



Jr. High/Middle School/Youth Teams Show Cheer and Group Stunt Division Limitation

NOVICE

2017-18

In addition to all rules covered in the “2017-18 AACCA School Cheerleading Safety Rules,” the following restrictions also apply to junior high/middle school/youth teams entering a “Show Cheer – Novice” or “Group Stunt – Novice” division. Changes and/or clarifications from 2015-16 are highlighted in yellow.

Show Cheer and/or Group Stunt -- **NOVICE** Division Limitations

Tumbling:

Standing tumbling: limited in difficulty to a single standing back handspring. Jump/ handspring combinations and series handsprings are not allowed. Flips (tucks) and aerials are not allowed. Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.

Running tumbling: limited to front and back handspring series. Skills including, but not limited to the following, are not permitted: flips (tucks), aerials (including aerial cartwheels), punch fronts, etc.

Running tumbling is defined as tumbling that is performed with a forward momentum start that may involve a cartwheel or round off (etc.), and used to gain momentum as an entry to another skill.

Stunts:

1. Extended freestanding single leg stunts are limited to a basic (foot by the knee) liberty (or high torch) only. No liberty variations (heel stretch, etc.) are allowed.
2. Twisting stunt transitions are limited to a 1/2 twist. Full twist barrel/log rolls (even when connected to a base, spotter or post) are not allowed.
3. All stunt release moves must land in a cradle.
4. The only stunt inversions allowed are: (1) Transitions from ground level inversions (example: handstand) up to non-inverted positions at prep level or below with a head and shoulder spotter that assists and **remains in contact with the top** person to the non-inverted position. (2) Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand/arm contact to a stunt, two person cradle, loading position or the performing surface. If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.

Pyramids:

All extended single leg stunt variations must be braced on at least one side by another top person who is at prep level or lower.

2. Twisting pyramid transitions are limited to a 1/2 twist.
3. Pyramid inversions are not allowed.

Dismounts/Tosses:

1. Dismounts: Only straight pop downs/bump downs, basic straight cradles and ¼ turn dismounts are allowed. All other dismounts (toe touch, twists, etc.) are prohibited. "Dismount" is defined as the movement from a stunt and/or pyramid to a cradle position or to the performing surface.

2. Basket, sponge, elevator or similar type tosses are **not permitted**.

NRG Dance and Cheer reserves the right to add, delete, combine and/or split divisions in the interest of competition. Divisions will be split into small and large based on team size if the number of overall teams participating warrants this.



Jr. High/Middle School/Youth Teams
Show Cheer and Group Stunt
Division Limitations
2017-18
ADVANCED

In addition to all rules covered in the “2017-18 AACCA School Cheerleading Safety Rules,” the following restrictions also apply to junior high/middle school/youth teams entering a “Show Cheer Advanced” or “Group Stunt - Advanced” division. Changes and/or clarifications from 2015-16 are highlighted in yellow.

Show Cheer and/or Group Stunt -- **ADVANCED Division Limitations**

The technical skill limitations for this division are found in the “2017-18 AACCA School Cheerleading Safety Rules.” In addition, please note the following limitations:

1. Twisting stunt and/or pyramid transitions are allowed up to one twist by the top person. Twisting to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) are limited to one twist. Exception: $1\frac{1}{4}$ dismounts to cradle are permitted from side facing stunts.
2. Basket, sponge, elevator or similar type tosses are not permitted.

Jr. High/Middle School/Youth Teams



Show Cheer

NON-TUMBLING

2017-18

In addition to all rules covered in the “2017-18 AACCA School Cheerleading Safety Rules,” the following restrictions also apply to junior high/middle school/youth teams entering a “Show Cheer-Non-Tumbling” division. Changes and/or clarifications from 2015-16 are highlighted in yellow.

Show Cheer – **NON-TUMBLING** Division Limitations (Stunting is allowed through the Advanced level of division limitations)

Tumbling:

This division prohibits all standing and/or running tumbling with feet over head rotation, including forward and backward rolls, cartwheels, handsprings, aerials, etc. Legal stunt inversions into or from stunts will not be considered tumbling and are therefore allowed in this division.

Stunts/Pyramids/Tosses:

1. Twisting stunt and/or pyramid transitions are allowed up to one twist. Twisting to/ from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) is limited to one twist. Exception: 1¼ dismounts to a cradle are permitted from side- facing stunts.
2. Basket, sponge, elevator or similar tosses are not permitted. There are no other technical skill limitations for this division except for those noted in the “2017-18 AACCA School Cheerleading Safety Rules.”



High School Teams Show Cheer 2017-18 NOVICE Division Limitations

In addition to all rules covered in the "2017-18 AACCA School Cheerleading Safety Rules" the following restrictions also apply to teams entering a "Show Cheer -- Novice" division. Changes and/or clarifications from 2015-16 are highlighted in yellow.

SHOW CHEER -- NOVICE Division Limitations

Tumbling:

Standing tumbling: limited in difficulty to a single standing back handspring. Jump/handspring combinations and series handsprings are not allowed. Flips (tucks) and aerials are not allowed.

Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.

Running tumbling: limited to front and back handspring series. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials (including cartwheel aerials), punch fronts, etc.

Running tumbling is defined as tumbling that is performed with a forward momentum start that may involve a cartwheel or round off (etc.), and used to gain momentum as an entry to another skill.

Stunts:

1. Single leg freestanding stunts may not be held or pass through an extended position.
2. Extended stunts are limited to both feet in the base(s)' hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the top of the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount.
3. Twisting stunt transitions are limited to a 1/2 twist.
4. All stunt release moves must land in a cradle.
5. The only stunt inversions allowed are: (1) Transitions from ground level inversions (example: handstand) up to non-inverted positions at prep level or below with a head and shoulder spotter that assists and remains in contact with the top person to the noninverted position. (2) Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand/arm contact to a stunt, two person cradle, loading position or the performing surface. If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.

Pyramids:

1. All single leg extended stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced by two top persons that are at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level and constant contact between the top person and two bracers must be maintained while the top person is on one leg above prep level.
2. Twisting pyramid transitions are limited to a 1/2 twist.
3. Pyramid inversions are not allowed.

Dismounts/Tosses:

1. Only straight pop downs/bump downs, basic straight cradles and ¼ turn dismounts are allowed. All other dismounts (toe touch, twists, etc.) are prohibited. "Dismount" is defined as the movement from a stunt and/or pyramid to a cradle position or to the performing surface.
2. No basket, sponge, elevator or similar type toss is permitted.



High School Teams Show Cheer & Group Stunt INTERMEDIATE – Division Limitations 2017-18

In addition to all rules covered in the “2017-18 AACCA School Cheerleading Safety Rules” the following restrictions also apply to teams entering a “Show Cheer --Intermediate” and/or a “Group Stunt --Intermediate” division. Changes and/or clarifications from 2015-16 are highlighted in yellow.

SHOW CHEER & GROUP STUNT -- INTERMEDIATE Division Limitations

Tumbling:

Standing Tumbling: limited in difficulty to a standing back handspring series or jump/handsprings combination (flips and aerials are not allowed). Therefore, a standing back tuck or standing back handspring back tuck is prohibited.

Standing tumbling is defined as any tumbling skill not originating from a cartwheel, or round-off.

Running Tumbling: limited in difficulty to tucks. Round off (or cartwheel) back tucks and round off (or cartwheel) back handspring back tucks are examples of skills that are allowed. Aerial Cartwheels and punch fronts are also allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a flip or aerial cartwheel skill.

Running tumbling is defined as tumbling that is performed with a forward momentum start that may involve a cartwheel or round off (etc.), and used to gain momentum as an entry to another skill.

Stunts:

1. Extended freestanding single leg stunts are limited to a basic (foot by the knee) liberty (or high torch) only. No liberty variations (heel stretch, etc.) are allowed.
2. Twisting stunt transitions to/from an extended position may not exceed $\frac{1}{2}$ twisting transition. All other twisting transitions may not exceed 1 twist.
3. Stunt release moves must start below prep level and must be caught at prep level and below. Release move may not pass above the base(s) extended arm level.

Pyramids:

1. All extended single leg stunt/pyramid variations must be braced on at least one side by another top person who is at prep level or lower.
2. All pyramid twisting transitions may not exceed 1 twist.
3. Pyramid Inversions: A braced forward or backward flip in a pyramid is allowed while adhering to the AACCA rules on braced flips; however, no twisting is allowed and the completion of the flip must end in a cradle dismount.

Dismounts/Tosses:

1. Single twist dismounts are allowed only from 2-legged stunts/pyramids. Full twisting dismounts are not allowed from any single leg stunt or pyramid. "Dismount" is defined as the movement from a stunt and/or pyramid to a cradle position or to the performing surface.
2. Basket, sponge, elevator or similar type tosses are permitted, but are limited to one trick only (i.e. one toe touch). For example, a kick followed by a twist, or a ball to an X-out, are considered 2 tricks and would be illegal.



High School Teams
Show Cheer & Groups Stunt
ADVANCED Division Limitations
2017-18

Show Cheer and/or Group Stunt -- ADVANCED Division Limitations

There are no technical skill limitations for this division except for those noted in the "2017-18 AACCA School Cheerleading Safety Rules."



High School Teams Show Cheer NON-TUMBLING Division Limitations 2017-18

In addition to all rules covered in the “2017-18 AACCA School Cheerleading Safety Rules” the following restrictions also apply to teams entering a “**Show Cheer -- Non-Tumbling**” division. Changes and/or clarifications from 2015-16 are highlighted in yellow.

Show Cheer – NON-TUMBLING Division Limitations (Stunting is allowed through the Advanced level of division limitations)

Tumbling:

This division prohibits all standing and/or running tumbling with feet over head rotation, including forward and backward rolls, cartwheels, handsprings, aerials, etc. Legal stunt inversions into or from stunts will not be considered tumbling and are therefore allowed in this division

Stunts/Pyramids/Tosses:

There are no technical skill limitations for this division except for those noted in the “2017-18 AACCA School Cheerleading Safety Rules.”