



YOUTH CHEER LEVELS GRID

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YCADA LEVEL 1

STANDING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills performed from a standing position with at least one hand and/or foot in contact with the performance surface are allowed; including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, Handstand Forward Rolls, and Front/Back Walkovers (exception: Round Offs are allowed). PROHIBITED skills include, but are not limited to: Front and/or Back Handsprings, flips in any body position and Dive Rolls.
RUNNING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a running or Hurdle entry are allowed, including, but not limited to: Cartwheels, and Front/Back Walkovers (exception: Round Offs are allowed). At least one hand and/or foot must remain in contact with the performance surface during skill(s) execution. PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position and Dive Rolls.
STUNTS	<ul style="list-style-type: none"> Double leg stunts are allowed at prep level or below. Single leg stunts are allowed below prep level. Bases may move/turn while in a load in position, during a ¼ transition, and/or once the building of a stunt is completed (exception: Bases may move during a traveling Double-Based T-Lift). Freestanding extended stunts are not allowed (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed). Extension Prep Hitches are allowed 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 by the flyer and/or bases combined. Non-release single based stunts are permitted provided they follow group stunt allowances. PROHIBITED stunts include, but are not limited to: Leap Frogs, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, Front/Back/Side Tension Rolls, single based Split Stunts, Show and Go Stunts that travel while building or go above the permitted stunt level, Swing Dance, and Swing Up Stunts.
INVERSIONS	<ul style="list-style-type: none"> ALL Inversions are PROHIBITED. PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.
DISMOUNTS	<ul style="list-style-type: none"> Anything other than a Step Off the Front/Back, Shove Wrap, Bump Down or prep level assisted Pop Off must be caught in a Cradle (exception: single based stunts may not cradle). Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only. Original bases MUST physically assist (re-catch the flyer to control/slow down descent) the flyer during any dismount to the performance surface. PROHIBITED skills include, but are not limited to: Cradles from extended stunts, single trick non twisting alternate Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches and Fallbacks.
RELEASE MOVES	<ul style="list-style-type: none"> Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position, provided the flyer does not go above 12" from the bases' hands. PROHIBITED skills include, but are not limited to: Barrel Rolls, Helicopters, and single based tossed stunts.
TOSSES	<ul style="list-style-type: none"> ALL tosses are PROHIBITED.
PYRAMIDS	<p>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Extended double leg stunts are allowed provided they are braced on both sides (by two separate participants) with hand/arm connection to prep level or below stunts OR bracers standing on the ground (clarification: the connection must be made at prep level or below and prior to the flyer passing above prep level. Connection may not be lost until the extended stunt is returned to prep level two leg stunt or below. Extended double leg stunts MAY NOT brace any other extended two leg stunts). Single leg stunts are allowed at prep level provided they are braced on at least one side with hand/arm connection by a two leg prep level, below prep level stunt, or a participant on the ground. Single leg stunts are allowed hand/arm connection on one side and hand/foot connection on the other side provided they are braced on both sides (clarification: the hand/arm connection must be made at prep level or below and prior to executing the single leg stunt. Connection may not be lost until the upward motion of a dismount, Retake/Sponge, or returned to prep level two leg stunt or below). Moving/walking pyramids are allowed. PROHIBITED stunts include, but are not limited to: Collapsible/hanging/released Split Pyramids, braced flips, extended single leg pyramids.



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YCADA LEVEL 1 LIMITED

STANDING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a standing position are allowed, including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, and Handstand Forward Rolls (exception: Round Offs are allowed). At least one hand and/or foot must remain in contact with the performance surface during all skill(s) execution. A Ground Up Bridge is allowed, provided the performer returns to the ground/laying position. PROHIBITED skills include, but are not limited to: Handstands that fall to Bridge position, One Arm Cartwheels, Front/Back Walkovers, Front/Back Handsprings, flips in any body position, tumbling into a load in stunt, and Dive Rolls.
RUNNING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a running or Hurdle position are allowed, including, but not limited to: Cartwheels (exceptions: Round Offs are allowed). At least one hand and/or foot must remain in contact with the floor during skill/s execution. PROHIBITED skills include, but are not limited to: Front and/or Back Walkovers, Front and/or Back Handsprings, Handstands that fall to Bridge position, One Arm Cartwheels, flips in any body position, tumbling into a load in stunt, and Dive Rolls.
STUNTS	<ul style="list-style-type: none"> Double leg stunts are limited to prep level and below. Extension Prep Hitches are allowed provided the flyer's foot (of the working leg) remains in contact with base's hands. Single leg stunts are limited to knee stand level and below. Bases may not turn/move while the flyer is in an upward/downward motion, in a Sponge/Load In, or once the stunt is completed. Twisting is limited to a ¼ turn by the flyer only during a load In/mount/transition. PROHIBITED stunts include, but are not limited to: transitions stunts that involve changing bases, Front/Back/Side Tension Rolls, single based Split Stunts, Swing Up Stunts, moving stunts, single leg stunts above knee stand level, prep level Cupies, and tumbling into a load in stunt, and Show and Go Stunts that travel above allowed stunt level.
INVERSIONS	<ul style="list-style-type: none"> ALL Inversions are PROHIBITED. PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load In/Sponge position.
DISMOUNTS	<ul style="list-style-type: none"> Only Shove Wrap, Step Off the Front/Back, and Bump Down dismounts are allowed. PROHIBITED skills include, but are not limited to: ALL Cradles, single trick non twisting alternate Cradles, and dismounts that land in prone position.
RELEASE MOVES	<ul style="list-style-type: none"> All release moves are PROHIBITED. PROHIBITED skills include, but are not limited to: Helicopters, Barrel Rolls.
TOSSES	<ul style="list-style-type: none"> All tosses are PROHIBITED.
PYRAMIDS	<ul style="list-style-type: none"> Pyramids must follow stunts, release moves, dismounts, and inversion rules and are allowed up to 2-high with the following allowances: connected stunts are limited to hand/arm connection (exception: if braced on both sides, connections to below prep level stunts, may be hand/arm one side and hand/foot on the other).



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YCADA LEVEL 2

STANDING TUMBLING	<ul style="list-style-type: none"> • Handstands that fall to Bridge, a single Front/Back Handspring (provided both hands are used). • PROHIBITED skills include, but are not limited to: Front/Back Handspring series, flips in any body position, and Dive Rolls.
RUNNING TUMBLING	<ul style="list-style-type: none"> • Single Front/Back Handspring (example: Round Off Back Handspring = LEGAL. Round Off Back Handspring Step Out Round Off Back Handspring = LEGAL. Round Off into two Back Handspring series = ILLEGAL). • PROHIBITED skills include, but are not limited to: Front/Back Handspring series, flips in any body position, and Dive Rolls.
STUNTS	<ul style="list-style-type: none"> • Double leg extended stunts. • Single leg stunts are allowed at prep level or below. • Bases may move/turn while in a load In position, building a stunt, during a stunt transition and/or once the building of the stunt is complete (exception: Superman transitions may not travel). • At least one base/continuous spotter must maintain contact with the flyer during transitions (example: Fake Tic Tocs may switch legs at prep level). Stepping Stone transitions are permitted provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition. Non-twisting Superman transitions are only allowed from prep level. • Twisting during load in/stunt transition is limited to a combined total of a ½ twist by the flyer and/or bases (bases move ¼ turn + flyer simultaneously twists ¼ = ½ twist total. exception: Superman transitions may not twist). • Non-released single based stunts must follow double leg and single leg group stunt limitations and require a continuous spotter. • PROHIBITED skills include, but are not limited to: Leap Frogs, transitional stunts that involve changing bases, Front/Side/Back Tension Rolls, single based Split Stunts, Swing Up Stunts, and Swing Dance Stunts.
INVERSIONS	<ul style="list-style-type: none"> • ALL Inversions are PROHIBITED. • PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load In/Sponge position.
DISMOUNTS	<ul style="list-style-type: none"> • Cradles are limited to Straight, ¼ turn, or single trick non-twisting Cradles (clarification: single non-twisting skills that require the flyer to open to an Arch position following the skill are allowed). (Example: Tuck Arch Cradle = LEGAL, Hitch Kick Cradle = ILLEGAL). • Group based Swedish Falls (2 bases, 1 flyer, 1 spotter at head/neck) may perform a ½ twist Cradle. • Single based stunts may be caught in a group cradle (2 bases, 1 back spotter, 1 flyer). • PROHIBITED skills include, but are not limited to: Pop Offs from extended level, ½ twist Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches, Fallbacks, and single based Cradles.
RELEASE MOVES	<ul style="list-style-type: none"> • Flyers may be released during a transition from a Cradle position to a Reload/Sponge position and a transition up to Swedish Falls or Flatback; provided the flyer does not go above 12" from the bases' hands. • Single full twisting Barrel Rolls with a spotter at the head/neck of flyer that start and end in a Cradle position with no other trick during the skill (example: Kick Full Barrel Roll would = ILLEGAL). ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. • PROHIBITED skills include, but are not limited to: ½ twist Cradles, single based Cradles, and full release Helicopters.
TOSSES	<ul style="list-style-type: none"> • Flyer limited to a Straight Body position only. • PROHIBITED skills include, but are not limited to: Tosses that intentionally travel, Toe Touch, Ball-X, Pike Arch, twisting or flipping tosses.
PYRAMIDS	<p>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> • Flyers must maintain contact with at least one base at all times and may not lose contact with bracing prep level stunts during transitions. Flyer in a Cradle/Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition. • Extended single leg stunts are allowed, provided they are braced on at least one side with hand/arm connection to a prep level or below stunt, or an individual on the ground. The connection must be made at or below prep level and prior to performing the extended single leg. Hand/arm connection must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. Braced Fake Tic Tocs are allowed from prep level to extended level provided at least one base/back spotter maintains continuous contact with the flyer's foot/ankle and the flyer maintains continuous contact with the required bracer. • PROHIBITED skills include, but are not limited to: Collapsible/hanging/released split pyramids, braced flips, full release braced Tic Tocs and connected Superman stunts.



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YCADA LEVEL 3

STANDING TUMBLING	<ul style="list-style-type: none"> Series Handsprings PROHIBITED skills include, but are not limited to: flips in any body position, standing single/series Back Handsprings to a flip in any body position, Forward 3/4 Flips to the seat.
RUNNING TUMBLING	<ul style="list-style-type: none"> Series Handsprings Flips are only allowed in the following specified body positions with the following restrictions: Aerial Cartwheel provided no tumbling is performed after the flip. Back Tucks provided no tumbling is performed after the flip and they originate directly from a Round Off, Round Off Back Handspring, or Round Off Back Handspring Series (there is no limit to the number of Handsprings in the series). Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (tumbling out of/after a front tuck is allowed). PROHIBITED skills include, but are not limited to: flipping in any body positions other than the specified allowances in this section, twisting in any flips, Forward 3/4 Flips to the seat, Cartwheel Step in Tucks.
STUNTS	<ul style="list-style-type: none"> Single leg extended stunts. At least one base/continuous spotter must maintain contact with the flyer during transitions. Transitional stunts where the flyer moves to new bases (clarification: forward traveling Leap Frogs may be caught in a double cradle). Prep level single leg stunts are permitted to switch legs (back to prep level or to extended level) provided flyer maintains contact with at least one base or back spotter (example: Fake Tic Tocs). Superman transitions are only allowed from prep level and may incorporate ½ twist by the flyer only. Swing up Stunts are allowed provided the following: they begin below prep level, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place. Twisting during the load in/stunt transition is limited to a combined total of 1 full twist by the flyer and/or bases and only to or from prep level (bases move ½ turn + flyer simultaneously twists ½ = 1 full twist. Bases may extend their arms during the twist transition, provided they do not stop at the extended level.) PROHIBITED skills include, but are not limited to: Front, Back or Side Tension Rolls, single-based Split Stunts, Swing Dance Stunts, Superman transitions that intentionally travel, backward Leap Frogs that land prone, and one full twist to Extension.
INVERSIONS	<ul style="list-style-type: none"> Inversions are allowed as an entry to a non-inverted upright load in position or a waist level or below stunt provided the inversion occurs at ground level and the inverted participant is in contact with the performance surface (example: flyer in a ground level handstand with contact to the performance surface transitions to a sponge = LEGAL). During transition from inversion, at least 2 bases/spotter must maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. All non-airborne tumbling skills (exception: Round Offs are allowed) may be used as an entrance to a stunt or a stunt transition. PROHIBITED skills include, but are not limited to: A flyer must never move to an inverted position from a stunt.
DISMOUNTS	<ul style="list-style-type: none"> Assisted Pop Offs from extended level are allowed. Cradles from Extension Prep, Extensions, and any prep level leg single leg group stunts are limited to 1¼ twisting rotation. Only Straight and ¼ turn Cradles are allowed from extended single leg stunts. Single based stunts may perform Straight Cradles provided the required spotter is in place. PROHIBITED skills include, but are not limited to: Cradles that land in prone position, flipping Cradles, and Cradle dismounts to different bases.
RELEASE MOVES	<ul style="list-style-type: none"> Bases may release flyer during a transition from a Cradle position to a Reload position and during a transition up to Swedish Falls or Flatback, provided the flyer does not go above 12" from the base's hands. Limited braced release moves are allowed; see Level 3 Pyramids Section for allowances. Single Based released toss stunts are allowed, but require a spotter for stunts prep level and above. PROHIBITED skills include but are not limited to: Released Helicopters, and any other full release stunt transitions other than those outlined in Level 3 release moves.
TOSSES	<ul style="list-style-type: none"> Flyer limited to single trick, non-twisting toss skills (clarification: single trick non-twisting skills that require the flyer to open to an Arch position following the skill are allowed). PROHIBITED skills include, but are not limited to: tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back), full twist tosses (a full = ILLEGAL).
PYRAMIDS	<p>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Flyer must maintain contact with at least one base at all times (exception: braced Tic Tocs, Switch Up release moves, Eagle ups, Pike Ups, and Ball Ups are allowed only if the flyer is continuously braced between two prep level or below stunts with hand/arm connection only and the flyer lands in an upright standing body position). Braced release moves may incorporate up to a ½ twist. The flyer may be released no more than 18" above extended arm level of the bases that are in direct contact with the ground. PROHIBITED skills include, but are not limited to: Any other full release pyramid or stunt transitions other than those outline in Level 3 Pyramids, release moves that do not land in upright body position, collapsible pyramids, released Split Catches, braced flips, connected Superman stunts.



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YCADA LEVEL 4

STANDING TUMBLING	<ul style="list-style-type: none"> Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) performed after the flip (exception: tumbling after/out of a front flip is allowed). PROHIBITED skills include, but are not limited to: Forward 3/4 flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.
RUNNING TUMBLING	<ul style="list-style-type: none"> Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) after the flip (tumbling out of/after a front tuck is allowed). PROHIBITED skills include, but are not limited to: Forward 3/4 Flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.
STUNTS	<ul style="list-style-type: none"> Transitional stunts may change bases and may include up to 1½ twist. During transitions at least one base/continuous spotter must remain with the flyer. Forward traveling Leap Frogs may land in a double based Cradle. Superman transitions are allowed from prep level and may incorporate a 3/4 twist by the flyer and/or bases. Swing Up Stunts are allowed provided the following: they begin at prep level or below, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place to protect the flyer's head/neck/shoulders. Twisting during the load in/stunt transition is limited to a combined total of 1½ twist by the flyer and/or bases (clarification: bases move ½ turn + flyer simultaneously twists 1 full rotation (360 degrees) = 1½ twist). PROHIBITED skills include, but are not limited to: Swing Dance Stunts, Front, Back, or Side Tension rolls, connected Superman stunts, Superman transitions that intentionally travel, and Backward leap frogs may not land in prone position.
INVERSIONS	<ul style="list-style-type: none"> Inversions are allowed as an entry to a non-inverted upright load in position or a prep level or below stunt provided the inversion occur at ground level and the inverted participant is in contact with the performance surface (example: flyer in a ground level Handstand with contact to the performance surface transitions to an Extension Prep = legal). Limited inversions are allowed as an exit from a group Cradle or a waist level prone position provided at least 2 of the original bases/back spotter assist the inversion and the flyer has both hands in contact with the performance surface prior to the inversion being executed; permitted skills are limited to a Back Walkover out of a group Cradle or Forward Roll/Front Walkover from waist level prone position. A single standing Back Handspring to a double based prone catch is allowed provided the flyer performs the Handspring unassisted by the bases. PROHIBITED skills include, but are not limited to: skills where the flyer moves from a stunt to an inverted position.
DISMOUNTS	<ul style="list-style-type: none"> Anything other than a Step Off the Front/Back, Shove Wrap, Bump Down, or Assisted Pop Off must be caught in a Cradle. Cradles from all two-leg stunts are limited to 2¼ twists. Cradles from all single leg stunts are limited to 1¼ twists. Single based stunts may straight and ¼ turn cradle from all single leg stunts and single twist cradle from two leg stunts, with the required spotter. Suspended Forward Rolls are allowed provided the following: The top person begins in a non- inverted position from the performance surface or a stunt at prep level or below. The top person has continuous hand/arm connection with two primary bases or with two posts who are controlling the top person (top person cannot have contact with one base and one post or with bracers). The bases or posts cannot be involved in any other skill or choreography during the Suspended Forward Roll. The top person lands in a double based cradle or on the performance surface (may not land in a load in position). Cradle dismounts to different bases are allowed provided they originate from prep level or below (bases must be in place and not involved in any other choreography prior to the start of the dismount). PROHIBITED skills include, but are not limited to: any other flip/flipping dismount other than those allowed in Level 4 release moves and cradles that land in a prone position.
RELEASE MOVES	<ul style="list-style-type: none"> Release moves are allowed but must not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) and may incorporate up to 1½ twists. Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. Single based released toss stunts are allowed, but require a separate spotter for stunts shoulder height and above. PROHIBITED skills include but are not limited to: full release Helicopters. Bases may not free toss a flyer to all new bases.
TOSSES	<ul style="list-style-type: none"> Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations (example: Kick Full basket toss = legal; Double Full basket toss = illegal). PROHIBITED skills include but are not limited to: Flipping tosses (front or back), tosses that intentionally travel.
PYRAMIDS	<p>Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:</p> <ul style="list-style-type: none"> During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced between two Extension Preps. Moving/walking, split and hanging pyramids are allowed. A FLYER may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts at prep level or below. Examples: A Flat Back Split which rolls to a load in position would be legal; a Flat Back Split which rolls to an extended position would also be legal. PROHIBITED skills include but are not limited to: Collapsible pyramids, braced flips.