

2026–2027 Idaho Spirit Exam — **Cheer**



Technical Exam for Cheerleading Technical Judges – 55 questions

Name: (please print) _____ District: _____

Submission Instructions

Once you have completed the exam, scan it as a PDF and email it to your designated Idaho district tech judge coordinator:

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Please circle your answer clearly for each question.

1. The top person in a braced flip may start from any position (load, stunt, ground) EXCEPT:

- A. One foot on the ground.
 - B. Inverted at prep/shoulder level.
 - C. Inverted at extended level.
 - D. Prone position at shoulder level.
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2. The following tumbling skills are allowed over a person or prop: (same as #8 dance)

- A. Back handspring.
 - B. Standing back tuck.
 - C. Cartwheel.
 - D. Front aerial walkover.
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3. The top person in a foldover may hold the following: (same as #9 dance)

- A. A sign.
 - B. A megaphone.
 - C. Poms.
 - D. None of the above.
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4. In a braced release transition from an inverted stunt, the top cannot be released and caught in a(n):

- A. Extension.
 - B. Flatback.
 - C. Inversion.
 - D. Load position.
-

5. All of the following stunts require a spotter EXCEPT:

- A. Pump and go to extended liberty.
 - B. Single-based toss toe touch.
 - C. Double-base extension.
 - D. Single-base prep with feet in the hands of the base.
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6. Which of the following tumbling skills are LEGAL? (same as #11 dance)

- A. A forward roll with a cloth sign (rally towel).
 - B. Standing back tuck with poms.
 - C. Side aerial cartwheel with a rally towel.
 - D. All of the above.
-

7. Which of the following is TRUE about cheering on a prop/box?

- A. Jumps can be executed while on the box.
 - B. Cheers and chants can be led while on the box.
 - C. Stunts below prep level can be performed while on the box.
 - D. The box can be taller than 3 feet.
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8. Which of the following bracer(s) in a double-based prep require a spot?

- A. Brace with hand-to-hand connection for a legal braced flip.
- B. Brace for a double-based prep that extends to a liberty.
- C. Brace for a release from extended liberty to load position.
- D. Brace for a release from an inversion that does not flip or roll.

9. Which of the following is TRUE for a foldover stunt?

- A. It may be initiated from an extended level.
- B. The top person can be caught in an inverted position on the shoulders by one catcher.
- C. The top person must be caught on his or her back by multiple catchers.
- D. The top person can be caught by new catchers who were involved in another skill at the initiation of the foldover.

10. In a braced release pyramid, the top person can be caught by which of the following?

- A. The base/spotters who originally had control of the top person and did the release.
- B. A combination of the original bases and new base/spotters.
- C. A new group of base/spotters who are within close proximity to the release.
- D. All of the above.

11. When using props that are made of hard material or have sharp corners or edges, which of the following is/are TRUE? (same as #29 dance)

- A. A top person may not release the props to the ground.
- B. A base can take a prop from a top person at prep level by using their hand that is not supporting the top person.
- C. A person on the ground can gently toss or place a prop on the ground.
- D. All of the above.

12. An athlete shall be immediately removed from the contest and shall not be returned to play if displaying the following signs, symptoms or behaviors consistent with a concussion: (same as #20 dance)

- A. Headache.
 - B. Confusion.
 - C. Dizziness.
 - D. All of the above.
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13. A participant can be involved in skills while wearing which of the following? (same as #45 dance)

- A. Plaster cast.
 - B. Walking boot.
 - C. An elbow brace, covered with 1/2-inch-thick, closed-cell, slow-recovery foam.
 - D. All of the above.
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14. Of the following, which is allowed? (same as #22 dance)

- A. Hands-free poms attached at the wrist by a band or strap.
 - B. A religious medal that is taped and worn under the uniform.
 - C. A medical-alert medal that must be taped.
 - D. All of the above.
-

15. Inversions may release to which of the following, provided there is a spotter and the top person is caught by the original bases?

- A. Dismounts with a full twist.
 - B. A stunt at any level with a full twist.
 - C. Loading position with a full twist.
 - D. All of the above.
-

16. Which of the following skills requires a spotter?

- A. Double-based vertical T-lift.
 - B. Extended double-based flatback.
 - C. Chair.
 - D. Triple-based straddle sit.
-

17. In a braced flip with a hand-to-hand/arm connection, the top person can be caught by which of the following?

- A. The base/spotters that originally had control of the top person and did the release.
- B. A combination of the original bases and new base/spotters.
- C. A new group of base/spotters that are within close proximity to the release.
- D. All of the above.

18. During braced flips in a pyramid, which of the following is TRUE?

- A. The top person and the bases may make a 1/4 turn around the bracer.
- B. The top person and the bases may make a 1/2 turn around the bracer.
- C. The top person may land in an inverted position.
- D. The top person may perform 1 1/2 flipping rotations.

19. When a top person is moved from a vertical position to a horizontal or cradle position, and the catchers are not the original bases, which of the following is TRUE?

- A. The new catchers may be involved in another skill, as long as they are in place in time to catch.
- B. The new catchers must be in place prior to the movement, remain close to the original bases, and not be involved in any other skill when the transition begins.
- C. Only two catchers are required if the top person passes through an extended overhead position.
- D. The new catchers are allowed to be far away as long as the original bases can transition the top person to their position.

20. When a top person dismounts to a cradle, he/she may hold which of the following?

- A. A cloth rally towel.
- B. A megaphone.
- C. A laminated sign.
- D. None of the above.

21. Which of the following is an ILLEGAL drop?

- A. A participant jumps into the air and lands on the knees on the performing surface.
- B. A participant jumps into the air and lands in a push-up position.
- C. A participant leans forward and lands in a push-up position.
- D. Both A and B.

22. Which of the following is/are LEGAL for a required spotter? (same as #46 dance)

- A. The spotter grasps the sole of the top person's foot.
 - B. The spotter grasps the ankle of the top person.
 - C. The spotter holds objects in his/her hand(s).
 - D. The spotter stands with hands behind his/her back.
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23. Which of the following is a LEGAL pyramid where one extended stunt braces another extended stunt?

- A. Two extended liberty heel stretches are connected by one of the stretches holding the other's foot.
 - B. Two extended liberty heel stretches are connected with each holding their own foot.
 - C. Four liberties transition to preps and back up to liberties while maintaining arm-to-shoulder connection.
 - D. Both B and C.
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24. Which of the following non-release stunts is/are ILLEGAL?

- A. Jumping unassisted onto the back of a base who is in a horizontal position.
 - B. Two extended stunts brace each other with arm-to-shoulder connections.
 - C. Stunts that are two levels high.
 - D. All of the above.
-

25. Which of the following MAY be performed on a prop?

- A. A double-based prep.
 - B. A toe touch.
 - C. A tuck jump.
 - D. None of the above.
-

26. A base must not:

- A. Assume a backbend position.
- B. Hold objects in a hand that is not supporting a top person during an extension.
- C. Hold objects in a hand that is supporting a top person in a double-base prep.
- D. All of the above.

27. In a braced flip pyramid where the only connection between the bracer and top is a hand-to-foot connection, which of the following is/are TRUE?

- A. The bracer must be in a double-based prep with a spotter.
 - B. The top person cannot perform any twists.
 - C. The top person must be caught by the original bases.
 - D. All of the above.
-

28. With a top person in an inverted position, which of the following is ILLEGAL?

- A. The top person maintains contact with the base at prep level.
 - B. The top person pauses or stops in an extended inverted position.
 - C. The top person passes through extended level continuously to prep level inversion.
 - D. The top person completes a twisting dismount from a prep level inversion to a cradle.
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29. A top person must NOT be in a face-down position:

- A. Between bases in which the top person's torso is suspended below the arms and legs.
 - B. During a swinging stunt.
 - C. Both A and B.
 - D. There are no restrictions on the top person in a face-down position.
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30. During a braced flip with a hand-to-hand/arm connection, the top person may NOT perform the following:

- A. A 1/4 twist.
 - B. A 1/2 twist.
 - C. A full twist.
 - D. A 1 1/4 twist.
-

31. A top person performs a front walkover/handstand approach into a non-inverted loading position. The individual is allowed to:

- A. Hold a sign.
- B. Hold poms.
- C. Both A and B.
- D. None of the above.

32. A non-flipping braced release pyramid with only a hand-to-foot connection between the top person and bracer REQUIRES which of the following conditions?

- A. Top person is caught by the original bases.
 - B. Top person goes to a cradle.
 - C. Each bracer must be at prep level or below.
 - D. Both A and B.
-

33. Bracers in a braced flip can drop to a loading position or release the top person once they are descending, as long as the top person is landing:

- A. In a cradle.
 - B. In a horizontal position (face up or face down).
 - C. On the performing surface with one or both feet.
 - D. All of the above.
-

34. Which of the following release stunts is considered LEGAL?

- A. A top person in a vertical position at prep level is released with a full twist to extended level.
 - B. A top person in a horizontal position at prep level is released to extended vertical position.
 - C. A top person in an extended liberty is released with a full twist back to an extended liberty.
 - D. All of the above.
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35. Which of the following is allowed from a prep level handstand release?

- A. The top person can complete up to a full twist during the release.
 - B. The top person can land in a one-leg extended position.
 - C. The top person can be caught by new bases.
 - D. Both A and B.
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36. When releasing from a braced inversion in a pyramid that does not flip or roll, which of the following bracer-to-top connections is/are LEGAL? (hint: the Situation helps)

- A. Bracer's hand to top person's hand/arm.
- B. Bracer's hand to top person's foot.
- C. Bracer's hand to top person's waist.
- D. All the above.

37. When releasing from a stunt or pyramid to a cradle with a new set of catchers, which of the following is a top person allowed to perform?

- A. A toe touch.
 - B. A full twist.
 - C. A 1/4 twist.
 - D. All of the above.
-

38. Which skill does NOT allow a base and a top person to share a pom? (same as #41 dance)

- A. Dismount from a shoulder sit/straddle.
 - B. Suspended forward roll.
 - C. Dismount from a thigh stand.
 - D. Dismount from a prep.
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39. In a non-flipping braced pyramid, a top person with a foot-to-hand connection to a bracer may be released to a: (hint: the Situations help)

- A. Cradle.
 - B. Flatback.
 - C. Load position.
 - D. All of the above.
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40. In a braced flip to a cradle, the bracers are allowed to:

- A. Begin in a load position and move up to a prep as the braced flip initiates.
 - B. Release the top person once they are descending.
 - C. Transition down to a load position once the top person is descending.
 - D. Both B and C.
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41. From a basket load-in, the top person can:

- A. Be tossed to a back tuck, landing in a cradle.
- B. Be tossed to shoulder level and land in a flatback.
- C. Be tossed to extended level and land in an extended liberty.
- D. Both B and C are legal, as long as the top person is not tossed significantly higher than the hands of the bases on the catch.

42. Which of the following is NOT considered to be tumbling by definition?

- A. A back handspring.
 - B. A handstand.
 - C. A seat roll.
 - D. A cartwheel.
-

43. From a cradle position, the top person can execute which of the following skills?

- A. Release and land in a load-in position.
 - B. Release with a full twist to prep.
 - C. Release and land in an extended heel stretch.
 - D. All of the above.
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44. Which of the following situations is/are ILLEGAL regarding hair for cheer?

- A. An athlete with hair beads worn so that they do not interfere with performance.
 - B. An athlete with hair beads that are long and interfere with performance.
 - C. An athlete with a ponytail that is long and interferes with performance.
 - D. Both B and C.
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45. A participant involved in a stunt is wearing a knee brace that is unaltered from the manufacturer's original design/production. This brace is:

- A. Prohibited because all braces must be covered with closed-cell slow-recovery foam.
 - B. Allowed because it is not on the hand/wrist/forearm/elbow/upper arm of the participant.
 - C. Prohibited because no one involved in a stunt is allowed to wear a brace of any kind.
 - D. Prohibited unless it is covered with a neoprene sleeve.
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46. A top person is in a loading/sponge position with their feet being held below shoulder level. As long as they aren't tossed significantly higher than the catch, the bases can toss the top person to which of the following skills?

- A. Ball up extension.
- B. Straddle up extension.
- C. Toe touch extension.
- D. None of the above.

47. Which of the following is an example of a nugget by definition?

- A. A participant is tucked with the head down and with shins and forearms contacting the performance floor.
- B. A participant is bent at the hips and knees with the head and torso drawn toward the knees.
- C. A participant has one knee on the performance floor, and the head is looking up.
- D. A and B are legal versions of a nugget by the NFHS definition.

48. When dismounting from a single-base prep, the following is true:

- A. There must be assistance from a base OR spotter, and the assistance must be sufficient to slow the momentum of the top person.
- B. There must be assistance from a base AND spotter, and the assistance must be sufficient to slow the momentum of the top person.
- C. The top person cannot perform a skill during the dismount.
- D. None of the above.

49. A non-braced top person in an extended vertical position may not be released from the original bases to:

- A. An extension with a full twist.
- B. An arabesque with a quarter ($\frac{1}{4}$) turn.
- C. A vertical seated pike position.
- D. An arabesque with a $1\frac{1}{4}$ twist.

50. A top person must not:

- A. Use hands-free poms.
- B. Hold a sign while in an extended stunt.
- C. Hold a flag pole.
- D. All of the above.

Questions 51-55 require viewing a video for each question.

51. Watch the video, then answer the question.

[Watch the video](#)

Which of the following is TRUE regarding the skills in the video?

- A. These skills are ILLEGAL because the top person is in a face-down position.
- B. These skills are ILLEGAL because the downward movement is beginning above prep level.
- C. These skills are performed legally.
- D. Both A and B.

52. Watch the video, then answer the question.

[Watch the video](#)

Which of the following is TRUE regarding the skills in the video?

- A. These skills are performed legally.
- B. These skills are ILLEGAL because there is no required spotter for an extended stunt in which the top person is in a horizontal position.
- C. These skills are ILLEGAL because the top person is in an extended inverted position.
- D. These skills are ILLEGAL because the required spotter is not in a position to help minimize risk.

53. Watch the video, then answer the question.

[Watch the video](#)

Which of the following is TRUE regarding the skill in the video?

- A. This skill is legal as performed.
- B. This skill is illegal due to the top person starting and stopping in extended position.
- C. This skill is illegal due to the release of the hand-to-arm connection.
- D. Both B and C.

54. Watch the video, then answer the question.

[Watch the video](#)

Which of the following is TRUE regarding the skills in the video?

- A. These skills are performed legally.
 - B. These skills are illegal due to the top person moving from horizontal to vertical during the release.
 - C. These skills are illegal due to the top person twisting during the release.
 - D. These skills are illegal due to the top person performing more than a half twist during the release.
-

55. Watch the video, then answer the question.

[Watch the video](#)

Which of the following is TRUE regarding the skills in the video?

- A. These skills are performed legally.
 - B. These skills are illegal due to the spotter being under the released top person.
 - C. These skills are illegal due to the top person not stopping at prep level before the flip.
 - D. These skills are illegal due to the top person and bracer not having any hand-to-hand/arm connection.
-