

2017-2018 HIGH SCHOOL DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the “2017-2018 AACCA High School Cheerleading Safety Rules” and the “2017-2018 NFHS Spirit Rules.” (If there is a conflict of rules between the two sets of rules, the AACCA safety rules will take precedence over NFHS) Please read this document in its entirety.

Novice Cheer Division

Tumbling:

Standing Tumbling: Limited in difficulty to a single standing back handspring. Jump/handspring combinations and series handsprings are not allowed. Flips and aerials are not allowed. Standing tumbling is defined as any tumbling that does not originate from a round off or cartwheel.

Running Tumbling: Limited to front and/or back handspring series. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials (including side aerials), punch fronts, etc. Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Stunts:

Body Positions: Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the top of the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount. Single leg freestanding stunts may not be held or pass through an extended position.

Release Moves: All stunt release moves must land in a cradle.

Twisting: Twisting stunt transitions are limited to a 1/2 twist by the top person. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, is not assisted by and/or connected to another top person, and does not involve any skill other than a twist.

Inversions: The only stunt inversions allowed are:

- Transitions from ground level inversions (example: handstand) up to non-inverted positions. Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. Going from a cradle to a handstand or from a prone position to a forward roll would be considered illegal.
- Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand/arm contact to a stunt, two person cradle, loading position, or the performing surface. If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.

Pyramids:

Single Leg Structures: All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at the prep level or below prior to the stunt passes into extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level.

Release Moves: Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the duration of the transition.

Twisting: Pyramid transitions are limited to a 1/2 twist by the top person

Inversions: Pyramid inversions are not allowed.

Dismounts:

Only straight pop downs/bump downs, basic straight cradles and 1/4 turn dismounts are allowed. All other dismounts (toe touch, twists, etc.) are prohibited. “Dismount” is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

Tosses:

The only body position allowed is a straight ride toss.

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Intermediate Cheer Division

Tumbling:

Standing Tumbling: Limited in difficulty to a standing back handspring series and/or jump/handspring combination(s) (flips and aerials are not allowed). Standing tucks and/or Standing back handspring back tucks are prohibited. Standing tumbling is defined as any tumbling that does not originate from a round off or cartwheel.

Running Tumbling: Limited in difficulty to tucks. Round off back tucks and round off back handspring back tucks are examples of skills that are allowed. Ariel Cartwheels are allowed. Tucks following a cartwheel or a cartwheel back handspring are not allowed. Punch fronts are not allowed. Variations of tucks, such as x-outs, layouts, full twists and/or tumbling out of an aerial/flipping skill are all prohibited. Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Stunts:

Body Positions: Extended freestanding single leg stunts are allowed.

Twisting: Twisting stunt transitions to/from an extended position may not exceed a 1/2 twist. All other twisting transitions may not exceed 1 twist. Stunt release moves must start below prep level and must be caught at prep level or below. Release move may not pass above the base(s) extended arm level.

Pyramids:

Twisting: All pyramid twisting transition must follow the same guidelines as all stunt twisting transition rules.

Inversions: A braced forward or backward flip in a pyramid is allowed while adhering to the AACCA rules on braced flips; however, no twisting is allowed and the completion of the flip must end in a cradle dismount.

Dismounts:

1-1/4 dismounts are only allowed from two-legged stunts. Only straight pop downs, basic straight cradles, and 1/4 turns are allowed from any single leg stunt.

Tosses:

Any style of toss is limited to one trick only (i.e. toe touch). Two trick skills are prohibited. For example, a kick followed by a twist, or a ball to an X-out, are considered 2 tricks and would be illegal.

Non Tumbling Division

Non-Tumbling teams: Will follow the rules and guidelines set forth by the 2017-18 AACCA School Cheer Safety Rules with additional tumbling skill restrictions for the division.

Standing/Running Tumbling: This division prohibits all standing and/or running tumbling. This includes any forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc.

NOTE: A skill within stunts is allowed. Examples of stunting transitions that will be allowed are as follows: braced flipping pyramid and/or cartwheel dismounts. Tumbling skills that occur before a stunt sequence has begun are not allowed. Example: standing back handspring to prone load in position would be illegal.

Advanced Cheer Division

Advanced teams will follow “2017-2018 AACCA High School Cheerleading Safety Rules” and the “2017-2018 NFHS Spirit Rules.” with no additional skill restrictions for the division.