

CDE School Rules/Restrictions

Novice Skill Restrictions

Novice teams will follow USA CHEER/NFHS Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks). **STUNTS:** Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person. Exception: Log Rolls/Barrel rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and ¼ turns are allowed.

TOSSES: The only body position allowed is a straight ride.

Intermediate Skill Restrictions

Intermediate teams will follow USACHEER / NFHS Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back hand spring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. (Exception: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cart-wheel – back handspring(s) – tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two-leg stunt.

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard USA CHEER/NFHS Safety Guidelines with no other skill restrictions.

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