



CHEER USA SCHOOL DIVISIONS

2017-2018 Rules and Divisions

NOVICE SKILLS RESTRICTIONS

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person. Exception: Log Rolls/Barrell rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and ¼ turns are allowed.

TOSSES: The only body position allowed is a straight ride.

INTERMEDIATE SKILLS RESTRICTIONS

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Back Flips may ONLY be performed in tuck position only and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front handsprings and front walkover through to round off back handspring(s) back tucks are allowed. No twisting while airborne. Exception: Aerial cartwheels are allowed. No tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below. Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two leg stunt.

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the AACCA Safety Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard AACCA Safety Guidelines with no other skill restrictions.



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Time Out Cheer: Rules and Restrictions

*Showcase your best sideline crowd-leading material;
The use of signs, poms, flags and/or megaphones is encouraged*

- 1 minute time limit
- Time will begin and end with Buzzer sound, similar to Time Out at a game
- Emphasis on crowd involvement
- At least 2 components required from the following: cheers, chants, traditional yells and/or drum cadences
- No music permitted, drum cadence can be used (CD or Live Drummer)
- No baskets, sponge, elevator or similar type tosses permitted
- No inversions
- No twisting dismounts
- Single leg extended stunts are limited to liberties and liberty hitches
- No running tumbling
- Standing Tumbling is limited to standing back handsprings and standing back tucks

Fight Song: Rules and Restrictions

Perform your favorite school fight song.

- 1 minute time limit
- Up to three consecutive eight counts may be incorporated with stunts, tumbling and/or jumps – if repeated, incorporation must repeat as initially performed
- Same skill restrictions as listed in Time Out Cheer Rules and Restrictions

Time Out Dance: Rules and Restrictions

Perform your favorite Time-Out dance

- 1 minute time limit
- Emphasis on crowd entertainment
- Traditional sideline uniforms required
- No stunts or tumbling permitted