

2018-2019 YOUTH/JUNIOR CHEER DIVISION LIMITATIONS

The following division limitations or restrictions are in addition to the "2018-2019 AACCA High School Cheerleading Safety Rules" and the "2018-2019 NFHS Spirit Rules."

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 (tucks) 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 in difficulty to front and/or back handspring series. Skills including, but not limited to, the following are considered illegal: 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:

Tosses are not allowed.

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Intermediate Cheer Division

Tumbling:

Standing Tumbling: limited in difficulty to a standing back handspring series and/or jump/handspring(s) combination. Tucks and/or aerials are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed. Standing tumbling is defined as any tumbling skill that does not originate from a cartwheel or round-off.

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. Aerial cartwheels are also allowed. Punch fronts are not allowed. Cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a flip or aerial skill. 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 single leg stunts are allowed.

Twisting: Twisting stunt transitions to/from an extended position may not exceed 1/2 twist. All other twisting transitions may not exceed 1 twist.

Release Moves: Stunt release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above the base(s) extended arm level.

Pyramids:

Twisting: All pyramid twisting transitions must follow all stunt twisting transition rules.

Inversions: A braced forward or backward flip 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:

Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg stunt. Up to 1-¼ twists are allowed from any two leg stunts. "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:

Tosses are not allowed.

Non Tumbling Division

Non-Tumbling teams: Will follow the rules and guidelines set forth by the 2018-19 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.

Tosses:

Tosses are not allowed.

Advanced Cheer Division

Advanced teams will follow "2018-2019 AACCA High School Cheerleading Safety Rules."

Tosses:

Tosses are not allowed.