



# NA (NON-AFFILIATED) RULES & SCORING PACKET

## 2023-2024

(VALID UNTIL 5/31/2024)

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# YOUTH AFFILIATED vs. NA (NON-AFFILIATED)

## USE THE FOLLOWING TO CONFIRM YOUR TEAM'S "NA" STATUS.

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

### YOUTH-AFFILIATED DIVISIONS:

Divisions identified as 'Youth' will provide competition for the majority of youth teams who have competed with YCADA in past years; however, the wording has been clarified to exclude teams who have left an organized program to form competition only teams, or join a program (i.e. city parks and rec. league) which has youth sports teams, but no formal cheerleading program – as defined below.

**Definition of Youth Team:** City/Mascot (i.e. Starbucks) + Division/Age of Play (i.e. Pee Wee).

**EXAMPLE:** Starbucks Pee Wee

### YOUTH-AFFILIATED DIVISION GUIDELINES:

- Team is affiliated with a governing youth football organization (i.e. Pop Warner Football, American Youth Football, AAU, P.A.L., Junior All American, etc.). The youth league must include cheerleading bylaws and cheerleading safety rules as part of their charter. Team supports, is affiliated with, and is required to "cheer for" all scheduled football games in their organization during the regular season. A public game schedule must be available for review.
- Teams affiliated with any sport other than football (i.e. baseball, basketball, soccer) must compete in the Youth Non Affiliated "NA" Divisions.
- Coaches **MUST** bring copies of their league/team 'books' containing copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, or league affiliation disputed, a YCADA event official will require this documentation. Not having this information available at the event may result in disqualification.
- Youth divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2023** shall be the participant's age through **May 31, 2024**.

### NA (NON-AFFILIATED) DIVISIONS:

Divisions identified as 'NA (Non-Affiliated)' will provide competition for youth cheer teams who are not associated with a youth football organization (as defined above), or representatives of an all-star cheer gym, dance studio or registered team with USASF. This type of youth team is sometimes also referred to as 'Performance Rec'.

### NA (NON-AFFILIATED) DIVISION GUIDELINES:

- Team is **NOT** affiliated with a youth football organization that includes cheer safety rules or cheer bylaws as part of its franchise.
- Organizations or Teams may not be registered with USASF at the time of competition and not have had any teams in their organization compete in any competition under any "All Star" identified divisions.
- It is not mandatory that this team supports, affiliates with, or "cheers for" an organized sport (i.e. football, basketball, etc.).
- No Official Team Roster is required in NA Divisions.
- Coaches must bring copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, a YCADA event official will require this documentation. **Not having proof of athletes' ages at a YCADA event may result in disqualification.**
- NA (Non-Affiliated) divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2023** shall be the participant's age through **May 31, 2024**.
- To identify an NA (Non-Affiliated) division in the registration portal and competition schedule, team divisions will be referred to as NA (Non-Affiliated) followed by the Level (i.e.: NA - Division 12 Level 2<sup>x</sup>). The example indicates: An NA (Non-Affiliated) team, age 12 and under, selecting Level 2<sup>x</sup> (NA) skills.

**To maintain the integrity of a fair and competitive NA Division, YCADA reserves the right to evaluate a team's status to ensure compliance to the letter and the spirit of the above policies.**

# NA

## CHEER CATEGORIES

**CATEGORY** is defined by the type of performance you select.

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

### **CROSSOVERS**

- 1) Any athlete performing in a Non-Mount division may NOT cross over into a division that allows building skills
- 2) Level 1\* Limited may not cross over to any other Cheer Level.

**CHEER LEVEL 1\* LIMITED:** (Time Limit: 2 min) Performance using music during the routine. Teams may incorporate a cheer/chant within the routine. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Cheer Level 1\* Limited routine requirements and allowances.

**CHEER:** (Time Limit: 2 min 30 sec) This category is offered for the following levels: **1x, 2x, 3x and 4x**. Performance using music during the routine. Teams may incorporate a cheer/chant within the routine. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Cheer routine requirements and allowances.

**Special Performances:** 1 minute 30 seconds *(This category is reserved for teams with athletes with disabilities)*

# NA 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 **1.5 point deduction**.

- (a) No **shoe charms, hair beads**, jewelry (except medical/religious – taped down) or chewing gum will be allowed during performances. Jewels/rhinestones may not be adhered to the participant's body and/or face. **Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred.**
- (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. 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, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniformed fashion to team's starting position is allowed. Spirited exits are allowed after the competition of the routine but must not include tumbling or stunt skills.
- (g) 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. Coaches may not delay the start of the routine in order to fix formations. 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) **All participants must be on the performance surface at the start of the routine.**
- (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.
  4. Uniforms and make up should be age appropriate and suitable for family viewing.
  5. Items that may damage the performance surface are prohibited.

**6. Uniforms**

**\*\*Upcoming Rules Change for the 2024-2025 Season\*\***

**All Uniform tops must be full coverage (no exposed midriff or crop tops), with the exception of NA Division 16 & NA Division 18. Those teams with non-full coverage/crop top uniforms must wear a suitable cover-up or mesh over/under their uniforms, outside of warmup and performance times.**

**All NA cheer uniforms should properly cover an athlete and must be properly secured. Uniform tops must be secured with material over both shoulders, one shoulder, or around the neck. Skirts and shorts must fully cover hips and briefs. Appropriate undergarments must be worn with all uniforms.**
- (j) **Poms and Props**
  1. Props other than banners, flags, megaphones, and signs/light up signs must be submitted to YCADA for approval to ensure athlete's safety.
  2. All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark center. Item must be off the mat to ensure it is not in the way of participants.
  3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
  4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once 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. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered **ILLEGAL**, performing a Cradle with poms would also be considered **ILLEGAL**.
  6. **Once 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). Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer may then transition to an extension with poms in hand. Exceptions are not limited to this example.
  7. Bases/back spotters may not hold **poms/props** in their hands if the hands are the primary support for the top person during stunting. Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
  8. Front spots may hand or be handed **poms/props** from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.

# NA 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 **1.5 point deduction**.

## (k) Jumps

1. Participants are permitted to jump over another participant on the performance surface **with or without contact**.
2. Partner assisted jumps are allowed provided the supporting **athlete** controls the jump and maintains contact from start to finish. **Partner assisted jumps will not count towards jump difficulty**.
3. Airborne skills that drop/transition directly to the performance surface **are not allowed**. **Weight must be borne on the hands or feet**.

## (l) Tumbling

1. All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
2. **Spotted/Assisted Tumbling is an allowable skill. However, any skills of these type will not be considered a part of tumbling difficulty.**
3. Partner tumbling is prohibited.
4. Participants may perform a Handstand that is in contact with individuals on the ground as choreography.
5. Tumbling oriented load-ins to stunts, dismounts, and transitions (such as Cartwheels, Round Offs, and Walkovers) are permitted:
  - (i) Must follow inversion rules
  - (ii) 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 unless an exception is listed in the level rules grid.
7. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.

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

1. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget with or without contact to the Nugget.
2. Must never pass over, under or through other stunts and/or pyramids.
3. In all dismounts, catching base(s) **MUST** physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
4. **(Level 3-4) Single leg extended stunts may be braced to other extended level stunts.**
5. **Pendulums**
  - (i) **Pendulum transitions must start from prep level or below and return to an upright stunt/load- in/ground position.**
  - (ii) **One Spotter is required in front of the catchers during all pendulum transitions.**
  - (iii) **Two Bases are required (must remain stationary) plus two additional catchers (must remain stationary) 1 on each side of a Pendulum or stunt that moves away from the vertical axis (i.e. Shooting Star, Shoot Outs, etc.).**
6. 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).
7. Superman transitions may not be braced to any other **Superman Transitions, and may not invert at any point**.
8. May not cradle from any stunt in which the base(s) have a knee on the ground.
9. Release moves may not involve changing bases.
10. In pyramids involving release moves that require a bracer for legality (ball ups, braced flips, etc.), contact between the flyer and the original bracer(s) must be maintained throughout the entire release move transition until the flyer makes contact with the original bases.
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 for that level.
13. All inversions require 2 bases and 1 spotter.
14. Inversion skills where the flyer transitions from the inversion directly over the back spot to the load in position or directly from the inversion to a shoulder sit on the back spot, requires an additional spotter.
15. If a flyer is released from a single based stunt and lands in a horizontal, non-cradle position, 2 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 1 catcher/base. If a flyer is released from a multi-based stunt and lands in a horizontal, non-cradle position, 3 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 2 catchers/bases.
16. **LEVEL 4 ONLY:** A separate person **MAY** move under a stunt, as long as they remain in a non-inverted position.

## (n) Tosses (Levels 2-4)

1. 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) Types of Required Spotters

1. Must be in direct contact with the performance surface and cannot be a required spotter for 2 different flyers. Each flyer requires a separate spotter.

### **Continuous Back Spotter**

2. Not required for Knee Stands, Thigh Stands, or Shoulder Sits.
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. (Levels 2-4) - A spotter is **NOT** required if a flyer is at prep level or below. A spotter is required if a flyer is passing through or stopping at extended level.
5. Required for all stunts, release moves and tosses prep level and above (exceptions: may transition from/to back spot of a group-based stunt to Shoulder Sit, Flatbacks with at least 3 bases, vertical/horizontal T-Lifts. **In flatbacks with 3 bases, one base must be supporting the head, neck, and shoulders of the flyer.**

# NA CHEER GENERAL SAFETY RULES

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New rule changes are marked in **RED**. Any violations from this section will be a **1.5 point deduction**.

## (o) Types of Required Spotters (continued)

### *Continuous Back Spotter*

6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases). However, a continuous back spotter is not required for stunts where the flyer is in a seated position supported at the seat by the base(s) hand/arm; these types of stunts are classified as waist level stunts. Exception - spotter not required for Nugget stunts, where the flyer's foot is not in the hand of the bases.
7. 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.
8. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt).
9. (Level 2) During 1/2 twist transitions from prep level or below to a cradle position, the flyer and at least one base or back spotter must maintain contact throughout the transition and an additional spotter is required at the head and shoulders of the flyer to catch the Cradle.

### *Spotter for Single Based Stunts*

10. 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's shoes (exception: may place one hand under the foot with other hand on the ankle at prep level and below provided the spotter is positioned to the side of the flyer and they do not cradle).
11. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

## (p) Bases

1. Must be in direct contact with the performance surface.
2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
3. Two required 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).
4. Two bases required in all Split Stunts.
5. If a base is supporting a flyer at prep level and kneels or squats, the flyer will still be considered to be at prep level. If the base is supporting a flyer in an extended position and kneels or squats, the flyer will still be considered to be at an extended level.

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.

## NA CHEER LEVEL 1<sup>X</sup> 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 2.5 point deduction per occurrence.**

|  |  |
|--|--|
| <b>STANDING &amp; RUNNING<br/>TUMBLING</b> | <p><b>Allowable Skills:</b> 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:</p> <ul style="list-style-type: none"> <li>• Front &amp; Back Rolls</li> <li>• Cartwheels &amp; Roundoffs</li> <li>• Handstands &amp; Handstand Forward Rolls</li> <li>• Front/Back Walkovers</li> <li>• Back Limbers</li> <li>• Valdezes</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Front/Back Handsprings, Flips in any body position, Kip Ups &amp; Dive Rolls</p>  |
| <b>STUNTS</b>                              | <p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Two leg stunts at prep level or below</li> <li>• Single leg stunts below prep level</li> <li>• Show N Go above prep level</li> <li>• Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands)</li> <li>• Twisting during load in/stunt transition <b>is limited to ¼ rotation</b></li> <li>• Non-release single based stunts (provided they follow group stunt allowances)</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, Front/Back/Side Tension Rolls, Single based Split Stunts, Swing Dance, Swing Stunts and <b>transitional stunts that change bases.</b></p>   |
| <b>INVERSIONS</b>                          | <ul style="list-style-type: none"> <li>• Ground Level Inversion to Ground Level</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.</p>   |
| <b>DISMOUNTS</b>                           | <p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Step Off the Front/Back</li> <li>• Shove Wrap</li> <li>• Bump Down</li> <li>• Prep Level Pop Offs are limited to 1/4 Turn</li> <li>• Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only (exception: single based stunts may not cradle).</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Cradles from extended stunts, single trick non twisting Cradles, Cradles to different bases &amp; Fireman Catches</p>   |
| <b>RELEASE<br/>MOVES</b>                   | <p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Barrel Rolls, Helicopters, &amp; single based tossed stunts</p>   |
| <b>TOSSES</b>                              | <p><b>ALL TOSSES ARE PROHIBITED</b></p>  |
| <b>PYRAMIDS</b>                            | <p><b>Allowable Skills:</b><br/><i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> <li>• 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 or bracers standing on the ground. Contact must be made to the required bracer(s) PRIOR to the flyer passing above prep level. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt.</li> <li>• Single leg stunts at prep level provided they are braced on <b>at least</b> one side with hand/arm contact with a two leg prep level, below prep level stunt, or a participant on the ground that is not involved in the prep level single leg stunt.</li> <li>• Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side provided they are braced on <b>both</b> sides (clarification: the hand/arm contact must be made to the required bracer(s) PRIOR to executing the single leg stunt at prep level. Contact must be maintained until the upward motion of a dismount, Retake/Sponge, or stunt returns to a prep level two leg or below stunt).</li> <li>• Braced release dismounts to a Cradle are allowed provided they are continuously braced on one side by a two leg prep level or below stunt or a Shoulder Sit, which requires an additional spotter. No other skills may be included during the release and flyer must begin release transition in an upright body position and remain in an upright, straight body position throughout the release.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Extended single leg pyramids, extended two leg stunts that brace any other extended two leg stunts.</p> |



**CHOREOGRAPHY - By MAJORITY of Team - Max Score: 15.0**

|             |   |
|-------------|---|
| 14.5 - 15.0 | Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation. |
|-------------|---|

**PERFORMANCE OF ROUTINE - By MAJORITY of Team - Max Score: 15.0**

|             |   |
|-------------|---|
| 14.5 - 15.0 | Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal. |
|-------------|---|

**DANCE/MOTIONS - By MAJORITY of Team - Max Score: 11.0**

|             |  |
|-------------|--|
| 10.0 - 11.0 | Teams ability to demonstrate excellence in dance/motion technique and placement, energy/pace, creativity/variety in dance/motions, incorporation of visuals, transitions, level changes, (dance) footwork and floorwork. |
|-------------|--|

**SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)**

|           |                       |
|-----------|-----------------------|
| 0.0       | Zero skills performed |
| 0.1 - 0.2 | MINIMAL/INCONSISTENT  |
| 0.3 - 0.4 | MODERATE              |
| 0.5 - 0.7 | GOOD                  |
| 0.8 - 1.0 | EXCELLENT             |

**JUMPS DIFFICULTY - Max Score: 10.0**

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine  
Consecutive connected 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.

|      |  |
|------|--|
| 0.0  | Zero skills performed  |
| 6.0  | Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> <li>• Basic jump(s)</li> <li>• 1 advanced jump by LESS THAN majority of team</li> </ul>  |
| 7.0  | • 1 synchronized advanced jump by MAJORITY of team   |
| 8.0  | Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> <li>• 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section</li> <li>• 2 synchronized non-consecutive advanced jumps by MAJORITY of team performed in DIFFERENT sequences/sections</li> </ul> |
| 9.0  | Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> <li>• 2 synchronized non-consecutive advanced jumps by MAJORITY of team performed in the SAME sequence/section</li> <li>• 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY of team</li> </ul>                                       |
| 10.0 | 2 synchronized consecutive connected advanced jumps WITH VARIETY by MAJORITY of team   |

**STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0**

|            |   |
|------------|---|
| 0.0        | Zero skills performed   |
| 7.0 - 7.4  | Knee level two leg stunts   |
| 7.5 - 7.9  | Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> <li>• Waist level two leg stunts</li> <li>• Thigh level two leg stunts</li> <li>• Shoulder Sits</li> <li>• Swedish Falls</li> <li>• Extended V Sits</li> </ul>  |
| 8.0 - 8.9  | Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> <li>• Shoulder Stands</li> <li>• Prep level two leg stunt</li> <li>• Below prep level single leg stunt (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged)</li> <li>• Ground Level Inversion to Ground Level</li> </ul>  |
| 9.0 - 10.0 | Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> <li>• Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s) Arabesque, Scorpion, Scale - multiple variations encouraged)-</li> <li>• 1/4 twist mount to below prep level single leg</li> <li>• 1/4 twist mount to prep level two leg stunt</li> <li>• Single based waist level single leg stunt</li> </ul> |

**PYRAMIDS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0**

A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).

|            |  |
|------------|--|
| 0.0        | Zero skills performed  |
| 7.0 - 7.4  | Below prep level two leg stunts braced on both or one side   |
| 7.5 - 7.9  | Below prep level single leg stunts braced on both or one side  |
| 8.0 - 8.9  | <ul style="list-style-type: none"> <li>• Prep level two leg stunts</li> <li>• Prep level single leg stunts braced on both sides</li> </ul>   |
| 9.0 - 10.0 | <p>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.</p> <ul style="list-style-type: none"> <li>• Prep level single leg stunts braced on only one side</li> <li>• Extended two leg stunts braced on both or one side</li> <li>• 1/4 turn stunt transitions to prep level and above stunts braced on only one side</li> <li>• Braced Release Moves to Cradle</li> </ul> |

**DISMOUNTS DIFFICULTY - Max Score: 10.0**

|            |  |
|------------|--|
| 0.0        | Zero skills performed  |
| 8.0 - 8.4  | <p>Must perform at least <u>ONE</u> of the following by LESS THAN majority of team:</p> <ul style="list-style-type: none"> <li>• Step Offs</li> <li>• Bump Downs</li> <li>• Shove Wraps</li> <li>• Pop Offs</li> </ul> |
| 8.5 - 8.9  | <p>Must perform at least <u>ONE</u> of the following by MAJORITY of team:</p> <ul style="list-style-type: none"> <li>• Step Offs</li> <li>• Bump Downs</li> <li>• Shove Wraps</li> <li>• Pop Offs</li> </ul>           |
| 9.0 - 9.4  | Straight Ride Cradles by MAJORITY of team  |
| 9.5 - 10.0 | 1/4 Turn Cradles by MAJORITY of team   |

**TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0**

|            |   |
|------------|---|
| 0.0        | Zero skills performed   |
| 7.0 - 7.4  | <p>Must perform at least <u>ONE</u> of the following by LESS THAN majority of team:</p> <ul style="list-style-type: none"> <li>• Forward Rolls</li> <li>• Backward Rolls</li> <li>• Handstands</li> </ul> |
| 7.5 - 7.9  | <p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> <li>• Forward Rolls</li> <li>• Backward Rolls</li> <li>• Handstands</li> </ul>                               |
| 8.0 - 8.4  | Cartwheels  |
| 8.5 - 8.9  | Round Offs  |
| 9.0 - 10.0 | <p>Must perform at least ONE of the following:</p> <ul style="list-style-type: none"> <li>• Back Limbers to Back Walkovers</li> <li>• Front/Back Walkovers</li> <li>• Valdezes</li> </ul>                 |

**STUNT CREATIVITY - Max Score: 2.0**

|           |                  |
|-----------|------------------|
| 1.5 - 1.6 | MINIMAL/MODERATE |
| 1.7 - 1.8 | GOOD             |
| 1.9 - 2.0 | EXCELLENT        |

**PYRAMID CREATIVITY - Max Score: 2.0**

|           |                  |
|-----------|------------------|
| 1.5 - 1.6 | MINIMAL/MODERATE |
| 1.7 - 1.8 | GOOD             |
| 1.9 - 2.0 | EXCELLENT        |



# NA LEVEL 1<sup>x</sup> - JUDGE 1: BUILDING

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

| SCORING ELEMENTS & CRITERIA   | COMMENTS | MAX POINTS | YOUR SCORE  |
|-------------------------------|----------|------------|-------------|
| Stunts Difficulty             |          | 10         |             |
| Stunts Execution/Technique    |          | 1          |             |
| Pyramid Difficulty            |          | 10         |             |
| Pyramid Execution/Technique   |          | 1          |             |
| Dismounts Difficulty          |          | 10         |             |
| Dismounts Execution/Technique |          | 1          |             |
| General Comments:             |          | MAX TOTAL  | YOUR TOTAL: |
|                               |          | 33         |             |



# NA LEVEL 1<sup>x</sup> - JUDGE 2: JUMPS/TUMBLING

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

| SCORING ELEMENTS & CRITERIA         | COMMENTS | MAX POINTS       | YOUR SCORE         |
|-------------------------------------|----------|------------------|--------------------|
| <b>Jumps Difficulty</b>             |          | <b>10</b>        |                    |
| <b>Jumps Execution/Technique</b>    |          | <b>1</b>         |                    |
| <b>Tumbling Difficulty</b>          |          | <b>10</b>        |                    |
| <b>Tumbling Execution/Technique</b> |          | <b>1</b>         |                    |
| <b>General Comments:</b>            |          | <b>MAX TOTAL</b> | <b>YOUR TOTAL:</b> |
|                                     |          | <b>22</b>        |                    |



# NA LEVEL 1<sup>x</sup> - JUDGE 3: OVERALL

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

| SCORING ELEMENTS & CRITERIA | COMMENTS | MAX POINTS | YOUR SCORE  |
|-----------------------------|----------|------------|-------------|
| Choreography                |          | 15         |             |
| Performance of Routine      |          | 15         |             |
| Dance/Motions               |          | 11         |             |
| Stunt Creativity            |          | 2          |             |
| Pyramid Creativity          |          | 2          |             |
| General Comments:           |          | MAX TOTAL  | YOUR TOTAL: |
|                             |          | 45         |             |

# NA CHEER PENALTY INFO

## RULES PENALTIES:

**1.5 POINTS** (per occurrence) deducted from your total possible score for each violation of any of the NA Cheer General Safety Rules

**2.5 POINTS** (per occurrence) deducted from your total possible score for each violation of any of the requirements in the NA Cheer Levels Grid.

Please refer to the NA 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 - 0.25 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 - 0.5 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 - 0.25 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). 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 - 1.0 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.

**MAJOR STUNT FALL - 1.5 POINTS** (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 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:

**0.5 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:

**1.0 POINT** deducted from your total possible score if your routine goes 4 - 7 SECONDS OVER time requirements.

**2.0 POINTS** deducted from your total possible score if your routine goes 8 - 10 SECONDS OVER time requirements.

**3.0 POINTS** deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.



# NA CHEER & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: \_\_\_\_\_

CHEER CATEGORY: C      CNT  
(circle one)

LEVEL: 1<sup>x</sup> Limited    1<sup>x</sup>    2<sup>x</sup>    3<sup>x</sup>    4<sup>x</sup>  
(circle one)

DANCE CATEGORY: DPM      DHH      DTH  
(circle one)

DIVISION: \_\_\_\_\_ TEAM SIZE: S    M    L

| RULES PENALTIES:             |   |            |
|------------------------------|---|------------|
|                              | # of Occurrences x Penalty for Violation  | Deductions |
| Boundary Violation           | _____ x (0.5)   |            |
| Total Time of Routine: _____ | OVERTIME<br><input type="checkbox"/> 4-7 seconds (1.0)<br><input type="checkbox"/> 8-10 seconds (2.0)<br><input type="checkbox"/> 11+ seconds (3.0) |            |

| Cheer General Safety/Dance Routine Guidelines |                       |  |            |
|---|-----------------------|--|------------|
| Section #                                     | Deduction Description | # of Occurrences x Penalty for Violation | Deductions |
|   |                       | _____ x (1.5)                            |            |
|   |                       | _____ x (1.5)                            |            |
|   |                       | _____ x (1.5)                            |            |
|   |                       | _____ x (1.5)                            |            |
|   |                       | _____ x (1.5)                            |            |

| Cheer Levels Grid/Dance General Rules |                       |  |            |
|---------------------------------------|-----------------------|--|------------|
| Section #                             | Deduction Description | # of Occurrences x Penalty for Violation | Deductions |
|                                       |                       | _____ x (2.5)                            |            |
|                                       |                       | _____ x (2.5)                            |            |
|                                       |                       | _____ x (2.5)                            |            |
|                                       |                       | _____ x (2.5)                            |            |
|                                       |                       | _____ x (2.5)                            |            |

| EXECUTION PENALTIES: |                              |  |            |
|----------------------|------------------------------|--|------------|
| Skill Category       | Deduction Description        | # of Occurrences x Penalty for Violation | Deductions |
| Tumbling             | Touch on Tumbling Skills:    | _____ x (0.25)                           |            |
| Tumbling             | Falls on Tumbling Skills:    | _____ x (0.5)                            |            |
| Stunts               | Bobbles on Stunt Skills:     | _____ x (0.25)                           |            |
| Stunts               | Falls on Stunt Skills:       | _____ x (1.0)                            |            |
| Stunts               | Major Falls on Stunt Skills: | _____ x (1.5)                            |            |

**TOTAL POINTS DEDUCTED:** \_\_\_\_\_

# SCORE SYSTEM 411

## NA CHEER DIVISIONS

We take scoring to the next level! We challenge teams to “perform smarter”. By understanding YCADA’s scoring structure, coaches should already be able to estimate their ‘base’ technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, Levels Grid, & General Safety Rules, Penalty Info and the Coach’s Cheat Sheet to ensure your routine maximizes its potential score.

### **HOW IS A ROUTINE SCORED?... THIS IS OUR FAVORITE PART!**

YCADA has created separate scoring grids, criteria and score sheets for EVERY level of cheer! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? ‘Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. For example, if a Level 1\* team performs a Front Walkover, that point value of the Front Walkover will be higher than if the Front Walkover were performed in Level 2\*. YCADA not only believes in the purpose of skill levels, but also carries this mission throughout the scoring process. If the number of tumbling skills allowed at lower levels is limited, so too should be the percentage of points allocated to tumbling versus other parts of the routine. We get it!

### **WHAT ARE SCORING GRIDS AND CRITERIA?**

**SCORING GRIDS** show coaches what point ranges certain skills may achieve depending on whether skills were performed by a partial or majority of the team, and the amount of Scoring Criteria met within a point range the team executes or lack thereof.

**SCORING CRITERIA** will determine the team’s score within the listed scoring difficulty ranges. The following percentages equal the minimum number of athletes or groups required to score within a particular scoring range.

**TUMBLING** = MAJORITY (50% + 1) OF THE TEAM - CUMULATIVE SCORING

**JUMPS** = MAJORITY (50% + 1) - NON-CUMULATIVE SCORING

**STUNTS, DISMOUNTS, PYRAMIDS & TOSSES** = MAJORITY (50% + 1) - CUMULATIVE SCORING  
Stunt groups will be calculated based on a total of 4 athletes.

**Example Of Cumulative Scoring:** 9 athletes performing the same skill twice = 18 times performed



# NA COACH'S CHEAT SHEET

## NA CHEER DIVISIONS

### HOW DO YOU USE YCADA SCORING GRIDS?... DON'T WORRY, WE'LL WALK YOU THROUGH IT

#### 1. FIND YOUR TEAM'S SCORING GRID.

What is your Category & Level (if applicable)?

**Example:**

- If you are: CHEER - LEVEL 1<sup>x</sup> (YL1<sup>x</sup>)
- Then select: YOUTH LEVEL 1<sup>x</sup> - CHEER SCORING GRID

#### 2. LOOK AT EACH SKILL ELEMENT ON THE SCORING GRID. (ACTUAL NUMBERS MAY VARY)

Scoring grids are consistent with YCADA's score sheets and display point ranges teams may earn (scoring guidelines = score sheets).

For all skill elements, except tumbling, the performing team must perform/execute the listed skills by a MAJORITY of the team in order to score in the corresponding score range. For tumbling a team must perform/execute the listed skills by MAJORITY of the team in order to score in the corresponding score range.

**Example 1:** One element on the Cheer Level 1<sup>x</sup> scoring guideline is DANCE/MOTIONS

→ Determine where your team falls

- ▶ If the **MAJORITY** of your team executes MODERATE dance/motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes. **Then you can expect to receive a score in the 9.5-9.9 range.** (Remember the key word is *majority* - majority means executed by over half of the team).
- ▶ If the **MAJORITY** of your team executes EXCELLENT motion technique and placements. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes. **Then you can expect to receive a score in the 10.5-11.0 range.**

### WHAT ARE JUDGES LOOKING FOR?... HERE'S A QUICK CHECKLIST

- Were skills performed 'legal' for the level selected?
- Within the element range, what were the most advanced skills performed?
- Did the majority (50% +1 OR over half) of the team perform/execute (not attempt) the skill(s) or for tumbling did the MAJORITY of your team execute skills?
- Did the routine include variety?
  - Examples:**
  - Two or more tumbling sequences with different tumbling skills
  - Pyramids containing pyramid transitions
  - Different stunts - not the same stunt repeated
  - Was choreography varied to hold audience attention? OR did the routine become repetitive & monotonous?
- How did the team *execute* the skills?
  - Strong level = higher score (mastery of skill, excellence of performance/skill, confidence in performance)
  - Weak level = lower score (inconsistent in skill, needs polish, lacks self confidence)
- Were there mistakes, falls, bobbles, etc.? Any mistakes in a technical category will affect the one point available for execution.
  - Strong level = higher execution score
  - Weak level = lower execution score

# NA COACH'S CHEAT SHEET

## NA 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 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 same skill twice = 18).

- The **# of Athletes column** is how many athletes are on the competition floor for your team.
- The **Standing and Running Tumbling column** is how many athletes must perform the listed tumbling skills in the scoring rubric to qualify for any given range.
- The **Jumps & Motions column** is how many athletes must perform the same jumps or motions to qualify for any given range.
- The **Stunts & Tosses column** is how many stunt/toss groups (made up of 4 athletes) must perform the stunt, dismount or 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 according to the number associated with the number of athletes below.

(MAJORITY IS CONSIDERED 50% +1)

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

# NA SCORING GRIDS & SCORE SHEETS

## NA 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

# NA 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 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.

**Back Handspring:** See Handspring

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

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

**Back Spotter:** See Continuous Spotter

**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 connection that helps to provide stability to a top person. **Bracers may not be a base or continuous spotter.**

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

**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.

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

**Continuous 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.

**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.

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**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. A skill in which the flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge/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 in which an inverted person's momentum is moving towards the performing surface.

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

**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. Therefore, a true show and go would be considered an extended position.

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

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

**Extension Prep Hitch:** 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.

**Fall Back:** 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:** Stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by at least 3 bases. **Extended Flatbacks are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks 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.

**Footwork:** 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/hand contact. Usually performed from a Sponge position.

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

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

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

**Front Handspring:** See Handspring

**Front Limber:** Gymnastic, non-aerial flexibility skill that originates on the hands, 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.

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

**Half:** See Extension Prep

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

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

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

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

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

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

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

**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.

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

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

**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 positions/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 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.

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**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, poms, megaphones, and pieces of cloth are examples of a prop.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Stunt:** Any skill encompassing a 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). Other terms for stunt include: building, stunt elevation

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

## Stunt 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.
- **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 Transition:** The back spotter grips the flyer’s ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level 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 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:** See Forward Suspended Roll

**Swedish Falls:** A stunt in which the flyer is lying horizontal face down and is supported by 3 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, with multiple bases, using a swinging motion that uses the flyer’s body in a front to back or side to side movement and swings into a new stunt position.

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

**T-Lift:** A waist level stunt in which the flyer with arms in a T motion is supported on either side by 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.

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

**Tic 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.

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

**Top Person:** See Flyer.



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**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/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

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

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

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

**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.