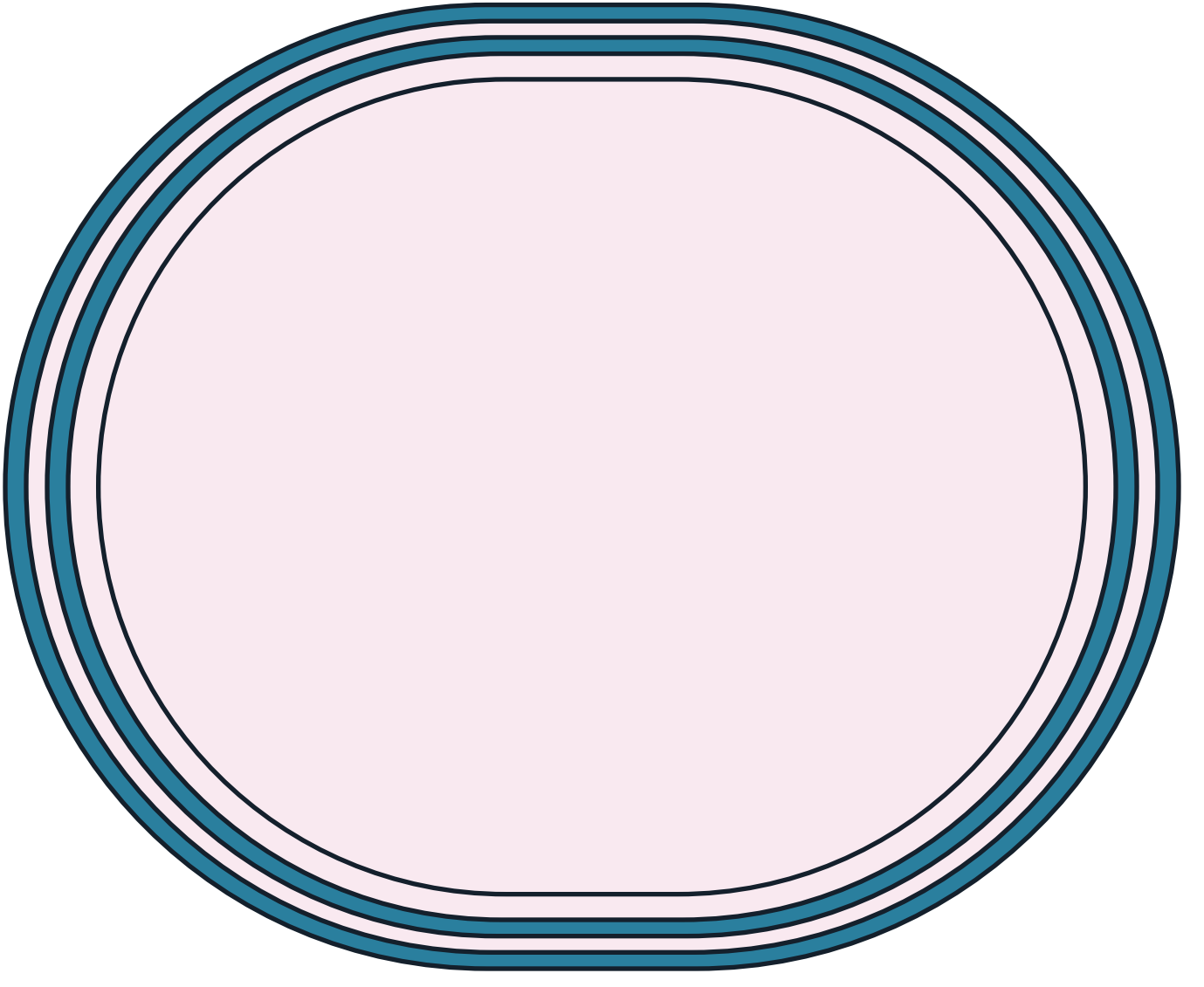
The Gear Parade



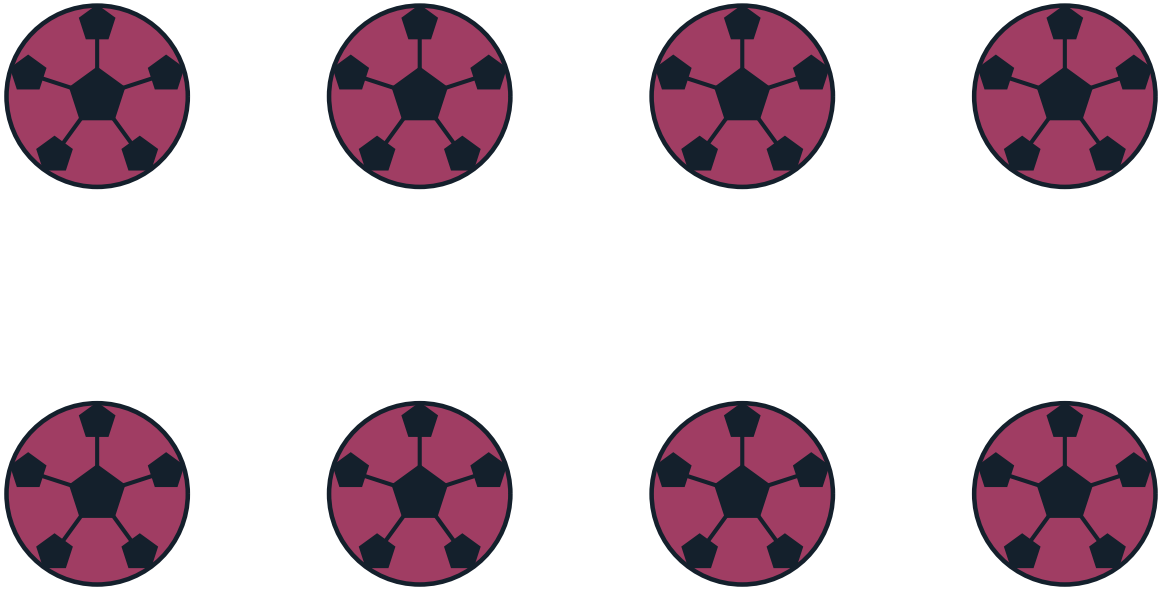
Pattern Play



The Arena From Above



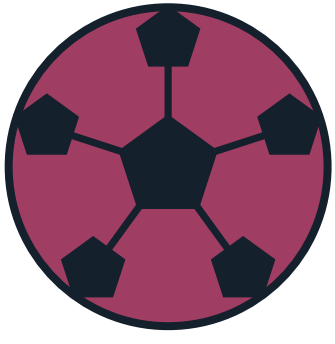
Count the Balls!



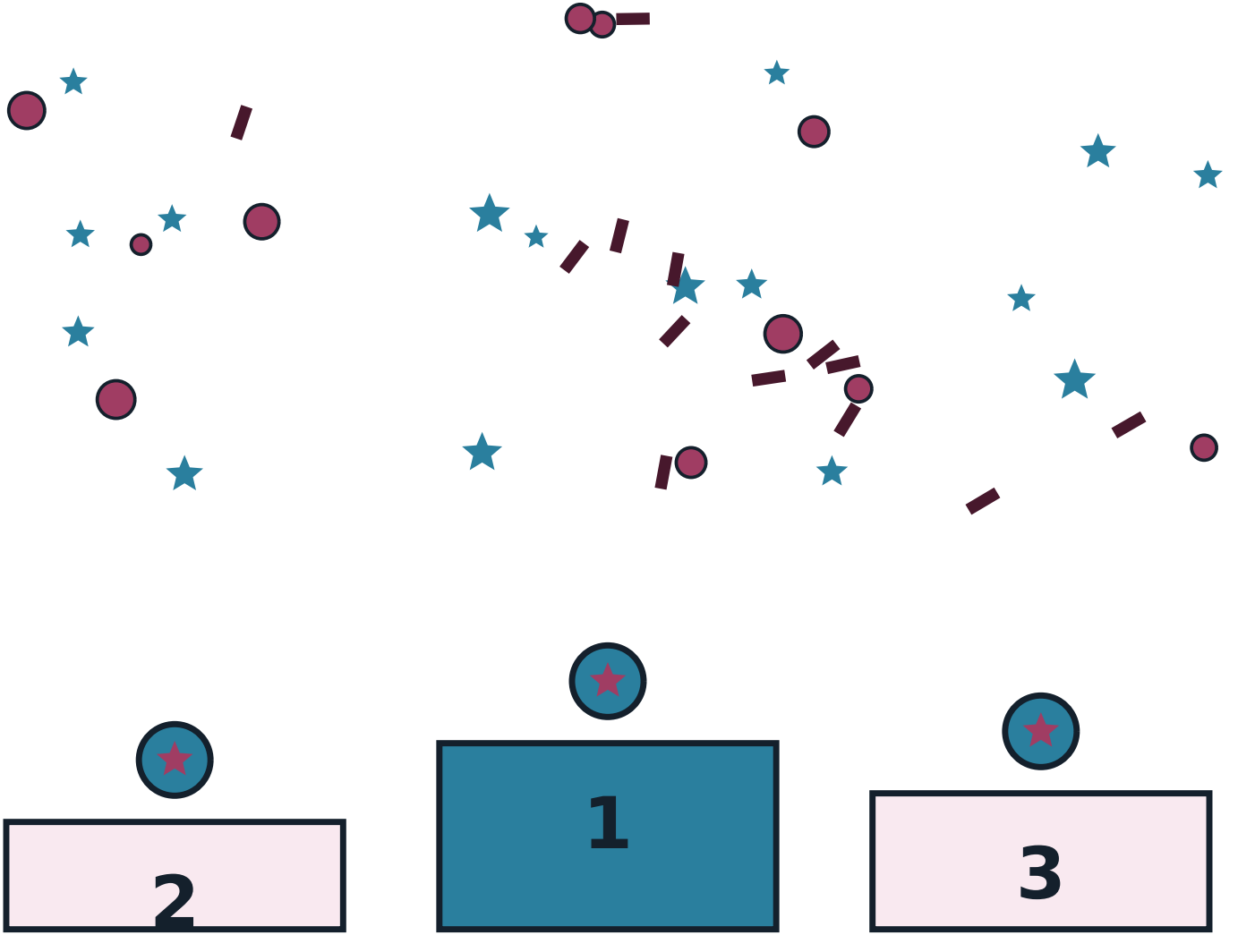
How many can you count? Write the number here: _____

My Favourite Part of Competitive Cheerleading

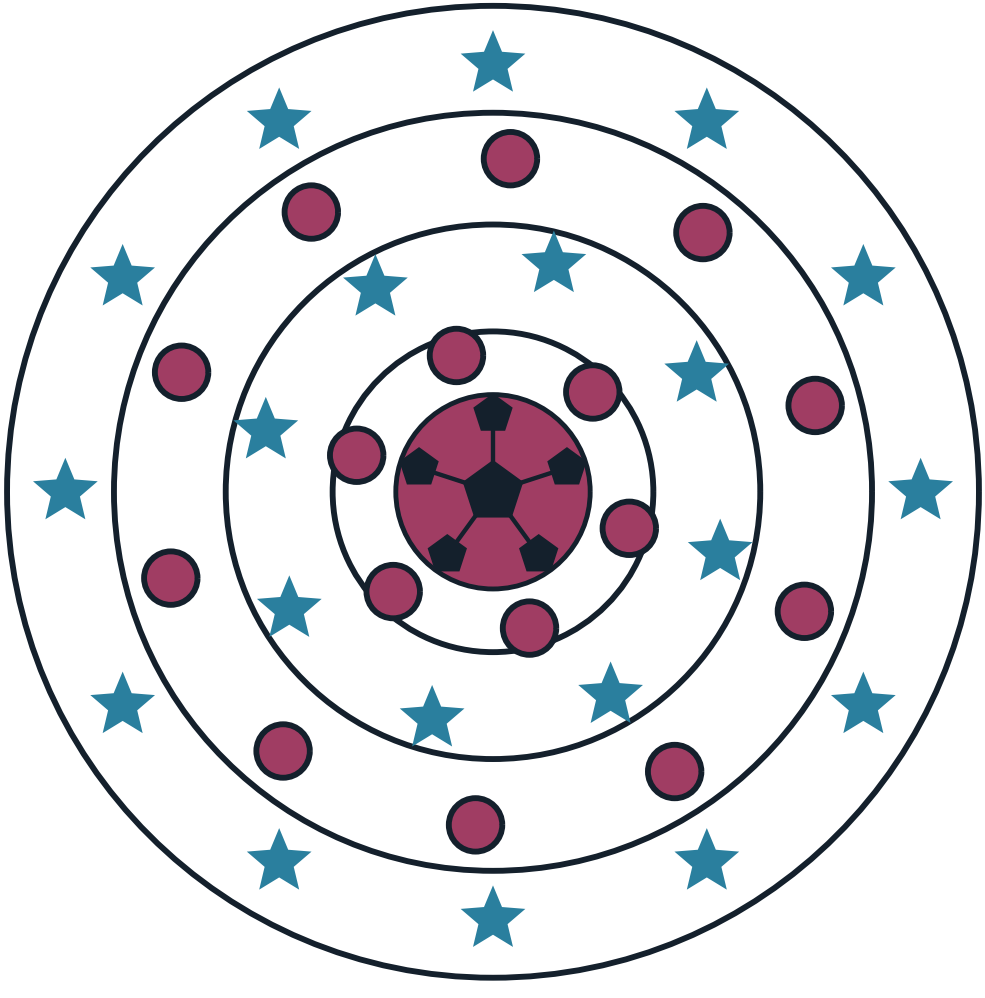
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: International Cheer Union (ICU). Laws edition the site's rules file follows: ICU Sport of Cheer Rules & Guidelines 2026. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

Competitive Cheerleading

The Cartoon Book of Competitive Cheerleading — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

