AMERICAN YOUTH CHEER

OFFICIAL CHEER AND DANCE RULES & REGULATIONS

2025 Edition | Version Two

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All questions should be directed to chris@americanyouthfootball.com

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.

TITLE	PAGE

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 operating 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 10** 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 15** 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 $2,900.00 ("the Commitment Fee") at or before registering for the AYC National Championships. The Commitment Fee shall be applied as follows: $900.00 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 $2,900.00; 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 31** 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 31** 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 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.

AGE OF HEAD COACHES

Must be at least 21 years of age by the start of the season. The coaching staff will be under her/his direction and supervision.

AGE OF ASSISTANT COACHES

Must be at least 18 years of age by the start of the season 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 AYF football teams or recreation football programs to join AYC independently. These cheer teams are required to join the conference nearest to their designated territory. 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 31** of the current year. Maximum age of all participants is 16 years old by **July 31** of the current year. However, for Inspiration teams the maximum age is 21 years old by **July 31** 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 31** of the current season is as follows: 14 years old on **July 31**, turns 15 years old on **August 1**, 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 **October 1**. 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 or PlayAYF.com and a copy to the designated Regional Committee member, typically the Region Cheer and Dance Director unless otherwise noted by that region, by **October 1** of the current year. All Conferences must submit rosters to the AYC National Office by entering them electronically into the www.MyAYF.com system or on PlayAYF.com by the deadline of **October 1** 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/AYC 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 or the AYC National Cheer Commissioner at chris@americanyouthfootball.com. 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/AYC endorsed insurance policy are required to deliver to AYF/AYC a certificate of insurance prior to conducting any games or practices. For more information on the AYF/AYC 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.

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.
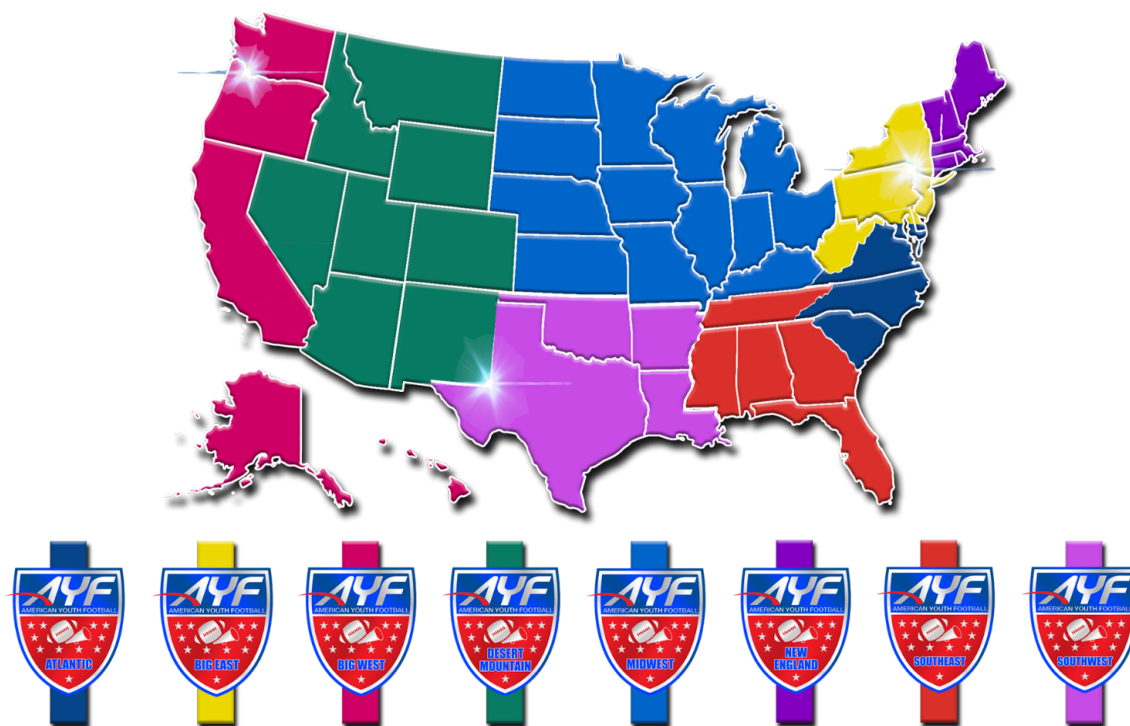
AYC NATIONAL CHAMPIONSHIPS QUALIFICATION

To qualify for the AYC National Championships, competitive teams must be affiliated with AYF/AYC and have entered final rosters by **October 1**. 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 Cheer Team: 5-18 members, female and/or male
- Large Cheer 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 the AYC National Cheer Commissioner at chris@americanyouthfootball.com 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.

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.

SECTION 6 - AYC CHEER AND DANCE RULES & GUIDELINES

(See YCADA penalty sheet or safety infraction breakdown)

UNIFORMS

Midriffs 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 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 Choreography/Overall Performance 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.

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.

AYC RULES & SCORING PACKET

2025-2026
(VALID UNTIL 5/31/2026)

TABLE OF CONTENTS
FIND WHAT YOU NEED BASED ON YOUR CATEGORY AND/OR LEVEL

YOUTH
CHEER CATEGORIES

<u>**CATEGORY**</u> 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. Jewlery may not be taped on or over (exception - medical religious 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 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. Teams should take no longer than 20 seconds to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor. Walking directly in uniform fashion to team's starting position is allowed.
     • Spirited exits are allowed after the completion of the routine, but must not include tumbling or stunt skills.

(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. 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).

(h) Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.

(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 make up 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 of the performance floor to mark center. Item must be off the mat to ensure it is not in the way of participants.
   3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
   4. All poms and props must be within the performing area to avoid a boundary violation of 0.1 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 - The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, and all stunt transitions that require the use of hands. Once stunt is fully built, flyers may obtain and use poms and props and then transition to another stunt that does not require the use of hand(s). Poms may be used when dismounting.
   6. Bases/back spotters may not hold poms or props in their hands during stunting.
     Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
   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) Jumps
   1. Participants are permitted to jump over another participant on the performance surface with or without contact.

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. Spotted/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 released dismounts a back spotter is required.
4. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
5. Superman transitions cannot invert at any point, cannot intentionally travel and may only originate from prep level or below stunts or a load in position.
6. 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.
7. Stunts transitions must never be released to the prone position (face-down/stomach).
8. Stunts may not brace/touch any other flyer while simultaneously released from the bases (ex. two flyers performing Tic Tocs next to one another may not brace during the release move).
9. Superman transitions may not be braced to other Superman transitions
10. May not cradle from any stunt in which the base(s) have a knee on the ground.
11. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire stunt/transition.
12. All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid.
13. All inversions require 2 bases and 1 spotter OR 1 base and 2 spotters.
14. Bases must be in direct contact with the performance surface.
15. Bases must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
16. Two bases required during a pyramid transition when the flyer is completely released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).

(n) Tosses (Levels 2-4)
1. May never intentionally travel.
2. Must be caught in a Cradle by the original bases and are limited to up to 4 bases (total base count includes back and front spotters). Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.
3. Must never become inverted at any point during the toss.

(o) 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.
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. In Flatbacks/Archbacks with 2 bases, one base must support the head, neck and shoulder area of the flyer. (Exceptions: Extended V-Sits, transition to/from back spot of Group Based Stunt to shoulder sit, horizontal T-Lifts)
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 a 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 the 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.**
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 due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.

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

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:
- Front/Back Rolls
- Cartwheels & Roundoffs
- Handstands & Handstand Forward Rolls
- Ground Up Bridges (provided the performer returns to the ground/laying position)

Prohibited Skills (include but are not limited to):
- Handstands that fall to Bridge position
- One Arm Cartwheels,
- Front/Back Walkovers
- Front/Back Handsprings
- Flips in any body position
- Tumbling into a load in stunt
- Dive Rolls.

STUNTS

Allowable Skills:
- 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

Prohibited Skills (include but are not limited to):
- Thigh Stand Single Leg Stunts
- Transitional stunts that involve changing bases
- Swing Stunts
- Show and Go Stunts
- Extended V-Sits
- Stunts that move or turn during any portion of the stunt sequence, including Sponge or load-in.

INVERSIONS

ALL INVERSIONS ARE PROHIBITED

DISMOUNTS

Allowable Skills:
- Shove Wrap
- Step Off the Front/Back
- Bump Down
- Pop Offs

Prohibited Skills (include but are not limited to):
- All Cradles

RELEASE MOVES

ALL RELEASE MOVES ARE PROHIBITED

TOSSES

ALL TOSSES ARE PROHIBITED

PYRAMIDS

Allowable Skills:
- Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules
- Allowed up to 2-high

YCADA Show Cheer Level 1 Limited

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

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

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	• Prep Level two leg stunts by LESS THAN majority of team • Knee Level two leg stunts by majority of team
13.0 - 15.0	• 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
A pyramid will be defined as stunt(s) connected to other stunt(s).

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

TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed.
6.0 - 6.9	Must perform at least ONE of the following by LESS THAN 25%: • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Must perform at least ONE of the following by AT LEAST 25%: • Forward Rolls • Backward Rolls • Handstands
8.0 - 8.9	Must perform at least ONE of the following by AT LEAST 25%: • 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	

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	

YCADA
YOUTH CHEER & DANCE ALLIANCE

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. 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

Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to:
- Front & Back Rolls
- Cartwheels & Roundoffs
- Handstands & Handstand Forward Rolls
- Front/Back Walkovers
- Back Limbers
- Valdezes

Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls

STUNTS

Allowable Skills:
- Two leg stunts at prep level or below
- 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)
- Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands)
- Twisting during load in/stunt transition is limited to 1/4 rotation.
- Non-release single based stunts (provided they follow group stunt allowances)
- Prep Level Single Leg Stunts with hand/arm contact by a participant in the stunt group or a participant on the ground
- Two leg stunt that passes through extended position

Prohibited Skills (include but are not limited to): Extended stunts, Leap Frogs, Tension Rolls, Single based Split Stunts, transitional stunts that move to new bases, & twisting Superman transitions.

INVERSIONS

Allowable Skills:
- Ground Level Inversion to Ground Level
- A single Partner Cartwheel Inversion provided the flyer returns back to the ground and upright.

DISMOUNTS

Allowable Skills:
- Step Off the Front/Back
- Shove Wrap
- Bump Down
- Prep Level Pop Offs are limited to 1/4 Turn
- Cradles from all group stunts are limited to Straight and 1/4 turn only.

Prohibited Skills (include but are not limited to): Single trick non twisting Cradles, cradles to different bases, Fireman Catches, cradle from single based stunts

RELEASE MOVES

Allowable Skills:
- Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position.

Prohibited Skills (include but are not limited to): Barrel Rolls, Helicopters, & single based tossed stunts

TOSSES

ALL TOSSES ARE PROHIBITED

PYRAMIDS

Allowable Skills:
Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:
- Extended two leg stunts that are braced on one or both sides 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 are limited to straight ride or 1/4 turn only if The flyer is continuously braced by a two leg prep level or below prep level stunt.

Prohibited Skills (include but are not limited to): Extended single leg pyramids, connected extended 2 leg stunts.

YCADA Show Cheer Level 1

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

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	• Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	• 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	• 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

- GRID 1 OF 2 -

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

0	Zero skills performed
12.0 - 12.4	• Knee level two leg stunts • Knee level single leg stunts
12.5 - 12.9	• Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Extended V-Sits • Swedish Falls
13.0 - 13.4	• Shoulder Stands • Non-twisting prep level two leg stunt • Below prep level single leg stunts - multiple variations encouraged • Ground level inversion to ground level • Superman Transitions
13.5 - 15.0	*1/4 twist variations are encouraged* • Single based waist level single leg stunt • Prep level two leg stunts • Single based prep level two leg stunt • 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
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	• 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	*Below Skills Braced on One Side. 1/4 Twist Variations are encouraged.* • 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	*Performed by LESS THAN Majority* • Step Offs • Bump Downs • Shove Wraps • Pop Offs
3.0	• Step Offs • Bump Downs • Shove Wraps • Pop Offs
4.0	Straight Ride Cradles
5.0	1/4 Turn Cradles

TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	Skills performed by LESS THAN 25%: • Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Skills performed by AT LEAST 25%: • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Cartwheels or Round Offs by at least 25%
8.0 - 8.9	• 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%: • Front/Back Walkovers • Switch Leg Walkovers • Valdezes

- GRID 2 OF 2 -

SHOW CHEER LEVEL 1 - BUILDING (J1)

YCADA YOUTH CHEER & DANCE ALLIANCE

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 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	**Allowable Skills:** All airborne skills with hand support are allowed. Including, but not limited to: • Single Front/Back Handspring • Single Back Handspring Step Out • **Running Tumbling:** Series Handsprings • Dive Rolls (provided they are not in a Swan or Laid Out position). **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, and Whips).

STUNTS	**Allowable Skills:**
	• Two leg extended stunts.
	• Single leg stunts at prep level.
	• At least one base/continuous spotter must maintain contact with the flyer during transitions.
	• **Twisting during transitions is limited to a 1⁄2 twist**
	  * ½ twist transitions from 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 (must return to original bases)
	• Single leg stunt that passes through extended position
	
	Prohibited Skills (include but are not limited to): Single based Split Stunts, twisting Superman transitions, and transitional stunts that involve changing bases.

INVERSIONS	**Allowable Skills:** • 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 **Prohibited Skills (include but are not limited to):** Forward & Backward Suspended Rolls & inversions to prep level and above.
DISMOUNTS	**Allowable Skills:** • Cradles are limited to Straight, ¼ turn, 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). **Prohibited Skills (include but are not limited to):** Pop Offs from extended level, ½ twist Cradles, dismounts that land in prone position & dismounts to different bases.
RELEASE MOVES	**Allowable Skills:** • Single full twisting Barrel Rolls with a spotter at the head and neck of flyer that start and end in a Cradle position with no other trick during the skill • ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. **Prohibited Skills (include but are not limited to):** • Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	**Allowable Skills:** • Flyer limited to a Straight Body position only. **DIVISION 8 – TOSSES ARE PROHIBITED** **Prohibited Skills (include but are not limited to):** Toe Touch, Ball-X, Pike Arch, twisting tosses
PYRAMIDS	**Allowable Skills:** *Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:* • Flyers must maintain contact with at least one base at all times and may not lose contact with bracer during transitions. Flyer in a Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition. • 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. **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.

YCADA Show Cheer Level 2

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

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	• Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	• 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	• 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

- GRID 1 OF 2 -

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

0	Zero skills performed
11.5 - 11.9	• Knee level two leg stunts • Knee level single leg stunts • Waist level two leg stunts • Thigh level two leg stunts
12.0 - 12.4	• Prep level two leg stunts • Below prep level single leg stunts (multiple variations encouraged) • Ground Level Inversion to Ground Level
12.5 - 12.9	• Single based waist level single leg stunt • Single twisting Barrel Rolls • Superman Transitions
13.0 - 13.4	• 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	*1/2 Twist Variations are encouraged* • Ground level inversions to load-in/sponge/below prep level stunt • Prep level single leg stunt(s) • 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	*Below Skills Braced on Both Sides* • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
13.0 - 13.4	*Below Skills Braced on One Side* • 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	• 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: • 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.)

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	• 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)

TOSSES DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
3.0	Straight Ride tosses (i.e. Basket or Sponge) by LESS THAN 25% of team
4.0	Straight Ride tosses (i.e. Basket or Sponge) by LESS THAN majority but MORE THAN 25% of team
5.0	Straight Ride tosses (i.e. Basket or Sponge) by MAJORITY of team

YCADA Show Cheer Level 2 (D8 ONLY)

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
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.4	GOOD
8.5 - 9.0	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

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	• Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	• 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	• 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

- GRID 1 OF 2 -

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

0	Zero skills performed
11.5 - 11.9	• Knee level two leg stunts • Knee level single leg stunts • Waist level two leg stunts • Thigh level two leg stunts
12.0 - 12.4	• Prep level two leg stunts • Below prep level single leg stunts (multiple variations encouraged) • Ground Level Inversion to Ground Level
12.5 - 12.9	• Single based waist level single leg stunt • Single twisting Barrel Rolls • Superman Transitions
13.0 - 13.4	• 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	*1/2 Twist Variations are encouraged* • Ground level inversions to load-in/sponge/below prep level stunt • Prep level single leg stunt(s) • 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	*Below Skills Braced on Both Sides* • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
13.0 - 13.4	*Below Skills Braced on One Side* • 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	• 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: • 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.)

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	• 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 Levels 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	**Allowable Skills:**
	• Series Handsprings
	• **RUNNING TUMBLING**
	Flips only in the following specified body positions with the following restrictions:
	  1) Side Aerial provided no tumbling is performed after the flip
	  2) Back Tucks provided no tumbling is performed after the flip and they originate directly from a Round Off, Round Off Back Handspring, or Round Off Back Handspring Series
	  3) Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (clarification: tumbling out of/after a front tuck is allowed).
	
	Prohibited Skills (include but are not limited to): 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.

STUNTS	**Allowable Skills:** • Single leg extended stunts. • Transitional stunts where one athlete on the performance surface remains in contact with the flyer. • Transitional stunts where the flyer moves to new bases • Twisting during the load in or stunt transition is limited to 1 full twist and can only occur at prep level or below. • Superman transitions are limited to 1/2 twist. **Prohibited Skills (include but are not limited to):** One full twist to extended level & Forward Flipping Leap Frogs.

INVERSIONS	**Allowable Skills:**
	• Inversions as an entry to a non-inverted prep level stunt provided:
	  1) The inversion occurs at ground level and the inverted participant is in contact with the performance surface
	  2) During the transition from the inversion, 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:
	  1) The flyer begins in a non inverted position prep level or below
	  2) The flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter
	  3) The bases/back spotter/posts are not involved with any other choreography
	  4) The flyer lands in a double based Cradle to the original bases or on the performance surface (may not land in a load in position).
	
	Prohibited Skills (include but are not limited to): Backward suspended rolls

DISMOUNTS	**Allowable Skills:** • Pop Offs from extended level • Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation • Non-twisting two trick cradles only from Extension Prep. • Only Straight and 1/4 turn Cradles from extended single leg stunts • Single based stunts may perform Straight Cradles provided the required spotter is in place. **Prohibited Skills (include but are not limited to):** Dismounts to different bases
RELEASE MOVES	**Allowable Skills:** • A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. • Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. **Prohibited Skills (include but are not limited to):** Bases may not free toss a flyer to all new bases.
TOSSES	**Allowable Skills:** • Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). **Prohibited Skills (include but are not limited to):** Kick Full Twist tosses

PYRAMIDS	**Allowable Skills:**
	Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:
	• Braced release moves to an upright extended body position or cradle position provided:
	  1) The flyer is continuously braced by hand/arm contact on one side by a prep level or below stunt
	  2) The flyer does not intentionally travel during the release move
	  3) It incorporates no more than a 1/2 twist by the flyer
	• Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer.
	• Extended single leg stunts braced to other extended two leg stunts
	• Braced Release moves to a non upright body position provided:
	  1) The flyer is continuously braced on BOTH sides by a prep level or below stunt, with hand/arm contact only.
	  2) Flyer does not intentionally travel during the release move
	  3) Does not twist 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:
	  1) The flyer is not released from the base/spotter
	  2) The flyer is continuously braced by a prep level or below stunt with hand/arm contact only.
	
	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.

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

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	• 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	• 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).

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	• Prep level two leg stunts • Below prep level single leg stunt(s) • Ground level inversions to Load-in/Sponge
12.0 - 12.4	• Single based waist level single leg stunt • Single twisting Barrel Rolls • Superman Transitions
12.5 - 12.9	• Single based prep level two leg stunt • 1/2 twist to prep level two leg stunts • Leap Frogs • Cradle Back Walkover Outs
13.0 - 13.4	*1/2 Twist Variations are encouraged* • 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	• Extended single leg stunts • Free standing 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

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* • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
12.5 - 12.9	*All Skills Braced on One Side* • 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	• 1/2 twist pyramid transition to prep level two leg stunts • Braced release move 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	• 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	• Bump Down • Shove Wrap • Pop Off • Straight Ride
3.0	• 1/4 twist Cradles from prep level • Non-twisting Alternate Cradles
4.0	Must Perform (2) Different Skills: • 1/4 twist Cradles from extended level • Single twist cradles from prep level two leg stunts
5.0	Must Perform (2) Different Skills: • 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

YCADA Show Cheer Level 3

TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	• Cartwheels • Round Offs
7.0 - 7.9	• Walkovers • Round Off Back Handspring
8.0 - 8.9	• 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	• Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tuck • Side Aerials • Round off Back Handspring Back Tuck

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	Single trick non-twisting tosses by LESS THAN majority of team
5.0	• Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) • Single twist tosses

- GRID 3 OF 3 -

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 Levels 1-3 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	**Allowable Skills:**
	• Flips are allowed in any body position provided:
	    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)
	
	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

STUNTS	**Allowable Skills:** • 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). • Superman transitions with up to 1 full twist **Prohibited Skills (include but are not limited to):** Double Ups

INVERSIONS	**Allowable Skills:**
	• Inversions as an entry to a transition up to an upright extended level position, provided:
	    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:
	    1) The post and flyer maintain hand/hand contact throughout the transition
	    2) The transition starts at or below prep level and 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
	
	Prohibited Skills (include but are not limited to): Stunt to Stunt Inversion

DISMOUNTS	**Allowable Skills:**
	• 1 1/4 Twist Cradles
	• Non-twisting two trick cradles
	• Two Trick cradles that include a twist provided:
	    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).
	
	Prohibited Skills (include but are not limited to): Cradles that land in a prone position, and all 2 twist cradle dismounts.

RELEASE MOVES	**Allowable Skills:**
	• Freestanding release moves provided:
	    1) Does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs)
	    2) Does not exceed 1 1/2 twists
	    3) Returns to a stunt/load in.
	• Non-twisting Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt.
	
	Prohibited Skills (include but are not limited to): Twisting full release Helicopters

TOSSES	**Allowable Skills:** Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations • Kick Full Basket Toss **Prohibited Skills (include but are not limited to):** Double Full Basket Tosses, flipping tosses (front or back), tosses that intentionally travel and bases may not free toss a flyer to all new bases.

PYRAMIDS	**Allowable Skills:**
	Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:
	• 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:
	    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
	
	Prohibited Skills (include but are not limited to): Twisting front/back braced flips

YCADA Show Cheer Level 4

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

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	• 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	• 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).

- GRID 1 OF 3 -

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	• Single based prep level two leg stunt • Leap Frogs • 1/2 twist to prep level two leg stunts • Cradle Back Walkover Outs
12.0 - 12.4	• 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	• 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	• Extended single leg stunts • Free standing release moves that land at prep level • Full twist to prep level stunts • Forward Flipping Leap Frogs • Full twist Superman transitions • Ground level inversions directly to prep level single leg stunts
13.5 - 15.0	• 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.)

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	• Extended two leg stunts braced on one side • Extended single leg stunts braced on both sides
12.0 - 12.4	All Skills Braced on One Side • 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	• 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	• 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	• 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	• Bump Downs • Shove Wraps • Pop Offs • Straight Ride
2.0	• 1/4 twist Cradles from prep level • Non-twisting Alternate Cradles
3.0	Must Perform (2) Different Skills: • 1/4 twist Cradles from extended level • Single twist cradles from prep level two leg stunts
4.0	Must Perform (2) Different Skills: • 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	Must Perform (2) Different Skills: • 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

- GRID 2 OF 3 -

YCADA Show Cheer Level 4

TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands • Cartwheels •Roundoffs
6.0 - 6.9	• Walkovers • Round Off Back Handspring
7.0 - 7.9	• 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	• Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tucks • Side Aerials • Round off Back Handspring Back Tuck
9.0 - 10.0	• Jump Continuously to Back Handspring Back Tuck • Standing Tuck • Jump Continuously to Back Tuck • Pike • Layout • X-Out • Front Aerial • Full Twist Flips

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-twisting toss
4.0	Non-twisting two trick toss or single twist toss
5.0	Two trick toss that includes a single twist (example: Kick Full)

- GRID 3 OF 3 -

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	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
38	

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	
Toss Difficulty	5	
Toss Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
28	

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 flyers 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.

CHEER & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: _____

CHEER CATEGORY: SC   **DANCE CATEGORY:** DPM   DHH   DSTEP   **LEVEL:** 1L   1   2   3   4
   (circle one)   (circle one)   (circle one)

DIVISION: _____   **TEAM SIZE:** S   L

RULES PENALTIES:

	# of Occurrences x Penalty for Violation	Deductions
Boundary Violation	_____ x (0.1)	
Total Time of Routine: _____	OVERTIME ☐ 4+ seconds (0.4)	

Cheer General Safety/Dance Routine Guidelines

Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	

Cheer Levels Grid/Dance General Rules

Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	

EXECUTION PENALTIES:

Skill Category	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
Tumbling	Touch on Tumbling Skills:	_____ x (0.2)	
Tumbling	Falls on Tumbling Skills:	_____ x (0.4)	
Stunts	Bobbles on Stunt Skills:	_____ x (0.2)	
Stunts	Falls on Stunt Skills:	_____ x (0.8)	
Stunts	Major Falls on Stunt Skills:	_____ x (1.0)	
		TOTAL POINTS DEDUCTED:	

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 <u>must</u> perform the <u>same</u> jumps or motions to qualify for any given range.
- The **Stunts column** is how many stunt groups <u>must</u> 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

YOUTH CHEER GLOSSARY

GO TO VIDEO GLOSSARY

REFERENCE GUIDE FOR SKILLS MENTIONED IN THE YOUTH CHEER LEVELS GRID & GENERAL SAFETY RULES.

1/4 Turn Cradle: A ¼ turn by the flyer to the cradle position. Bases/spotter make the same ¼ turn to catch the flyer.

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

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees. Other related terms include Half Up, 1/2 Twist Load in.

360 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees. Other related terms include Full Up or Full Around.

Aerial: See Front Aerial, Side Aerial

Airborne Tumbling Skill: A tumbling skill involving hip overhead rotation, becoming free of contact with the performance surface.

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

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

Arabesque: A single leg stunt in which the working leg of the flyer is fully extended, parallel to the performance surface and flyer's chest is up (close to 90 degrees).

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

Assisted Tumbling: See Spotted Tumbling

Back Handspring: See Handspring

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

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

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

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

Barrel Roll: A release move where the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

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

Basket Toss: A type of toss with no more than 3 bases, 1 back spotter, where 2 bases use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

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

Brace/Bracer: A physical pyramid connection where 1 flyer provides stability to another flyer.

Braced Flip: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with 2 bracers. Types of Braced Flips include Braced Front Flip and Braced Back Flip.

Braced Roll: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with both a top person and a person on the performance surface who is part of the stunt group.

Building: See stunt

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

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

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

Consecutive Front/Back Handsprings: See Handspring series.

Consecutive Connected Jumps: The execution of two or more jumps following continuously in an unbroken sequence.

Continuous Back Spotter: The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt. Does NOT need to have contact with the flyer/stunt group and does not provide primary support to the flyer.

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

YOUTH CHEER GLOSSARY
(CONTINUED)

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

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

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

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

Eighteen Inches above Extended Arm Level: Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer.

Extended Position: A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position.

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

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

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

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

Flat Back/Arch Back: A stunt in which the flyer has both feet off of the ground, is in a face up position and is supported by at least 2 bases. Extended Flatbacks/Arch Backs are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks/Arch Backs are classified as below prep level stunts.

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

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

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

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

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

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

Forward Roll: A non airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine.

Forward Suspended Roll: See Suspended Roll

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

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

Front Handspring: See Handspring

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

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

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

Full Twist: A 360 degree twisting rotation.

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

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

Half: See Extension Prep

YOUTH CHEER GLOSSARY
(CONTINUED)

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

Hand/Arm Connection: The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist).

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

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

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

Heel Stretch: A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg.

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

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

Inversion/Inverted: When the athlete's shoulders are below their waist and both feet are above their head.

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

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

Jump: An airborne position not involving hip over head rotation created by using one's own feet and lower body power to push off the performance surface.
Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine
Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

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

Leap Frog: A flyer is transitioned from one set of bases to another or back to the original bases. The flyer must remain in continuous contact with the base/back spotter while transitioning.

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

Limber: See Front Limber or Back Limber

Load in: A flyer's position in preparation to build a stunt or skill in between stunts. Common terms: Sponge, One Foot Load In, Two Foot Load in.

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

Nugget: A position in which a participant is crouched on the performance surface, face down on the shins and forearms.

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

Partner Assisted Jumps: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position and the elevated athlete executes a standard style jump.

Partner Cartwheel Inversion: An inversion transitions that requires 2 athletes. 1 base in a lunge position and 1 flyer who performs the cartwheel on the base's lunged position. Base will help guide the Cartwheel flyer over and back to the ground.

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

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

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

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

Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

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

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

Prep: See Extension Prep.

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

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

Prone Position: A belly down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, megaphones, and pieces of cloth are examples of a prop. Poms are NOT considered props.

Pyramid: Two or more flyers with physical connection that may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body.

Release Move: A stunt transition or skill in which the flyer becomes free of contact from anyone within the stunt group that is on the performance surface.

Reload: A stunt transition that returns to the load in position.

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

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

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

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

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

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

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

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

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

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

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

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

Single Trick Non-Twisting Cradles: Dismount variations in which the flyer executes a single trick position. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

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

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

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

Sponge Toss: A toss with multiple bases. Prior to the toss, feet of the flyer are held in the bases hands at below prep level.

Spotted/Assisted Tumbling: Any form of physical assistance that an athlete receives during the execution of a skill or a series of skills.

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

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

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

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

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

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

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

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

Stunt Height Levels
- **Below Knee Stand Level:** A height classification in which the flyer's foot/feet are below the height of a knee stand. Examples - Flyer standing on back of a Nugget. Flyer standing on the thighs of a base, where base's shins are on the performance surface and torso is upright.
- **Knee Stand Level:** A height classification in which one knee of the base is on the performance surface and the other in a hitch position, or base is on all fours, with arms locked out.
- **Thigh Stand Level:** The execution of a stunt where the base(s) is in a lunge or lunge like position and both knees are off the ground.
- **Waist Level:** A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing.
- **Below Prep Level:** Any skill that is below shoulder level of a base.
- **Prep Level:** A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position
- **Extended Level Stunts:** A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads, supported by the Base(s) fully extended arm(s).

Stunt Transition: See transitional stunt

Superman Transiton: The back spotter grips at least one of the flyers ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level or below stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter and flyer has no hand/arm connection to a base, brace or post during this transition.

Supine: Lying face upward

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

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

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by at least 2 bases. One base MUST be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer).

Swing Dance Stunts: Swing dance style lifts and movements, usually done between two people, where the base lifts the flyer and moves them up and down or side to side.

Swing Stunts: A stunt using a swinging motion that uses the flyer's body in a front to back or side to side movement. Stunt must begin below prep level with flyer face up. Two bases have contact with the flyer, and a spotter is in place.

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

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

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

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

Top Person: See Flyer.

Toss Stunts: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases.

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

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

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

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

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

Two and One Half (1/2) High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt.

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

Twist (stunt): Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the dip by the bases or flyer during the simultaneous twisting or buidling of a stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

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

V-Sit/V-Sit Variations: A stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Prep Level V-Sit (waist level skill), Extended V-Sit (prep level skill), seated position variations (i.e. pike, hitch)

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

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

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

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

YOUTH DANCE CATEGORIES

CATEGORY is defined by the type of performance you select.

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

POM: (Time Limit: 2 min 30 sec)
A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use of poms may negatively impact the panel judges overall impression and/or score of the routine.
- **POM:** The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.
- **JAZZ TECHNIQUE:** Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: (Time Limit: 2 min 30 sec)
A Hip Hop routine is composed of street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athleticism, footwork, jumps, stalls, etc. Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.
- **CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.
- **POPPING:** This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.
- **LOCKING:** This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.
- **BREAKING:** This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. .***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**
- **KRUMPING:** This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.
- **WAACKING:** This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.
- **TUTTING -** This style of dance combines body and arm movements that are based on geometrical angles and shapes.
- **URBAN:** This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

STEP: (Time Limit: 3 min)
A performance based on a form of percussive dance in which the participant's entire body is used to produce complex rhythms and sounds through a mixture of sophisticated, synchronized chanting and rhythmic beats from participant hands, feet and mouth. Today, youth across America have embraced this art form, which provides groups with a sense of unity, teamwork, discipline, self-esteem and responsibility. This dance style emphasizes originality/creativity, use of costumes/props, voice clarity, execution and degree of difficulty with a majority of points distributed between Synchronization/Precision and Transitions.

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

YOUTH DANCE ROUTINE GUIDELINES
THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.
New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction.**

(a) Time Limit: 2:30

(b) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling or stunting while entering or exiting the floor is prohibited.

(c) Timing will begin with the first organized word, movement or note of music following the team taking the floor. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!) Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.

(d) Timing will end with the last organized word, movement or note of music.

(e) Teams may take no longer than two (2) minutes to enter and set props for performances. Coaches may assist in setting up props but must exit the floor before the 2-min setup period has expired. Timing for the 2-min setup period begins at the time the team is called to the floor.

(f) Only registered participants of a team are allowed on the performance surface.

(g) All participants with a hard cast (or full (medical) boot brace/walking boot) must not be involved in tumbling and/or partner lifts of any kind. Braces with metal parts and/or sharp edges must be covered to properly protect other participants.

(h) Code of Conduct
    1. During an official function all teams should be supervised by a qualified advisor/coach.
    2. All participants, coaches and spectators agree to conduct themselves in a positive manner. The coach/director/advisor is responsible for ensuring all team member and team affiliates display good sportsmanship throughout the event. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
    3. Routines must be appropriate for family viewing. Appropriate choreography and music MUST be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
    4. YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.

(i) Choreography, Music & Costuming
    1. Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.
    2. Music is required throughout this performance. Choreographed artistic pauses are allowed.
    3. Soled dance shoes (jazz boots, dance sandals, jazz shoes) are acceptable when competing. Bare feet, wearing socks or footed tights only is prohibited.
    4. Costumes/Uniforms and make up should be age appropriate and suitable for family viewing. All Costumes must be full coverage. Sheer material is not considered full coverage. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Jewels/rhinestones may not be adhered to the participant's body and/or face. Actions taken will be under the discretion of an event official.

(j) Props
    1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
    2. Poms are required for at least half of the routine in the Pom category.
    3. Items that may damage the performance surface are prohibited.
    4. Mini-tramps, springboards, or the like are prohibited.
    5. Prop Size - Each prop section may be no larger than a standard room door (36" W x 80" H). Individual prop sections may be combined.
    6. Standing in/on props is prohibited in ANY dance category. Any props brought onto the performance surface must be used during the performance.

YOUTH DANCE GENERAL RULES
THE GENERAL SKILL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.
New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction.**

(a) Tumbling, Gymnastics & Tricks

1. The following skills are the only gymnastic/tumbling skills permitted.

ALLOWED SKILLS:

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

2. Airborne skills are not allowed (exceptions: SIDE Aerials, Headsprings and handsprings are allowed).

3. Tumbling while holding props is prohibited.

4. ONLY the following Tumbling skills may be performed with poms: Forward and Backward Rolls, Shoulder rolls, and SIDE Aerials

5. Athletes are permitted to tumble over another participants' appendages (foot, feet, hands, arms).

(b) Lifts & Partnering Skills

1. The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.

2. The supporting dancer must remain in constant contact with the elevated dancer when the skill is above the supporting dancer's waist.

3. Hip over head rotation is allowed only if the elevated dancer's hips execute and complete the rotation at or below head level of the supporting dancer when the supporting dancer is standing upright on the performance surface. Supporting Dancer must maintain ultimate control over the hip over head elevated dancer.

4. Jumping from or tossing one dancer to another dancer is prohibited.

5. An elevated dancer may not be tossed to the performance surface by a supporting dancer.

6. An elevated dancer may not jump off of a supporting dancer to the performance surface. Exception: A dancer may jump off of a supporting dancer to the performance surface only if the jump is executed at or below shoulder level of the supporting dancer when the supporting dancer is standing upright on the performance surface.

7. An elevated dancer's hips may go no higher than the supporting dancer's head in all dance lifts.

Please be sure to review all dance division rules when competing outside of AYC events.

YCADA Dance - Pom

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of energy, audience appeal, showmanship, confidence, or emotion.
6.5 - 6.9	FAIR - Little energy and showmanship. Routine lacks confidence and audience appeal. Emotion is not properly conveyed or does not feel authentic.
7.0 - 7.9	MODERATE - Moderate energy and showmanship. Basic audience appeal. Confidence and emotion are inconsistent throughout performance.
8.0 - 8.9	GOOD - Good energy and showmanship, audience appeal and consistent confidence from majority. Emotion is present in majority of dancers.
9.0 - 10.0	GREAT - Great energy and showmanship, engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Emotion is authentically conveyed from entire team.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no variety in style. Choreography is without personality and creative movements.
6.5 - 6.9	FAIR - Lacks variety. Movements are repetitive and fall short of creativity.
7.0 - 7.9	MODERATE - Standard incorporation of creative choreography. Average variety displayed throughout routine
8.0 - 8.9	GOOD - Good variety in styles and movements. Choreography displays creativity.
9.0 - 10.0	GREAT - Great incorporation of variety, interpretation and variety in movements. Routine is creative and unique.

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing
8.0 - 8.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are sometimes chaotic and lack in variety.
9.0 - 9.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
10.0 - 10.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth with some creativity displayed.
11.0 - 12.0	GREAT - Creative and seamless transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations. Formations and transitions enhance overall visuals.

POM: VISUAL EFFECT - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Complete lack in visual appeal. No incorporation of level changes, ground work, roll-offs etc.
8.0 - 8.9	FAIR - Few level changes, ground work and roll-offs. Routine lacks visual appeal.
9.0 - 9.9	MODERATE - Standard incorporation of visual effects. Moderate use of roll-offs, level changes and/or ground work.
10.0 - 10.9	GOOD - Good incorporation of visual movements throughout majority of routine. Level changes, ground work and/or roll-offs add to the visual appeal of routine
11.0 - 12.0	GREAT - Great visual effects and variety of level changes incorporated. Creative incorporation of ground work and/or roll-offs. Routine is visually appealing throughout performance.

POM: SYNCHRONIZATION - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Entire performance lacks proper timing and knowledge of routine synchronization
8.0 - 8.9	FAIR - Lacks knowledge of routine timing. Synchronization is off throughout majority of performance and makes it difficult to visually understand routine movements.
9.0 - 9.9	MODERATE - Average timing displayed throughout routine. Standard synchronization maintained. Areas of routine lack team uniformity and knowledge of proper counts.
10.0 - 10.9	GOOD - Good understanding and knowledge of proper timing and routine counts. Proper synchronization maintained throughout majority of routine. Minor timing errors.
11.0 - 12.0	GREAT - Great synchronization and timing. Uniformity and timing maintained throughout entire routine.

POM: MOTION TECHNIQUE - PLACEMENT - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Lacks complete knowledge of proper motion placement and technique
8.0 - 8.9	FAIR - Motions lack proper placement. Motions and movements not clear throughout routine
9.0 - 9.9	MODERATE - Average understanding of proper motion placement. Standard knowledge of placement maintained periodically throughout routine but inconsistent at times.
10.0 - 10.9	GOOD - Good motion technique. Majority of routine executed with proper placement of motions.
11.0 - 12.0	GREAT - Great motion technique. Movements and motions are executed with proper placement throughout entire routine

POM: MOTION TECHNIQUE - SHARPNESS - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Motions are executed without strength and proper technique. Slow paced, drawn out lengthy sections are executed throughout entire routine
8.0 - 8.9	FAIR - Motions do not maintain proper strength and technique. Lacking sharpness and control throughout majority of routine.
9.0 - 9.9	MODERATE - Basic technique performed at a moderate pace. Areas of routine lacking in motion strength
10.0 - 10.9	GOOD - Good technique and control. Sharp motions performed at a good pace. Majority of motion sequences include strength
11.0 - 12.0	GREAT - Great motion technique and placement. Strong sharp motions are consistently being executed throughout entire routine.

JAZZ: INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Little to no incorporation of skills. Minimal team participation in jazz technique throughout routine. Little to no variety in jazz skill
3.0 - 3.9	MODERATE - Moderate jazz skills/technique incorporated within routine. Jazz skills lack variety. Minimal team participation.
4.0 - 5.0	GREAT - Great incorporation of technique. Routine includes solid combinations. Great variety and team participation.

JAZZ: EXECUTION OF JAZZ TECHNIQUE - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Lacking proper technical execution. Poor body placement. Skills are too rushed/too slow and not being performed at proper pace
3.0 - 3.9	MODERATE - Basic knowledge of proper technique and execution. Few issues with incorrect body placement and timing of skills. Standard skills with some being performed at improper pace (too fast/too slow).
4.0 - 5.0	GREAT - Great execution and presentation. Minor timing errors. Great body placement/extensions. Appropriately paced jazz skills executed properly by majority.

ROUTINE DEGREE OF DIFFICULTY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.5 - 6.9	FAIR - Routine difficulty is not apparent throughout the routine. Routine difficulty is minimal or above team ability. Routine lacks dance technique and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	MODERATE - Routine difficulty is age appropriate. Average emphasis on technical skills and choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	GOOD - Good difficulty level and incorporation of challenging movements and technical dance skills . Routine difficulty level is age appropriate yet challenging. Majority of team executing routine correctly.
9.0 - 10.0	GREAT - High level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.

- GRID 1 OF 1 -

DANCE - POM

TEAM NAME: _____ **DIVISION:** _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		12	
Pom - Visual Effect		12	
Pom - Synchronization		12	
Pom - Motion Technique - Placement		12	
Pom - Motion Technique - Sharpness		12	
Jazz - Incorporation of Jazz Technique/Performance Skills		5	
Jazz - Execution of Jazz Technique		5	
Routine Degree of Difficulty		10	
General Comments:		**MAX TOTAL**	**YOUR TOTAL:**
		100	

YCADA Dance - Hip Hop

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 5.0

Score	Description
2.5 - 2.9	MINIMAL/INCONSISTENT - Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
3.0 - 3.9	MODERATE/GOOD - Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
4.0 - 5.0	GREAT - Great entertainment value, crowd appeal, energy and presentation. Routine performed with great execution, consistent confidence from majority and great flow throughout.

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

Score	Description
6.0 - 6.4	MINIMAL/INCONSISTENT - Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.5 - 6.9	FAIR - Lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	MODERATE - Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	GOOD - Good team synchronization and uniformity. Minimal timing errors.
9.0 - 10.0	GREAT - Great team synchronization and team uniformity. Very clean and precise throughout. Team moves as one for majority of performance.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

Score	Description
6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.5 - 6.9	FAIR - Lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	MODERATE - Average creativity displayed throughout routine. Choreography lacks innovative style and displays minor variety in movements.
8.0 - 8.9	GOOD - Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	GREAT - Great incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0

Score	Description
6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.5 - 6.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and/or repetitive.
7.0 - 7.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth
9.0 - 10.0	GREAT - Tricky/creative transitions between formation changes. Great use of the floor with proper spacing and variety in formations.

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 5.0

Score	Description
2.5 - 2.9	MINIMAL/INCONSISTENT - Little to no visually appealing choreography incorporated. Routine lacks level changes, roll-offs, group work, etc.
3.0 - 3.9	MODERATE/GOOD - Moderate visual effects. Routine incorporates basic levels, roll-offs, group work, etc. Standard visual appeal.
4.0 - 5.0	GREAT - Great incorporation of visual movements, amount of level changes, roll-offs, group work, etc. Routine contains sections that are visually appealing and entertaining.

CHOREOGRAPHY: DIFFICULTY - Max Score: 12.0

Score	Description
7.0 - 7.9	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Displays a complete lack in knowledge of proper difficulty level.
8.0 - 8.9	FAIR - Minimal difficulty displayed throughout performance. Athletic elements are not present.
9.0 - 9.9	MODERATE - Standard level of difficulty in movements and choreography. Difficulty level maintained thorughout majority of choreography. Athleticism is inconsistent throughout performance.
10.0 - 10.9	GOOD - Good difficulty level and incorporation of challenging movements. Difficulty level is age appropriate yet challenging. Athleticsm is present through majority of performance.
11.0 - 12.0	GREAT - Great level of routine difficulty including intricate and innovative movements. Challenging choreography and athletic skills maintained throughout entire routine. Difficulty level keeps audience engaged and performance exciting.

HIP HOP FUNDAMENTALS: INTERPRETATION OF HIP HOP STYLES - Max Score: 12.0

Score	Description
7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no understanding of hip hop styles. Poor interpretation and knowledge of movements.
8.0 - 8.9	FAIR - Lacks knowledge of basic hip hop styles and is not properly conveying styles present in routine.
9.0 - 9.9	MODERATE - Average understanding of hip hop styles. Interpretation is inconsistently executed.
10.0 - 10.9	GOOD - Good awareness and interpretation of hip hop styles. Styles are clear and properly conveyed for majority of routine.
11.0 - 12.0	GREAT - Great knowledge and interpretation of hip hop styles. Team demonstrates total comprehension of all styles incorporated and clearly conveys each style for entire routine.

HIP HOP FUNDAMENTALS: INCORPORATION OF HIP HOP STYLES - Max Score: 12.0

Score	Description
7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no diversity or style variety incorporated.
8.0 - 8.9	FAIR - Minimal style variety present. Routine style is largely repetitive.
9.0 - 9.9	MODERATE - Basic incorporation of style variety throughout routine. Movements are somewhat repetitive and lack in diversity.
10.0 - 10.9	GOOD - Good variety in styles. Diversity and variety maintained throughout majority of routine.
11.0 - 12.0	GREAT - Great variety in styles and movement. Routine incorporates diversity and demands attention through entire performance.

HIP HOP FUNDAMENTALS: EXECUTION OF HIP HOP STYLES - Max Score: 12.0

Score	Description
7.0 - 7.9	MINIMAL/INCONSISTENT - Majority of routine is executed improperly. Hip hop styles are lost throughout routine.
8.0 - 8.9	FAIR - Routine lacks proper execution of hip hop styles throughout performance. Majority of team lacking body control, intensity, and basic rhythm
9.0 - 9.9	MODERATE - Standard rhythm and body control demonstrated. Hip hop styles and movements are inconsistently executed throughout
10.0 - 10.9	GOOD - Good body control and rhythm demonstrated throughout routine. Most movements and styles are executed properly and with strength and intensity by majority
11.0 - 12.0	GREAT - Great execution of all incorporated movements. Variety of styles executed with strength, emotion and personality. Moves contain body control and natural rhythm.

HIP HOP FUNDAMENTALS: MUSICALITY/RHYTHM/BODY ISOLATION - Max Score: 12.0

Score	Description
7.0 - 7.9	MINIMAL/INCONSISTENT - Routine displays no musicality, natural rhythm and/or body isolations.
8.0 - 8.9	FAIR - Minimal musicality and body isolations present throughout routine. Majority of team lacking basic rhythm.
9.0 - 9.9	MODERATE - Standard rhythm demonstrated. Basic level of musicality and body isolations demonstrated.
10.0 - 10.9	GOOD - Good natural rhythm demonstrated throughout routine. Musicality is present throughout routine and body isolations are appropriately utilized.
11.0 - 12.0	GREAT - Great demonstration of natural rhythm and musicality. Moves display intricacy in relation to the music and choreo and body isolations maintain routine fluidity throughout.

- GRID 1 OF 1 -

DANCE - HIP-HOP

TEAM NAME: _____   **DIVISION:** _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		5	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		5	
Choreography - Difficulty		12	
Hip Hop Fundamentals - Interpretation of Hip Hop Styles		12	
Hip Hop Fundamentals - Incorporation of Hip Hop Styles		12	
Hip Hop Fundamentals - Execution of Hip Hop Styles		12	
Hip Hop Fundamentals - Musicality/Rhythm/Body Isolation		12	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Dance - Step

INTRODUCTION & EXIT   - Max Score: 10.0

Clarity of step beginning and ending, concept interpretation, meaning and storyline portrayal to the audience.

6.0 - 6.9	BELOW AVERAGE
7.0 - 7.9	AVERAGE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

APPEARANCE, UNIFORMS AND COSTUMES/PROPS - Max Score: 10.0

Use of props, creativity of costume selection, and costume ability to convey concept to the audience throughout the routine.

6.0 - 6.9	BELOW AVERAGE
7.0 - 7.9	AVERAGE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

ORIGINALITY & CREATIVITY - Max Score: 10.0

Knowledge of routine spacing, use of variety of formations and floor space, trickiness and creativity of transitions, smooth transitions.

6.0 - 6.9	BELOW AVERAGE
7.0 - 7.9	AVERAGE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

ROUTINE EXECUTION & DEGREE OF DIFFICULTY - Max Score: 10.0

Consistency of routine execution and presentation, routine difficulty, innovative movements, energy, audience appeal and entertainment value, showmanship, confidence, & flow of routine.

6.0-6.9	BELOW AVERAGE
7.0-7.9	AVERAGE
8.0-8.9	GOOD
9.0-10.0	EXCELLENT

OVERALL PERFORMANCE - Max Score: 10.0

Effectiveness, ability to create positive and memorable moments throughout the routine, innovative, visual, unique, incorporation of intricate ideas throughout, concept selection, age appropriateness of costumes that coincide with the majority of the routine.

6.0-6.9	BELOW AVERAGE
7.0-7.9	AVERAGE
8.0-8.9	GOOD
9.0-10.0	EXCELLENT

SYNCHRONIZATION/PRECISION - Max Score: 15.0

Uniformity amongst steppers, unison of voices, movements, sounds and steps, timing throughout the routine.

11.0-11.9	BELOW AVERAGE
12.0-12.9	AVERAGE
13.0-13.9	GOOD
14.0-15.0	EXCELLENT

SHOWMANSHIP   - Max Score: 10.0

Display of passion and zeal for routine, athletes' engagement, energy and confidence throughout the routine. Ability to capture the crowd's attention and create excitement.

6.0-6.9	BELOW AVERAGE
7.0-7.9	AVERAGE
8.0-8.9	GOOD
9.0-10.0	EXCELLENT

VOICE CLARITY - Max Score: 10.0

Projection of voices, volume and clarity of voices, words and phrases throughout the routine.

6.0 - 6.9	BELOW AVERAGE
7.0 - 7.9	AVERAGE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

TRANSITIONS - Max Score: 15.0

Cleanliness, complexity, and creativity of transitions, incorporation of skills during transitions, and coordination of elements of the routine.

11.0-11.9	BELOW AVERAGE
12.0-12.9	AVERAGE
13.0-13.9	GOOD
14.0-15.0	EXCELLENT

- GRID 1 OF 1 -

DANCE - STEP

YCADA — YOUTH CHEER & DANCE ALLIANCE

TEAM NAME: _____   **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Introduction & Exit	10	
Appearance, Uniforms & Costumes/Props	10	
Originality & Creativity	10	
Routine Execution & Degree of Difficulty	10	
Overall Performance	10	
Synchronization/Precision	15	
Showmanship	10	
Voice Clarity	10	
Transitions	15	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
100	

YOUTH DANCE PENALTY INFO
PROTECTING INTEGRITY AND PERFECTION OF ROUTINE EXECUTION.

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

RULES PENALTIES:
1.0 POINT deducted from your total possible score for each violation of any of the **YCADA Dance Routine Guidelines.**
1.0 POINT deducted from your total possible score for each violation of any of the **YCADA Dance General Rules.**

Please refer to the YCADA Dance Routine Guidelines & General Rules for specific allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

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

INAPPROPRIATE MUSIC/CHOREOGRAPHY:
Age appropriate choreography, costuming and music must be used. Penalties will be assessed under the **YCADA Dance Routine Guidelines.**

DANCE GLOSSARY

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

Aerial: See Front Aerial/Side Aerial

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

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

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

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

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

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

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

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

Calypso: A turning dance leap, originating from chainé turns, in which the working leg is swept and held straight, while the back leg is held in the attitude position.

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

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

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

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

Dance Lifts: See Lift

Elevated: Raising a dancer to a higher position.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Partner Lift: See Lift

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

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

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

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

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

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

Prop: An object that a dancer can control and utilize throughout a performance. Poms are not considered props.

Pyramid: A grouping of connected stunts.

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

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

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

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

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

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

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

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

DANCE GLOSSARY
(CONTINUED)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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