

AMERICAN YOUTH CHEER

OFFICIAL CHEER AND DANCE RULES & REGULATIONS

2026 Edition

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PREAMBLE

American Youth Cheer (legally operating as, American Youth Football, ia a 501c3 non profit corporation, hereinafter American Youth Cheer and or “AYC,”) is a support services organization that provides guidelines, suggestions, and best practices for its local member organizations to consider, implement and enforce. AYC does not have operational control over local matters but exerts limited operational control over regional and national championships. Due to the expansive reach and local nature of youth sports, AYC is not able to ensure compliance with the guidelines, suggestions and best practices or rules it recommends to its local members. Parents, players, our members and their respective administrators, staff, participants, and stakeholders should conduct their own inquiries to ensure that local teams, associations, and conferences are operating in accordance with local/state/federal laws, governing body standards, and appropriate standards of care including, but not limited to, the guidelines and best practices recommended by AYC, in addition to specific personal concerns you may have related to your child and or ward’s participation in our member organizations’ youth cheer and dance programs.

RULES - DISTINCTIONS

This Model Rulebook (“Rulebook”) is provided to AYC members as a resource that may be used in connection with the operation of their organization. Within this Rulebook are model rules, competition eligibility requirements, recommendations guidelines and best practices. This Rulebook is not all-inclusive and should be used in conjunction with other external resources, meaning resources which are beyond what is provided to you by American Youth Cheer. AYC recommends that its members individually and collectively actively seek resources from governmental entities such as the U.S. Centers for Disease Control, relating to health and safety including, but not limited to, dehydration, concussions and other medical related items, as well as non-governmental entities including, but not limited to, medical boards, such as the American Academy of Pediatrics. Member organizations should adopt a variety of policies including, but not limited to, risk management, background check, anti-bullying, document collection and storage as well as ensuring that coaches are properly trained and are aware of proper coaching and stunting techniques.

Recommendations, suggestions and best practices in addition to reasonable standards of care and industry norms are important, they protect your participants, our community and the sport of cheerleading and as such it is reasonable to expect that local member organizations should seek to ensure reasonable compliance with the aforementioned.

ELIGIBILITY REQUIREMENTS

This Rulebook includes certain “Eligibility Requirements”; Eligibility Requirements are a list of requirements established by AYC to ensure fairness and a level competitive environment among those teams that intend to participate in AYC intramural competitions, specifically AYC Regional tournaments and the American Youth Cheer National Championships. AYC, in its sole discretion, shall declare ineligible any team, coach, participant and or association from participating in any AYC Regional or National tournament, based on a reasonable suspicion, finding and or a determination, by AYC, that a team, coach, participant and or association has violated and or conspired to violate one (1) or more of the Eligibility Requirements.

For clarity, during the preseason and during the playing season and certain parts of the postseason, AYC does not affirmatively enforce any rules or Eligibility Requirements, instead if an Eligibility Requirement is violated at any time during the season, upon discovery of the violation, the violating party shall, unless otherwise determined by AYC, be declared ineligible to compete in the Regional and National Championship Tournaments and or disqualified from said tournament.

BULLETINS

From time to time during the playing and or off-season, AYC may introduce and or remove, revise and or redact rules, guidelines, recommendations and or positions on best practices. These changes will be made in the form of bulletins, which may be distributed and or posted on AYF website(s). Bulletins will be reviewed and may be discussed, after publication at the next annual AYC leadership meeting for consideration and discussion before being added to the Rulebook.

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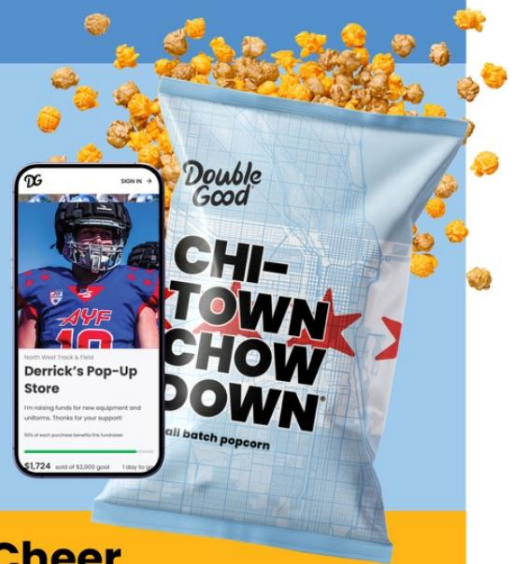


Start your season funded

AYF has partnered with Double Good to help teams raise the funds they need for the season. One simple fundraiser can set you up for success before the first kickoff or competition.

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-  We **CHALLENGE** you to place Rebel's prototype next to any competitor's prototype and choose the uniform that is best for you—the best look, the best fit, the best fabric, the most sparkle, the best value.
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The Rebel Challenge may be applied to one prototype per program. Offer valid for new customers only.

AMERICAN YOUTH CHEER (incorporated as AMERICAN YOUTH FOOTBALL, INC.) MISSION STATEMENT

American Youth Cheer is a support services organization, dedicated to Giving Back to communities by encouraging the positive development of youth athletes through their association with adult leaders in the sport of cheerleading as well as competitive dance. Guidelines are established to ensure that participants compete in an atmosphere of learning with a competitive balance between teams.

OBJECTIVES

AYC encourages its Member organizations to welcome all youth athletes to become involved in cheerleading and dance programs, regardless of race, religion and gender. AYC has established divisions, which members are encouraged to follow, which are designed to serve various ages, as well as participants with special needs.

AYC is a non-intrusive organization, whose Members govern their own operations, however membership in AYC is predicated on a requirement that Members subscribe to the following principles:

1. A focus on teaching
2. Instilling sportsmanship
3. Encouraging participation
4. Adherence to generally accepted best practices and industry standards

AYC Members who have committed to participating in the National Tournament, in order to ensure competitive fairness throughout the tournament, must adhere to the Eligibility Requirements in this Rulebook, and any and all AYF tournament rules.

Through open and measured communication with its Members, AYC will tailor its rules to ensure uniform and fair application to ensure and maintain the spirit of fair competition.

AYC Members may contact AYF with questions regarding this Rulebook and the contents herein.

Actions in contravention of the rules designed to ensure fair competition may result in probation, suspension, or exclusion from AYC and or the ability to participate in sanctioned events.

GIVING BACK

American Youth Cheer is on a mission to give back to the community. American Youth Football's "Giving Back" programs range from: financial grants to leagues who need assistance; shoes/uniform donations, equipment; field development; recognition for administrators who are making a difference in the AYF Hall of Fame.

ORGANIZATION

AYC operates through American Youth Football, Inc. an Ohio non-profit corporation. American Youth Football is recognized by the IRS as a 501c3 tax exempt organization, with central organization status. AYC members may, subject to IRS rules and procedures, seek tax exempt status under AYF's IRS determination letter and status, by applying to AYF using the form and methods provided at www.MyAYF.com. AYC members receiving 501c3 status under AYF's group letter ruling, a copy of which is available for download at www.MyAYF.com, must file their own annual tax returns with the IRS on form 990, 990EZ or the 990 postcard, based on IRS published revenue guidelines.

BOARD OF DIRECTORS

A Board of Directors guides AYC. The Board is responsible for overseeing the National Staff. The AYF National Office conducts the day-to-day operations of AYC. This staff will be under the guidance of the President of AYF. Positions will be added to the staff as necessary, at the discretion of AYF's Board of Directors.

AMERICAN YOUTH CHEER – LEAGUE DESCRIPTION

American Youth Cheer, hereafter known as AYC, is an all-inclusive youth cheerleading and dance League. As local leagues enter a national program, they recognize that AYC associations, whether operated independently or in connection with a football program, are independently run organizations, typically legal entities, governed by their members, a board of directors or as otherwise provided for in their duly adopted operating documents including, but not limited to, by-laws and or statutes. AYC encourages and expects that local leagues will adhere to the recommendations and best practices herein, and at a minimum, the youth cheer general safety rules of YCADA, including prohibitions against the use of trampolines, springboards, and over two-high stunts and pyramids. Local Leagues may incorporate additional restrictions or guidelines for use during season play and their local competitions.

In order to be eligible to compete in AYC-sanctioned regional and national competitions, teams shall 1) follow the AYC cheer and dance rules; 2) where the AYC cheer or dance rules are silent, the YCADA safety rules shall be followed, and; 3) complete the necessary paperwork listed in the AYF/AYC documents.

AYC is founded and organized on the premise that the same families who gather to watch AYF football programs compete on a weekly basis, will also gather to watch the AYC cheer programs compete on a local, regional, and national level. To youth cheerleaders, competition is their time to shine. While they greatly enjoy their role at each local football game, they equally enjoy the opportunity to perform on the competition floor. If the option of competition is missing from the cheerleading experience, the full benefit of the experience is lacking. AYC is committed to creating a positive competitive environment, where cheerleaders can highlight and showcase their skills, while learning how to win with grace and lose with honor.

REGIONAL AND NATIONAL COMMITMENTS

Associations must commit their teams to the Regional and National Championship track by **September 1** of each year using the Declaration Form to the appropriate Region Cheer and Dance Director. These declarations are then due to the AYC National Cheer Commissioner by the Region Cheer and Dance Director no later than **September 5** of the current year. Failure to submit your intent to participate may jeopardize the association's participation in the current year's AYC National Championships.

Associations that commit to their Conferences to participate in the Regional and National Championship and then do not fulfill their obligation may be subject to suspension from the following year's competition, including but not limited to, Regional and National Championships. Teams finishing first, second or third at their Regional Championship or Conference Qualifier are expected to attend and compete in the AYC National Championships. All teams traveling to the AYC National Championships must follow AYC's stay-to-play policy and stay in AYF/AYC-approved accommodations.

NATIONAL DROPS

In the event a team fails to attend and compete in the AYC National Championships, after having received a bid to the AYC National Championships, either by advancing through regionals, receiving an at large bid, or being granted a requested invitational bid; the totality of all teams who are members of and or are otherwise affiliated

with the association that, that team is a member or otherwise affiliated with, will be subject to the following Commitment Fee policy.

For up to the next three (3) National Championship tournaments, a team subject to the Commitment Fee policy, shall be required to submit \$2,950.00 (“the Commitment Fee”) at or before registering for the AYC National Championships. The Commitment Fee shall be applied as follows: \$950.00 will be applied to the registration fee, and \$2,000.00 will be held by AYF to be applied to the team’s hotel bill.

Should the team not show up at team check-in, the team will forfeit the entire \$2,950.00; with refunds only available in the event the no show was a result of a weather event or natural disaster.

SECTION 1 - RULES ENFORCEMENT/AUTHORITY

NATIONAL LEVEL OF AUTHORITY - LIMITATIONS

- I. Member organizations may be placed on probation, suspension and or have their membership and associated benefits revoked, for a defined or indefinite period time, at the sole discretion of AYF, for actions on inactions related to the conduct of its member organizations. Member organizations are not afforded due process, any and all determinations made by AYF are final and can only be reversed by AYF at its sole discretion.
- II. The American Youth Football National Office may involve itself in the affairs of local matters and/or local rule violations at its sole discretion, based on the request of individual petitioners/complainants, or *sua sponte*, if the AYF National Office determines that its involvement is necessary to protect the integrity and or goodwill of the organization.
- III. Any determinations and actions taken by AYF may be made without due process to the affected party, any and all determinations made by AYF are final and can only be reversed by AYF at its sole discretion.

REGIONAL LEVEL OF AUTHORITY - LIMITATIONS

- I. Regional Committees are appointed by AYF, to inspect and enforce all of the AYC participant paperwork and requirements for compliance with AYC participant certification for regional and national tournaments.
- II. No participant or team shall be allowed to compete in a regional tournament game who has not met all of these requirements.
- III. The AYF National Office may call upon the Regional Committee(s) from time to time, to: (1) mediate disputes between member organizations and or individuals, (2) make recommendations to AYC for matters where mediation has not produced an acceptable result by and between the parties.
- IV. The respective Regional Committee will recommend a Conference(s) to host the regional championships. The hosting of regional championships should be considered a fundraiser and be rotated annually among the Conferences that apply to host.

CONFERENCE/ASSOCIATION LEVEL OF AUTHORITY

- I. Conferences and or Associations, subject to their respective operating documents, are responsible for adopting policies and practices, to enforce rules as appropriate and to ensure the orderly operation of the organization on and off the field.
- II. Conferences and Associations, in accordance with their operating and or organizational documents and or procedures have the obligation and authority to enforce their by-laws, organizational materials, as well as properly adopted local rules and the appropriate AYF Model Rules, as adopted, considering the spirit of the respective rules. Additionally, Conferences and or Associations, within their by-laws and or

organizational documents, may make any rule more stringent, but should not make these rules less strict. Any organization found operating an association, outside of the best practices and guidelines established by AYF, NFHS and or other governmental entities or rule making bodies may be suspended until compliance is achieved.

- III. All Conferences, Associations and Teams, should if they have not already, adopt procedures that contemplate and address how to (1) resolve disputes between member organizations and individuals, (2) discipline both adult and youth participants and (3) take action to ensure compliance with rules and compel the adoption of best recommendations, suggestions and best practices.

*American Youth Football, Inc. does not have a formal appeals process. Conferences, Associations and Teams are advised to set up their own procedures to handle these matters in a timely fashion.

SECTION 2 - RESPONSIBILITIES OF REGION, CONFERENCE AND ASSOCIATION DIRECTOR

REGION CHEER AND DANCE DIRECTOR (RCDD), serves as a liaison to the AYC National Office for the geographical territory. She/he is the contact person for disseminating information to the Conference level from the AYC National Office, as well as ensuring all paperwork for advancing teams is properly completed with all deadlines met; the RCDD oversees the Regional Championships (if applicable); and serves as a delegate to any AYC National Office meetings. Regional duties are as detailed by the Regional operating policies (see *Section 3: Rules Enforcement/Authority* in the AYF National Rulebook). It is highly recommended that each Region Cheer and Dance Director have an Assistant Region Cheer and Dance Director to assist in duties and communication.

CONFERENCE CHEER AND DANCE DIRECTOR (CCDD), serves as a liaison to the Region Cheer and Dance Director and all Association Cheer and Dance Directors. Serves as a delegate to the Regional meetings. The CCDD performs Conference duties as detailed by the Conference by-laws or constitution. Must be 21 years old by **July 1** of the current year.

ASSOCIATION CHEER AND DANCE DIRECTOR (ACDD), serves as a liaison to the Conference Cheer and Dance Director while serving as a delegate to the Conference meetings. The ACDD performs Association duties as detailed by their local association by-laws or constitution. Must be 21 years old by **July 1** of the current year.

SECTION 3 - AYC RULES

COACHES CERTIFICATIONS

All coaches, through their appointment to coach, are bound by the “Coaches’ Pledge,” “Coaches’ Code,” and “Standard of Conduct.” All coaches must be approved by, and serve at the pleasure of, the Local Association. Coaching assignments are for one (1) season only and are automatically terminated at the close of each season. Coaches must re-apply for coaching positions annually. The Local Association determines the close of the season.

Each team must have either the Head Coach, an Assistant Coach or Licensed Trainer who is the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent, present at all practices and must be listed on the roster. A copy of the certification card must be in the team book.

All Tournament Conference AYC participating HEAD COACHES are required to complete the AYC Online Human Kinetics Coaches Course, found at www.ayfcoaching.com. Any Head Coach who has previously completed the course MUST YEARLY complete the refresher course available at www.ayfcoaching.com. This course must be completed before the start of the season (available **June 1** of the current year). Certificates must be placed in the team book.

All Tournament Conference AYC participating HEAD COACHES and ASSISTANT COACHES are required to complete the YCADA Y100 Series found at www.ycada.org/ayc.

Certification courses are as follows:

Y101AYC- First year coaches

Y102AYC- Speed course - focuses more completely on rules & scoring.

Y103AYC- All veteran coaches that have completed Y101AYC & Y102AYC.

All veteran coaches will then rotate between the Y102AYC and Y103AYC courses which will be updated yearly to reflect any rule and scoring updates/changes.

*In the event of transitioning from another organization outside of AYC, coaches (new or veteran) are required to start at the Y101AYC regardless of previous certifications. All courses taken MUST be completed before the start of the season and each certification must be placed in the team book.

While it is not mandatory for a sideline-only coach to take a YCADA course, it is strongly recommended that ALL coaches take the Y101AYC course as it provides all coaches, competitive or non-competitive, the most up to date cheer and dance information as well as a serving as a guide for proper practice, games, coaching tips, etc.

As in all rules, Conferences may have stricter rules regarding concussion education. Test results from completion of the course must be placed in the team book.

Satisfactory completion of all online courses and educational materials and or certifications, will be confirmed by an affidavit due at the Regional/National Championships for all qualifying teams.

ROSTERED PERSONNEL

Below is the maximum staff allowed on an AYC Roster. Team Moms/Managers are not considered official, rostered staff for the purpose of staff access at the AYC National Championships.

- One (1) Head Coach
- Four (4) Assistant Coaches for a small team and five (5) Assistant Coaches for a large team
- Four (4) Junior Demonstrators
- One (1) Licensed Trainer – (Qualifications vary by state – Please consult your state to find out what constitutes a Licensed Trainer/Medical Examiner in your state) - State License is required for participation.

Only rostered Coaches, Junior Demonstrators and Licensed Trainers will be able to accompany the team at events. All rostered personnel 18 years of age and older must complete a Safe Sport Act compliant background check.

All coaches must answer to and are under the supervision of administration of the local Association and/or Conference.

HEAD COACHES

Head coaches are in complete charge during practices, games, and competitions. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their participants. A Head Coach may only be rostered as Head Coach for one (1) team.

AGE OF HEAD COACHES

Must be 21 years old by **July 1** of the current year. The coaching staff will be under her/his direction and supervision.

AGE OF ASSISTANT COACHES

Must be 18 years old by **July 1** of the current year and must have graduated from high school or hold a GED certificate. They must have a general knowledge of cheerleading and cheerleading safety rules.

AGE OF JUNIOR DEMONSTRATORS

Ages 14-17, however, if a Junior Demonstrator is attending high school, they may be 13 years old. Junior Demonstrators may only carry out the instructions of the Head or Assistant Coaches. AYC recommends all Junior Demonstrators work with teams a minimum of two (2) years younger than his/her current age. Junior Demonstrators shall not conduct a practice. Junior Demonstrators are participants; all required participant paperwork must be filled out, certified, and in the team book. Junior Demonstrators are NEVER to carry out ANY disciplinary action towards any participant.

TEAMS WITHOUT FOOTBALL

AYC recognizes cheer and dance teams without football. In an effort to support youth cheerleading and help our organization grow, AYC is proud to continue to encourage youth cheerleading teams that are not affiliated with AYC football teams or recreation football programs to join AYC independently. To register teams and become a member visit www.MyAYF.com. If you have any related questions, please email the AYC National Cheer Commissioner at chris@americanyouthfootball.com.

FORMATION OF TEAMS

Tryouts are not permitted. The formation of teams is based on a first come first served participation policy. AYC does allow registration/sign-up for "veteran (returning) participants" prior to "open" registration/sign-up. Each child must be afforded the opportunity to participate regardless of ability. Once a participant is registered, the local association may assess the appropriate division in which to place the participant in accordance with the age requirements. Assessments cannot result in dismissal of any participant for ability or any other reason other than those listed in the rule entitled: *Dropping a Participant*.

Associations may conduct skill evaluations to determine the appropriate team placement for participants. These evaluations must be administered in a fair, objective, and consistent manner to ensure all participants are assessed equally based on their abilities. The primary goal of an evaluation process is to place each participant on

a team that best matches their skill level, promoting balanced competition and individual development. Under no circumstances may tryouts be held where a participant is cut.

AYC requires that for the first 12 participants there must be one (1) head coach (adult volunteer who is at least 21 years of age) assigned to the team. A team with more than 12 participants must have one (1) assistant coach (adult volunteer who is at least 18 years old). For any team with over 24 participants, there must be one (1) additional assistant coach (adult volunteer at least 18 years old) (i.e. maximum 12 participants = one [1] head coach; 13 to 24 = one [1] head coach and one [1] assistant coach; 36 participants = one [1] head coach and two [2] assistant coaches). Teams electing to compete in AYC Regional and National competitions are required to restrict teams to 36 members.

OUTSIDE COMPETITION

Cheer teams may participate in outside cheer competitions. Cheer teams shall register in outside competitions in the age divisions comparable to AYC. It is the first priority of American Youth Cheer teams to support and participate in AYC Local, Regional, and National Championships. If a scheduled “outside” competition conflicts with an AYC sanctioned event, the team will be expected to participate in the AYC sanctioned event. The local conference shall be notified of all outside competitions a team is participating in. AYC teams cannot bypass the AYC National Championships to attend any outside events including, but not limited to, YCADA Globals. Associations that don’t comply may be subject to suspension from the following year’s AYF/AYC competition including, but not limited to, AYC Regional and National Championships.

AGES OF PARTICIPANTS

Minimum age of all participants is four (4) years old by **July 1** of the current year. The maximum age of all participants is 16 years old by **July 1** of the current year. However, for Inspiration teams the maximum age is 21 years old by **July 1** of the current year. There are no waivers allowed for participants outside this range.

For determining the participant’s age (Protected Age), the term “on or before” and the term “as of” is intended to have the same definition (Age Cutoff Date).

An age cutoff date of (on or before/as of) **July 1** of the current season is as follows: 14 years old on **July 1**, turns 15 years old on **July 2**, the participant cheers as a 14 year old. See the ages in the AYC cheer and dance divisions.

ROSTERS

Associations must collect, complete, and inspect all AYF required participant paperwork for compliance by **August 31**. Rosters must be submitted in birth date order sorted by oldest to youngest participants. Conferences must certify that their Associations have met this requirement and have a system in place for paperwork and roster certification. A Certified Roster means all of the participants listed on the roster have submitted the AYF required paperwork, all paperwork is authentic and compliant with AYF/AYC rules and regulations and the participant fits the criteria established for the specific team level and age division to which the participant is certified.

Participants may only be rostered with one (1) Division (i.e. if a participant is rostered on Division 12 cheer, said participant cannot be rostered on Division 14 Pom). Crossing over age divisions is not permitted. Participants added to rosters after **August 31** must be certified prior to participating in any game or competition. Any

participant moved to another division must be age eligible according to the AYC age divisions. There must also be room on the roster, as no participant shall be cut or dropped just to make room. On **September 15**, the cheer roster will be final for the remainder of the season. If a cheer team should drop participants after **September 15**, but prior to the Regional Cheer Competition with prior notification being made to the Region Cheer and Dance Director, the team may move from the Large division to the Small division but **ONLY** if the participant(s) quit or drop due to injury. If the roster drops participants below 19 after the Regional Cheer Competition but before the AYC National Championship, you cannot move from the Large division to Small division because you have already qualified through the Regional Competition. In summary, if you compete in the Large division at the Regional Competition, you will compete in the Large division at the AYC National Championships regardless of your team size. All final rosters are required to be submitted to the AYC National Office on **September 19**. Conferences must receive all of their Association rosters and certify all of their participant documentation by **September 15**.

Below is the required paperwork order for each "AYC Team Book." Please keep in mind, this is the book order for cheer and dance only as football has their own procedure. All AYC teams must follow this protocol.

- Team Roster
- Risk Management & Background Check Affidavit
- YCADA Course Completions- required for all competitive coaches and strongly encouraged for sideline only coaches to take Y101AYC, Y102AYC, or Y103AYC depending on your coaching years/experience in AYF/AYC.
- Head Coach Human Kinetics Coach Education Certification – **REQUIRED COURSE COMPLETION**
- One (1) staff member's CPR/First Aid Certification Certificate – **REQUIRED COURSE COMPLETION**
- Scholastic Affidavit
- Proof of Insurance – **ONLY REQUIRED IF YOU ARE NOT A SADLER INSURANCE CUSTOMER**

Listed below is the order that all participant paperwork should be filed in the book. Any additional Association and Conference paperwork must be placed behind the below required Conference paperwork.

Participants should be filed in birth date order **OLDEST TO YOUNGEST**. Junior Demonstrators will be placed at the end in alphabetical order.

- Participant Tracker Card - front and back filled out
- Emergency Consent Form
- Medical Release Form
- Birth Certificate (original or certified copy)
- Image Release Waiver
- Waiver and Release of Liability Waiver
- Concussion Annual Statement and Acknowledgement Form

Conferences must maintain a copy of the final certified copy of all rosters in their possession. Conferences must then submit all rosters to the AYC National Office via www.MyAYF.com and a copy to the designated Regional Committee member, typically the Region Cheer and Dance Director unless otherwise noted by that region, by **September 19** of the current year. All Conferences must submit rosters to the AYC National Office by entering them electronically into the www.MyAYF.com system by the deadline of **September 19** of the current year. Failure

to submit rosters may mean the loss of certain services provided by AYF/AYC, including postseason and championship eligibility.

DROPPING A PARTICIPANT

When dropping a participant will be acceptable:

- A participant is found to have signed up because of parent or guardian pressure or she/he tells team management she/he doesn't really want to cheer/dance.
- A participant cannot furnish the required documents to be certified to a team roster, (e.g., medical clearance, proof of birth date, etc.).
- A participant shows no interest in cheer/dance, is disruptive to other participants & the instructions of the coaching staff and becomes a discipline problem.
- A participant does not show up for practices or team events. Participants must have a valid excuse from the parent(s), guardian(s) or a physician.
- A participant attempts to intimidate fellow participants by words and/or physical act(s).

Coaches are not allowed to do the following to force a participant to drop:

- Excessive team or individual conditioning drills.
- Disciplinary actions or assigning individual participants laps.
- Intentionally placing a participant in intimidating situations for the purpose of encouraging a weaker participant to quit.

Coaches found to be using these, or any other tactic, to drop weaker participants will be immediately dismissed for the remainder of the season and may be permanently suspended.

AYC allows participants to try-out and practice with a school cheer team or an All Star team provided it doesn't interfere with their AYC team.

SECTION 4 - PRACTICE LIMITATIONS

PRACTICE LENGTH

Preseason practices can be daily until Labor Day, but must not exceed ten (10) hours per week, and two and a half (2.5) hours in duration per day. A mandatory 10-minute break ("Mandatory Break") after each hour of practice is required. Mandatory Breaks do not count against the hours per week or the maximum hours per day.

After Labor Day, all practices may not exceed a maximum of eight (8) hours per week, with a maximum of two and a half (2.5) hours per day. Mandatory Breaks are still required.

All participants, regardless of when they join the team, must have at least one (1) week of conditioning (at least ten [10] hours) before they can engage in regular practice sessions. This requirement must be met even if a participant joins the team after the start of the regular season schedule. Conditioning is defined as basic warm-up

exercises; conditioning for jumps & tumbling; arm motion drills; and basic stunting at prep level; learning of cheers or chants.

CHOREOGRAPHY PRACTICE HOURS

In addition to the normal practice hours, an additional ten (10) hours of practice throughout the traditional season may be used for choreography sessions. It is recommended that the ten (10) hours be spread over 2–4 additional practice days.

WARM UP AND COOL DOWN PERIODS

Practice shall include a 15-minute warm up and a 15-minute cool down to minimize risk to your team.

TRADITIONAL AND SPRING CHEER SEASON

The traditional AYC season coincides with the AYF season which is **July 1** through the National Championships in December. Spring cheer season is from **January 1–June 30**.

Spring teams should collect the same paperwork as traditional teams, follow the same practice limitations & age requirements, submit a roster to your Conference Cheer and Dance Director, and carry the proper insurance.

CAMPS & CLINICS

Cheer teams are strongly encouraged, in part or full team, to attend either a camp or clinic during the season and off-season. These camps or clinics should be designed as instructional for youth/recreation Conferences and should not be made mandatory by any coach, Conference, or personnel associated within an AYF/AJC program. The focus of such camps should be on safety and proper execution of cheerleading skills to the team's age division. AYC highly recommends all coaches attend training clinics. AYC can assist your association or conference in hosting a camp/clinic. For more information, please contact your Region Cheer and Dance Director. It is necessary to secure the proper insurance for any camps or clinics.

INSURANCE

All teams must furnish proof of General Liability and Accident Insurance. The required coverage can be found online at www.MyAYF.com. Additionally, American Youth Football must be named as an additional insured. All members not covered under the AYF/AJC endorsed insurance policy are required to deliver to AYF/AJC a certificate of insurance prior to conducting any games or practices. For more information on the AYF/AJC endorsed insurance plan, visit www.MyAYF.com. A cheer team without football must have additional insurance.

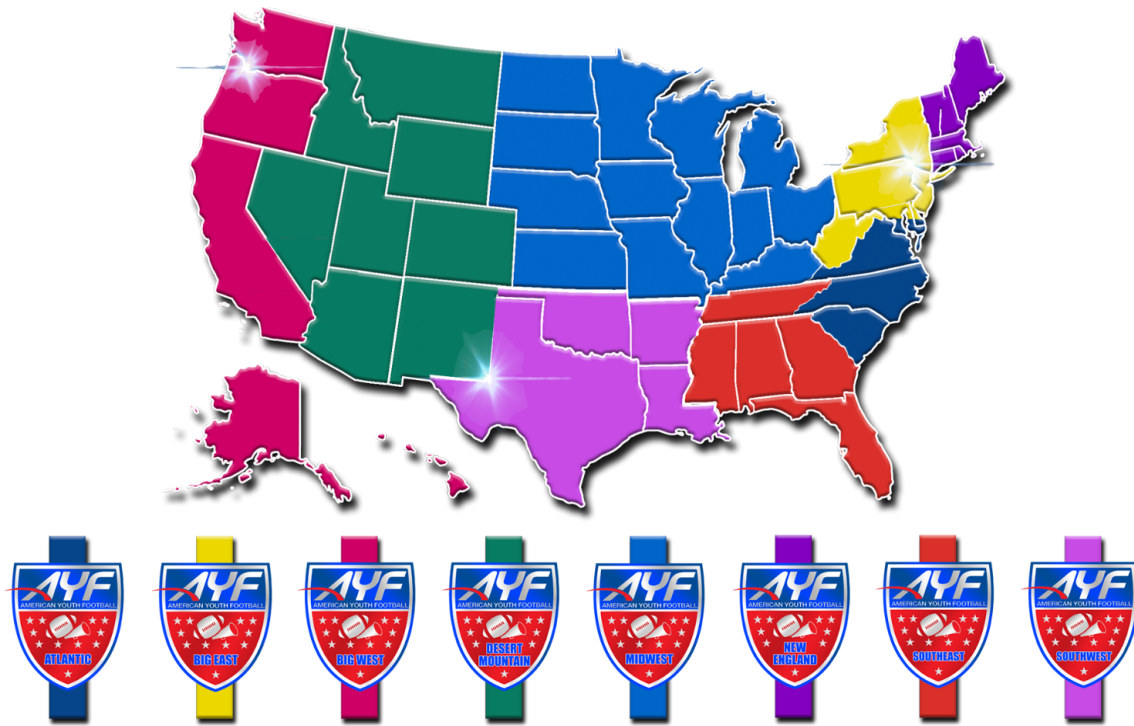
BANNED ACTIVITY

All teams are banned from sideline “cheer battles” at games, pep rallies, competitions etc.

SECTION 5 - AYC COMPETITIONS REGIONAL/NATIONAL

AYC COMPETITIONS

When cheer and dance teams from various regions across the nation come to compete, there must be a standardized set of rules under which all must comply. The following pages will list the age divisions, skill divisions and safety guidelines that will be used in AYC Regional and National Cheerleading Competitions. AYC requires that Conference competitions follow ages listed in the cheer and dance divisions for consistency and safety.



AYC NATIONAL CHAMPIONSHIPS QUALIFICATION

To qualify for the AYC National Championships, competitive teams must be affiliated with AYF/AYC and have entered final rosters by **September 19**. Teams **MUST** participate in their conference cheer competition and Regional Championship to qualify for the AYC National Championships. AYC National Championship qualified teams include those who place first, second and third in an AYC Regional Championship. If an AYF/AYC Competition is not offered at the Regional level, ranking of first, second and third place must be accomplished at your local AYF/AYC Conference Competition. Final placement and advancement to the AYC National Championships will be at the discretion of the Region Cheer and Dance Director with approval from the AYC National Cheer Commissioner. AYC reserves the right to grant a team qualification to the AYC National Championship should an extraordinary circumstance arise which prevents the team from attending a qualifying event. For any questions regarding qualification for Conference, Regional and National competitions, please contact the AYC National Cheer Commissioner at chris@americanyouthfootball.com.

Electing to participate in the AYC National Championships obligates participants to follow a list of specific guidelines for their protection as well as AYF/AYC. Note that this list is available at www.MyAYF.com.

SIZE AND SKILL LEVEL DIVISION GUIDELINES

At the AYC National Championships, small and large divisions may be combined into an open division when there are fewer than three (3) teams that will ultimately compete in each division.

- Small Team: 5-18 members, female and/or male
- Large Team: 19-36 members, female and/or male

CHEER DIVISIONS

DIVISION	AGES	SKILL LEVELS	AGE WAIVER POLICY
Division 6	4, 5, 6	1 LIMITED	NO WAIVERS ARE PERMITTED.
Division 8	5, 6, 7, 8	1, 2	WAIVER DOWN A 9 YEAR OLD IF NO DIVISION 10 IS OFFERED. WAIVER UP DOES NOT APPLY.
Division 10	7, 8, 9, 10	1, 2, 3	WAIVER DOWN AN 11 YEAR OLD IF NO DIVISION 12 IS OFFERED. WAIVER UP A 6 YEAR OLD IF NO DIVISION 8 IS OFFERED AND NO 11 YEAR OLD IS WAIVED DOWN.
Division 12	9, 10, 11, 12	1, 2, 3	WAIVER DOWN A 13 YEAR OLD IF NO DIVISION 14 IS OFFERED. WAIVER UP AN 8 YEAR OLD IF NO DIVISION 10 IS OFFERED AND NO 13 YEAR OLD IS WAIVED DOWN.
Division 14	11, 12, 13, 14	1, 2, 3, 4	WAIVER DOWN A 15 YEAR OLD IF NO DIVISION 16 IS OFFERED. WAIVER UP A 10 YEAR OLD IF NO DIVISION 12 IS OFFERED AND NO 15 YEAR OLD IS WAIVED DOWN.
Division 16	13, 14, 15, 16	2, 3, 4	WAIVER DOWN DOES NOT APPLY. WAIVER UP A 12 YEAR OLD IF NO DIVISION 14 IS OFFERED.

DANCE DIVISIONS

DIVISION	AGES	CATEGORY	AGE WAIVER POLICY
Division 8	5, 6, 7, 8	POM, HIP HOP, STEP	WAIVER DOWN A 9 YEAR OLD IF NO DIVISION 10 IS OFFERED. WAIVER UP DOES NOT APPLY.
Division 10	7, 8, 9, 10	POM, HIP HOP, STEP	WAIVER DOWN AN 11 YEAR OLD IF NO DIVISION 12 IS OFFERED. WAIVER UP A 6 YEAR OLD IF NO DIVISION 8 IS OFFERED AND NO 11 YEAR OLD IS WAIVED DOWN.
Division 12	9, 10, 11, 12	POM, HIP HOP, STEP	WAIVER DOWN A 13 YEAR OLD IF NO DIVISION 14 IS OFFERED. WAIVER UP AN 8 YEAR OLD IF NO DIVISION 10 IS OFFERED AND NO 13 YEAR OLD IS WAIVED DOWN.
Division 14	11, 12, 13, 14	POM, HIP HOP, STEP	WAIVER DOWN A 15 YEAR OLD IF NO DIVISION 16 IS OFFERED. WAIVER UP A 10 YEAR OLD IF NO DIVISION 12 IS OFFERED AND NO 15 YEAR OLD IS WAIVED DOWN.
Division 16	13, 14, 15, 16	POM, HIP HOP, STEP	WAIVER DOWN DOES NOT APPLY. WAIVER UP A 12 YEAR OLD IF NO DIVISION 14 IS OFFERED.

INSPIRATION DIVISION

AYC offers the “Inspiration Division”. The Inspiration Division exists to include any child with a disability, up to the age of 21. Participation in a sport will not only improve their motor skills but also inspire them socially and emotionally. Please contact your Region Cheer and Dance Director for additional information.

COMPETING UP - AGE WAIVER REQUESTS

AYC provides an “Age Waiver Request” form that an association may use to request an age waiver. The form is located on www.MyAYF.com. This form must be signed and approved by the Conference Cheer and Dance Director and then forwarded to the Region Cheer and Dance Director for approval. If approved by both parties, the request will then be submitted to the AYC National Cheer Commissioner for final approval prior to the participant’s placement on a team and prior to the participant beginning practice. Not having the proper waiver could result in the director or commissioner denying the waiver.

The maximum age gap for all divisions can only be five (5) years if enough teams are not offered. For example: a 10 year old cannot waiver up to a Division 14 team if a Division 12 team is offered and/or there is a 15 year old on the Division 14 team. This would make it a six (6) year age gap (ages 10, 11, 12, 13, 14 and 15) - not five (5).

The maximum number of waivers (if granted) should be no more than three (3) per team, not association. Any extreme circumstances will be handled on a case-by-case basis.

Waivers for non-competitive teams must also be submitted and follow the same policy and procedures as competitive cheer teams. Waivers are not intended or permitted for Elite teams.

CHEER PROGRESSION THROUGH THE LEVELS

There are five (5) skill levels in AYC; level 1 limited, 1, 2, 3, and 4. The levels are for our participants as they begin learning the basic safety and technical skills associated in cheerleading and then continue to follow a safe skill progression. The goal of cheer progression is to learn a skill and succeed at the skill in hopes to begin learning the next logical skill that follows. One must master the basic skills then work toward the next challenging skill.

Level 1 Limited is specifically for Division 6 teams only with participants and coaches that have little to no experience. This level is limited for Novice participants and coaches.

Level 1 is for teams with participants and coaches that have little to no experience. This level is for Novice participants and coaches.

Level 2 is for teams with participants and coaches where a majority of the team has mastered level 1 skills. This level is for Beginner to Intermediate skilled participants and coaches.

Level 3 is for teams with participants and coaches where a majority of the team has mastered level 2 skills. This level is for Intermediate to Advanced participants and coaches.

Level 4 is for teams with participants and coaches where a majority of the team has mastered level 2 & 3 skills. This level is for Advanced participants and coaches.

Any team that places first at the AYC National Championships and/or an AYC Regional Championship event and has 50% or more of the roster (participants and coaches) returning the following season, said team is expected to

advance to the next level (i.e. advance from level 2 to level 3). The Conference Cheer and Dance Director along with the Region Cheer and Dance Director shall oversee progression.

NATIONAL CHAMPION JACKETS

National Champion jackets will be issued to competing participants who place first in their division. There must be a minimum of two (2) teams in a division for National Champion jackets to be issued. National Champion jackets may be issued to divisions with one (1) team based on availability upon completion of the event. Should a participant compete on multiple teams (example: Cheer and Dance team or Elite team) and both teams place first in their division, said participant will only receive one (1) National Champion jacket.

NATIONAL CHAMPIONSHIPS X-FACTOR BID

After the conclusion of all applicable regional qualifiers, one (1) overall cheer team from each age and skill division — Division 8, Division 10, Division 12, Division 14, and Division 16 — that did not originally qualify for the National Championships will receive the X-Factor Bid based upon criteria set forth by AYC. This special bid will be awarded based on a review of scores from all regional events across the eight AYC regions. One (1) standout cheer team per division will be chosen as the X-Factor recipient — a team that demonstrated exceptional potential, spirit, or performance but narrowly missed qualification.

SECTION 6 - AYC CHEER AND DANCE RULES & GUIDELINES

(See YCADA penalty sheet or safety infraction breakdown)

UNIFORMS

Midribs and/or sheer/nude color uniforms are prohibited. All participants should have proper coverage not exposing any midriff areas. Sheer or nude panels may be used on SMALL areas of the uniform such as the shoulders or arms while NOT exposing any inappropriate areas that should be properly covered. An AYC patch is not required on any section of the uniform.

SHOES

All shoes must be secure. A deduction may be taken for any shoe that comes off during the performance and poses a safety concern (judge's discretion). Shoes worn for dance are NOT permitted to have taps.

CASTS/BRACES/GLASSES/MEDICAL EQUIPMENT/RELIGIOUS OBSERVANCES

- Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast. Participants wearing hard braces/prosthetics 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. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.
- Glasses may be worn but must be secure. If they fall off, they must be quickly retrieved. A sport strap for all participants wearing eyeglasses is highly recommended.
- Any participant requiring a medical device shall be allowed to participate as long as medical documentation allowing participation is available.

- Any participant requiring modification to any safety rule based on their religious practice will require prior written approval.

UNSPORTSMANLIKE BEHAVIOR

A team whose administrators, coaches, participants, and/or spectators are displaying unsportsmanlike conduct before or during an event may be subject to a 5-point deduction.

MUSIC GUIDELINES

- There cannot be a “bleep” over an inappropriate lyric.
- Lyrics cannot lead up to an inappropriate word which then has a voiceover on the inappropriate word or cuts off right at the inappropriate word.
- Music legalities cannot be based on “meaning of the song”, although specific lyrics should be appropriate for family listening. i.e. avoid lyrics in regards to drugs, sex, drinking, etc.
- When there is a music malfunction during a performance that is not the result of the coach or team representative error, the team may be offered the option to perform again. It will be up to the competition officials if the team will perform again and from what starting point.

SCORING

The total possible score a team can receive is 100 points. Scores from each panel judge will be added together resulting in the *Total Judges Score*. The *Total Deductions* will be subtracted from the *Total Judges Score* to get the *Final Score*. The *Final Score* is used to determine awards/ranking.

For example:

The team receives the following scores:

Judge 1: 27.9 (Building)

Judge 2: 24.3 (Tumbling/Jumps/Tosses)

Judge 3: 26.4 (Overall)

These scores are added together $(27.9+24.3+26.4) = 78.6$

Total Judges Score: 78.6

The team received Total Deductions of 1.5 points

The Total Score minus the Total Deductions $(78.6-1.5) = 77.1$

Final Score = 77.1

IN CASE OF A TIE FOR CHEER

All ties will be broken at Regional/National competitions by using the Degree of Difficulty scores from: Jumps, Stunts, Pyramids, Dismounts, Tumbling, and Tosses. If it is necessary to break a second tie, the Execution score will be used.

IN CASE OF A TIE FOR DANCE - POM

All ties will be broken at Regional/National competitions by using the Pom/Motion Technique/Sharpness and Synchronization scores. If it is necessary to break a second tie, the Choreography-formations score will be used.

IN CASE OF A TIE FOR DANCE – HIP HOP

All ties will be broken at Regional/National competitions by using the Routine Execution/team Uniformity and Routine Execution/Performance Presentation and Execution. If it is necessary to break a second tie, the Choreography/formations score will be used.

IN CASE OF A TIE FOR DANCE – STEP

All ties will be broken at Regional/National competitions by using the Synchronization/precision scores. If necessary, a second tiebreaker will consist of Synchronization/precision plus Appearance, Uniforms & Costumes/Props scores.

ROUTINE INTERRUPTION DUE TO INJURY

In case of an injury, the competition officials, event medical personnel, a coach of the performing team, or one of the judges can stop the performance. It is up to the competition officials if the team will perform again and from what starting point. Any injury where there is blood present must be stopped and the injured participant must not return until the bleeding has stopped, the wound is covered, and uniform appropriately cleaned or changed.

INJURED PARTICIPANT RETURNING TO COMPETITION

An injured participant must not return to the performance until the competition official receives clearance from all of the representatives listed below:

- Event Medical personnel tending to the participant
- Parent/Guardian (if present)
- Head Coach of competing team

In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

REASONS FOR DISQUALIFICATION

Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include, but are not limited to, over age competitor(s), competitor(s) not listed on the official AYC roster, and/or illegal competitor(s) listed on official AYC roster. If a team is found with unregistered competitors, the team will be disqualified. Teams registering and performing in incorrect divisions and/or categories will be disqualified.

SECTION 7 - LEGALITY QUESTIONS FOR CHEER AND DANCE

Coaches and Coordinators are responsible to comprehend and comply with all AYC Age Division Requirements, AYC General Safety Rules, YCADA Safety Rules, and Routine Guidelines pertaining to the competing division. All questions concerning any YCADA Safety Rule should be submitted to YCADA at www.ycada.org/ayc. The YCADA form must be filled out and you must attach a video. Further information can be located in the coaches resource center online at www.ycada.org/ayc.

CONTACTING AYC

All AYC members can communicate directly with the AYF/AYC National Staff. The AYF/AYC National Staff will not tolerate disciplinary actions being taken against members or parents who choose to contact the AYC National Office directly. Contact information can be found online at www.americanyouthfootball.com. You may contact the AYC National Cheer Commissioner via email at chris@americanyouthfootball.com.

SECTION 8 - AYC CONFERENCE ELITE CHEER DIVISION

ELITE DIVISION

DIVISION	AGES	SKILL LEVELS	SIZE
Division 12 Elite	9, 10, 11, 12	2	Up to 36 participants
Division 14 Elite	11, 12, 13, 14	3	Up to 36 participants

CONFERENCE ELITE DIVISION TEAM GUIDELINES

The Elite Division is a competitive division at the AYC National Championships. Each AYC National Conference has the opportunity to create a Division 12 Elite level 2 and/or Division 14 Elite level 3 team(s) for the purpose of competing at the AYC National Championships. Teams are encouraged to perform at local and regional competitions if they are ready. However, a team cannot be formed unless they are committed to attend the AYC National Championships.

- Elite teams may have up to 36 participants, female and/or male
- Division 12 Elite is made up of cheer participants that are on the current year's cheer roster and are 9–12 years old on a Division 10, Division 12, or Division 14 team. Participants can be from level 1, 2, 3, or 4 teams at their local association.
- Division 14 Elite is made up of cheer participants that are on the current year's cheer roster and are 11–14 years old on a Division 12, Division 14, or Division 16 team. Participants can be from level 1, 2, 3, or 4 teams at their local association.
- Participants may compete at the AYC National Championships for their local Association and their Elite team - cross competing is allowed. However, participants may not compete on both a Division 12 Elite and a Division 14 Elite team.

- Each Conference must submit all required paperwork to their Region Cheer and Dance Director no later than **September 15** of the current year. The Region Cheer and Dance Directors must confirm approved team participation no later than **September 18** of the current year. Commitment means that each participant's parent/guardian has committed and understands the financial, practice and travel obligations. You must have a committed team of participants and coaching staff prior to making your commitment to the AYC National Office.
- **There must be at least two (2) teams in the Elite division to hold a National Championship. A determination will be made if there are enough teams by September 25 of the current year.**
- Elite teams will be required to pay the tournament registration fee upon commitment and acceptance into the AYC National Championships. This fee is non-refundable and therefore forfeited should a team back out of the championship. In addition, any Conference that commits to sending a team to the AYC National Championships and does not send a team, will be suspended from participation for one (1) year.

COMPETITION ATTIRE

Attire will be a performance tank or t-shirt and shorts with briefs underneath. No sports bras or midriff tanks exposing the stomach may be worn for performance. If your team chooses to perform in a tank, make sure each participant is properly covered for family viewing.

COACHING SELECTION

Conferences will develop their own system for nominating and selecting coaches and participants, utilizing the minimum guidelines set forth below. Coach nominees must be currently rostered in that Conference and have a positive history with the organization. Nominees must be coaches who have demonstrated not only the competence one would expect from a cheer coach, but one who demonstrates the understanding that "It's for the Kids" and demonstrates the highest moral integrity and character.

The Conference Cheer and Dance Director should oversee coach selection, with the assistance of other Conference board members and/or Elite team coaching staff.

PARTICIPANT SELECTION

The Conference Cheer and Dance Director shall have final approval of all participants of the team to ensure minimum participation requirements are met.

At least three (3) different associations within the Conference must be represented. No single association can dominate in participation. Conferences needing an exception to this rule must contact their Region Cheer and Dance Director for approval from the AYC National Cheer Commissioner.

Only participants who, by the **September 15** deadline, were certified, listed on the final roster and are actively participating with their team during the regular season are eligible. The participant selection process should include a scholastic component. It is recommended that selection and formation of the team be done between week four (4) and week six (6) of the traditional season.

CONFERENCE REQUIREMENTS

The Conference Cheer and Dance Director must certify that each participant selected is properly listed on the final roster and certify and submit all required documentation to their respective Region Cheer and Dance Director by the **September 15** deadline. The Conferences must ensure that each participant is actively participating with their team for the entire season. The Conference is to complete a roster for the Elite team via the documentation provided by the AYC National Office.

The Conference is required to guard that the following practice rules are adhered to:

- Practice may not start sooner than **August 15** of the current year.
- No more than six (6) hours practice per week, three (3) hours max, with the exception of choreography.
- Water and bathroom breaks must be incorporated into the practice time.
- Each participant's first priority is their main cheer team and Elite coaches must keep that in mind during scheduling practices and other Elite events.

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- [12 reasons the AYF insurance program blows away the competition](#)
- [Coverage descriptions of all 5 insurance policies](#)
- [What you need to know before you apply for coverage](#)

**John Sadler Explains On Short Video Why
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<https://www.youtube.com/watch?v=NV3T5HUf0bY>

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- Annual AYF/AYC Registration Fee is \$45 per team for tackle, \$30 per flag team, & \$45 per cheer squad (**when registering online**)

Optional Coverages available when accident/general liability plan is purchased:

<p>DIRECTORS & OFFICERS LIABILITY \$1,000,000 Directors & Officers Liability: \$377 per governing board (except in Hawaii) \$2,000,000 Directors & Officers Liability: \$485 per governing board (except in Hawaii)</p>	<p>EQUIPMENT /CRIME INSURANCE \$25,000 Crime Insurance Equipment Coverage: Rate based on Total Replacement value: (\$300 minimum premium)</p>
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For more information about membership, visit www.myayf.com

Check out our Sports Insurance Blog: <http://www.sadlersports.com/blog/>

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YCADA RULES & SCORING

AYC Youth Packet



2026-2027

(VALID UNTIL 5/31/2027)

This packet is for AYC Youth teams only.

VISIT YCADA.ORG FOR COURSE INFO AND EDUCATIONAL MATERIALS.

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YOUTH CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

SHOW CHEER LEVEL 1 LIMITED: (Time Limit: 2 min) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Level 1 Limited routine requirements and allowances.

SHOW CHEER: (Time Limit: 2 min 30 sec) This category is offered for the following levels: **1, 2, 3 and 4**. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances.

YOUTH CHEER GENERAL SAFETY RULES

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

New rule changes are marked in RED. Any violations from this section will be a 1.0 point deduction.

Please be aware that all rules in this packet are in addition to any specific rules in the AYC Rule Book.

- (a) Shoe charms, hair beads, jewelry, and chewing gum are prohibited during performances. Jewelry may not be taped on or over (exception - medical/religious pendant may be taped down). Jewels/rhinestones may not be adhered to the participant's body and/or face. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Glitter adhered to the face, hair, body is allowed.
- (b) 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/prosthetics 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.
- (c) Athletic closed-toe shoes are required for all participants.
- (d) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (e) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (f) Entrances & Exits
1. SHOW CHEER
 - Formal entrances/exits are prohibited (this includes tumbling or stunt skills). Teams should take no longer than 20 seconds to enter and set for their routine.
- (g) Timing
1. SHOW CHEER - Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!") Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface.
- (h)
1. Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
 2. Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Challenger).
- (i) Code of Conduct - Actions taken will be under the discretion of an event official
1. Routines must be appropriate for family viewing.
 2. 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.
 3. Tear away uniforms and/or removal of clothing is not allowed. All Uniform tops must be full coverage (no exposed midriff or crop tops). Sheer material is not considered full coverage.
 4. Uniforms and makeup should be age appropriate and suitable for family viewing.
 5. Items that may damage the performance surface are prohibited.
- (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 AND OFF of the performance floor to mark center.
 3. Poms attached solely to the wrist are considered the same in regard to pom rules.
 4. All poms and props must be within the performing area to avoid a boundary violation of 0.1 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once props are no longer needed, they must be safely discarded either within or outside of the performance area by an athlete who remains inside the performance area.
 5. Show Cheer - Flyers ONLY may use poms during stunting, pyramids and dismounts.
 6. Show Cheer – The use of props is prohibited during all tumbling, tosses and the building and execution of stunts, pyramids and stunt transitions that require the use of hands. Props are prohibited for all cradle dismounts.
 7. Front spots may hand or be handed poms or props from flyers if the front spot is not actively building or dismounting the stunt at the time of hand off.
- (k) Practice Environment - All practice sessions should be held in a location suitable for the activities of cheer. The use of safety mats is highly recommended. Stunts, pyramids, tosses and tumbling shall be modified to be appropriate to the performing surface/area.

YOUTH CHEER GENERAL SAFETY RULES

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

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

(l) Tumbling

1. All tumbling must originate from the ground level.
2. Assisted tumbling must follow allowable skills for each level on the rules grid.
3. Partner tumbling is prohibited.
4. Participants are prohibited from tumbling over, under or through stunts, pyramids or an individual's torso.
5. Tumbling oriented load-ins to stunts, dismounts, and transitions are permitted:
 - (i) Rebounding from tumbling skills into stunts/stunt transitions is limited to cradle, load-in, and below prep level group-based stunt ONLY. If rebounding into a single based below prep level stunt, an additional spotter is required.
6. 3/4 flips and 1 1/4 flips are prohibited.
7. Tumbling with poms in hands is prohibited. (Exception - Forward or Backward Roll)

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

1. Stunts cannot travel over another individual and/or stunt. Athletes cannot walk under a stunt or pyramid, unless they are involved in the building of that specific skill. (Exception: Double Based Vertical T-Lifts may travel over an athlete.)
2. Must never pass over, under or through other stunts and/or pyramids.
3. In all dismounts, catching bases MUST physically assist the control/slow down descent of the flyer.
4. May not cradle from any stunt in which the bases have a knee on the ground.
5. Superman transitions cannot invert at any point and may only originate from prep level or below.
6. Superman transitions may not be braced to other Superman transitions.
7. Pendulums
 - (i) Pendulum transitions must start from prep level or below and return to an upright stunt, load in, or ground position.
 - (ii) Two Bases are required (must remain stationary) plus two additional catchers.
8. Stunt transitions must never be released to the prone position (face-down/stomach).
9. A released flyer may not be in contact with another released flyer.
10. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire pyramid transition.
11. Two bases required during a pyramid transition when the flyer is released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
12. All inversions require 2 bases and 1 spotter OR 1 base and 2 spotters. (Exception: Levels 1-4 – Single Partner Cartwheels are allowed.)
13. Bases must be in direct contact with the performance surface.
14. Bases must never assume a Back Bend, Headstand or Handstand position while basing a stunt.

(n) Tosses (Levels 2-4)

1. May never intentionally travel.
2. Must be caught in a Group-Based Cradle by the original bases.
3. Must never become inverted at any point during the toss.

(o) Continuous Back Spotter

1. Must be in direct contact with the performance surface and behind or to the side of the stunt to protect the head, neck, and shoulder area of the flyer.
2. Not required for Below Prep Level Stunts (including Shoulder Sits).
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. Required for all stunts, release moves and tosses prep level and above. (Exceptions: Extended V-Sits, transition to/from back spot of Group Based Stunt to Shoulder Sit, horizontal T-Lifts, Archbacks & Flatbacks.) **Stunts where the base of support is not standing on their feet, but the flyer's feet are at shoulder level, a standing back spotter is required.**
5. (Levels 1-4) Required for all vertical waist level and above stunts where the primary bases are not using their hands/arms to directly support the flyer
6. 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 stunts.
7. 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.

Back Spotter for Single Based Stunts

8. Required for single-based partner stunts at prep level and above.
 - (i) Must be positioned directly behind or to the side of the flyer.
 - (ii) Must not step underneath the stunt to hold the feet (soles) of the flyer (exception: may place one hand under the foot with other hand on a standing leg at prep level and below).
9. May not change roles between being a base and a continuous spotter when stunt is prep level or above. (Exception: may transition to/from back spot of stunt to Shoulder Sit)
10. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

YCADA rules may be updated at any point in the season to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules.

SHOW CHEER LEVEL 1 LIMITED RULES GRID

Review all Cheer Levels Grids, General Safety Rules, 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. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position providing at least one hand and/or foot remains in contact with the performance surface during all skill(s) execution including, but not limited to:</p> <ul style="list-style-type: none"> • Front/Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Ground Up Bridges (provided the performer returns to the ground/laying position) <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • 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 • Dive Rolls.
NON-RELEASED STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level and below • Extension Prep Hitches (provided the flyer’s foot of the working leg remains in contact with base’s hands) • Single leg stunts at knee stand level and below • Stunting on the back of the base(s) provided: 1. Required spotter (front, back, or side) is present 2. Spotter may hold the hands, arms, or torso of the flyer <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Thigh Stand Single Leg Stunts • Transitional stunts that involve changing bases • Swing Stunts • Show and Go Stunts • Extended V-Sits • Superman Transitions • Stunts that move, twist or turn during any portion of the stunt sequence, including Sponge or load-in.
INVERSIONS	<p>ALL INVERSIONS ARE PROHIBITED</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Shove Wrap • Step Off the Front/Back • Bump Down • Pop Offs <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • All Cradles • ¼ twist from Step Off Front/Back
RELEASE MOVES	<p>ALL RELEASE MOVES ARE PROHIBITED</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills: Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> • Prep level two leg stunts that are braced on at least one side with hand/arm contact to other prep level two leg stunts or below prep level stunts or bracer standing on the ground that is NOT connected to the stunt.

CHOREOGRAPHY - Max Score: 15.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT
13.5 - 13.9	MODERATE
14.0 - 14.4	GOOD
14.5 - 15.0	EXCELLENT

PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 15.0

Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT
13.5 - 13.9	MODERATE
14.0 - 14.4	GOOD
14.5 - 15.0	EXCELLENT

DANCE - Max Score: 10.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

MOTIONS - By MAJORITY of Team - Max Score: 16.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

STUNT DIFFICULTY - Max Score: 15.0

0	Zero skills performed.
10.0 - 10.9	Below knee level two leg stunts by majority of team.
11.0 - 11.9	Below prep level two leg stunts by LESS THAN majority of team.
12.0 - 12.9	<ul style="list-style-type: none"> • Prep Level two leg stunts by LESS THAN majority of team • Knee Level two leg stunts by majority of team
13.0 - 15.0	<ul style="list-style-type: none"> • Prep level two leg stunts by majority of team • Knee level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) by majority of team.

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 5.0

0	Zero skills performed
2.0	Below knee stand level
3.0	Knee stand level single leg braced on one or both sides
4.0	Two leg thigh stand level braced on one or both sides
5.0	Prep level two leg stunts braced on one or both sides

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

0	Zero skills performed.
7.0	1 synchronized basic jump performed by LESS THAN majority of team
8.0	1 synchronized basic jump performed by majority of team
9.0	1 synchronized advanced jump performed by LESS THAN majority of team
10.0	1 synchronized advanced jump performed by majority of team

TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed.
6.0 - 6.9	Must perform at least <u>ONE</u> of the following by LESS THAN 25%: <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Must perform at least <u>ONE</u> of the following by AT LEAST 25%: <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
8.0 - 8.9	Must perform at least ONE of the following by AT LEAST 25%: <ul style="list-style-type: none"> • Cartwheels • Ground Up Bridges
9.0 - 10.0	Round Offs by at least 25%



SHOW CHEER LEVEL 1 LIMITED - BUILDING (J1)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	5	
Pyramid Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



SHOW CHEER LEVEL 1 LIMITED - JUMPS & TUMBLING (J2)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



SHOW CHEER LEVEL 1 LIMITED - OVERALL (J3)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	15	
Performance of Routine/Use of Cheer	15	
Dance	10	
Motions	16	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
56	

SHOW CHEER LEVEL 1 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1 Limited are legal for Level 1. 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. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills including, but not limited to:</p> <ul style="list-style-type: none"> • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes <p>Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls</p>
NON-RELEASED STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Single leg stunts below prep level • Stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position (classified as prep level stunts) • Twisting during load in/stunt transition is limited to 1/4 twist. • Prep Level Single Leg Stunts with hand/arm contact by a participant in the stunt group or on the ground • Two leg stunt that passes through extended position • Superman Transitions <p>Prohibited Skills (include but are not limited to): Free Standing Extended stunts, Leap Frogs, Single based Split Stunts, transitional stunts that move to new bases, & Superman Transitions that twist more than ¼.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Ground Level Inversion to Ground Level • A single Partner Cartwheel Inversion provided the flyer returns back to the ground and upright.
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Prep Level Pop Offs are limited to 1/4 twist • Cradles from all group stunts are limited to Straight and 1/4 twist only. <p>Prohibited Skills (include but are not limited to): Single trick non twisting Cradles, cradles to different bases, Fireman Catches, cradle from single based stunts</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Bases may release a flyer during a transition from a Cradle position to below prep level skill. <p>Prohibited Skills (include but are not limited to): Barrel Rolls, Helicopters, & single based tossed stunts</p>
TOSES	<p>ALL TOSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Extended two leg stunts that are braced on at least one side with hand/arm contact to prep level two leg stunts or below prep level stunts. • Single leg stunts at prep level provided they are braced on at least one side with hand/arm contact with a two leg prep level or below prep level stunt • Braced Release to a cradle position is limited to straight ride or 1/4 twist only if the flyer is continuously braced on at least one side by a two leg prep level or below prep level stunt. <p>Prohibited Skills (include but are not limited to): Extended single leg pyramids, connected extended 2 leg stunts.</p>

CHOREOGRAPHY - Max Score: 10.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0

Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal	
Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

DANCE - Max Score: 4.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork	
0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT

MOTIONS - By MAJORITY of Team - Max Score: 16.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes	
0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
12.0 - 12.4	<ul style="list-style-type: none"> • Knee level two leg stunts • Knee level single leg stunts
12.5 - 12.9	<ul style="list-style-type: none"> • Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Extended V-Sits • Swedish Falls
13.0 - 13.4	<ul style="list-style-type: none"> • Shoulder level stunt with base on knees • Shoulder Stands • Non-twisting prep level two leg stunt • Below prep level single leg stunts • Ground level inversion to ground level • Superman Transitions
13.5 - 15.0	<p>1/4 twist variations are encouraged</p> <ul style="list-style-type: none"> • Single based waist level single leg stunt • Prep level two leg stunts (MUST ¼ twist) • Single based prep level two leg stunt • Prep level single leg stunt (with hand/arm connection)

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
12.0 - 12.4	Below prep level two leg stunts braced on both or one side
12.5 - 12.9	Below prep level single leg stunts braced on both or one side
13.0 - 13.4	<ul style="list-style-type: none"> • Prep level two leg stunts • Prep level single leg stunts braced on both sides • High range skills braced on both sides
13.5 - 15.0	<p>Below Skills Braced on One Side. 1/4 Twist Variations are encouraged.</p> <ul style="list-style-type: none"> • Braced Release Moves to Cradle • Prep level single leg stunts • Extended two leg stunts

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	<p>Performed by LESS THAN Majority</p> <ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs
3.0	<ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs
4.0	Straight Ride Cradles
5.0	1/4 Twist Cradles

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	<ul style="list-style-type: none"> • 1 synchronized advanced jump by majority of team
8.0	<ul style="list-style-type: none"> • 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	<ul style="list-style-type: none"> • 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	Skills performed by LESS THAN 25%: <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Skills performed by AT LEAST 25%: <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Cartwheels or Round Offs by at least 25%
8.0 - 8.9	<ul style="list-style-type: none"> • Back Limbers to Kickover by AT LEAST 25% • High Range Skills Performed by LESS THAN 25%
9.0 - 10.0	Skills performed by AT LEAST 25%: <ul style="list-style-type: none"> • Front/Back Walkovers • Switch Leg Walkovers • Valdezes



SHOW CHEER LEVEL 1 - BUILDING (J1)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
38	



SHOW CHEER LEVEL 1 - JUMPS & TUMBLING (J2)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



SHOW CHEER LEVEL 1 - OVERALL (J3)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	16	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
40	

SHOW CHEER LEVEL 2 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1 Limited and Level 1 are legal for Level 2. 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. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All airborne skills with hand support are allowed. Including, but not limited to:</p> <ul style="list-style-type: none"> • Dive Rolls (provided they are not in a Swan or Laid Out position) <p>Standing Tumbling:</p> <ul style="list-style-type: none"> • Single Front/Back Handspring • Single Back Handspring Step Out <p>Running Tumbling:</p> <ul style="list-style-type: none"> • Series Handsprings <p>Prohibited Skills (include but are not limited to): Standing Front/Back Handspring series, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs).</p>
NON-RELEASED STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg extended stunts. • Single leg stunts at prep level. • Twisting during transitions is limited to a 1/2 twist <ul style="list-style-type: none"> * ½ twist transitions from prep level and above stunts to a cradle position require an additional back spotter to catch the cradle. * ½ twist transitions from below prep provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. • Leap Frogs • Single leg stunt that passes through extended position <p>Prohibited Skills (include but are not limited to): Superman transitions that twist more than 1/2, and Barrel Rolls connected to a front spot</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a non-inverted upright load in or stunt below prep level provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. • Flyer must remain in contact with at least (1) stunt group member. • Back Walkover Inversion Exit from a cradle position <p>Prohibited Skills (include but are not limited to): Forward & Backward Suspended Rolls & inversions to prep level and above.</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Cradles are limited to Straight, ¼ twist, or single trick non-twisting Cradles (Clarification: Arch position does not count as a trick.) • Group based Swedish Falls may perform a ½ twist Cradle. • Cradles from Single Based Stunts must be caught in a group cradle (2 bases and a back spotter). <p>Prohibited Skills (include but are not limited to): ½ twist Cradles, dismounts that land in prone position, dismounts to different bases, and trick dismounts that include a ¼ twist.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Single Barrel Rolls with no other trick during the skill. • ½ twisting Barrel Rolls up to an extended Swedish Falls with no other trick during the skill. <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flyer limited to a Straight Body position only. <p>DIVISION 8 – TOSSES ARE PROHIBITED</p> <p>Prohibited Skills (include but are not limited to): Toe Touch, Ball-X, Pike Arch, Pretty Flyer, and twisting tosses</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Extended single leg stunts provided they are braced on at least one side with hand/arm contact with a prep level or below stunt. Contact must be made at or below prep level and prior to performing the extended single leg. • Braced release moves to a cradle 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) any trick performed does not include twisting. • Extended two leg stunts may brace other extended two leg stunts. <p>Prohibited Skills (include but are not limited to): Full release braced Switch Ups, Ball Ups, and Tic Tocs, extended single leg stunts braced by hand/foot connection only, braced rolls, and braced flips.</p>

CHOREOGRAPHY - Max Score: 10.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0

Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

DANCE - Max Score: 4.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and

0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT

MOTIONS - By MAJORITY of Team - Max Score: 10.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
11.5 - 11.9	<ul style="list-style-type: none"> • Knee level two leg stunts • Knee level single leg stunts • Waist level two leg stunts • Thigh level two leg stunts
12.0 - 12.4	<ul style="list-style-type: none"> • Prep level two leg stunts • Below prep level single leg stunts • Ground Level Inversion to Ground Level
12.5 - 12.9	<ul style="list-style-type: none"> • Shoulder level stunt with base on knees • Single based waist level single leg stunt • Single twisting Barrel Rolls
13.0 - 13.4	<ul style="list-style-type: none"> • 1/2 twist Superman Transitions • Single based prep level two leg stunt • Cradle Back Walkover inversion exit • 1/2 twist to prep level two leg stunts • Leap Frogs
13.5 - 15.0	<p>1/2 Twist Variations are encouraged</p> <ul style="list-style-type: none"> • Ground level inversions to load-in/sponge/below prep level stunt • Prep level single leg stunts • Extended level two leg stunts • Single based prep level single leg stunt

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
11.5 - 11.9	Below prep level two leg stunts braced on both or one side
12.0 - 12.4	Below prep level single leg stunts braced on both or one side
12.5 - 12.9	<p>Below Skills Braced on Both Sides</p> <ul style="list-style-type: none"> • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
13.0 - 13.4	<p>Below Skills Braced on One Side</p> <ul style="list-style-type: none"> • Braced release moves to Cradle (Straight Ride) • Prep level single leg stunts • Extended two leg stunts • 1/4 twist pyramid transitions to prep level and above
13.5 - 15.0	<ul style="list-style-type: none"> • 1/2 twist pyramid transition to prep level two leg stunts • Braced release move to Cradle with trick(s) • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	• Bump Down • Shove Wrap • Pop Off
3.0	Straight Ride
4.0	1/4 Turn Cradles from prep level two leg stunts
5.0	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> • 1/4 twist Cradles from prep level single leg • 1/4 twist Cradles from extended two leg stunt • Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.)

TOSSES DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
4.0	Straight Ride tosses (i.e. Basket or Sponge) by LESS THAN majority of team
5.0	Straight Ride tosses (i.e. Basket or Sponge) by MAJORITY of team

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	<ul style="list-style-type: none"> • 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	<ul style="list-style-type: none"> • 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

TUMBLING DIFFICULTY - Performed by 25% - Max Score: 10.0

0	Zero skills performed.
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Cartwheels or Roundoffs
7.0 - 7.9	Back Limber to Kickover
8.0 - 8.9	• Front/Back Walkovers • Switch Leg Walkovers • Valdezes
9.0 - 10.0	<ul style="list-style-type: none"> • Single Front/Back Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back Handspring • Running Handspring Series • Specialty through to Running Handspring Series (Example: Flyspring, Round Off Back Handspring Step Out, Round Off Back Handspring)

CHOREOGRAPHY - Max Score: 10.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0

Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

DANCE - Max Score: 4.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and

0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT

MOTIONS - By MAJORITY of Team - Max Score: 16.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
11.5 - 11.9	<ul style="list-style-type: none"> • Knee level two leg stunts • Knee level single leg stunts • Waist level two leg stunts • Thigh level two leg stunts
12.0 - 12.4	<ul style="list-style-type: none"> • Prep level two leg stunts • Below prep level single leg stunts • Ground Level Inversion to Ground Level
12.5 - 12.9	<ul style="list-style-type: none"> • Shoulder level stunt with base on knees • Single based waist level single leg stunt • Single twisting Barrel Rolls
13.0 - 13.4	<ul style="list-style-type: none"> • 1/2 twist Superman Transitions • Single based prep level two leg stunt • Cradle Back Walkover Outs • 1/2 twist to prep level two leg stunts • Leap Frogs
13.5 - 15.0	<p>1/2 Twist Variations are encouraged</p> <ul style="list-style-type: none"> • Ground level inversions to load-in/sponge/below prep level stunt • Prep level single leg stunts • Extended level two leg stunts • Single based prep level single leg stunt

YCADA Show Cheer Level 2 (D8 ONLY)



PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
11.5 - 11.9	Below prep level two leg stunts braced on both or one side
12.0 - 12.4	Below prep level single leg stunts braced on both or one side
12.5 - 12.9	Below Skills Braced on Both Sides <ul style="list-style-type: none"> • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
13.0 - 13.4	Below Skills Braced on One Side <ul style="list-style-type: none"> • Braced release moves to Cradle (Straight Ride) • Prep level single leg stunts • Extended two leg stunts • 1/4 twist pyramid transitions to prep level and above
13.5 - 15.0	<ul style="list-style-type: none"> • 1/2 twist pyramid transition to prep level two leg stunts • Braced release moves to Cradle (with tricks) • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	• Bump Down • Shove Wrap • Pop Off
3.0	Straight Ride
4.0	1/4 Turn Cradles from prep level two leg stunts
5.0	Must perform (2) different skills: <ul style="list-style-type: none"> • 1/4 twist Cradles from prep level single leg • 1/4 twist Cradles from extended two leg stunt • Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.)

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	<ul style="list-style-type: none"> • 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	<ul style="list-style-type: none"> • 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

TUMBLING DIFFICULTY - Performed by 25% - Max Score: 10.0

0	Zero skills performed.
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Cartwheels or Roundoffs
7.0 - 7.9	Back Limber to Kickover
8.0 - 8.9	• Front/Back Walkovers • Switch Leg Walkovers • Valdezes
9.0 - 10.0	<ul style="list-style-type: none"> • Single Front/Back Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back Handspring • Running Handspring Series • Specialty through to Running Handspring Series (Example: Flyspring, Round Off Back Handspring Step Out, Round Off Back Handspring)

SHOW CHEER LEVEL 3 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1 Limited, 1 & 2 are legal for Level 3. 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. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: Standing Tumbling:</p> <ul style="list-style-type: none"> Series Handsprings <p>Running Tumbling:</p> <ul style="list-style-type: none"> Flips only in the following specified body positions with the following restrictions: <ol style="list-style-type: none"> Side Aerial provided no tumbling is performed after the flip 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 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). <p>Prohibited Skills (include but are not limited to): Standing flips in any body position, standing single/series Back Handsprings to a flip in any body position, running tumbling flips in any positions other than the allowable skills listed above, twisting in any flips, Cartwheel Step in Tucks.</p>
NON-RELEASED STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Single leg extended stunts. Twisting during the load in or stunt transition is limited to 1 full twist and can only occur at prep level or below. <p>Prohibited Skills (include but are not limited to): One full twist to extended level</p>
INVERSIONS	<p>Allowable Skills:</p> <p>Allowable Skills:</p> <ul style="list-style-type: none"> Inversions as an entry to a non-inverted prep level stunt provided: <ol style="list-style-type: none"> The inversion occurs at ground level and the inverted participant is in contact with the performance surface During the transition from the inversion, flyer must remain in contact with at least (1) stunt group member. Downward/Exit Inversions from waist level or below. Non-twisting Forward Suspended Rolls provided: <ol style="list-style-type: none"> The flyer begins in a non inverted position prep level or below The flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter The bases/back spotter/posts are not involved with any other choreography The flyer lands in a double based Cradle to the original bases or on the performance surface (may not land in a load in position). <p>Prohibited Skills (include but are not limited to): Backward suspended rolls, Forward Flipping Leap Frogs</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> 1 ¼ twisting rotation from the following: <ol style="list-style-type: none"> One/two leg stunt at prep level Two leg extended stunt Non-twisting two trick cradles from two leg prep level stunt Only Straight and 1/4 twist Cradles from extended single leg stunts Single based stunts may perform Straight Cradles provided the required spotter is in place. <p>Prohibited Skills (include but are not limited to): Dismounts to different bases, two trick cradles from one leg at prep level and all extended level stunts.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> May occur to/from prep level or below Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Bases may not free toss a flyer to all new bases, release moves that invert</p>
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Single trick toss skills that do not exceed 1 1/4 twisting rotations (clarification: Open to Arch Position does not count as a trick). <p>Prohibited Skills (include but are not limited to): Kick Full Twist tosses</p>
PYRAMIDS	<p>Allowable Skills:</p> <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 extended body position or cradle position provided: <ol style="list-style-type: none"> The flyer is continuously braced by hand/arm contact on one side by a prep level or below stunt The flyer does not intentionally travel during the release move It incorporates no more than a 1/2 twist by the flyer Extended single leg stunts braced to other extended two leg stunts Braced Release moves to a non upright body position provided: <ol style="list-style-type: none"> The flyer is continuously braced on BOTH sides with two separate bracers in prep level or below stunts, with hand/arm contact. Flyer does not intentionally travel during the release move Does not twist or become inverted Braced Rolls originating from prep level or below and landing prep level or below A full twist transition by the flyer provided: <ol style="list-style-type: none"> The flyer is not released from the base/spotter The flyer is continuously braced by a prep level or below stunt with hand/arm contact. <p>Prohibited Skills (include but are not limited to): Release moves that travel over the legs and/or core of the bracer's body, braced front/back flips.</p>

YCADA Show Cheer Level 3



CHOREOGRAPHY - Max Score: 10.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0

Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

DANCE - Max Score: 4.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and

0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT

MOTIONS - By MAJORITY of Team - Max Score: 10.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	<ul style="list-style-type: none"> • Prep level two leg stunts • Below prep level single leg stunts • Ground level inversions to Load-in/Sponge
12.0 - 12.4	<ul style="list-style-type: none"> • Shoulder level stunt with base on knees • Single based waist level single leg stunt • Single twisting Barrel Rolls
12.5 - 12.9	<ul style="list-style-type: none"> • 1/2 twist Superman Transitions • Single based prep level two leg stunt • 1/2 twist to prep level two leg stunts • Leap Frogs • Cradle Back Walkover inversion exit
13.0 - 13.4	<ul style="list-style-type: none"> • 1/2 Twist Variations are encouraged • Full Twist Superman Transitions • Ground level inversions to load-in/sponge/below prep level stunts • Prep level single leg stunts • Extended level two leg stunts • Forward Suspended Rolls • Inversion exits from waist level • Single based prep level single leg stunts
13.5 - 15.0	<ul style="list-style-type: none"> • Extended single leg stunts • Release moves that land at prep level • Full twist to prep level stunts • Ground level inversions directly to prep level stunts • 1/2 twist to extended single leg stunts

YCADA Show Cheer Level 3



PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	Below prep level single stunts braced on both or one side
12.0 - 12.4	Below Skills Braced on Both Sides <ul style="list-style-type: none"> • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
12.5 - 12.9	All Skills Braced on One Side <ul style="list-style-type: none"> • Braced release moves to Cradle (Straight Ride) • Prep level single leg stunts • Extended two leg stunts • 1/4 twist Pyramid transitions to prep level and above
13.0 - 13.4	<ul style="list-style-type: none"> • 1/2 twist pyramid transition to prep level two leg stunts • Braced release move to Cradle with trick(s) • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt
13.5 - 15.0	<ul style="list-style-type: none"> • Braced release moves to an upright body position that land at the extended level • 1/2 twist release moves braced on both sides that land in prep level or above stunts • Braced Roll • Extended single leg stunts braced to other extended two leg stunts • Braced, Non-Released Full Twist Transition

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	<ul style="list-style-type: none"> • Bump Down • Shove Wrap • Pop Off • Straight Ride
3.0	<ul style="list-style-type: none"> • 1/4 twist Cradles from prep level • Non-twisting Alternate Cradles
4.0	Must Perform (2) Different Skills: <ul style="list-style-type: none"> • 1/4 twist Cradles from extended level • Single twist cradles from prep level two leg stunts
5.0	Must Perform (2) Different Skills: <ul style="list-style-type: none"> • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Non-twisting two trick cradles from Extension Prep

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	Straight Ride tosses (Basket or Sponge) by LESS THAN majority of team
3.0	Straight Ride tosses (Basket or Sponge)
4.0	High range skills by LESS THAN majority of team
5.0	<ul style="list-style-type: none"> • Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) • Single twist tosses

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> • Basic jump(s) • 1 advanced jump • 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	2 synchronized non-consecutive advanced jumps by majority of team
8.0	2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	<ul style="list-style-type: none"> • 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	<ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	<ul style="list-style-type: none"> • Cartwheels • Round Offs
7.0 - 7.9	<ul style="list-style-type: none"> • Walkovers • Round Off Back Handspring
8.0 - 8.9	<ul style="list-style-type: none"> • Single Standing Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back handspring • Running Handspring Series • Specialty through to Running Handspring Series
9.0 - 10.0	<ul style="list-style-type: none"> • Side Aerials • Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tuck • Round off Back Handspring Back Tuck

SHOW CHEER LEVEL 4 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1 Limited, 1, 2 and 3 are legal for Level 4. 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. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flips are allowed in any body position provided: <ol style="list-style-type: none"> 1) They do not exceed one flipping and one twisting rotation 2) There is no other tumbling skill(s) after the flip (exception: tumbling out of/after a front flip or Arabian is allowed) <p>Prohibited Skills (include but are not limited to): Forward 3/4 Flips to the seat, Toe-Pitch Flips, Double Fulls, Whip Backs to Back Handsprings or Flips</p>
NON-RELEASED STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 1 1/2 twists during load ins or stunt transitions (may change bases and at least one base/continuous spotter must remain with the flyer during transitions). <p>Prohibited Skills (include but are not limited to): Double Ups</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a transition up to an upright extended level position, provided: <ol style="list-style-type: none"> 1) The inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) At least one base/spotter maintains contact with the flyer throughout the entire inversion 3) A spotter is placed both in front AND back of the flyer for inversions transitioning to extended level. • Forward Flipping Leap Frogs provided: <ol style="list-style-type: none"> 1) The post and flyer maintain hand/hand contact throughout the transition 2) The skill is caught in a double based cradle 3) The skill does not twist • Forward Suspended Rolls with up to 1 full twist (must originate from prep level or below and be caught in a cradle by the original bases). • Non-twisting backward suspended rolls <p>Prohibited Skills (include but are not limited to): Stunt to Stunt Inversion</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 1 1/4 Twist Cradles • Non-twisting two trick cradles • Two Trick cradles that include a twist provided: <ol style="list-style-type: none"> 1) They originate from prep level stunts 2) Incorporates no more than 1 and 1/4 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 that originate from prep level (bases must be in place and not involved in other choreography prior to the start of the dismount). <p>Prohibited Skills (include but are not limited to): Cradles that land in a prone position, and all 2 twist cradle dismounts.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Freestanding release moves provided: <ol style="list-style-type: none"> 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. • Non-twisting Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Twisting full release Helicopters, release moves that invert</p>
TOSSES	<p>Allowable Skills:</p> <p>Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations</p> <ul style="list-style-type: none"> • Kick Full <p>Prohibited Skills (include but are not limited to): Double Full Tosses, flipping tosses (front or back), tosses that intentionally travel and bases may not free toss a flyer to all new bases.</p>
PYRAMIDS	<p>Allowable Skills:</p> <p><i>Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:</i></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 between two Extension Preps. • Braced front and back flips provided: <ol style="list-style-type: none"> 1) The released flyer maintains hand/arm contact with two bracers in an Extension Prep or Below Prep Level Stunt. 2) The transition must be in continuous motion to and from original group 3) Transition is caught in a Cradle position 4) Flyer does not perform any other skill during the inversion • Extended Single Leg Stunts Braced to Other Extended Single Leg Stunts <p>Prohibited Skills (include but are not limited to): Twisting front/back braced flips</p>

CHOREOGRAPHY - Max Score: 10.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0

Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

DANCE - Max Score: 4.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and

0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT

MOTIONS - By MAJORITY of Team - Max Score: 10.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	<ul style="list-style-type: none"> • Single based prep level two leg stunt • Leap Frogs • 1/2 twist to prep level two leg stunts • Cradle Back Walkover inversion exit
12.0 - 12.4	<ul style="list-style-type: none"> • Ground level inversions to load-in/sponge/below prep level stunts • Prep level single leg stunts • Inversion exits from waist level
12.5 - 12.9	<ul style="list-style-type: none"> • Full Twist Superman Transitions • Extended level two leg stunts • Single based prep level single leg stunts • 1/2 twist to extended single leg stunts • Forward Suspended Rolls • Ground level inversion to prep level two leg stunts
13.0 - 13.4	<ul style="list-style-type: none"> • Extended single leg stunts • Release moves that land at prep level • Full twist to prep level stunts • Forward Flipping Leap Frogs • Ground level inversions directly to prep level single leg stunts
13.5 - 15.0	<ul style="list-style-type: none"> • Full twist stunts/transitions to extended level stunt • Full Twisting Forward Suspended Roll • Ground level inversions directly to extended level stunt • Twisting Stunts to prep level greater than one full twist • Release moves to extended level (Tic Tocs, Switch Ups, Ball Ups, etc.)

YCADA Show Cheer Level 4



PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	<ul style="list-style-type: none"> Extended two leg stunts braced on one side Extended single leg stunts braced on both sides
12.0 - 12.4	<p>All Skills Braced on One Side</p> <ul style="list-style-type: none"> Braced Release Moves to Cradle (Straight Ride) Prep level single leg stunts 1/4 twist Pyramid transitions to prep level and above
12.5 - 12.9	<ul style="list-style-type: none"> 1/2 twist pyramid transition to prep level two leg stunts Extended single leg stunts braced on one side Extended two leg stunts braced to other extended two leg stunts 1/2 twist pyramid transition to extended level stunt
13.0 - 13.4	<ul style="list-style-type: none"> Braced release moves to an upright body position that land at the extended level 1/2 twist release moves braced on both sides that land in prep level or above stunts Braced Roll Extended single leg stunts braced to other extended two leg stunts Braced, Non-Released Full Twist Transition
13.5 - 15.0	<ul style="list-style-type: none"> Twisting release moves greater than half twist Single leg extended stunts braced to other single leg extended stunts Braced inversion transitions that roll up directly to Extension Braced Flips braced on BOTH Sides

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
1.0	<ul style="list-style-type: none"> Bump Downs Shove Wraps Pop Offs Straight Ride
2.0	<ul style="list-style-type: none"> 1/4 twist Cradles from prep level Non-twisting Alternate Cradles
3.0	<p>Must Perform (2) Different Skills:</p> <ul style="list-style-type: none"> 1/4 twist Cradles from extended level Single twist cradles from prep level two leg stunts
4.0	<p>Must Perform (2) Different Skills:</p> <ul style="list-style-type: none"> Single twist cradles from extended two leg stunts Single twist cradles from prep level single leg stunts Non-twisting two trick cradles from Extension Prep
5.0	<p>Must Perform (2) Different Skills:</p> <ul style="list-style-type: none"> Non-twisting two trick cradles from Extension Single twisting cradles from extended single leg stunts Two Trick Cradles that include a Single Twist from Prep Level

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
1.0	Straight Ride tosses (Basket or Sponge) by LESS THAN majority of team
2.0	Straight Ride tosses (Basket or Sponge)
3.0	Single trick non-twist or Single Twist Tosses
4.0	Non-twisting two trick tosses or high range tosses by LESS THAN majority of team
5.0	Two trick toss that includes a single twist (example: Kick Full)

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	2 synchronized non-consecutive advanced jumps by majority of team
8.0	2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	<ul style="list-style-type: none"> 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	<ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands • Cartwheels • Roundoffs
6.0 - 6.9	<ul style="list-style-type: none"> • Walkovers • Round Off Back Handspring
7.0 - 7.9	<ul style="list-style-type: none"> • Single Standing Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back handspring • Running Handspring Series • Specialty through to Running Handspring Series
8.0 - 8.9	<ul style="list-style-type: none"> • Side Aerials • Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tucks • Round off Back Handspring Back Tuck
9.0 - 10.0	<ul style="list-style-type: none"> • Jump Continuously to Back Handspring Back Tuck • Standing Tuck • Jump Continuously to Back Tuck • Pike • Layout • X-Out • Front Aerial • Full Twist Flips



SHOW CHEER LEVELS 2-4 - BUILDING (J1)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	
Toss Difficulty	5	
Toss Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
44	



SHOW CHEER LEVEL 2 (D8) - BUILDING (J1)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
38	



SHOW CHEER LEVELS 2-4 - JUMPS & TUMBLING (J2)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



SHOW CHEER LEVEL 2 (D8) - JUMPS & TUMBLING (J2)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



SHOW CHEER LEVELS 2-4 - OVERALL (J3)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	10	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
34	



SHOW CHEER LEVEL 2 (D8) - OVERALL (J3)



TEAM NAME: _____

DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	16	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
40	

YOUTH CHEER PENALTY INFO

RULES PENALTIES:

1.0 POINT deducted from your total possible score for each violation of any of the Youth Cheer General Safety Rules

1.0 POINT deducted from your total possible score for each violation of any of the requirements in the youth cheer levels grid.

Please refer to the Youth Cheer General Safety Rules and Levels Grid for specific skill allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

EXECUTION PENALTIES:

TUMBLING

TUMBLING TOUCH - 0.2 POINT (per occurrence) deducted from your total possible score for any touch to the performance surface during execution of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee and leg.

TUMBLING FALL - 0.4 POINT (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumbler's body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.

STUNT SKILLS*

STUNT BOBBLE - 0.2 POINT (per occurrence) deducted from your total possible score for each obvious Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following: (1) obvious breaks in bodyline and/or body positions of the flyer (2) excessive movement by bases greater than the width of one panel mat (3) stunts that almost fall but recover (4) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). (5) Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to their feet. Stunt Bobbles that precede a Stunt Fall will not be counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.

STUNT FALL - 0.8 POINT (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill (is lowered or dropped below its intended level) OR the flyer's legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/partner stunt other than the flyer falls to the performance surface (4) Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to a body part other than their feet.

MAJOR STUNT FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

**The category "stunt/toss skills" will include stunts, dismounts, inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. Each member of the stunt group will be considered part of the stunt in relation to a fall. (i.e. any member of the stunt group falling to the ground would be considered a fall).*

BOUNDARY PENALTY:

0.1 POINT (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body. Boundary will be defined as the performance surface and any immediate adjacent safety border.

TIME LIMIT PENALTIES:

0.4 POINT deducted from your total possible score if your routine goes 4 SECONDS OR MORE OVER time requirements.

COACH'S CHEAT SHEET

YOUTH CHEER DIVISIONS

This chart lists the **MINIMUM** number of skills a team must perform to score in any given range. Performing **ONLY** these quantities without any additional skills, would score at the **BOTTOM** of any range. Team scores in any difficulty category are based on comparative scoring to other teams in their division. A team performing more than the minimum number of skills required will result in that team scoring higher than teams that perform closer to the minimum number of skills. All skill categories (with the exception of JUMPS) allow cumulative/recycled skills (example: 9 athletes performing the skill twice = 18).

- The **Standing/Running Tumbling column** is how many tumbling skills must be performed to qualify for any given range.
- The **Jumps & Motions column** is how many athletes must perform the same jumps or motions to qualify for any given range.
- The **Stunts column** is how many stunt groups must perform the stunt, dismount and toss to qualify for any given range.
- **Pyramid Difficulty:** Teams will qualify for a particular pyramid difficulty range by performing any of the listed skills in a particular scoring range **ONCE**
- **Majority** is considered greater than 50%

# OF ATHLETES	25% STANDING/RUNNING TUMBLING	MAJORITY JUMPS & MOTIONS	MAJORITY STUNTS
6	1	4	1
7	1	4	1
8	2	5	1
9	2	5	1
10	2	6	2
11	2	6	2
12	3	7	2
13	3	7	2
14	3	8	2
15	3	8	2
16	4	9	2
17	4	9	2
18	4	10	2
19	4	10	2
20	5	11	3
21	5	11	3
22	5	12	3
23	5	12	3
24	6	13	3
25	6	13	3
26	6	14	3
27	6	14	3
28	7	15	3
29	7	15	3
30	7	16	4
31	7	16	4
32	8	17	4
33	8	17	4
34	8	18	4
35	8	18	4
36	9	19	4

SCORING CRITERIA

YOUTH CHEER DIVISIONS

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition. Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

SCORING CRITERIA FOR EACH POINT RANGE... MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION!

STUNTS DIFFICULTY:

Percentage of team participation (number of stunts in air simultaneously)
Body positions displayed
Minimal use of bases (use of front spots)
Degree of difficulty
Creativity and variety
Pace of skills

STUNTS EXECUTION/TECHNIQUE:

Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique

DISMOUNTS DIFFICULTY:

Percentage of team participation
Minimal use of bases
Degree of difficulty of dismounts
Creativity & variety

DISMOUNTS EXECUTION/TECHNIQUE:

Pointed toes by flyer at landing
Legs together and uncrossed on landings
Sharpness of landing (how tight are bases catching and set out)
Execution of cradle
Completion of rotation
Height of dismounts
Perfection

PYRAMIDS DIFFICULTY:

Percentage of team participation
Pace of pyramid skills
Body positions and control
Minimal use of bases
Degree of difficulty Level of execution
Creativity & variety
Transitions speed and variety
Height of pyramid skills executed
Combination of skills

PYRAMIDS EXECUTION/TECHNIQUE:

Body positions and control
Height of pyramid skills executed
Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique
Base and spotter technique
Top person technique
Perfection

STANDING/RUNNING TUMBLING DIFFICULTY:

Percentage of team participation
Combinations of skill creativity & variety
Synchronization
Pace and speed of skills
Approach
Landings (clean with feet together)
Degree of difficulty of skills performed

STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:

Form
Height of execution
Landings
Pace and speed of skills
Perfection

JUMPS EXECUTION/TECHNIQUE:

Landings
Arm movements
Pointed toes
Level of jumps
Technique, timing, landing
Synchronization

TOSS EXECUTION/TECHNIQUE:

Height of toss
Movement of bases or flyer
Execution of tricks while airborne
Completion of rotations or skills
Perfection
Synchronization

