NA CHEER LEVEL 1ˣ 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.**

STANDING & RUNNING TUMBLING

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

- Front & Back Rolls
- Cartwheels & Roundoffs
- Handstands & Handstand Forward Rolls
- Front/Back Walkovers
- Back Limbers
- Valdezes

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

STUNTS

Allowable Skills:
- Two leg stunts at prep level or below
- Single leg stunts below prep level
- Show N Go above prep level
- Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands)
- Twisting during load in/stunt transition is limited to ¼ rotation
- Non-release single based stunts (provided they follow group stunt allowances)

Prohibited Skills (include but are not limited to): Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, Front/Back/Side Tension Rolls, Single based Split Stunts, Swing Dance, Swing Stunts and transitional stunts that change bases.

INVERSIONS

- Ground Level Inversion to Ground Level

Prohibited Skills (include but are not limited to): Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.

DISMOUNTS

Allowable Skills:
- Step Off the Front/Back
- Shove Wrap
- Bump Down
- Prep Level Pop Offs are limited to 1/4 Turn
- Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only (exception: single based stunts may not cradle).

Prohibited Skills (include but are not limited to): Cradles from extended stunts, single trick non twisting Cradles, Cradles to different bases & Fireman Catches

RELEASE MOVES

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

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

TOSSES

ALL TOSSES ARE PROHIBITED

PYRAMIDS

Allowable Skills:
Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:
- Extended two leg stunts that are braced on one or both sides with hand/arm contact to prep level two leg stunts or below prep level stunts 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.
- Single leg stunts at prep level provided they are braced on **at least** one side with hand/arm contact with a two leg prep level, below prep level stunt, or a participant on the ground that is not involved in the prep level single leg stunt.
- Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side provided they are braced on **both** 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).
- 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.

Prohibited Skills (include but are not limited to): Extended single leg pyramids, extended two leg stunts that brace any other extended two leg stunts.

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: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by MAJORITY of team
8.0	Must perform at least ONE of the following: • 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by MAJORITY of team performed in DIFFERENT sequences/sections
9.0	Must perform at least ONE of the following: • 2 synchronized non-consecutive advanced jumps by MAJORITY of team performed in the SAME sequence/section • 2 synchronized consecutive connected advanced jumps with NO VARIETYby MAJORITY of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by 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: • Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls • Extended V Sits
8.0 - 8.9	Must perform at least <u>ONE</u> of the following: • Shoulder Stands • Prep level two leg stunt • Below prep level single leg stunt (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground Level Inversion to Ground Level
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: • 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). • 1/4 twist mount to below prep level single leg • 1/4 twist mount to prep level two leg stunt • Single based waist level single leg stunt

- GRID 1 OF 2 -

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	• Prep level two leg stunts • Prep level single leg stunts braced on both sides
9.0 - 10.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members. • Prep level single leg stunts braced on only one side • Extended two leg stunts braced on both or one side • 1/4 turn stunt transitions to prep level and above stunts braced on only one side • Braced Release Moves to Cradle

DISMOUNTS DIFFICULTY - Max Score: 10.0

0.0	Zero skills performed
8.0 - 8.4	Must perform at least ONE of the following by LESS THAN majority of team: • Step Offs • Bump Downs • Shove Wraps • Pop Offs
8.5 - 8.9	Must perform at least ONE of the following by MAJORITY of team: • Step Offs • Bump Downs • Shove Wraps • Pop Offs
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	Must perform at least ONE of the following by LESS THAN majority of team: • Forward Rolls • Backward Rolls • Handstands
7.5 - 7.9	Must perform at least ONE of the following: • Forward Rolls • Backward Rolls • Handstands
8.0 - 8.4	Cartwheels
8.5 - 8.9	Round Offs
9.0 - 10.0	Must perform at least ONE of the following: • Back Limbers to Back Walkovers • Front/Back Walkovers • Valdezes

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

- GRID 2 OF 2 -

NA LEVEL 1ˣ - JUDGE 1: BUILDING

YCADA
YOUTH CHEER & DANCE ALLIANCE

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	

YCADA
YOUTH CHEER & DANCE ALLIANCE

TEAM NAME: _____   **DIVISION:** _____

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

NA LEVEL 1ˣ - 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 & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: _____

CHEER CATEGORY: C   CNT   **LEVEL:** 1^X Limited   1^X 2^X 3^X 4^X
(circle one)   (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 ☐ 4-7 seconds (1.0) ☐ 8-10 seconds (2.0) ☐ 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:	

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