

2020-2021
Recreation Cheer Rules

2020 - 2021 Recreation Cheer Rules

This document contains the competitive Recreation cheer division offerings for the 2020-2021 season. The age grid provides a list of divisions that may be offered by an Event Producer. An Event Producer does not have to offer every division listed.

All Recreation programs must classify their teams as one of the following:

- **TRADITIONAL**
 - Routines **MUST** consist of Cheer & Music combination. Cheer IS NOT required. Basket Tosses are not permitted in the Traditional Divisions.
 - Routine Max: 2:30 minutes

- **PERFORMANCE**
 - Routines can consist of Cheer & Music combination. Cheer IS NOT required.
 - Routine Max: 2:30 minutes

Traditional and Performance routines may be performed on a spring or foam floor. Check with your event producer to determine what type of floor will be used at the competition.

Awarding Grand Champion

- Divisions
 - We will not combine Performance and Traditional for the title of Grand Champion
- Level
 - Levels will be combined for purpose of awarding Grand Champion (ex. Level 2 and Level 2.1 will be combined as Level 2 Grand Champion)

GENERAL RECREATION ORGANIZATION GUIDELINES & REQUIREMENTS:

Organizations must submit a Rec Verification form when they register for their first Cheer & Dance Extreme competition. Team must submit a roster with birthdates for each athlete. Roster must be updated prior to each event and sent to your rep. A copy of this roster must also be brought to registration at each competition.

Team members must fulfill the age requirement for the division that they are entering on/before December 31, 2020. Birth Certificates must be readily available in hard copy or as a pdf at each competition. If a question or protest arises, teams must be able to immediately produce this information to event management or risk disqualification and/or suspension.

- Team must submit a medical waiver/form for each athlete for each event.
- Team agrees to adhere to all event producer rules and regulations, as well as music guidelines.
- All appropriate general safety rules and level rules must be followed for the division in which the team is registered.

*Any violation of the rules and regulations can result in a penalty, point deduction, or disqualification.

CROSSOVERS

- A Recreation Cheer athlete will not be allowed to compete on more than 2 cheer teams within their organization per competition. Meaning an athlete can only be on a maximum of 3 teams total.
- A participant may only represent one organization at a competition.

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EXHIBITION PERFORMANCES

Teams that exhibition must adhere to the Recreation Division document and Recreation Safety Rules.

A team of less than 5 participants may perform as exhibition only.

Exhibition performances will NOT compete against another team, will NOT be scored, but WILL receive routine critique from judges.

CheerABILITIES (Special Athlete) exhibition teams may only perform level 1 and 2 skills.

APPROPRIATE APPEARANCE

- **Uniform.** All athletes should be appropriately covered. Pants, skirt, or shorts are appropriate bottoms, and cover the hips of the athlete. There must be a minimum of a 2" inseam in all participants shorts. A pair of shorts or skirt should cover the entire bottom of an athlete when standing at attention. If an athlete is wearing a skirt, their bottom must be covered with briefs and the skirt must fall at least 1" below the briefs. Uniform tops must be secured to avoid any possible wardrobe malfunction. Tube tops are not allowed. All tops must be secured by at least 1 strap over the shoulder or around the neck.
 - Uniform tops **may not** include an exposed midriff. Bows should not be excessive in size and should be pulled back away from the face and not touch the athletes' forehead, to ensure it does not inhibit the eyesight of the athlete.
- **Make-up.** It is recommended that make-up and hair style look natural and appropriate for the age of the athlete. Rhinestones are not allowed to be adhered to the body. Making the athletes look older by use of make-up, hair style, or provocative clothing is not recommended.
- **Shoes.** All athletes must wear soft-soled shoes, with a solid sole while in warm-ups and competing. (Example: Sneakers.)
- **Jewelry.** Athletes may not wear jewelry during warm-ups and while on the competition floor. All jewelry, including, but not limited to necklaces, piercings, and rings, must be removed before warm-ups, and may not be taped over or be replaced with a spacer. Medical ID tags are the only exception.

APPROPRIATE CHOREOGRAPHY

All movement performed in the routine should be suitable for a family viewing audience. Inappropriate gestures may include, but not be limited to: slapping, touching and/or rubbing body parts, sticking bottom out at the crowd, aggressive thrusting, positioning of body parts relative to another person, or any sexually specific movement. If the appropriateness of the movement is questionable, it is recommended that the movement is removed from the routine.

CREDENTIALS AT COMPETITION

When coaches check in at registration, they will be given credentials to wear throughout the competition that will identify them as a coach. Coaches must provide a valid form of photo identification when checking in. Coaches' credentials must be worn at all times. You will not be allowed to enter the warmup area, coaches' hospitality room (if available at your event) or enter ScoreCheck without this. Bracelets and/or lanyards attached to bags do not count.

SCORING

Officials will only discuss a routine and scores of a team with a coaching representative from that team.

Coaches/directors may not challenge scores and/or deductions of other teams. Each team has 20 minutes after a first-round performance, and 10 minutes after a second-round performance to report to ScoreCheck to review scores. After this time period, coaches/directors waive the right to review their teams' scores.

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SPLITTING & COMBINING DIVISIONS

Teams will compete in the division in which they register. Small and large teams of the same organization type, routine style, age division, and level may be combined.

COMBINED EXAMPLE:

'Performance Rec- 12 & Younger – Level 2 – Small' can be combined with an
'Performance Rec- 12 & Younger – Level 2 – Large.'

CANNOT COMBINE:

Traditional Rec with Performance Cheer

A team of a different age group; i.e. 14 & Younger with 8 & Younger

A team of a different level; i.e. Level 1 with Level 2

Recreation cheer divisions may be split into Small and Medium divisions provided there are at least 2 teams left in each division.

Small = 5 – 22 athletes

Medium = 22 – 36 athletes

***Split Exception:** If an organization has 2 teams competing in the same division, but one team is small and one team is medium, a mandatory split will occur. (If an organization has 2 teams competing in the same division, but both teams are the same size, they will compete against each other.)

An event producer may further split a division by squad size if there are at least 8 or more teams in the division. The event producer must clearly identify the number range for the split, and label the two groups, "A", and "B". This split may not occur unless a minimum of 2 teams are left in group A and B.

ROUTINE TIMING:

- The maximum total performance time may not exceed two minutes and thirty seconds (2:30) for traditional and performance teams. Timing will begin with the first word, movement, or beat of music, and end with the last word, movement or beat of music. Choreographed team entrances and exits are not recommended and WILL be counted as part of performance time. If a team runs onto the floor and uses "5-6-7-8" set to get ready, this will NOT be counted as part of the team's performance time.

MUSIC POLICY:

- The use of music and other elements of the recording in your cheer routine, as well as the right to perform your routine to that recording, must be properly licensed. All sound recordings used in your team's music shall only be used with written license from the owner(s) of the sound recordings. You are responsible and must obtain those licenses. If you have any questions, cheer teams should email info@usacheer.net. Please check Preferred Provider list for updates and changes periodically. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending. If a team does not have the required paperwork, they will be given the option to perform to an approved track or music or a track with counting (provided by Cheer & Dance Extreme). If a team does not have the required paperwork and chooses not to perform to the approved track or music or a track with counts, the team will be disqualified from the competition and not be allowed to perform.
- **Music Challenges.** If there are concerns regarding a team's use of music, a Challenge Form must be completed immediately following the team's performance. A challenge can only be made by the official coach, advisor, director or gym owner of a team competing at the event at which the challenge is being made.

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Challenge Process

- All music challenges must be submitted in writing to the event director.
- There will be a \$100 fee to request a music challenge, which must be in the form of a check made payable to Cheer & Dance Extreme.
- Challenges will be reviewed and finalized within 48 hours of the event.
- If the challenge is correct, fees collected will be voided.

Music Appropriateness: Music or words unsuitable for family listening, which includes, but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body, and/or violent acts or behavior are other examples of inappropriate.

Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Playing Music: When your team is called 'on deck', a coach or adult affiliated with your organization must report to the sound station. Each team is required to have a representative remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. All teams must provide their own CD or MP3 device for use on the event provided sound system. Music must be recorded at the correct tempo on a high-quality CD or loaded onto an MP3 device. It is not recommended that a smart phone be used for playing music, due to interference that may be caused during a routine. No cover may be on any MP3 player so that a jack may be easily inserted into the device. Please make sure that all devices have a head jack to connect to sound system and are fully charged, volume turned up and placed in airplane mode. If using a CD make sure it is unscratched, so it doesn't skip. Please ensure that jacks are clean and free of any debris which any impact connectivity. You will need to acquire an adapter in advance if your player does not have a headphone jack. Music on CD must be labeled with the team name, division, team size, and be ready to play. One or several selections of music may be used. Due to greater room for technical error with some CDs you must have a back-up MP3 of your routine available. Cheer & Dance Extreme will not be responsible if your device cannot be read by the sound equipment.

Music Best Practices:

- DON'T:
 - Play music directly from your iCloud, Google Drive, or Dropbox. Download all music directly to your device. (Wi-Fi is not available at all venues.)
 - Have your device on 'Low Power Mode.' (Your phone may go to sleep, which may cause your music to stop playing.)
- DO:
 - Download all music directly to your device/phone.
 - Turn your device/phone onto "Airplane" mode so your playback will not be interrupted by a text, email or phone call.
 - Bring a backup of your music in some other form.
 - Make sure all your music is properly licensed. You must be able to provide written confirmation and copies of all required licenses to Cheer & Dance Extreme.

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Location"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Cheer & Dance Extreme and its affiliates, designees, agents, licensees, and invites to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

INTERRUPTION OF PERFORMANCE:

- **Unforeseen Circumstances**
 - If, at the option of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
 - The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over. The degree and effect of the interruption will be determined by the competition officials.
- **FAULT OF TEAM**
 - In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
 - The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over.
- **INJURY**
 - The only persons that may stop a routine for injury are: a) competition officials, b) the program director/coach from the team performing or c) an injured individual.
 - The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over.
 - The injured participant that wishes to perform may not return to the competition floor unless:
 - The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - Any athlete who exhibits signs or symptoms consistent with concussion must be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
- In addition to the USA Cheer head injury policy, we encourage you to be familiar with the specific laws of the state where the competition is being held.

INJURED ATHLETE

If an athlete is wearing a hard cast or a walking boot, they are allowed on the competitive floor, but may not be involved in any building or tumbling skills. They may also not be considered a legal spotter in building skills. If the athlete has a lower extremity hard cast or walking boot, they are also not allowed to jump. Athletes that are wearing supports, braces and soft casts which are unaltered from the manufacturer's original design are allowed to compete in each aspect of the performance in which the coach, legal guardian, and doctor have permitted. If the support, brace or soft cast has been altered from the original design then it must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in building skills.

UNPLANNED ATHLETE REPLACEMENT

In the event of an absent/injured member of a team, a team may replace that athlete with another athlete from the same organization for the current season, who was not initially on the team's roster. The replacement athlete must meet the age requirements for that division. If the replacement athlete does not meet the age requirements for that division, then the team is not permitted to compete and may only perform in the exhibition division.

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SAFETY SPOTTERS

To promote a higher level of safety for competing athletes, Cheer & Dance Extreme will allow programs to provide spotters at Cheer & Dance Extreme competitions. We feel that the program is more qualified to provide spotters because of their familiarity with routine skills and safety concerns. The use of spotters is left to the discretion of the coach or gym owner. Programs may use up to 4 spotters for each performance; however, spotters are not required. Definition of Additional Spotter: Individuals on the competition floor provided as safety precaution to spot certain elements of a routine.

- **Additional Spotters:**
 - Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are provided for added safety and should stand at the back of the floor when not spotting those sections. Spotters are not allowed to verbally coach while their team is on the performance surface, perform physical choreography of the routine or assist athletes with their choreography.
 - Should not touch, assist, or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill will be given a major fall deduction. Additional Spotters are not allowed to replace a legal spotter required for building skills.
 - Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
 - Should not dress or act in a manner that distracts from the athletes and their performance.
 - Should be at least 18 years old and familiar with spotting the skills of the performing team.

*Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

ELIGIBILITY CHALLENGE

Coaches are required to bring documentation of ages for every athlete. If there is a concern regarding the eligibility of an athlete, a Challenge Form must be completed. A challenge can only be made by the official coach, advisor, or director of a team competing at the event in which the challenge is being made.

- **Challenge Process:**
 - All athlete eligibility challenges must be submitted in writing to the event director.
 - There will be a \$200 fee to request an athlete eligibility challenge, which must be in the form of a check made payable to Cheer & Dance Extreme.
 - Challenges will be reviewed and finalized prior to awards for the division in which the athlete is competing.
 - If the challenge is correct, fees collected will be voided.

LOGO USAGE

Teams will not be allowed to use any Cheer & Dance Extreme logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Cheer & Dance Extreme office. The use of the brand letters will be allowed.

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PERFORMANCE CHEER NON-AFFILIATED DIVISIONS for 2020-2021
***NON - MOUNT DIVISIONS OFFERED DUE TO COVID-19**

DIVISION	GENDER	# of PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
RECREATION LEVEL 1				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
10 & Younger	Female/Male	5-36 members		Spring or Foam Floor
8 & Younger	Female/Male	5-36 members		Spring or Foam Floor
6 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 2				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
10 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 2.1				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 3.1 (Level 3 Building skills, Level 1 Tumbling skills.)				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 3				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 4				
11–18 Years Old	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
8–14 Years Old	Female/Male	5-36 members		Spring or Foam Floor
RECREATION EXHIBITION				
18 & Younger	Female/Male	Unlimited members	2:30 max routine	Spring or Foam Floor
CHEERABILITIES (Special Athlete) EXHIBITION				
Any age	Female/Male	Unlimited members	2:30 max routine	Spring or Foam Floor

The age of the athlete will be determined on December 31, 2020 for the 2020-2021 competitive season.

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TRADITIONAL RECREATION DIVISIONS for 2020-2021
***NON - MOUNT DIVISIONS OFFERED DUE TO COVID-19**

DIVISION	GENDER	# of PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
RECREATION LEVEL 1				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
10 & Younger	Female/Male	5-36 members		Spring or Foam Floor
8 & Younger	Female/Male	5-36 members		Spring or Foam Floor
6 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 2				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
10 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 2.1				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 3.1 (Level 3 Building skills, Level 1 Tumbling skills.)				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION LEVEL 3				
18 & Younger	Female/Male	5-36 members	2:30 minute maximum routine time	Spring or Foam Floor
16 & Younger	Female/Male	5-36 members		Spring or Foam Floor
14 & Younger	Female/Male	5-36 members		Spring or Foam Floor
12 & Younger	Female/Male	5-36 members		Spring or Foam Floor
RECREATION EXHIBITION				
18 & Younger	Female/Male	Unlimited members	2:30 max routine	Spring or Foam Floor
CHEERABILITIES (Special Athlete) EXHIBITION				
Any age	Female/Male	Unlimited members	2:30 max routine	Spring or Foam Floor

The age of the athlete will be determined on December 31, 2020 for the 2020 - 2021 competitive season.

NA^x CHEER LEVELS QUICK REFERENCE OVERVIEW

A BASIC OVERVIEW OF THE HIGHEST SKILLS ALLOWED IN EACH LEVEL

IMPORTANT! The Quick Reference Overview DOES NOT include all rules/skill restrictions. It is ONLY to be used as an overall summary of the highest skills allowed in each level. Teams must abide by all YCADA NA^x Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info. New changes from last year's Youth-affiliated packet are marked in **RED**. All skills listed in **ORANGE** refer to those additional allowances for NA^x that differ from the Youth-affiliated packet.

NA LEVEL 1 ^x LIMITED	
<p><u>Standing Tumbling:</u> Round Off</p> <p><u>Running Tumbling:</u> Round Off</p> <p><u>Stunts:</u> Two leg prep level stunts, single leg knee level stunts</p> <p><u>Inversions:</u> Prohibited</p>	<p><u>Release Moves:</u> Prohibited</p> <p><u>Tosses:</u> Prohibited</p> <p><u>Pyramids:</u> Two leg prep level stunts braced on one side. Pyramids are permitted, but not required.</p>
NA LEVEL 1 ^x	NA LEVEL 2 ^x
<p><u>Standing Tumbling:</u> Walkovers</p> <p><u>Running Tumbling:</u> Walkovers</p> <p><u>Stunts:</u> Two leg prep level stunts, single leg below prep level stunts, 1/4 twist load-in/stunt transition</p> <p><u>Inversions:</u> Prohibited</p> <p><u>Dismounts:</u> 1/4 turn Cradle</p> <p><u>Release Moves:</u> Prohibited</p> <p><u>Tosses:</u> Prohibited</p> <p><u>Pyramids:</u> Two leg extended stunts braced on both or one side, single leg prep level stunts braced on one side by prep level or below stunts</p>	<p><u>Standing Tumbling:</u> Advanced Jump to Single Handspring/Step Out</p> <p><u>Running Tumbling:</u> Series Handsprings</p> <p><u>Stunts:</u> Two leg extended stunts, single leg prep level stunts, ½ twist load in, Leap Frogs</p> <p><u>Inversions:</u> Ground level Handstand to upright double leg stunt at prep level or single leg stunt below prep level</p> <p><u>Dismounts:</u> Single trick non-twisting cradles, 1/4 turn cradles</p> <p><u>Release Moves:</u> Barrel Roll</p> <p><u>Tosses:</u> Straight Ride body position.</p> <p><u>Pyramids:</u> Single leg extended stunts braced on one side by prep level or below stunts, inversions from ground level braced on one side by double leg prep level or below stunt, braced released dismounts to a cradle continuously braced on one side by a double leg prep level or below stunt</p>
NA LEVEL 3 ^x	NA LEVEL 4 ^x
<p><u>Standing Tumbling:</u> Handspring series</p> <p><u>Running Tumbling:</u> Back Handspring Back Tuck</p> <p><u>Stunts:</u> Single leg extended level stunts, 1 full twist (360) stunt transition to or from prep level stunts and 1/2 twist to/from extended level.</p> <p><u>Inversions:</u> Ground level Handstand to double leg extended stunt or single leg prep level stunt, Forward Suspended Roll, exit from waist level from a cradle or prone position (including but not limited to a Back Walkover from Cradle).</p> <p><u>Dismounts:</u> Single twist from two leg extended stunts</p> <p><u>Release Moves:</u> Limited release moves braced on both sides by prep level or below stunts</p> <p><u>Tosses:</u> One trick non-twisting</p> <p><u>Pyramids:</u> Braced release to upright position braced on one side, braced release to cradle braced on one side, 1 full twists by flyer, braced release to non-upright non-inverted position (i.e. ball back) braced on both sides by prep level or below stunts</p>	<p><u>Standing Tumbling:</u> Standing Full</p> <p><u>Running Tumbling:</u> Full from Handspring or Round Off entry</p> <p><u>Stunts:</u> Single leg extended, 1½ twist load-in/stunt transition up to extended level, Tic Tocs</p> <p><u>Inversions:</u> Full twist inversions to extended stunts, downward inversions (i.e. Cartwheel out of prep level)</p> <p><u>Dismounts:</u> 2¼ twist cradles, two trick cradles that include a twist</p> <p><u>Release Moves:</u> Must not surpass 18"</p> <p><u>Tosses:</u> Two tricks and 2¼ twist</p> <p><u>Pyramids:</u> Limited braced flips</p>

NA LEVEL 1^x LIMITED RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the teams overall skill abilities, with extra attention to stunting and tumbling, when selecting a level.

STANDING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a standing position are allowed, including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, and Handstand Forward Rolls (exception: Round Offs are allowed). At least one hand and/or foot must remain in contact with the performance surface during all skill(s) execution. A Ground Up Bridge is allowed, provided the performer returns to the ground/laying position. PROHIBITED skills include, but are not limited to: Handstands that fall to Bridge position, One Arm Cartwheels, Front/Back Walkovers, Front/Back Handsprings, flips in any body position, tumbling into a load in stunt, and Dive Rolls.
RUNNING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a running or Hurdle position are allowed, including, but not limited to: Cartwheels (exceptions: Round Offs are allowed). At least one hand and/or foot must remain in contact with the floor during skill/s execution. PROHIBITED skills include, but are not limited to: Handstands that fall to Bridge position, One Arm Cartwheels, Front/Back Walkovers, Front/Back Handsprings, flips in any body position, tumbling into a load in stunt, and Dive Rolls.
STUNTS	<ul style="list-style-type: none"> Double leg stunts are limited to prep level and below. Exception: Extended V-Sits are prohibited. Extension Prep Hitches are allowed provided the flyer's foot (of the working leg) remains in contact with base's hands. Single leg stunts are limited to knee stand level and below. Bases may not turn/move while the flyer is in an upward/downward motion, in a Sponge/Load In, or once the stunt is completed. PROHIBITED stunts include, but are not limited to: transitional stunts that involve changing bases, Front/Back/Side Tension Rolls, single based Split Stunts, Swing Up Stunts, moving stunts, single leg stunts above knee stand level, prep level Cupies, and tumbling into a load in stunt, and Show and Go Stunts that travel above allowed stunt level, Extended V-Sits, All Twisting Stunts.
INVERSIONS	<ul style="list-style-type: none"> ALL Inversions are PROHIBITED. PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load In/Sponge position.
DISMOUNTS	<ul style="list-style-type: none"> Only Shove Wrap, Step Off the Front/Back, and Bump Down dismounts are allowed. PROHIBITED skills include, but are not limited to: ALL Cradles, single trick non twisting alternate Cradles, and dismounts that land in prone position.
RELEASE MOVES	<ul style="list-style-type: none"> All release moves are PROHIBITED. PROHIBITED skills include, but are not limited to: Helicopters, Barrel Rolls.
TOSESSES	<ul style="list-style-type: none"> All tosses are PROHIBITED.
PYRAMIDS	<ul style="list-style-type: none"> Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules and are allowed up to 2-high.

NA LEVEL 1^K RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level.

STANDING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a standing position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, Handstand Forward Rolls, Front/Back Walkovers, (exception: Round Offs are allowed). PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position, Kip Up, Dive Rolls.
RUNNING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a running or Hurdle entry are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to: Cartwheels, and Front/Back Walkovers (exception: Round Offs are allowed). PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position, Kip Up, Dive Rolls.
STUNTS	<ul style="list-style-type: none"> Double leg stunts are allowed at prep level or below (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed). Single leg stunts are allowed below prep level. Double Based Vertical T-Lifts may travel over a single Nugget provided the flyer steps on and then over the Nugget. Freestanding extended stunts are not allowed (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed). Extension Prep Hitches are allowed provided the flyer's foot (of the working leg) remains in contact with base's hands. Twisting during load in/stunt transition is limited to ¼ rotation by the flyer and/or bases combined. Non-release single based stunts are permitted provided they follow group stunt allowances. PROHIBITED stunts include, but are not limited to: Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, Front/Back/Side Tension Rolls, single based Split Stunts, Show and Go Stunts that travel while building or go above the permitted stunt level, Swing Dance, and Swing Up Stunts
INVERSIONS	<ul style="list-style-type: none"> ALL Inversions are PROHIBITED. PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.
DISMOUNTS	<ul style="list-style-type: none"> Step Off the Front/Back, Shove Wrap, Bump Down, Prep Level Assisted Pop Off and Prep Level Pop Off are limited to 1/4 Turn. Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only (exception: single based stunts may not cradle). PROHIBITED skills include, but are not limited to: Cradles from extended stunts, single trick non twisting alternate Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches and Fallbacks.
RELEASE MOVES	<ul style="list-style-type: none"> Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position. PROHIBITED skills include, but are not limited to: Barrel Rolls, Helicopters, and single based tossed stunts.
TOSSES	<ul style="list-style-type: none"> ALL tosses are PROHIBITED.
PYRAMIDS	<p>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Extended double leg stunts are allowed provided they are braced on both or one side with hand/arm contact to prep level double leg stunts or below prep level stunts or bracers standing on the ground. Contact must be made to the required bracer(s) PRIOR to the flyer passing above prep level. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. Extended double leg stunts MAY NOT brace any other extended two leg stunts. Single leg stunts are allowed at prep level provided they are braced on at least one side with hand/arm contact with a two leg prep level, below prep level stunt, or a participant on the ground that is not a required base or spotter in the prep level single leg stunt. Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side are allowed provided they are braced on both sides (clarification: the hand/arm contact must be made to the required bracer(s) PRIOR to executing the single leg stunt at prep level. Contact must be maintained until the upward motion of a dismount, Retake/Sponge, or stunt returns to a prep level two leg or below stunt). Moving/walking pyramids are allowed. PROHIBITED stunts include, but are not limited to: Collapsible/hanging/released Split Pyramids, braced flips, extended single leg pyramids.

NA LEVEL 2^K RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1^x are legal for Level 2^k. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level.

STANDING TUMBLING	<ul style="list-style-type: none"> Handstands that fall to Bridge, single Front/Back Handspring, single Back Handspring Step Out, a single Front Handspring Step Out. Dive Rolls Advanced Jump to Single Handspring/Handspring Step Out PROHIBITED skills include, but are not limited to: Front/Back Handspring series, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).
RUNNING TUMBLING	<ul style="list-style-type: none"> Series Handsprings, single Back Handspring Step Out, single Front Handspring Step Out. PROHIBITED skills include, but are not limited to: Dive Rolls, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips)
STUNTS	<ul style="list-style-type: none"> Double leg extended stunts. Single leg stunts are allowed at prep level or below. Leap Frogs Bases may move/turn while in a load In position, building a stunt, during a stunt transition and/or once the building of the stunt is complete (exception: transitions to the prone or cradle position may not intentionally travel). At least one base/continuous spotter must maintain contact with the flyer during transitions. Stepping Stone transitions are permitted provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition. Twisting during load in/transition is limited to a combined total of a 1/2 twist by the flyer and/or bases (clarification: during 1/2 twist transitions from prep level stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle). Exceptions: 1) stunt transitions from a upright stunt to a prone catch may not twist. 2) ½ twist transitions from a below prep level prone position to a cradle position do not require a spotter at the head/shoulders provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. Non-released single based stunts must follow double leg and single leg group stunt limitations and require a continuous spotter. PROHIBITED skills include, but are not limited to: Transitional stunts that involve changing bases, Front/Side/Back Tension Rolls, single based Split Stunts, Toss Stunts, Swing Up Stunts, and Swing Dance Stunts, 1/2 twist transitions from cradle position to prone position, and twisting Superman transitions.
INVERSIONS	<ul style="list-style-type: none"> Inversions are allowed as an entry to a non-inverted upright double leg stunt at prep level and below or single leg stunt below prep level to group based Stunts (2 bases, 1 back spotter, and 1 flyer) provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. (Example: Flyer in a ground level Handstand with contact to the performance surface transitions to a double leg prep level stunt = LEGAL). During transition from the inversion, at least 2 bases/spotter must have contact with the flyer with one at the head/shoulders. PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Downward Inversions
DISMOUNTS	<ul style="list-style-type: none"> Cradles are limited to Straight, ¼ turn, or single trick non-twisting Cradles (clarification: single non-twisting skills that require the flyer to open to an Arch position following the skill are allowed). (Example: Tuck Arch Cradle = LEGAL, Hitch Kick Cradle = ILLEGAL). Group based Swedish Falls (2 bases, 1 flyer, 1 spotter at head/neck) may perform a ½ twist Cradle. Single based stunts may be caught in a group cradle (2 bases, 1 back spotter, 1 flyer). PROHIBITED skills include, but are not limited to: Pop Offs from extended level, ½ twist Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches, Fallbacks, and single based Cradles.
RELEASE MOVES	<ul style="list-style-type: none"> Flyers may be released during a transition from a Cradle position to a Reload/Sponge position and a transition up to Swedish Falls or Flatback. Single full twisting Barrel Rolls with a spotter at the head/neck of flyer that start and end in a Cradle position with no other trick during the skill (example: Kick Full Barrel Roll would = ILLEGAL). ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. PROHIBITED skills include, but are not limited to: Toss stunts, ½ twist Cradles, single based Cradles, and full release Helicopters.
TOSSES	<ul style="list-style-type: none"> Flyer limited to a Straight Body position only. PROHIBITED skills include, but are not limited to: Tosses that intentionally travel, Toe Touch, Ball-X, Pike Arch, twisting or flipping tosses.
PYRAMIDS	<p>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Flyers must maintain contact with at least one base at all times and may not lose contact with bracing prep level stunts during transitions. Flyer in a Cradle/Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition. Extended single leg stunts are allowed, provided they are braced on at least one side with hand/arm contact with a prep level or below stunt, or an individual on the ground. Contact must be made at or below prep level and prior to performing the extended single leg. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. Pyramid inversions are allowed and may start at ground level and end at extended level provided they are braced on one side by double leg stunt that may begin in the load-in position and transition up to prep level or below during the inversion transition. Braced release dismounts to a cradle are allowed provided they are continuously braced on one side by a double leg prep level or below stunt or a shoulder sit, which requires an additional spotter. No other skills may be included during the release and flyer must begin release transition in an upright body position and remain in an upright, straight body position throughout the release. PROHIBITED skills include, but are not limited to: Collapsible/hanging/released split pyramids, braced flips, full release braced Tic Tocs and connected Superman stunts.

NA LEVEL 3^x RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1^x & 2^x are legal for Level 3^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level.

STANDING TUMBLING	<ul style="list-style-type: none"> Series Handsprings Dive Rolls (provided they are not in a Swan or Laid Out position). Side Aerial provided no tumbling is performed after the flip PROHIBITED skills include, but not limited to: flips in any body position, standing single/series Back Handsprings to a flip in any body position, Forward 3/4 Flips to seat.
RUNNING TUMBLING	<ul style="list-style-type: none"> Dive Rolls (provided they are not in a Swan or Laid Out position). Flips are only allowed in the following specified body positions with the following restrictions: 1) Side Aerial provided no tumbling is performed after the flip 2) Back Tucks provided no tumbling is performed after the flip and they originate directly from a Round Off, Round Off Back Handspring, or Round Off Back Handspring Series (clarification: there is no limit to the number of Handsprings in the series) 3) Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (clarification: tumbling out of/after a front tuck is allowed). PROHIBITED skills include, but are not limited to: flipping in any positions other than the specified allowances in this section, twisting in any flips, Forward 3/4 Flips to the seat, Cartwheel Step in Tucks.
STUNTS	<ul style="list-style-type: none"> Single leg extended stunts. At least one base/continuous spotter must maintain contact with the flyer during transitions. Prep level single leg stunts are permitted to switch legs (back to prep level or to extended level) provided flyer maintains contact with at least one base or back spotter (example: Fake Tic Tocs). Swing up Stunts are allowed provided the following: they begin below prep level, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place. Twisting during the load in/stunt transition is limited to a combined total of 1 full twist by the flyer and/or bases, provided the transition occurs to/from prep level or from prep to prep level and 1/2 twist to/from extended level. Superman transitions are limited to 1/2 twist. PROHIBITED skills include, but are not limited to: Front, Back or Side Tension Rolls, single-based Split Stunts, Swing Dance Stunts, Superman transitions that intentionally travel, backward Leap Frogs that land prone, and one full twist to extended level.
INVERSIONS	<ul style="list-style-type: none"> Inversions are allowed as an entry to a non-inverted upright double leg extended stunt or single leg prep level stunt or below, provided: 1) the inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) During the transition from the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Inversion are limited to 1/2 twist to extended level and 1 twist to prep level or below. Inversion exits are allowed and limited to waist level from a cradle or prone position, provided: 1) the inverted participant makes contact with the performance surface with their hands during the Back Walkover out 2) During the transition to the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Non-twisting Forward Suspended Rolls are allowed provided: (1) the flyer begins in a non inverted position from the performance surface or a stunt at prep level or below (2) the flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter (3) the bases/back spotter/posts are not involved with any other choreography (4) the flyer lands in a double based Cradle or on the performance surface (may not land in a load in position). Downward inversions are only allowed from waist level, and must be assisted by 2 catchers, who remain in contact with the flyer between the waist and shoulder until the flyer makes contact with the performance surface. Ex. Cartwheel out of sponge, Back Walkover out of cradle, Forward roll from prone. Forward Suspended Rolls with 1 twisting rotation are allowed provided the flyer maintains hand/hand contact with the back spotter and lands in a cradle. Backward Suspended Rolls may not twist and must land in the following: Floor, Sponge, Load-in or Cradle. A flyer may be in an inverted position at prep level or below. Ex. Cartwheel inversion at waist level, Needle at prep. Inversions at prep level may not have weight primarily borne on hands alone A single standing Back Handspring to a double based prone catch is allowed provided the flyer performs the Handspring unassisted by the bases. All non-airborne tumbling skills (exception: Round Offs are allowed) may be used as an entrance to a stunt or a stunt transition. Limited inversions are allowed in Dismounts. Refer to the Dismounts Section. PROHIBITED skills include, but are not limited to: Handstand at Prep Level
DISMOUNTS	<ul style="list-style-type: none"> Assisted Pop Offs from extended level are allowed. Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation. Non-twisting two trick cradles are permitted only from Extension Prep. Only Straight and 1/4 turn Cradles are allowed from extended single leg stunts. Single based stunts may perform Straight Cradles provided the required spotter is in place. Forward Suspended Rolls are allowed; see Inversions. PROHIBITED skills include, but are not limited to: Cradles that land in prone position, flipping Cradles, and Cradle dismounts to different bases.
RELEASE MOVES	<ul style="list-style-type: none"> A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. PROHIBITED skills include but are not limited to: full release Helicopters. Bases may not free toss a flyer to all new bases.
TOSSES	<ul style="list-style-type: none"> Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). (example: Toe Touch Toss, Single Twist toss) PROHIBITED skills include, but are not limited to: tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back).
PYRAMIDS	<p>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Braced release moves to an upright standing body position are permitted provided (1) the flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only, (2) the flyer does not intentionally travel during the release move, (3) it incorporates no more than a 1/2 twist by the flyer (Examples: Braced Tic Tocs, Switch Up release moves, Eagle ups, Pike Ups, and Ball Ups). Braced release moves to an upright standing body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer. Braced release moves to a cradle are permitted provided (1) the flyer is continuously braced on one side by a prep level or below stunt, with hand/arm contact only, (2) flyer does not intentionally travel during the release move, (3) does not twist. Braced release moves that do not land in a non-inverted upright body position (ex. ball-back) are permitted provided (1) the flyer is continuously braced on both sides by a prep level or below stunt, with hand/arm contact on both sides or hand/arm on one side and hand/foot on the other, (2) flyer does not intentionally travel during the release move, (3) does not twist. A braced suspended roll in a pyramid is allowed provided (1) the skill starts and ends at prep level or below, (2) finishes in a non-inverted position, (3) the flyer remains in contact with a base and a bracer at prep level or below throughout the transition. 1 full twist is allowed by the flyer to/at/from extended level or below provided the flyer is not released from the base. If the flyer is full or 3/4 twisting to or from extended level, the flyer must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition. (and the grip must not change during the transition.) PROHIBITED skills include, but are not limited to: release moves that travel over the legs and/or core of the bracer's body, collapsible pyramids, released Split Catches, braced front/back flips, connected Superman stunts.

NA LEVEL 4^x RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1^x-3^x are legal for Level 4^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level.

STANDING TUMBLING	<ul style="list-style-type: none"> • Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) performed after the flip (exception: tumbling after/out of a front flip is allowed). • Dive Rolls (provided they are not in a Swan or Laid Out position). • Forward 3/4 flips to the seat • PROHIBITED skills include, but are not limited to: Toe-Pitch Flips, tumbling directly out of an Arabian.
RUNNING TUMBLING	<ul style="list-style-type: none"> • Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) after the flip (exception: tumbling out of/after a front tuck or Arabian is allowed). • Dive Rolls provided they are not in a Swan or Laid Out position. • PROHIBITED skills include, but are not limited to: Forward 3/4 Flips to the seat, Toe-Pitch Flips.
STUNTS	<ul style="list-style-type: none"> • Transitional stunts may change bases and may include up to 1 1/2 twist. During transitions at least one base/continuous spotter must remain with the flyer. Forward traveling Leap Frogs may land in a double based Cradle. Swing Up Stunts are allowed provided the following: they begin at prep level or below, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place to protect the flyer's head/neck/shoulders. • Twisting during the load in/stunt transition is limited to a combined total of 1 1/2 twist by the flyer and/or bases. Superman transitions are limited to 1 full twist by the flyer and/or bases. • PROHIBITED skills include, but are not limited to: Swing Dance Stunts, Front, Back, or Side Tension rolls, connected Superman stunts and Backward leap frogs may not land in prone position.
INVERSIONS	<ul style="list-style-type: none"> • Inversions are limited to 1 full twist to extended level and 1 1/2 twist to prep level or below. • Downward inversions are only allowed from prep level or below, and must be assisted by 3 catchers, 2 of whom must remain in contact with the flyer between the waist and shoulder until the flyer is touching the performance surface. Ex. Cartwheel out of prep level (with 3 catchers). Exception: A 2 leg pancake is allowed. • PROHIBITED skills include, but are not limited to: Inversion exit from extended level
DISMOUNTS	<ul style="list-style-type: none"> • Extended double leg stunts, and prep level double leg stunts are limited to 2 and ¼ twists cradle. • Extended single leg stunts and prep level single leg stunts are limited to 1 1/4 twists • Non-twisting two trick cradles are permitted only from an Extension or prep level stunts • Two Trick cradles that include a twist are allowed provided: 1) they originate from prep level stunts 2) incorporates no more than 1 full twist. • Single based stunts are limited to straight and ¼ turn cradle from all single leg stunts and single twist cradle from two leg stunts, with the required spotter. • Cradle dismounts to different bases are allowed provided they originate from prep level or below (bases must be in place and not involved in any other choreography prior to the start of the dismount). • Dismounts from an inverted position may not twist. • PROHIBITED skills include, but are not limited to: any other flip/flipping dismount other than those allowed in Level 4 release moves, cradles that land in a prone position.
RELEASE MOVES	<ul style="list-style-type: none"> • Freestanding release moves are allowed provided: (1) does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) (2) does not exceed 1 1/2 twists (3) returns to a stunt/load in. • Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. • PROHIBITED skills include but are not limited to: twisting full release Helicopters, Helicopters that turn more than 1/2. Bases may not free toss a flyer to all new bases.
TOSSES	<ul style="list-style-type: none"> • Flyer limited to perform two tricks and may not exceed 2¼ twisting rotations (example: Kick Full basket toss = legal; Double Full basket toss = legal). • PROHIBITED skills include but are not limited to: Flipping tosses (front or back), tosses that intentionally travel.
PYRAMIDS	<p>Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:</p> <ul style="list-style-type: none"> • During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced on one side by a double leg prep level stunt. • A FLYER may pass through an inverted position during a pyramid transition provided: 1) the flyer remains in contact with a base(s) that is in direct weight bearing contact with the performance surface 2) a spotter is placed both in front AND back of the flyer for inversions transitioning to extended level (clarification: the base that remains in contact with the flyer may extend their arms during the transition, if the skill starts at prep level or below. examples: A Flat Back Split which rolls to a load in position would be legal; a Flat Back Split which rolls to an extended position would also be legal). • A flyer may begin at extended level and pass through an inverted position, provided the flyer remains in contact with a base and 2 different bracers at prep level or below on 2 different sides of the flyer, and lands in a non-inverted position. A flyer may NOT remain in an inverted position and travel downwards towards the performance surface from extended level. Ex: Extended Braced Non-Released Forward Suspended Roll • Braced front and back flips are allowed provided: 1) the released flyer maintains hand/arm contact with two bracers in an Extension Prep 2) the transition must be in continuous motion to and from original group (2 bases and 1 spotter) 3) transition is caught in a face up Cradle position and 4) flyer does not perform any other skill during the inversion (clarification: Flyer may be in a Tuck or Pike position with legs together. Layouts, Kick, etc are not allowed). • A flyer MAY move over another flyer at prep level or below if they are connected to that flyer and remain in a non-inverted position. Clarification: Released non-inverted flyer may transition to new bases, provided the transitioning flyer is caught by 2 catchers who are stationary and visually attentive to the flyer that is being released. The catchers cannot be involved in additional choreography when the bases begin to dip for the release. • All released transitions must be continuous, and the weight of the released flyer may not be directly borne on another flyer. • Extended single leg stunts MAY be braced to another Extended single leg stunt. • PROHIBITED skills include but are not limited to: Collapsible pyramids, connected Superman transitions.

NA^x CHEER GENERAL SAFETY RULES

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms.

- (a) A qualified advisor/coach should supervise all teams during all official functions.
- (b) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routinesafely.
- (c) No jewelry (except medical/religious – taped down) or chewing gum will be allowed during performances. Jewels/rhinestones may not be adhered to the participant’s body and/or face.
- d) Casts and Braces
 - 1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
 - 2. Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.
 - 3. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.
- (e) Athletic closed-toe shoes are required for all participants.
- (f) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (g) Proper warm-up and stretching exercises should be performed prior to performance.
- (h) All teams, coaches and advisors should have an emergency response plan in the event of injury.
- (i) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (j) **Poms and Props**
 - 1. Props other than banners, flags, megaphones, and signs/light up signs must be submitted to YCADA for approval to ensure athlete’s safety.
 - 2. All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark center. Item must be off the mat to ensure it is not in the way of participants.
 - 3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
 - 4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once poms or props are no longer needed, they may be placed or dropped outside the performing area by a performer who remains inside the performing area.
 - 5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered ILLEGAL, performing a Cradle with poms would also be considered ILLEGAL.
 - 6. Once in a secure stunt, flyers may obtain and use poms/props/signs and then transition to another stunt that does not require the use of hands. Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer may then transition to an extension with poms in hand. Exceptions are not limited to this example.
 - 7. Bases/back spotters may not hold props in their hands if the hands are the primary support for the top person during stunting. Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
 - 8. Front spots may hand or be handed props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.
 - 9. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.
- (k) **Jumps:**
 - 1. Participants are permitted to jump over, with or without contact with, another participant on the performance surface.
 - 2. Partner assisted jumps are allowed provided the supporting base controls the jump and maintains contact from start to finish.
 - 3. Airborne skills that drop/transition directly to the performance surface and land in any of the following body positions are not allowed: **supine, prone position (i.e. push up)**, knee(s), or seated position. Prohibited skills include but are not limited to drops or Shushunovas directly to the positions listed above.
- (l) **Tumbling:**
 - 1. All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
 - 2. Spotted, assisted, or connected tumbling is prohibited.
 - 3. Partner tumbling is prohibited.
 - 4. Participants may perform a Handstand that is in contact with individuals on the ground as choreography, provided the inverted participant **initiates the handstand independently without contact from another athlete, until the participant is inverted.**
 - 5. Tumbling oriented load ins/mounts, dismounts, and transitions such as Cartwheels, Round Offs, and Walkovers are not considered tumbling but are considered part of the stunt/choreography provided they follow inversion rules. Physical contact is allowed when tumbling into a Rebound which transitions to a stunt.
 - 6. 3/4 flips and 1 1/4 flips are prohibited, **unless an exception is listed in the level rules grid.**

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Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms.

(l) Tumbling: (continued)

7. Tumbling skills may transition to a **non-inverted position** or load in for a stunt/stunt transition provided the tumbling flyer completes the tumbling skill (participant is no longer inverted and has at least 1 **hand/foot** in contact with the performance surface) prior to the bases grabbing the tumbling flyer's foot/feet/legs (bases may not grab/touch any body part of the flyer to assist them during the tumbling skill execution before completion).
8. Rebounding (from feet) from tumbling skills into stunts/stunt transitions is allowed but is limited to the following stunts/stunt transitions: Cradle, load in, or a below prep level stunt. (Clarification: Rebounding into a single based below prep level stunt requires the use of an additional spotter)

(m) Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. The following skills must only be performed on a soft/matted surface: Forward Suspended Rolls, Forward Flipping Leap Frogs, single based cradles, and braced front flips in pyramids.
2. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget provided the flyer steps on and then over the Nugget).
3. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
4. (Levels 2, 3 & 4) **Superman transitions cannot invert at any point, may not intentionally travel and may only originate from extended level or below stunts or the load in position. Connected Flyers in a Superman transition are prohibited.**
5. **Release moves may not involve changing bases.**
6. In pyramids involving release moves that require a bracer for legality, contact between the flyer and the original bracer(s) must be maintained throughout the entire release move transition until the flyer makes contact with the original bases.
7. In pyramids involving braced flips, contact between the flyer and the original bracers must be maintained throughout the entire braced flip transition until the flyer makes contact with the original bases.
8. **All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid for that level. Example: Flyer in a ground level Handstand with contact on the performance surface is lifted upwards by the stunt group, temporarily losing contact with the performance surface, then returning their hands to the performance surface (i.e. double bounce) prior to executing the sponge/load-in =ILLEGAL.**
9. **All inversions require 2 bases, 1 spotter and 1 flyer. The spotter is responsible for protecting the head, neck and shoulder area of the flyer.**
10. **Inversion skills where the flyer transitions from the inversion directly over the back spot to the load in position or directly from the inversion to a shoulder sit on the back spot, requires an additional spotter.**
11. **If a flyer is released from a single based stunt and lands in a horizontal, non-cradle position, 2 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 1 catcher/base. If a flyer is released from a multi-based stunt and lands in a horizontal, non-cradle position, 3 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 2 catchers/bases.**
12. **LEVEL 4 ONLY: A separate person MAY move under a stunt, as long as they remain in a non-inverted position.**

(n) Tosses (Levels 2-4)

1. All tosses must be performed only on a soft/matted surface.
2. Must be caught in a Cradle by the original bases and are limited to 1 flyer and up to 4 bases (total base count includes back and front spotters). Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.
3. **Must never become inverted at any point during the toss.**

(o) Types of Required Spotters:

1. Must be in direct contact with the performance surface **and cannot be a required spotter for 2 different flyers. Each flyer requires a separate spotter.**
Continuous Back Spotter
2. Not required for Knee Stands, Thigh Stands, Shoulder Sits, Double-Based Non-Extended V-Sits, and **Below Prep Level Stunts** (exception: Required for single based stunts in which the flyer performs a Rebound entry).
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls.
4. (Level 1) - **All Extended V-sits require an additional spotter who is not connected to the stunt. Levels 2-4 Extended V-Sits will follow the normal rules.**
5. (Levels 2-4) - **A spotter is NOT required if a flyer is at prep level or below. A spotter is required if a flyer is passing through or stopping at extended level.**
6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases); however, a continuous back spotter is not required for stunts where the flyer is in a seated position supported at the seat by the base(s) hand/arm; these types of stunts are classified as waist level stunts. **Exception - spotter not required for Nugget stunts, where the flyer's foot is not in the hand of the bases.**
7. Required for all release moves, tosses, and stunts at prep level and above, including Shoulder Stands (exceptions: Chair, Double Based T-lifts).
8. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer in prep level and below stunts.
9. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt).
10. (Levels 2-4) **During 1/2 twist transitions from prep level stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle.**
11. Must be positioned directly behind or to the side of the flyer when the flyer is facing the backspot and stops in or power presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep 180 to Extension Prep would require an additional spotter during the Reverse Extension Prep).

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(o) Types of Required Spotters (continued)

Spotter for Group Based Stunts

12. Level 1 - All Swedish Falls require a front spotter who is not connected to the stunt. Levels 2-4 Swedish Falls will follow the regular rules of spotting for group based stunts.
13. Flat Back stunts require a spotter at the head/shoulders of the flyer.
14. One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.
15. Required for stunt transitions that start at waist level or above and end in cradle position.
16. Inversions from ground level require a spotter at the head and shoulder area of the flyer.
17. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt). (Exception: Flyer may pass over the spotter while in direct contact in allowed level appropriate skills. Ex. Leap Frog)

Spotter for Single Based Stunts

18. Required for a single-based partner stunts at prep level and above. **Must be positioned directly behind or to the side of the flyer** when the flyer stops in or power presses at a prep level or above stunt/stunt transition. (Example: Walk in Reverse Hands would require an additional spotter during the Reverse Hands). Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes (exception: may place one hand under the foot with other hand on the ankle at prep level and below provided the spotter is positioned to the side of the flyer and they do not cradle).
19. May not change roles between being a base and a continuous spotter.
20. May transition from the side to the back of the stunt or from the back to the side of a stunt as long as continuous visual contact with the flyer is maintained and the spotter remains close enough to catch the head and shoulders of the flyer.
21. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: may not walk under and or through the stunt).
22. (Level 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

(p) Bases:

1. Must be in direct contact with the performance surface.
2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
3. Two required (4 max including 1 in the front) for a multi-based group stunt and/or toss.
4. Two required (must remain stationary) plus two additional catchers (must remain stationary) 1 on each side of a Pendulum or stunt that moves away from the vertical axis (i.e. Shooting Star, Shoot Outs, etc.). Example: 2 bases under the feet of the flyer, 2 catchers one on each side of Pendulum; one spotter in front or behind Pendulum on opposite side of the direction the flyer is falling. If the flyer is falling backward, the spotter needs to be in front of the stunt. If the flyer is falling forward, the spotter needs to be behind the stunt. Pendulums falling in one direction (front or back) require a total of 6 participants. Pendulums falling in two directions (front and back) require 7 participants.
5. Two required (must remain stationary) plus one back spotter during the transitioning from a prep level OR ABOVE stunt to a Flatback, Fallback, or Fireman Catch that end at prep or extended level. An additional spotter at the head of the flyer is recommended but not required.
6. Two required plus a spotter during a pyramid transition when the flyer is completely released by the bases while remaining braced (Level 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
7. Two bases required in all Split Stunts.
8. If a base is supporting a flyer at prep level and kneels or squats, the flyer will still be considered to be at prep level. If the base is supporting a flyer in an extended position and kneels or squats, the flyer will still be considered to be at an extended level.

(q) Flyer:

1. Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the performance surface.
2. Must never vault over another individual unless the flyer maintains constant physical contact with the base during the stunt and a spotter follows the flyer during the stunt (also known as Leap Frog or Up & Over stunts). Vaulting will refer to the flyer using their hands to get up and over another individual.
3. A flyer in a single leg extended stunt (i.e. Liberty, Stretch) must never brace, connect or touch another flyer in any other type of extended stunt. (Please see the definition of an extended stunt for further detail). Double-leg extended stunts MAY brace other double leg extended stunts. Stunts where the flyer is not at a complete extended level, but the arms of the bases are extended (i.e. Chair, Russian Lift, Triple-Based Dead Man Lift, Flat Back, Swedish Falls, Triple-Based V-Sit and Double-Based Vertical T-Lift) may brace each other. **See Level 3&4 Exceptions in the Rules Grid**
4. May perform Pendulum transitions provided they start from prep level or below and return to an upright stunt/load-in/ground position.
5. Must never be released or transitioned to the prone position (face-down/stomach) (exceptions: Pendulums and Superman transitions from prep level or below stunts that at no point invert).
6. May not brace/touch any other flyer while simultaneously released from the bases (ex. two flyers performing Tic Tocs next to one another may not brace during the release move).
7. May not brace any other flyer during simultaneous Superman transitions.
8. May not cradle from any stunt in which the base(s) have a knee on the ground.
9. A flyer may NOT be in contact with a person who is in an inverted position or in a backbend.
10. When a flyer is lifted off of the performance surface by another athlete to an elevated position and the skill is performed ground level to ground level, this skill will not be considered a stunt and therefore exempt from any twisting limitations.

r) YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.

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REFERENCE GUIDE FOR SKILLS MENTIONED IN THE NA^x CHEER LEVELS GRID & GENERAL SAFETY RULES.

1/4 Turn Cradle: After the flyer is released for the Cradle dismount, the bases and back spotter step to turn the stunt group (¼ turn) while simultaneously the flyer twists in the same direction as the bases/back spotter (making a ¼ turn) before the catch in the Cradle position occurs (example: stunt group is facing to the participant's right in a prep level Arabesque; after the flyer is released for the dismount, the bases and back spotter ¼ turn to face the stunt group to the front while the flyer squares her body (making a ¼ twist) to the front before the catch in the Cradle position occurs.

1/4 Up (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotates 90 degrees. Other terms include Presto.

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees and is commonly performed to a Sponge or Extension Prep. Other related terms include Half Up, 1/2 Twist Load in.

360 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees and is commonly performed to a Sponge or Extension Prep. Other related terms include Full Up or Full Around.

Aerial: See Front Aerial, Side Aerial

Airborne: To be free of contact with a person or performance surface.

Airborne Tumbling Skill: An aerial maneuver involving hip over head rotation in which a participant uses their body and the performance surface to propel himself/herself away from the performance surface.

Alternate Cradles: Dismount variations in which the flyer executes a trick/body position at the highest point in the ride of the of the toss for a Cradle. Examples include: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. Clarification: the Arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Alternate Flipping Body Positions (Tumbling): X-Out, Layout, Pike, Step Out, and Whip.

Alternate Non-Twisting Cradles: Dismount variations that do not include any twisting skills. Examples include: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. Clarification: the arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Arabesque: A stunt in which the working leg is extended behind (close to 90 degrees) while the supporting leg is in the hands of the base(s). The flyer's chest is up with one leg directly behind her. Hips should be in line with the floor.

Arabian: A tumbling skill in which a participant performs a 1/2 twist into a Front Flip. The twist is complete before the rotation of the flip begins and is commonly performed out of a rebound.

Assisted Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. No other skill is performed during the Pop Off. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

Assisted Tumbling: A participant performing a tumbling skill on the performance surface that is supported at any point/time by a non-inverted participant who is also on the performance surface before the completion of the tumbling skill. Completion of a tumbling skill is defined as, participant is no longer inverted and has at least 1 foot in contact with the performance surface.

Awesome: A stunt where a top person has both feet together in the hand(s) of the base(s). Also referred as a "Cupie".

Back Dismount: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Back Handspring: See Handspring

Back Limber: Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

Back Limber to Back Walkover: Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

Back Spotter: Person in stunt responsible for the head/neck/shoulder area of the flyer. Usually positioned directly behind the stunt, but can be on the side as well. This position/responsibility may change from person to person during creative stunt transitions.

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot/leg at a time.

Ball Up: A release move of the flyer from the performance surface, bringing knees to chest and landing in an upright, standing position.

Barrel Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted Barrel Roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition.

Base: A person who is in direct weight bearing contact with the performance surface and provides primary support for another person.

Basket Toss: A type of toss with no more than 4 bases, 2 of which use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

Below Level Jumps: Jumps where the feet and/or legs of the jumper are below perpendicular.

Bobble: An error during a technical skill. Obvious missed skills: hand(s) down on a tumbling skill/shaky stunts/pyramids/baskets, incomplete or obvious errors in regards to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motions and dance execution.

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Bow N' Arrow: A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the torso. The flyer's working leg is kept straight while reaching their free arm to a Half T motion through the space between their working leg and gripping arm, making the shape of a bow and arrow.

Brace/Bracer: A physical connection that helps to provide stability to a top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition. Bracers may not be a base or continuous spotter.

Braced Flip: A stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). Types of Braced Flips include Braced Front Flip and Braced Back Flip. Some of the body positions for the flipping top person of a braced flip include a Tuck and Pike.

Building: See stunt

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/retake position in order to return the flyer to the performance surface.

Cartwheel: A non aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

Catcher: One of the person(s) responsible for the safe landing of a top person during stunt entry, transition and/or dismount. Catchers do not have to make contact with the flyer, but must be in a position to minimize risk should the flyer fall.

Chair: Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

Consecutive Front/Back Handsprings: See Handspring series.

Continuous Combination Jumps: The execution of two or more jumps in constant movement without stoppage of movement.

Continuous Spotter/Back Spotter: The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt.

Cradle: A dismount in which the bases catch the top person with palms up, by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a Pike position.

Cupie: A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight. Also referred as an Awesome.

Dead Man Lift: A type of flat back (see below). When the arms of the bases are extended, a Dead Man Lift requires two bases **and an additional spotter**.

Dismount: A stunt skill, originated by the Spotter/Bases as the final part of a stunt/stunt transition. A skill in which the flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge/retake position in order to return the flyer to the performance surface. Examples of dismounts: Step Off Front/Back, Shove Wrap, Bump Down, and Cradle.

Dive Roll: A Forward Roll where your feet leave the ground before your hands reach the ground.

Double Based: In reference to a stunt/stunt transition or dismount in which two bases are supporting the flyer.

Downward Inversion: A stunt or pyramid in which an inverted person's momentum is moving towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performance surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Eighteen Inches above Extended Arm /Level: Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer. If the flyer is in a vertical position the lowest position of the flyer is the feet with the legs fully extended. If the flyer is in a horizontal position, the lowest position is the lowest visible position of the flyer.

Extended Level Stunts: A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads, supported by the Base(s) fully extended arm(s). Stunts in which the entire body of the Flyer is not over the Base(s) head/heads but the Base(s) arm(s) are fully extended do not classify as extended level stunts. Extensions and Extended Liberties are examples of Extended Level stunts. Extended Flatbacks and Extended V-sits are not Extended Level stunts and are classified as prep level stunts. .

Extended Position: A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position. Therefore, a true show and go would be considered an extended position.

Extension: A two leg, extended level stunt in which the flyer's feet are being held/gripped by the base(s) in the extended position.

Extension Prep: A two leg, prep level stunt in which the flyer's feet are being held/gripped at shoulder level by the bases.

Extension Prep Hitch (Two Leg Hitch): A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of working leg) remains in contact with the base's hands. Extension Prep Hitches/Two Leg Hitches are not considered single leg stunts.

Fallback: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Fireman Catch: See Fallback.

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Flat Back: A waist level stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by two or more bases and one continuous back spotter. Flatbacks can be performed with the bases' arms in the Extended Position; these are called Extended Flatbacks and are classified as prep level stunts. Flatback variations include, Double Based Extended Flatbacks and Triple Based Extended Flatbacks. Also referred to as a Deadman Lift.

- **Double Based Flatbacks** contain 2 Bases, 1 Flyer, and 1 Back Spotter.

- **Triple Based V-sits** contains 3 Bases, 1 Flyer and 1 Back Spotter.

Flip (stunt): See Braced Flip.

Flip (Tumbling): An airborne tumbling skill in which a participant rotates hips over head with no contact to the performance surface as the body passes through the inverted position.

Flip Body Positions: Common body forms for flips are as follows: Aerial, Tuck, Pike, and Layout. For alternative body positions see Alternative Flipping Body Positions.

Floorwork: Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

Footwork: The activity of moving from place to place, with full body movement, to create visual effects.

Flyer: A person who receives primary support from another person.

Forward Roll: A non airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Forward Suspended Roll: A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot and lands in a cradle or the performance surface.

Front Aerial: An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.

Front Base (Spotter): A person located in front of the stunt, facing the stunt and added to help control the stunt for the additional safety of the flyer.

Front Handspring: See Handspring

Front Limber: Gymnastic, non-aerial flexibility skill that originates on the hands (front), keeping both legs together and landing in a back bridge position.

Front Tuck: A flipping tumbling skill performed from a run or forward moving skill in which the participant springs upward and forward in a stretched position and tucks their knees as the body begins to rotate forward.

Front Flipping Leap Frog: Stunt transition in which the flyer performs a front flipping inversion from original bases to new bases, while remaining connected to a post by hand/hand contact. Usually performed from a Sponge position.

Front Walkover: A non aerial tumbling skill where one rotates forward through an inverted position to a non inverted position by arching the legs and hips over the head and down to the performance surface landing one foot/leg at a time.

Full Twist: A 360 degree twisting rotation.

Full Up: A stunt/stunt transition in which the flyer rotations 360 degrees during the accent to a prep level or higher stunt.

Group Based Stunts: A stunt using multiple bases for support.

Half: See Extension Prep

Hand Support (Tumbling): When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

Hand/Arm Connection: The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist. Example: A participant in an Extension Prep uses their hand and forearm to brace a participant in an Extension who uses their hand and forearm to connect to the participant in the Extension Prep.

Handspring: A forward or backward airborne tumbling skill that starts from a standing or running entry in which the participant jumps or rebounds in order to rotate into an inverted position then blocks off the hands to return upright and land on their feet. To block off the hands is to put weight on the arms when in the handstand position and using a strong push from the shoulders to complete the rotation and land on the feet.

Handspring Series: A tumbling term used to describe a participant's performance of two or more consecutive handsprings

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Handstand Fall to Bridge: When a participant front limbers to a Bridge position from a Handstand.

Hanging Pyramid: A pyramid in which the flyer's weight is primarily supported by more than one flyer in any stunt. The "hanging" flyer does not have contact with any athlete on the performance surface.

Heel Stretch: A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg to mirror the Half High V motion of the opposite arm while keeping the working leg straight.

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Helicopter: Flyer in a supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

Horizontal T-Lift: A stunt in which the top person is supported by bases in a face up or face down horizontal position with the arms in a T-Motion. Two bases are present at the head/arms of the flyer (one on each armpit), and are responsible for the flyer's head/shoulder area. The additional base/s support the legs/lower body of flyer.

Hyperextended Jumps: Jumps where the feet and/or legs of the jumper are above perpendicular.

Inversion/Inverted: When the athlete's shoulders are below his/her waist and/or both feet are above his/her head (clarification: when in an upright body position, feet may go above head).

Inversion Entry: Inversion skill/stunt which originates from the performance surface.

Inversion Exit: Inversion skill/stunt which transitions to the performance surface.

Jump: An airborne position not involving hip over head rotation created by using one's own feet and lower body power to push off the performance surface.

Knee Stand Level: The execution of a stunt where the base is in a knee stand (one knee of the base must be in contact with the performance surface) and the flyer is on the other leg of the base.

Layout: (Tumbling): An airborne tumbling skill that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position in a stretched and hollow body.

Leap Frog: A braced flyer is transitioned from one set of bases to another or back to the original bases by in direct hand/hand contact of a base/back spotter. The flyer must remain upright and stay in continuous contact with the base/back spotter while transitioning.

Level Jumps: Jumps where the feet and/or legs of the jumper are perpendicular.

Liberty: A single leg stunt in which the flyer bends and lifts the working leg so that the instep is at or near the standing leg's knee.

Limber: See Front Limber or Back Limber

Load in: A stunt position in which the flyer's foot/feet are in the hands of the base(s), base(s) hands are below prep level, and is typically in preparation to build a stunt or skill in between stunts. Common positions/terms: Sponge, One Foot Load In, Two Foot Load in.

Mount: See Stunt

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Non-Consecutive (Tumbling): A tumbling term used to describe a participant's performance of no more than one Handspring during standing tumbling or incorporated into a running pass with or without other tumbling skills.

Non-Released Single Based Stunt: Example: a Step Into Hands would be allowed with 1 flyer, 1 base, and 1 continuous spotter. Single based release stunt example: Toss Hands.

Nugget: A position in which a participant is kneeling/crouching on the performance floor in a Ball position. May be performed face forward on the feet and hands or face down on the shins and forearms.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Partner Assisted Jumps: See Partner Pick Up

Partner Pick Up: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations. Partner Pick Up Skills include but are not limited to: partner assisted jumps.

Pendulum: A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder level stunt and above.

Post: A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then re extend.

Prep: See Extension Prep.

Prep Level: A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position. Most commonly the bases' hands are at shoulder level, however their hands/arms may be in the Extended Position when the flyer is in a seated or horizontal position. Extension Preps, Extended Flatbacks and Extended V-sits are examples of Prep Level Stunts. Other terms for Prep Level include Shoulder Level.

NA^x CHEER GLOSSARY

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Pretty Flyer: Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee.

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A belly down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, poms, megaphones, and pieces of cloth.

Pyramid: Any type of physical contact between a stunt group to an individual standing on the performance surface OR a stunt group(s). The type of physical contact may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body. This physical contact may be made between flyers, between bases, flyer to base, flyer to individual on performance surface, base to individual on performance surface.

Quarter Turn Cradle: See ¼ Turn Cradle.

Quarter Up Stunt: See ¼ Up Stunt.

Release Move: A stunt transition or skill in which the flyer becomes free of contact with the base(s) (i.e. Tic Toc, Switch Up, Ball Up, Tic Up, Toss Hands).

Reload: Return to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Round Off: The tumbler, with a push off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scale: A single leg stunt typically performed with the stunt facing to the side while the Flyer's chest/face are toward the crowd. With the same side hand/arm, the Flyer grips around the back of the straight working leg at the knee/calf/ankle area in a side stretch with the knee facing the crowd.

Scorpion: A single leg stunt typically performed with the stunt facing to the side while the Flyer grips their foot/ankle with both hands pulling their working leg behind their body to create a position that mimics a Scorpion's tail.

Seated Position: Anytime a participant is bearing the majority of their weight on their seat.

Shooting Star: See Pendulum.

Shove Wrap: A stunt dismount in which the Flyer's feet are together in a Cupie position, released and re-caught for a slow descent to the performance surface.

Show and Go: A transitional stunt where a stunt passes through an elevated level and lands into a loading position or non extended stunt.

Shushunova: A straddle jump or toe touch landing on the performance surface in a prone/pushup position.

Side Aerial: An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

Single Front/Back Handspring: A tumbling term used to describe a participant's performance of one handspring.

Single Based Stunt: A stunt using a single base for support. Other terms include: partner stunt.

Single Leg Stunt: A stunt where the flyer is free from contact from all bases on one of their feet. (Extension Prep Hitches/Two leg Hitches) are not considered single leg stunt because the foot of the flyers working leg remains in contact with the bases hands.

Single Leg Stunt Variations: Liberty, High Torch, Heel Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.

Single Trick Non-Twisting Cradles: Dismount variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss for a Cradle. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Single Trick Non-Twisting Toss Skills: Toss skill variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Split Stunts: Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

Sponge: A stunt/stunt transition in which the Base(s) bring the flyer from a stunt to the load In position (the Sponge) in transition to another skill. Also know as Smush.

Sponge Toss: A stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.

NA^x CHEER GLOSSARY

(CONTINUED)

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Spotter: Person responsible for the head/shoulders of the flyer during a stunt. This person is not a base. They are able to let go of the stunt and it remain in the air.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as “standing tumbling.”

Step Off the Front/Back: A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

Step Out (tumbling): A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

Stepping Stone Transition: Transition in which a participant uses teammates as “stepping stones” to walk. Usually using the backs to step on. OR Transition in which a participant walks across fellow participants.

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the flyer to reach and obtain maximum height in toss.

Stunt: Any skill encompassing a mount/load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions and release moves are considered types/ variations of stunts for overall category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt). Other terms for stunt include: mount, building, stunt elevation

Stunt Elevation/Stunt Building: The degree in which the flyer’s foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

Stunt Transition: See transitional stunt

Superman transition: The back spotter grips the flyer’s ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter during this transition.

Supine: Lying face upward

Supporting Leg: A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg). Most commonly used in reference to single leg stunts.

Suspended Roll/Braced Roll: See Forward Suspended Roll

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by two or more bases and one back spotter. The backspotter should be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer), and the two bases should be facing each other.

Swing Dance Stunts: Swing dance style lifts and movements, usually done between two people.

Swing Up Stunts: A stunt using swinging motions and moves that usually uses the flyer’s body in a “jump rope” movement and swings up into a new stunt position.

Switch Up: A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on one or both feet.

T-Lift: A waist level stunt in which the flyer with arms in a T motion is supported on either side by two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop: A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

Thigh Stand Level: The execution of a stunt where the base(s) is in a lunge or lunge like position and both knees are off the ground.

Tic Toc: A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

Toe/Leg Pitch: A single or multi based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person’s height.

Top Person: The person(s) on top of a stunt or toss. Also referred to as the flyer or partner. Commonly used when referencing the flyer positioned at the highest level of a pyramid.

Torch: A single leg body position in which the flyer hits a Liberty position to the side while their chest/face are toward the crowd. The same thing as doing a Liberty, except executed with the torso facing to the side. Torch performed at the extended level is referred to as a High Torch.

Toss: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases. Tosses are limited to 1 flyer and up to 4 bases (including back and front spotters; example: 1 main base, 1 secondary base, 1 back spotter and 1 front spotter). Terms for tosses include but are not limited to Basket tosses, sponge tosses, squishy, scrunch toss, shotgun.

Transitional Stunt: Top person(s) moving from one stunt to another thereby changing the configuration of the beginning stunt.

NA^x CHEER GLOSSARY

(CONTINUED)

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Tuck (Stunt): A body position in which the knees and hips are bent and drawn into the chest used during stunt skills/transitions. This may or may not involve hips over head rotation, however with hips over head rotation there is no contact to the performance surface or base(s) as the body passes through the inverted position.

Tuck (Tumbling): A body position in which the knees and hips are bent and drawn into the chest; Most commonly performed during front/back tucks which are airborne tumbling skills that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position.

Tuck Body Position: A position in which the knees and hips are bent and drawn into the chest; body is bent at waist.

Tumbling: Any gymnastic or acrobatic skill that begins and ends on the performance surface.

Turn: Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

Two High Pyramid: All flyers, individuals in the pyramid/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

Two and One Half (1/2) High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt. Two and one half high pyramids are prohibited in the youth cheer divisions, however, passing through a two and a half high pyramid position is allowed in Level 4.

Twist: Participant rotating around their body's vertical axis.

Twist Cradles(s): A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: ¼ Twist, ½ Twist, ¾ Twist, Single Twist/Full Down/Full Twist, 1 ¼ Twist, 1 ½ Twist.

Twist (stunt): Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first movement by the bases or flyer during the simultaneous twisting or building of a stunt inclusive of any bounces/dips that precede or follow the twisting stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

Up & Over: See Leap Frog.

Upright: When a participant is vertical with their chest and head in an upright position. Ex. Ball Up, Switch Up.

V-Sit: A waist Level stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Double Based Extended V-Sits and Triple Based Extended V-Sits.

- **Extended Double Based V-Sits** contain 2 bases, 1 flyer, and 1 back spotter.
- **Extended Triple Based V-Sits** contains 3 bases, 1 flyer and 1 continuous back spotter.

Valdez: Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

Vault/Vaulting: A flyer using their hands as a means to get their body up and over another individual.

Waist Level: A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing. Other terms for Waist Level include Stomach Level and Belly Level.

Walkover: A non airborne, tumbling skill in which the performer passes through a Handstand position to complete a Front or Back Limber.

Working Leg: A stunt term referring to the leg of the flyer that is being lifted or gripped by the flyer in order to perform a skill variation while the other leg is weight bearing. Most commonly used in reference to single leg stunts.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.

NA^x DANCE CATEGORIES

New changes from last year's Youth-affiliated packet are marked in **RED**

CATEGORY is defined by the type of performance you select.

POM: (Time Limit: 2 min 30 sec) A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use of poms may negatively impact the panel judges overall impression and/or score of the routine.

- **POM:** The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.
- **JAZZ TECHNIQUE:** Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: (Time Limit: 2 min 30 sec) A Hip Hop routine is composed of street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating **athleticism**, footwork, jumps, stalls, etc. **Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.**

- **CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect. **This style of dance does NOT include pop and lock, street or excessive vibrating. Incorporating these skills may negatively affect your score.**
- **POPPING:** This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.
- **LOCKING:** This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.
- **BREAKING:** This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. ***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**
- **KRUMPING:** This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.
- **WAACKING:** This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.
- **TUTTING** - This style of dance combines body and arm movements that are based on geometrical angles and shapes.
- **URBAN:** This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

THEME DANCE: (Time Limit: 2 min 30 sec) The focus of this performance is audience entertainment. **With no spoken word by the athlete**, this routine develops a selected theme or era through music, costuming, dance choreography and/or props. This routine should encompass and express one predominate theme and/or era. A proper theme dance should incorporate creative and novelty movements and dance choreography that help shape the intended theme. Athletic and technical skills will be credited toward degree of difficulty. Costuming is required to reflect the routine's theme/era. Props are HIGHLY recommended. See Youth General Dance Routine Guidelines for prop specifics.

Please refer to the remainder of the YCADA Dance section for complete details on dance routine requirements and scoring.

NA^x DANCE DIVISIONS

DIVISION is defined by the age of the oldest athlete.

New changes from last year's Youth-affiliated packet are marked in **RED**

Not all divisions/levels will be offered at every event. Teams should contact their event producers directly for what's offered.

YCADA DANCE:

DIVISIONS:

NA - Division 6
NA - Division 8
NA - Division 10
NA - Division 12
NA - Division 13
NA - Division 15
NA - Division 18
NA - Open

CATEGORIES:

POM, HIP HOP
POM, HIP HOP
POM, HIP HOP
POM, HIP HOP
POM, HIP HOP
POM, HIP HOP
POM, HIP HOP
THEME DANCE

AGE AS OF JULY 31, 2020:

6 years and younger
8 years and younger
10 years and younger
12 years and younger
13 years and younger
15 years and younger
18 years and younger
18 years and younger

ATHLETES:

5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female

EXHIBITION DIVISIONS:

DIVISIONS:

Exhibition
Special Needs – Exhibition

ATHLETES:

5-36 members, male and/or female
5-36 members, male and/or female

Exhibition: No Judging or Ranking; May perform either a Dance (style of your choice) or Cheer (following your youth league safety guidelines). Performance must not exceed 2 min 30 seconds.

Special Needs – Exhibition: No Judging or Ranking; May perform either a Dance (style of your choice) or Cheer (following your youth league safety guidelines). Performance must not exceed 2 min 30 seconds. Will allow additional time for entry and exit. May have full adult assistance on stage during performance.

NA^X DANCE GENERAL RULES

THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE

New changes from last year's Youth-affiliated packet are marked in **RED**

NA^A DANCE GENERAL GUIDELINES

- 1) During an official function all teams should be supervised by a qualified advisor/coach.
- 2) All participants, coaches and spectators agree to conduct themselves in a positive manner. The coach/director/advisor is responsible for ensuring all team member and team affiliates display good sportsmanship throughout the event. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
- 3) All directors, advisors and coaches should have an emergency response plan in the event of an injury.
- 4) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over the counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routinesafely.
- 5) All participants with a hard cast (or full (medical) boot brace/walking boot) must not be involved in tumbling and/or partner lifts of any kind. Braces with metal parts and/or sharp edges must be covered to properly protect other participants.
- 6) Coaches and advisors should only have dancers perform skills that they have mastered through proper progression and practice even though a division and/or category may allow a skill that is more advanced than the capabilities of an individual or group. Coaches must consider the skill level of an individual and/or team prior to skill progression.
- 7) Proper warm up and stretching exercises should be performed prior to performance.
- 8) YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.
- 9) Performance of tumbling skills after the completion of a teams routine/performance or during the teams entrance or exit of the floor is forbidden.

NA^A DANCE ROUTINE GUIDELINES

- 1) Time Limit: 2:30
- 2) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling and/or stunting while entering or exiting the floor is not allowed.
- 3) Timing will begin with the first organized word, movement or note of music following the team taking the floor. Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
- 4) Timing will end with the last organized word, movement or note of music.
- 5) Theme dance participants may not take any longer than two (2) minutes to enter and set props for performances. Coaches may assist in setting up props but must exit the floor before the 2-min setup period has expired. Timing for the 2-min setup period begins at the time the team is called to the floor.
- 6) Only registered participants of a team are allowed on the performance surface (exception: See Theme Dance).
- 7) Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.

NA^A DANCE TUMBLING, GYMNASTICS AND TRICKS

- 1) The following skills are the only gymnastic/tumbling skills permitted and may only be incorporated in to a routine as a dance maneuver.

ALLOWED SKILLS:

Forward/Backward Rolls	Round Offs	Front Handsprings
Shoulder Rolls	Back Bends	Headsprings
Stalls	Front/Back Walkover	Windmills
Handstands/Headstands	Valdez	Side Aerials
Cartwheels	Kip Up/ Kick Up	

- 2) Airborne skills are not allowed (exceptions: **SIDE Aerials, Headsprings and FRONT handsprings are allowed**).
- 3) Tumbling while holding poms or props in hand(s) is not allowed in any category. Poms must be discarded from the athlete's hand(s)/body before any tumbling is executed. Exception: Forward and Backward Rolls may be performed while holding poms in hand(s).
- 4) Weight must first be borne on the hands or feet when dropping to the knee, thigh, seat, front, back, jazz split (hurdle) or split position when originating from a jump, airborne, or inverted position.
- 5) When originating from a standing position, lowering to the knee, thigh, seat, front, back, jazz split (hurdle), or split position does not call for hands to first touch the performance surface.
- 6) **Athletes are permitted to tumble over another participants' appendages (foot, feet, hands, arms).**

NA^X DANCE GENERAL RULES

(CONTINUED)

NA^X DANCE LIFTS AND PARTNERING SKILLS

- 1) The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.
- 2) The supporting dancer must remain in constant contact with the elevated dancer through hand/arm/body contact throughout the duration of the lift/partnering skill. Clarification: the lifting partner is not required to touch the hands/arms of the lifted partner.
Exception: Pyramids where the bases are on hands/knees are allowed two levels high. If the top layer is not on their hands/knees (i.e. standing on the backs of the bases, another supporting dancer is required to assist the top layer).
- 3) The supporting dancer must maintain ultimate control over the elevated dancer (including **but not limited to** body position, momentum and change of body position) throughout the duration of the lift/partnering skill.
- 4) Hip over head rotation is allowed only if the elevated dancer's hips execute and complete the rotation at or below **head** level of the supporting dancer when the supporting dancer is standing upright on the performance surface (Clarification: Partner/back-to-back inversions are only allowed with a forward momentum, the lifting partner may not bend backward during the skill, and limited to one rotation).
- 5) Jumping from or tossing one dancer to another dancer is prohibited.
- 6) An elevated dancer may not be tossed to the performance surface by a supporting dancer.
- 7) An elevated dancer may not jump off of a supporting dancer to the performance surface. Exception: A dancer may jump off of a supporting dancer to the performance surface only if the jump is executed at or below hip level of the supporting dancer when the supporting dancer is standing upright on the performance surface.
- 8) All cheerleading stunts and/or pyramids are prohibited. Exceptions: Pony Sits, Thigh Stands, Shoulder Sits and V-Sits are allowed only when incorporated into routine as a dance maneuver and must follow all Dance Lifts and Partnering Guidelines. **An elevated dancer's hips may go no higher than the supporting dancer's head in all cheer style stunts. Exception: Extended V-Sit Lifts are allowed and require an additional spotter that is not in contact with the lift.**

NA^X DANCE CHOREOGRAPHY, MUSIC AND COSTUMING

- 1) Routines must be appropriate for family viewing. Appropriate choreography, costuming and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words, costuming or music will be penalized, forced to forfeit or disqualified.
- 2) Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.
- 3) Music is required throughout this performance. Teams performing without music will result in a forfeiture of scores (teams receive an overall team score of 0). Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on the dance skills outlined in the routine specifics.
- 4) Soled dance shoes (jazz boots, dance sandals, jazz shoes) or bare feet are acceptable when competing. Wearing socks and/or footed tights only is prohibited.
- 5) Costumes/Uniforms and make up should be age appropriate and suitable for family viewing. **Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Jewels/rhinestones may not be adhered to the participant's body and/or face.** Actions taken will be under the discretion of an event official.

NA^X DANCE PROPS

- 1) Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
- 2) Poms are required for at least half of the routine in the Pom category.
- 3) Items that may damage the performance surface are prohibited.
- 4) **Prop Size - Each prop section may be no larger than a standard room door (36" W x 80" H). Individual prop sections may be combined.**
- 5) Standing props are only allowed in the Theme Dance category. Any item(s) that bears the weight of the participant is considered a standing prop (examples: chairs, stools, benches, ladders, boxes, stairs, etc) **and requires a soft covering over the feet or base of the standing prop (example: tennis balls, felt furniture pads).**

NA^X DANCE GLOSSARY

[GO TO VIDEO GLOSSARY](#)

REFERENCE GUIDE FOR ALL SKILLS MENTIONED IN THE GENERAL SAFETY RULES.

Aerial: See Side Aerial

Airborne: To be in air and free of contact from the performance surface and/or another dancer.

A la Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

Axle: The working leg kicks out from a low chainé and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid air.

Back Walkover: A non aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot/leg at a time.

Backward Roll: A non airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface and lifting the hips over head through an inverted position.

Break Dancing: A rhythmic style of dancing involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the performance surface.

Cartwheel: A non airborne gymnastic skill where a dancer uses the support of their arms to pass through a sideways inverted position while kicking one leg up at a time and landing one foot at a time.

Chainé Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

Chorus Line Flips: A skill in which a dancer back or front flips between two other dancer whose arms and/or wrists are interlocked. The dancer flips with or without hand/arm contact.

Dance Lifts: See Lift

Elevated: Raising a dancer to a higher position.

Elevated Dancer: A dancer who is lifted by supporting dancers.

Flying Squirrel: A jump using forward momentum while the dancers arms and legs are extended creating an "X" position in the air.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to a la seconde turns but instead of the leg staying in second position it whips in to passé.

Forward Roll: A non airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Walkover: A non airborne tumbling skill where the dancer rotates forward with his/her hands on the performance surface while passing through an inverted position, then kicks the legs over to rotate hips over head landing one foot at a time.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid air.

Hand/Arm Contact: The physical contact between two or more dancers through the hand(s)/arm(s).

Handstand: A position in which the dancer is in a straight bodied, inverted position while the arms are placed on the performance surface extended by the head supporting his/her body weight.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the arms to aid in rotation and speed. The legs can be held in a variety of positions.

Headspring: A full rotation, acrobatic skill in which an athlete executes a flip from one's head on the ground while pushing off with their hands. The weight of the athlete is borne on the hands.

Headstand: A position in which a dancer is inverted on one's head while the hands are also on the performance surface to support his/her body weight.

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Heel Stretch: When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.

Hip Over Head Rotation: A movement where hips move over the head. Examples: Forward roll, back walkover

Inverted: When the dancers shoulders are below her/his waist with at least one foot above his/her head

Jump: An airborne position not involving hip over head rotation that is executed by pushing off of the performance surface with the power from one's feet and legs.

Kick and Hold: When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.

Kip Up: Originating from a laying down position (on back, stomach up) the dancer bends knees into chest and kicks up to land on his/her feet.

Krumping: This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.

Lift/Partner Lift: A sequence of acrobatic movements in which a supporting dancer(s) lifts an elevated dancer and, in many cases, holds the elevated dancer off of the performance surface.

Lifting Dancer: A dancer (s) who lifts and bears the weight of an elevated dancer during a dance lift.

Liquid Dancing: Liquid like movements and gestured dancing that can sometimes involve pantomime.

Partner Lift: See Lift

Passé (pah-say): A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg.

Piqué Turns (pee-kay): A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.

Pirouette Turns (pir-o-et): A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

Plié (plee-ay): A bending of the knee or knees.

Pony Sit: The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.

Pop & Lock: Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "snap shot effect".

Prop: An object that a dancer can control and utilize throughout a performance.

Pyramid: A grouping of connected stunts.

Relevé (reh-la-vay): A rising of the body on the balls of the feet.

Round Off: The dancer places hands on the performance surface while kicking legs up into an inverted position then snaps the feet and legs together to land at the same time.

Scale: When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.

Shoulder Roll: Similar to a forward or backward roll, although the back of the shoulder is the contact with the floor and the head is tilted to the side to avoid direct contact with the performance surface.

Shoulder Sit: The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer's back.

Side Leap/Jeté à la Seconde: A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid air before landing.

Side Aerial: An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

Spotting: A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).

Stall: A hip hop maneuver that halts all body motion. This skill uses the dancers strength and balance to freeze in a pose that is usually creative in leg variations or done on one or both hands in the inverted position.

Standing Prop: Any item(s) that bears the weight of the participant.

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Street Dancing: This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

Supporting Dancer: A dancer (s) who bears the weight of the elevated dancer.

Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid air to end with both legs extended at each side (straddle position).

Thigh Stand: The supporting dancers are in a lunge position while the elevated dancer places their feet in the pockets of the supporting dancer's thighs.

Trick: Dance skill that combines kicks with flips and twists from gymnastics, as well as, various dance moves and styles from breakdancing

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s).

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chaîné that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid air before completing the skill.

Whack Back – A vertical jump incorporating a backward rotating straddle jump or around the world jump as the performer lands on their hands at their sides and slightly behind their body.

Weight Bearing: A skill in which the dancers weight is supported by another dancer

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a v-shape. The leg motion gives the majority of the power, allowing the body to “flip” from a position on the back to a position with the chest to the ground.