



SHOW CHEER LEVEL 1 LIMITED

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography/Overall Impression		15	
Performance/Showmanship/Use of Cheer		15	
Dance		15	
Motions		16	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Show Cheer Level 1 Limited



CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 15.0) (by majority of team)	
0.0	Zero skills performed.
11.0 - 11.9	Minimal/inconsistent pace and flow of routine, smooth transitions, synchronization. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal team participation. Minimal execution of routine. (by majority of team)
12.0 - 12.9	Moderate pace and flow of routine, smooth transitions, synchronization. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate percent of team participation. Moderate level of execution of routine. (by majority of team)
13.0 - 13.9	Good pace and flow of routine, smooth transitions, synchronization. Good visual effects, level changes, roll offs. Good creativity. Good percent of team participation. Good level of execution of routine. (by majority of team)
14.0 - 15.0	Excellent pace and flow of routine, smooth transitions, synchronization. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent percent of team participation. Excellent level of execution of routine. (by majority of team)
PERFORMANCE/SHOWMANSHIP/USE OF CHEER- IF INCLUDED (Max Score: 15.0) (by majority of team)	
0.0	Zero Skills Performed.
11.0 - 11.9	Minimal/inconsistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Minimal incorporation of cheer, crowd leading skills, and voice projection. Cheer that is tough to follow with minimal crowd participation. (by majority of team)
12.0 - 12.9	Moderate/consistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Moderate incorporation of cheer, crowd leading skills, and voice projection. Cheer that leads the crowd, but does not encourage the crowd to participate. (by majority of team)
13.0 - 13.9	Good quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Good incorporation of cheer, crowd leading skills, and voice projection. Cheer that the crowd can follow with minimal distraction. (by majority of team)
14.0 - 15.0	Excellent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Excellent incorporation of cheer, crowd leading skills, and voice projection. Cheer that is visually appealing promotes crowd participation and is easy to follow. (by majority of team)
DANCE (Max Score: 15.0) (by majority of team)	
0.0	Zero Skills Performed.
11.0 - 11.9	Minimal/inconsistent dance technique. Lacking sharpness and overall motion control. Slow paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal transitions and level changes in dance. (by majority of team)
12.0 - 12.9	Moderate dance basic technique. Moderate motion strength and sharpness in dance. Varied dance moderately paced. Some incorporation of dance and visuals. Average energy level with moderate transitions and level changes in dance. (by majority of team)
13.0 - 13.9	Good dance technique and placements. Good motion strength and sharpness in dance. Good variety in dance with good pace. Good use of visuals. Good incorporation of dance. Good energy with some transitions and level changes in dance. (by majority of team)
14.0 - 15.0	Excellent dance technique and placements. Strong sharp dance. Excellent use of variety and pace in dance. Excellent use of visual. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy. (by majority of team)
MOTIONS (Max Score: 16.0) (by majority of team)	
0.0	Zero Skills Performed
12.0 - 12.9	Minimal/inconsistent motion technique. Lacking sharpness and overall motion control. Slow paced motions. Lacking creativity and variety in motions. Low energy motions with minimal to zero transitions and level changes. (by majority of team)
13.0 - 13.9	Moderate basic technique. Moderate motion strength and sharpness. Varied motions moderately paced. Moderate motion visuals. Average energy level of motions with minimal transitions and level changes. (by majority of team)
14.0 - 14.9	Good motion technique and placement. Sharp motions. Good pace. Motion sequences include variety. Good motion visuals. Good energy with some transitions and level changes. (by majority of team)
15.0 - 16.0	Excellent motion technique and placements. Strong sharp motions. Variety of upbeat and fast paced motion sequences. Visually enhancing motion sections. Multiple transitions, level changes with high energy. (by majority of team)
JUMPS DIFFICULTY (Max Score: 10.0) - 1 point will be reserved for execution) (variety defined as 2 or more different jumps) (by majority of team)	
0.0	Zero jumps performed.
6.0	1 advanced jump performed OR Basic jumps performed by a majority of team.
7.0	2 advanced jumps performed NOT in continuous movement by a majority of team. Jump must be synchronized by a majority of team.
8.0	3 advanced jumps performed NOT in continuous movement by majority of team. Jump must be synchronized by a majority of team.
9.0	2 connected advanced performed in continuous movement by the majority of the team. Jump must be synchronized by a majority of team.
10.0	3 connected advanced jumps done in continuous movement by the majority of the team. Jump must be synchronized by majority of team and include variety.
STUNTS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution (by majority of team)	
0.0 - 0.0	Zero stunts performed.
10.0 - 10.9	Two leg below prep level stunts performed by less than majority of team.
11.0 - 11.9	Two leg below prep level stunts performed by majority of team.
12.0 - 12.9	ONLY Prep level two leg stunts OR Only knee stand single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) by a majority of the team.
13.0 - 15.0	Prep level two leg stunts AND knee stand single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) by a majority of the team.
DISMOUNTS DIFFICULTY (Max Score: 5.0) - 1 point will be reserved for execution) (by majority of team)	
0.0	Zero dismounts performed.
3.0 - 3.9	Minimal to no incorporation of dismounts. Less than a majority of the team incorporated any dismount.
4.0 - 5.0	Shove wrap OR Step off OR Bump down by a majority of the team.
TUMBLING DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by 1/4th of team)	
0.0	Zero tumbling skills performed.
1.0 - 1.9	Minimal incorporation of tumbling skills. Less than 1/4 of team performed Forward OR Backward Rolls.
2.0 - 2.9	Forward Rolls OR Backward Rolls by at least 1/4 of the team.
3.0 - 3.9	Cartwheels by at least 1/4 of the team.
4.0 - 5.0	Round Offs by at least 1/4 of the team.

YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. Coaches must consider the teams overall skill abilities, with extra attention to stunting and tumbling, when selecting the level in which their team will compete. **Coaches must review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info.** Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence. Any NEW rule changes are marked in RED. Refer to the Youth Cheer Glossary for clarification of terms used throughout this guide.

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: 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).



SHOW CHEER LEVEL 1

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography/Overall Impression		10	
Performance/Showmanship/Use of Cheer		10	
Dance		9	
Motions		16	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 10.0) (by majority of team)	
0.0	Zero skills performed.
6.0 - 6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, synchronization. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal team participation. Minimal execution of routine. (by majority of team)
7.0 - 7.9	Moderate pace and flow of routine, smooth transitions, synchronization. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate percent of team participation. Moderate level of execution of routine. (by majority of team)
8.0 - 8.9	Good pace and flow of routine, smooth transitions, synchronization. Good visual effects, level changes, roll offs. Good creativity. Good percent of team participation. Good level of execution of routine. (by majority of team)
9.0 - 10.0	Excellent pace and flow of routine, smooth transitions, synchronization. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent percent of team participation. Excellent level of execution of routine. (by majority of team)
PERFORMANCE/SHOWMANSHIP/USE OF CHEER- IF INCLUDED (Max Score: 10.0) (by majority of team)	
0.0	Zero Skills Performed.
6.0 - 6.9	Minimal/inconsistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Minimal incorporation of cheer, crowd leading skills, and voice projection. Cheer that is tough to follow with minimal crowd participation. (by majority of team)
7.0 - 7.9	Moderate/consistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Moderate incorporation of cheer, crowd leading skills, and voice projection. Cheer that leads the crowd, but does not encourage the crowd to participate. (by majority of team)
8.0 - 8.9	Good quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Good incorporation of cheer, crowd leading skills, and voice projection. Cheer that the crowd can follow with minimal distraction. (by majority of team)
9.0 - 10.0	Excellent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Excellent incorporation of cheer, crowd leading skills, and voice projection. Cheer that is visually appealing promotes crowd participation and is easy to follow. (by majority of team)
DANCE (Max Score: 9.0) (by majority of team)	
0.0	Zero Skills Performed.
5.0 - 5.9	Minimal/inconsistent dance technique. Lacking sharpness and overall motion control. Slow paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal transitions and level changes in dance. (by majority of team)
6.0 - 6.9	Moderate dance basic technique. Moderate motion strength and sharpness in dance. Varied dance moderately paced. Some incorporation of dance and visuals. Average energy level with moderate transitions and level changes in dance. (by majority of team)
7.0 - 7.9	Good dance technique and placements. Good motion strength and sharpness in dance. Good variety in dance with good pace. Good use of visuals. Good incorporation of dance. Good energy with some transitions and level changes in dance. (by majority of team)
8.0 - 9.0	Excellent dance technique and placements. Strong sharp dance. Excellent use of variety and pace in dance. Excellent use of visual. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy. (by majority of team)
MOTIONS (Max Score: 16.0) (by majority of team)	
0.0	Zero Skills Performed
12.0 - 12.9	Minimal/inconsistent motion technique. Lacking sharpness and overall motion control. Slow paced motions. Lacking creativity and variety in motions. Low energy motions with minimal to zero transitions and level changes. (by majority of team)
13.0 - 13.9	Moderate basic technique. Moderate motion strength and sharpness. Varied motions moderately paced. Moderate motion visuals. Average energy level of motions with minimal transitions and level changes. (by majority of team)
14.0 - 14.9	Good motion technique and placement. Sharp motions. Good pace. Motion sequences include variety. Good motion visuals. Good energy with some transitions and level changes. (by majority of team)
15.0 - 16.0	Excellent motion technique and placements. Strong sharp motions. Variety of upbeat and fast paced motion sequences. Visually enhancing motion sections. Multiple transitions, level changes with high energy. (by majority of team)
JUMPS DIFFICULTY (Max Score: 10.0) - 1 point will be reserved for execution) (variety defined as 2 or more different jumps) (by majority of team)	
0.0	Zero jumps performed.
6.0	1 advanced jump performed OR Basic jumps performed by a majority of team.
7.0	2 advanced jumps performed NOT in continuous movement by a majority of team. Jump must be synchronized by a majority of team.
8.0	3 advanced jumps performed NOT in continuous movement by majority of team. Jump must be synchronized by a majority of team.
9.0	2 connected advanced performed in continuous movement by the majority of the team. Jump must be synchronized by a majority of team.
10.0	3 connected advanced jumps done in continuous movement by the majority of the team. Jump must be synchronized by majority of team and include variety.
STUNTS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution (by majority of team)	
0.0 - 0.0	Zero stunts performed.
10.0 - 10.9	Two leg Knee Stands OR minimal incorporation of stunts by a majority of the team.
11.0 - 11.9	Two leg Thigh Stands OR Shoulder Sits OR Swedish Falls by a majority of the team.
12.0 - 12.9	ONLY prep level two leg stunts OR ONLY below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) by a majority of the team.
13.0 - 15.0	Prep level two leg stunts AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR 1/4 twist mount to prep level by a majority of the team.
PYRAMIDS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution (teams earn credit by doing skill once)	
0.0 - 0.0	Zero pyramid skills.
10.0 - 10.9	Minimal to no incorporation. Pyramids that include connecting individuals at ground level will score in this range.
11.0 - 11.9	Pyramids below prep level stunts.
12.0 - 12.9	Pyramids involving prep level two leg stunts OR prep level single leg stunts braced on BOTH sides.
13.0 - 15.0	Pyramids involving extended two leg stunts braced on both sides OR prep level single leg stunts braced on only 1 side. The highest point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to the number of participants on the team.
DISMOUNTS DIFFICULTY (Max Score: 5.0) - 1 point will be reserved for execution) (by majority of team)	
0.0	Zero dismounts performed.
2.0 - 2.9	Minimal to no incorporation of dismounts. Less than a majority of the team incorporated any dismount.
3.0 - 3.9	Pop Off, Step, OR Shove Wrap by the majority of the team.
4.0 - 5.0	Straight Ride Cradles or 1/4 Turn Cradles by a majority of the team.
TUMBLING DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by 1/4th of team)	
0.0	Zero tumbling skills performed.
0.5 - 0.9	Minimal incorporation of tumbling skills. Less than 1/4 of team performed Forward OR Backward Rolls.
1.0 - 1.9	Forward Rolls OR Backward Rolls by at least 1/4 of the team.
2.0 - 2.9	Cartwheels by at least 1/4 of the team.
3.0 - 3.9	Round Offs by at least 1/4 of the team.
4.0 - 5.0	Front Walkovers OR Back Walkovers by at least 1/4 of the team.

YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. When selecting the level in which their team will compete, coaches must consider the team's overall skill abilities, with particular attention to stunting and tumbling. **Coaches must review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info. Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence.** Any NEW rule changes are marked in RED. Refer to the Youth Cheer Glossary for clarification of terms.

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 that does not exceed a 1/4 twist. Double Based Vertical T-Lift may stop on and over a SINGLE participant in a Nugget position. 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 double leg stunts or below prep level stunts stunts OR bracers standing on the ground (clarification: the connection must be made to the required bracer(s) 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 to the required bracer(s) PRIOR to executing the single leg stunt at prep level. 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.



SHOW CHEER LEVEL 2

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography/Overall Impression		10	
Performance/Showmanship/Use of Cheer		10	
Dance		9	
Motions		10	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
Tosses Difficulty		5	
Tosses Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 10.0) (by majority of team)	
0.0	Zero skills performed.
6.0 - 6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, synchronization. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal team participation. Minimal execution of routine. (by majority of team)
7.0 - 7.9	Moderate pace and flow of routine, smooth transitions, synchronization. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate percent of team participation. Moderate level of execution of routine. (by majority of team)
8.0 - 8.9	Good pace and flow of routine, smooth transitions, synchronization. Good visual effects, level changes, roll offs. Good creativity. Good percent of team participation. Good level of execution of routine. (by majority of team)
9.0 - 10.0	Excellent pace and flow of routine, smooth transitions, synchronization. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent percent of team participation. Excellent level of execution of routine. (by majority of team)
PERFORMANCE/SHOWMANSHIP/USE OF CHEER- IF INCLUDED (Max Score: 10.0) (by majority of team)	
0.0 - 5.9	Zero Skills Performed.
6.0 - 6.9	Minimal/inconsistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Minimal incorporation of cheer, crowd leading skills, and voice projection. Cheer that is tough to follow with minimal crowd participation. (by majority of team)
7.0 - 7.9	Moderate/consistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Moderate incorporation of cheer, crowd leading skills, and voice projection. Cheer that leads the crowd, but does not encourage the crowd to participate. (by majority of team)
8.0 - 8.9	Good quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Good incorporation of cheer, crowd leading skills, and voice projection. Cheer that the crowd can follow with minimal distraction. (by majority of team)
9.0 - 10.0	Excellent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Excellent incorporation of cheer, crowd leading skills, and voice projection. Cheer that is visually appealing promotes crowd participation and is easy to follow. (by majority of team)
DANCE (Max Score: 9.0) (by majority of team)	
0.0	Zero Skills Performed.
5.0 - 5.9	Minimal/inconsistent dance technique. Lacking sharpness and overall motion control. Slow paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal transitions and level changes in dance. (by majority of team)
6.0 - 6.9	Moderate dance basic technique. Moderate motion strength and sharpness in dance. Varied dance moderately paced. Some incorporation of dance and visuals. Average energy level with moderate transitions and level changes in dance. (by majority of team)
7.0 - 7.9	Good dance technique and placements. Good motion strength and sharpness in dance. Good variety in dance with good pace. Good use of visuals. Good incorporation of dance. Good energy with some transitions and level changes in dance. (by majority of team)
8.0 - 9.0	Excellent dance technique and placements. Strong sharp dance. Excellent use of variety and pace in dance. Excellent use of visual. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy. (by majority of team)
MOTIONS (Max Score: 10.0) (by majority of team)	
0.0	Zero Skills Performed
6.0 - 6.9	Minimal/inconsistent motion technique. Lacking sharpness and overall motion control. Slow paced motions. Lacking creativity and variety in motions. Low energy motions with minimal to zero transitions and level changes. (by majority of team)
7.0 - 7.9	Moderate basic technique. Moderate motion strength and sharpness. Varied motions moderately paced. Moderate motion visuals. Average energy level of motions with minimal transitions and level changes. (by majority of team)
8.0 - 8.9	Good motion technique and placement. Sharp motions. Good pace. Motion sequences include variety. Good motion visuals. Good energy with some transitions and level changes. (by majority of team)
9.0 - 10.0	Excellent motion technique and placements. Strong sharp motions. Variety of upbeat and fast paced motion sequences. Visually enhancing motion sections. Multiple transitions, level changes with high energy. (by majority of team)
JUMPS DIFFICULTY (Max Score: 10.0 - 1 point will be reserved for execution) (variety defined as 2 or more different jumps) (by majority of team)	
0.0	Zero jumps performed.
6.0	1 advanced jump performed OR Basic jumps performed by a majority of team.
7.0	2 advanced jumps performed NOT in continuous movement by a majority of team. Jump must be synchronized by a majority of team.
8.0	3 advanced jumps performed NOT in continuous movement by majority of team. Jump must be synchronized by a majority of team.
9.0	2 connected advanced performed in continuous movement by the majority of the team. Jump must be synchronized by a majority of team.
10.0	3 connected advanced jumps done in continuous movement by the majority of the team. Jump must be synchronized by majority of team and include variety.
STUNTS DIFFICULTY (Max Score: 15.0 - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero stunts.
9.0 - 9.9	Two leg Knee Stands by a majority of the team OR Minimal incorporation.
10.0 - 10.9	Two leg Thigh Stands/Shoulder Sits or Swedish Falls by a majority of the team.
11.0 - 11.9	ONLY prep level two leg stunts OR ONLY below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR inversion from ground to load in/sponge position by a majority of the team.
12.0 - 12.9	Prep level two leg stunts AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR 1/4 twist mount to prep level OR 1/4 twist mount to extension by a majority of the team.
13.0 - 15.0	Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) AND two leg extended stunts OR 1/2 twist mount to prep OR 1/2 twist mount to extension level by a majority of the team.
PYRAMIDS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution) (teams earn credit by doing skill once)	
0.0 - 0.0	Zero pyramid skills or connected stunts.
10.0 - 10.9	Pyramids involving below prep level stunts by majority of team.
11.0 - 11.9	Pyramids involving prep level two leg stunts by majority of team.
12.0 - 12.9	Pyramids involving extended two leg stunts OR Prep level single leg stunts by majority of team. This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to the number of participants on the team.
13.0 - 15.0	Pyramids involving extended single leg stunts braced on ONE or BOTH sides.
DISMOUNTS DIFFICULTY (Max Score: 5.0) - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero dismounts.
1.0 - 1.9	Minimal incorporation, less than a majority of the team performed dismounts allowed in this skill level.
2.0 - 2.9	Pop Off, Step, or Shove Wrap by a majority of the team.
3.0 - 3.9	Straight Ride Cradles by a majority of team.
4.0 - 5.0	Non-twisting alternate cradles (i.e. Toe Touch, Klick, Tuck Arch, Pike Arch etc.) OR 1/4 Turn Cradles by a majority of the team.
TUMBLING DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by 1/4th of team)	
0.0 - 0.0	Zero tumbling skills.
0.1 - 0.4	Minimal incorporation of tumbling skills. Less than 1/4 of the team performed Forward Rolls OR Backward Rolls.
0.5 - 0.9	Forward Rolls OR Backward Rolls by 1/4 of the team.
1.0 - 1.9	Cartwheels by 1/4 of the team
2.0 - 2.9	Round Offs by 1/4 of the team.
3.0 - 3.9	Front Walkovers OR Back Walkovers by 1/4 of the team
4.0 - 5.0	Single Front Handspring OR Single Back Handspring OR Jump to Back Handspring by 1/4 of the team.
TOSSES DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by majority of team)	
0.0	Zero tosses.
3.0	Minimal incorporation. Less than 1/4 th of the team performed Straight Ride tosses (i.e. Baskets, Squishy, Sponge, Scrunch)
4.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) performed by LESS than a majority but more than 1/4 th of team.
5.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) performed by a majority of team

YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. When selecting the level in which their team will compete, coaches must consider the teams overall skill abilities, with particular attention to stunting and tumbling. **Coaches must review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info. Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence. Any NEW rule changes are marked in RED. Refer to the Youth Cheer Glossary for clarification of terms. All skills allowed in Level 1 are legal for Level 2.**

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 (Clarification: Flyer may perform a ½ twist transition from a prep level stunt to a Cradle position provided the following: flyer has constant contact with at least one base/back spotter, an additional spotter is at the head/shoulders of the flyer when caught in the Cradle position, and the stunt does not travel..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"> • Inversions are allowed as an entry to a non-inverted upright load in or Sponge position to group based Stunts (2 bases, 1 back spotter, and 1 flyer) provided the inversions 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 the inversion, at least 2 bases/spotter must have contact with the flyer with one at the head/shoulders. • PROHIBITED skills include, but are not limited to: Forward Suspended Rolls
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.



SHOW CHEER LEVEL 3

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography/Overall Impression		10	
Performance/Showmanship/Use of Cheer		10	
Dance		9	
Motions		10	
Jumps		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tosses Difficulty		5	
Tosses Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 10.0) (by majority of team)	
0.0	Zero skills performed.
6.0 - 6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, synchronization. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal team participation. Minimal execution of routine. (by majority of team)
7.0 - 7.9	Moderate pace and flow of routine, smooth transitions, synchronization. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate percent of team participation. Moderate level of execution of routine. (by majority of team)
8.0 - 8.9	Good pace and flow of routine, smooth transitions, synchronization. Good visual effects, level changes, roll offs. Good creativity. Good percent of team participation. Good level of execution of routine. (by majority of team)
9.0 - 10.0	Excellent pace and flow of routine, smooth transitions, synchronization. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent percent of team participation. Excellent level of execution of routine. (by majority of team)
PERFORMANCE/SHOWMANSHIP/USE OF CHEER- IF INCLUDED (Max Score: 10.0) (by majority of team)	
0.0 - 5.9	Zero Skills Performed.
6.0 - 6.9	Minimal/inconsistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Minimal incorporation of cheer, crowd leading skills, and voice projection. Cheer that is tough to follow with minimal crowd participation. (by majority of team)
7.0 - 7.9	Moderate/consistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Moderate incorporation of cheer, crowd leading skills, and voice projection. Cheer that leads the crowd, but does not encourage the crowd to participate. (by majority of team)
8.0 - 8.9	Good quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Good incorporation of cheer, crowd leading skills, and voice projection. Cheer that the crowd can follow with minimal distraction. (by majority of team)
9.0 - 10.0	Excellent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Excellent incorporation of cheer, crowd leading skills, and voice projection. Cheer that is visually appealing promotes crowd participation and is easy to follow. (by majority of team)
DANCE (Max Score: 9.0) (by majority of team)	
0.0	Zero Skills Performed.
5.0 - 5.9	Minimal/inconsistent dance technique. Lacking sharpness and overall motion control. Slow paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal transitions and level changes in dance. (by majority of team)
6.0 - 6.9	Moderate dance basic technique. Moderate motion strength and sharpness in dance. Varied dance moderately paced. Some incorporation of dance and visuals. Average energy level with moderate transitions and level changes in dance. (by majority of team)
7.0 - 7.9	Good dance technique and placements. Good motion strength and sharpness in dance. Good variety in dance with good pace. Good use of visuals. Good incorporation of dance. Good energy with some transitions and level changes in dance. (by majority of team)
8.0 - 9.0	Excellent dance technique and placements. Strong sharp dance. Excellent use of variety and pace in dance. Excellent use of visual. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy. (by majority of team)
MOTIONS (Max Score: 10.0) (by majority of team)	
0.0	Zero Skills Performed
6.0 - 6.9	Minimal/inconsistent motion technique. Lacking sharpness and overall motion control. Slow paced motions. Lacking creativity and variety in motions. Low energy motions with minimal to zero transitions and level changes. (by majority of team)
7.0 - 7.9	Moderate basic technique. Moderate motion strength and sharpness. Varied motions moderately paced. Moderate motion visuals. Average energy level of motions with minimal transitions and level changes (by majority of team)
8.0 - 8.9	Good motion technique and placement. Sharp motions. Good pace. Motion sequences include variety. Good motion visuals. Good energy with some transitions and level changes. (by majority of team)
9.0 - 10.0	Excellent motion technique and placements. Strong sharp motions. Variety of upbeat and fast paced motion sequences. Visually enhancing motion sections. Multiple transitions, level changes with high energy (by majority of team)
JUMPS (Max Score: 10.0) - 1 point will be reserved for execution) (variety defined as 2 or more different jumps) (by majority of team)	
0.0	Zero jumps performed.
6.0	1 advanced jump performed OR Basic jumps performed by a majority of team.
7.0	2 advanced jumps performed NOT in continuous movement by a majority of team. Jump must be synchronized by a majority of team.
8.0	3 advanced jumps performed NOT in continuous movement by majority of team. Jump must be synchronized by a majority of team.
9.0	2 connected advanced performed in continuous movement by the majority of the team. Jump must be synchronized by a majority of team.
10.0	3 connected advanced jumps done in continuous movement by the majority of the team. Jump must be synchronized by majority of team and include variety.
STUNTS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero stunts.
8.0 - 8.9	Two leg Thigh Stands/Shoulder Sits OR two leg Knee Stands OR Swedish Falls by a majority of the team.
9.0 - 9.9	ONLY prep level two leg stunts OR ONLY below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) by a majority of the team.
10.0 - 10.9	Prep level two leg stunts AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR Inversion from ground level to load in/sponge by a majority of the team.
11.0 - 11.9	Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR two leg extended stunts OR 1/2 twist load in to prep level OR Superman transition by a majority of the team.
12.0 - 12.9	Extended single leg liberty OR 1/2 twist load in to two leg extension level OR Superman transition w/ 1/2 twist OR Inversion from ground level to Below prep level stunt OR Forward suspended rolls by a majority of the team.
13.0 - 15.0	Extended Single leg stunt(s) (i.e. Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR Inversion from ground level to Prep level stunt OR FULL twisting mount to prep level OR 1/2 twist mount to single leg extended stunt by a majority of the team.
PYRAMIDS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution) (teams earn credit by doing skill once)	
0.0 - 0.0	Zero pyramid/pyramid like skills
8.0 - 8.9	Pyramids below prep level OR Minimal incorporation.
9.0 - 9.9	Pyramids involving prep level stunts.
10.0 - 10.9	Pyramids involving extended two leg stunts.
11.0 - 11.9	Pyramids involving extended single leg stunts braced on one or both sides.
12.0 - 12.9	Pyramids involving release moves that DO NOT land at stunts prep level. This range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to the number of participants on the team.
13.0 - 15.0	Pyramids involving Tic-Tocs, High to High, Low to High, Switch Up, Eagle Up, Pike Up, Ball Up braced on BOTH sides that land at prep level or above stunts OR 1/2 twist release moves that land in prep level or above stunts braced on both sides.
DISMOUNTS DIFFICULTY (Max Score: 5.0) - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero dismounts.
0.5 - 0.9	Pop Off, Step, or Shove Wrap by a majority of the team.
1.0 - 1.9	Straight Ride cradles from prep level or below stunts OR 1/4 turn cradles from prep level or below stunts by a majority of the team.
2.0 - 2.9	Alternate Cradles (i.e. Toe Touch, Pike Arch, Ball/Tuck) OR (Straight Ride or 1/4 turn) cradle from extended stunts by a majority of the team.
3.0 - 3.9	Full downs from two leg prep level stunts by a majority of the team.
4.0 - 5.0	Full downs from two leg extended stunts OR Full downs from prep single leg stunts by a majority of the team.
TOSSES DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero tosses.
2.0	Minimal incorporation OR less than a majority of the team executed Straight Rides.
3.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by a majority of the team.
4.0	Less than majority of team executed Non-twisting trick toss (i.e. toe touch, kick, pike, tuck)
5.0	Non-twisting trick toss execution (i.e. toe touch, kick, pike, tuck) by a majority of the team.
TUMBLING DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by 1/4th of team)	
0.0 - 0.0	Zero tumbling skills.
0.5 - 0.9	Forward Rolls OR Backward Rolls by 1/4 of the team.
1.0 - 1.9	Round Off OR Cartwheel by 1/4 of the team.
2.0 - 2.9	Front Walkovers OR Back Walkovers by 1/4 of the team.
3.0 - 3.9	Single non-consecutive Handsprings by 1/4 of the team.
4.0 - 5.0	Front walkover through to single Back handspring OR Consecutive series Handsprings OR OR Aerials OR Round Off Back Tuck OR Round off Back Handspring Back Tuck OR Running Front Tuck OR Jump continuously connected with Back Handspring by 1/4 of the team.

YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. When selecting the level in which their team will compete, coaches must consider the teams overall skill abilities, with particular attention to stunting and tumbling. Coaches must review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info. **Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence.** Any NEW rule changes are marked in RED. Refer to Youth Cheer Glossary for clarification of terms. All skills allowed in Levels 1 & 2 are legal for Level 3.

YCADA LEVEL 3

STANDING TUMBLING	<ul style="list-style-type: none"> Series Handsprings Dive Rolls (provided they are not in a Swan or Laid Out position). 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 Dive Rolls (provided they are not in a Swan or Laid Out position). 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, prep 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. Forward Suspended 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 with any other choreography during the Forward Suspended Roll. The top person lands in a double based Cradle or on the performance surface (may not land in a load in position). Limited inversions are allowed in Dismounts. Refer to the Dismounts Section. 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. Flyers may not intentionally travel during a release move. Release moves may be performed over the bracers' arms only, while maintaining contact with the other arm of each bracer. Release moves that travel over the legs and/or core of bracer's body are prohibited. 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.



SHOW CHEER LEVEL 4

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography/Overall Impression		10	
Performance/Showmanship/Use of Cheer		10	
Dance		9	
Motions		10	
Jumps		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tosses Difficulty		5	
Tosses Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 10.0) (by majority of team)	
0.0	Zero skills performed.
6.0 - 6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, synchronization. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal team participation. Minimal execution of routine. (by majority of team)
7.0 - 7.9	Moderate pace and flow of routine, smooth transitions, synchronization. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate percent of team participation. Moderate level of execution of routine. (by majority of team)
8.0 - 8.9	Good pace and flow of routine, smooth transitions, synchronization. Good visual effects, level changes, roll offs. Good creativity. Good percent of team participation. Good level of execution of routine. (by majority of team)
9.0 - 10.0	Excellent pace and flow of routine, smooth transitions, synchronization. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent percent of team participation. Excellent level of execution of routine. (by majority of team)
PERFORMANCE/SHOWMANSHIP/USE OF CHEER- IF INCLUDED (Max Score: 10.0) (by majority of team)	
0.0 - 5.9	Zero Skills Performed.
6.0 - 6.9	Minimal/inconsistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Minimal incorporation of cheer, crowd leading skills, and voice projection. Cheer that is tough to follow with minimal crowd participation. (by majority of team)
7.0 - 7.9	Moderate/consistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Moderate incorporation of cheer, crowd leading skills, and voice projection. Cheer that leads the crowd, but does not encourage the crowd to participate. (by majority of team)
8.0 - 8.9	Good quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Good incorporation of cheer, crowd leading skills, and voice projection. Cheer that the crowd can follow with minimal distraction. (by majority of team)
9.0 - 10.0	Excellent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Excellent incorporation of cheer, crowd leading skills, and voice projection. Cheer that is visually appealing promotes crowd participation and is easy to follow. (by majority of team)
DANCE (Max Score: 9.0) (by majority of team)	
0.0	Zero Skills Performed.
5.0 - 5.9	Minimal/inconsistent dance technique. Lacking sharpness and overall motion control. Slow paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal transitions and level changes in dance. (by majority of team)
6.0 - 6.9	Moderate dance basic technique. Moderate motion strength and sharpness in dance. Varied dance moderately paced. Some incorporation of dance and visuals. Average energy level with moderate transitions and level changes in dance. (by majority of team)
7.0 - 7.9	Good dance technique and placements. Good motion strength and sharpness in dance. Good variety in dance with good pace. Good use of visuals. Good incorporation of dance. Good energy with some transitions and level changes in dance. (by majority of team)
8.0 - 9.0	Excellent dance technique and placements. Strong sharp dance. Excellent use of variety and pace in dance. Excellent use of visual. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy. (by majority of team)
MOTIONS (Max Score: 10.0) (by majority of team)	
0.0	Zero Skills Performed
6.0 - 6.9	Minimal/inconsistent motion technique. Lacking sharpness and overall motion control. Slow paced motions. Lacking creativity and variety in motions. Low energy motions with minimal to zero transitions and level changes. (by majority of team)
7.0 - 7.9	Moderate basic technique. Moderate motion strength and sharpness. Varied motions moderately paced. Moderate motion visuals. Average energy level of motions with minimal transitions and level changes. (by majority of team)
8.0 - 8.9	Good motion technique and placement. Sharp motions. Good pace. Motion sequences include variety. Good motion visuals. Good energy with some transitions and level changes. (by majority of team)
9.0 - 10.0	Excellent motion technique and placements. Strong sharp motions. Variety of upbeat and fast paced motion sequences. Visually enhancing motion sections. Multiple transitions, level changes with high energy. (by majority of team)
JUMPS (Max Score: 10.0) - 1 point will be reserved for execution) (variety defined as 2 or more different jumps) (by majority of team)	
0.0	Zero jumps performed.
6.0	1 advanced jump performed OR Basic jumps performed by a majority of team.
7.0	2 advanced jumps performed NOT in continuous movement by a majority of team. Jump must be synchronized by a majority of team.
8.0	3 advanced jumps performed NOT in continuous movement by majority of team. Jump must be synchronized by a majority of team.
9.0	2 connected advanced performed in continuous movement by the majority of the team. Jump must be synchronized by a majority of team.
10.0	3 connected advanced jumps done in continuous movement by the majority of the team. Jump must be synchronized by majority of team and include variety.
STUNTS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero stunts.
8.0 - 8.9	Two leg Knee Stands OR two leg Thigh Stands OR Shoulder Sits OR Swedish Falls by a majority of the team.
9.0 - 9.9	ONLY prep level two leg stunts OR ONLY below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) by a majority of the team.
10.0 - 10.9	Prep level two leg stunts AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) by a majority of the team.
11.0 - 11.9	Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR two leg extended stunts OR 1/2 twist load-in to Prep or Extension OR Superman transitions w/ 1/2 twist by a majority of the team.
12.0 - 12.9	Extended single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR full twisting load in to prep level stunts OR Forward Flipping Leap frog OR Superman transitions w/ 3/4 twist by a majority of the team.
13.0 - 15.0	Full twisting load in to extended level stunts OR Ground level inversion directly to Extended stunt OR Full released Tic-Tocs/Switch Ups by a majority of the team.
PYRAMIDS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution) (teams earn credit by doing skill once)	
0.0 - 0.0	Zero pyramid/pyramid like skills.
8.0 - 8.9	Pyramids involving prep level stunts or lower.
9.0 - 9.9	Pyramids involving extended two leg stunts.
10.0 - 10.9	Pyramids involving extended single leg stunts braced on both sides.
11.0 - 11.9	Pyramids involving extended single leg stunts braced on only one side. This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to the number of participants on the team.
12.0 - 12.9	Pyramids involving Tic-Tocs braced on BOTH sides OR OR braced inversion transitions (Flat Back, Roll Up) that roll up directly to Prep.
13.0 - 15.0	Pyramids involving release moves braced ONE side OR braced inversion transitions (Flat Back, Roll Up) that roll up directly to Extension OR Front Flips Braced on BOTH Sides
DISMOUNTS DIFFICULTY (Max Score: 5.0) - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero dismounts.
0.5 - 0.9	Pop Off, Step, or Shove Wrap OR minimal incorporation by a majority of the team.
1.0 - 1.9	Straight Ride cradles OR ¼ turn cradles by a majority of the team.
2.0 - 2.9	Alternate non twisting cradles (i.e. Toe Touch, Pike Arch) by a majority of the team.
3.0 - 3.9	Single twist cradles from prep level one leg stunts OR extended two leg stunts by a majority of the team.
4.0 - 5.0	Double twisting cradles from prep level two leg stunts OR single twisting cradles from extended single leg stunts by a majority of the team.
TOSSES DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by majority of team)	
0.0 - 0.0	Zero tosses.
2.0	Straight Ride tosses by a majority of the team.
3.0	Non- twisting toss (i.e. Toe Touch, Switch Kick, Pike Arch, Tuck Arch) by a majority of the team.
4.0	Single twisting tosses by a majority of the team.
5.0	Trick with single twist combinations (i.e. Kick Full) by a majority of the team.
TUMBLING DIFFICULTY (Max Score: 5.0 - 1 point will be reserved for execution) (by 1/4th of team)	
0.0 - 0.0	Zero tumbling skills.
0.5 - 0.9	Round Off, Cartwheel, Forward or Backward Rolls by 1/4 of the team.
1.0 - 1.4	Walkovers by 1/4 of the team.
1.5 - 1.9	Single non-consecutive Handsprings by 1/4 of the team.
2.0 - 2.9	Front walkover through to single Back handspring OR Consecutive series Handsprings OR Jump continuously with Back Handspring by 1/4 of the team.
3.0 - 3.9	Running Tucks/Flips OR Standing Handspring Back Tuck OR Aerials OR Jump Continuously with series Back Handspring by 1/4 of the team.
4.0 - 5.0	Advanced standing OR running tumbling skills (Full Twist Flips OR Layout OR X-Out OR Pike OR Standing Tuck OR Jump Continuously with Back Handspring Back Tuck) by 1/4 of the team.

YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. When selecting the level in which their team will compete, coaches must consider the teams overall skill abilities, with particular attention to stunting and tumbling. Coaches must review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info. **Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence.** Any NEW rule changes are marked in RED. Refer to Youth Cheer Glossary for clarification of terms. All skills allowed in Levels 1,2 & 3 are legal for Level 4.

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). Dive Rolls (provided they are not in a Swan or Laid Out position). 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). Dive Rolls (provided they are not in a Swan or Laid Out position). 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 stunt at extended level or below 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 = legal). A spotter is required in front AND back of the flyer for inversions ending at the extended level. Flyers may transition from a Prone catch to a ground level inversion. The ground level inversion may transition back up to a stunt. (ex. Prone catch that lowers flyer to a Handstand on the ground and transitions back up 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. Forward flipping Leap Frogs are allowed provided the following: the back spotter and flyer maintain hand/hand contact throughout the transition, the inversion is in continuous motion from original bases to a NEW set of STATIONARY catchers (2 catchers minimum) who must be in place prior to the dip of the transition), the transition starts at or below prep level and is caught in a double based cradle, and the skill does not twist or travel. 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 extended stunts, extended single leg stunts, and prep level single leg stunts are limited to 1 and ¼ twists. Double leg Extension Preps are limited to 2 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. Braced front flips are allowed provided: the released flyer maintains hand/arm contact with two bracers in an Extension Prep, the transition must be in continuous motion to and from original group (2 bases and 1 spotter), transition is caught in a face up Cradle position, and flyer does not perform any other skill during the inversion. (Clarification: Flyer may be in a Tuck or Pike position with legs together. Layouts, Kick, etc are not allowed). PROHIBITED skills include but are not limited to: Collapsible pyramids, braced flips.



SHOW CHEER NON-MOUNT

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography/Overall Impression		17	
Performance/Showmanship/Use of Cheer		17	
Dance		17	
Motions		17	
Jumps		15	
Jumps Execution/Technique		1	
Tumbling Difficulty		15	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Show Cheer Non-Mount



CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 17.0) (by majority of team)	
0.0	Zero skills performed.
13.0 - 13.9	Minimal/inconsistent pace and flow of routine, smooth transitions, synchronization. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal team participation. Minimal execution of routine. (by majority of team)
14.0 - 14.9	Moderate pace and flow of routine, smooth transitions, synchronization. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate percent of team participation. Moderate level of execution of routine. (by majority of team)
15.0 - 15.9	Good pace and flow of routine, smooth transitions, synchronization. Good visual effects, level changes, roll offs. Good creativity. Good percent of team participation. Good level of execution of routine. (by majority of team)
16.0 - 17.0	Excellent pace and flow of routine, smooth transitions, synchronization. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent percent of team participation. Excellent level of execution of routine. (by majority of team)
PERFORMANCE/SHOWMANSHIP/USE OF CHEER- IF INCLUDED (Max Score: 17.0) (by majority of team)	
0.0	Zero Skills Performed.
13.0 - 13.9	Minimal/inconsistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Minimal incorporation of cheer, crowd leading skills, and voice projection. Cheer that is tough to follow with minimal crowd participation. (by majority of team)
14.0 - 14.9	Moderate/consistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Moderate incorporation of cheer, crowd leading skills, and voice projection. Cheer that leads the crowd, but does not encourage the crowd to participate. (by majority of team)
15.0 - 15.9	Good quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Good incorporation of cheer, crowd leading skills, and voice projection. Cheer that the crowd can follow with minimal distraction. (by majority of team)
16.0 - 17.0	Excellent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Excellent incorporation of cheer, crowd leading skills, and voice projection. Cheer that is visually appealing promotes crowd participation and is easy to follow. (by majority of team)
DANCE (Max Score: 17.0) (by majority of team)	
0.0	Zero Skills Performed.
13.0 - 13.9	Minimal/inconsistent dance technique. Lacking sharpness and overall motion control. Slow paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal transitions and level changes in dance. (by majority of team)
14.0 - 14.9	Moderate dance basic technique. Moderate motion strength and sharpness in dance. Varied dance moderately paced. Some incorporation of dance and visuals. Average energy level with moderate transitions and level changes in dance. (by majority of team)
15.0 - 15.9	Good dance technique and placements. Good motion strength and sharpness in dance. Good variety in dance with good pace. Good use of visuals. Good incorporation of dance. Good energy with some transitions and level changes in dance. (by majority of team)
16.0 - 17.0	Excellent dance technique and placements. Strong sharp dance. Excellent use of variety and pace in dance. Excellent use of visual. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy. (by majority of team)
MOTIONS (Max Score: 17.0) (by majority of team)	
0.0	Zero Skills Performed
13.0 - 13.9	Minimal/inconsistent motion technique. Lacking sharpness and overall motion control. Slow paced motions. Lacking creativity and variety in motions. Low energy motions with minimal to zero transitions and level changes. (by majority of team)
14.0 - 14.9	Moderate basic technique. Moderate motion strength and sharpness. Varied motions moderately paced. Moderate motion visuals. Average energy level of motions with minimal transitions and level changes. (by majority of team)
15.0 - 15.9	Good motion technique and placement. Sharp motions. Good pace. Motion sequences include variety. Good motion visuals. Good energy with some transitions and level changes. (by majority of team)
16.0 - 17.0	Excellent motion technique and placements. Strong sharp motions. Variety of upbeat and fast paced motion sequences. Visually enhancing motion sections. Multiple transitions, level changes with high energy. (by majority of team)
JUMPS (Max Score: 15.0) - 1 point will be reserved for execution) (variety defined as 2 or more different jumps) (by majority of team)	
0.0	Zero jumps performed.
11.0	1 advanced jump performed OR Basic jumps performed by a majority of team.
12.0	2 advanced jumps performed NOT in continuous movement by a majority of team. Jump must be synchronized by a majority of team.
13.0	3 advanced jumps performed NOT in continuous movement by majority of team. Jump must be synchronized by a majority of team.
14.0	2 connected advanced performed in continuous movement by the majority of the team. Jump must be synchronized by a majority of team.
15.0	3 connected advanced jumps done in continuous movement by the majority of the team. Jump must be synchronized by majority of team and include variety.
TUMBLING DIFFICULTY (Max Score: 15.0 - 1 point will be reserved for execution) (by 1/4th of team)	
0.0 - 0.0	Zero tumbling skills.
10.0 - 10.9	Forward Rolls OR Backward Rolls by 1/4 of the team.
11.0 - 11.9	Round Off OR Cartwheel by 1/4 of the team.
12.0 - 12.9	Front Walkovers OR Back Walkovers by 1/4 of the team.
13.0 - 13.9	Single non-consecutive Handsprings by 1/4 of the team.
14.0 - 15.0	Front walkover through to single Back handspring OR Consecutive series Handsprings OR Aerials OR Round Off Back Tuck OR Round off Back Handspring Back Tuck OR Running Front Tuck OR Jump continuously connected with Back Handspring by 1/4 of the team.



SHOW CHEER NON-TUMBLING

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography/Overall Impression		10	
Performance/Showmanship/Use of Cheer		10	
Dance		10	
Motions		10	
Jumps		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tosses Difficulty		10	
Tosses Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Show Cheer Non-Tumbling



CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 10.0) (by majority of team)

0.0	Zero skills performed.
6.0 - 6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, synchronization. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal team participation. Minimal execution of routine. (by majority of team)
7.0 - 7.9	Moderate pace and flow of routine, smooth transitions, synchronization. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate percent of team participation. Moderate level of execution of routine. (by majority of team)
8.0 - 8.9	Good pace and flow of routine, smooth transitions, synchronization. Good visual effects, level changes, roll offs. Good creativity. Good percent of team participation. Good level of execution of routine. (by majority of team)
9.0 - 10.0	Excellent pace and flow of routine, smooth transitions, synchronization. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent percent of team participation. Excellent level of execution of routine. (by majority of team)

PERFORMANCE/SHOWMANSHIP/USE OF CHEER- IF INCLUDED (Max Score: 10.0) (by majority of team)

0.0 - 5.9	Zero Skills Performed.
6.0 - 6.9	Minimal/inconsistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Minimal incorporation of cheer, crowd leading skills, and voice projection. Cheer that is tough to follow with minimal crowd participation. (by majority of team)
7.0 - 7.9	Moderate/consistent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included-Moderate incorporation of cheer, crowd leading skills, and voice projection. Cheer that leads the crowd, but does not encourage the crowd to participate. (by majority of team)
8.0 - 8.9	Good quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Good incorporation of cheer, crowd leading skills, and voice projection. Cheer that the crowd can follow with minimal distraction. (by majority of team)
9.0 - 10.0	Excellent quality of presentation, enthusiasm, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. If Cheer Included- Excellent incorporation of cheer, crowd leading skills, and voice projection. Cheer that is visually appealing promotes crowd participation and is easy to follow. (by majority of team)

DANCE (Max Score: 10.0) (by majority of team)

0.0	Zero Skills Performed.
6.0 - 6.9	Minimal/inconsistent dance technique. Lacking sharpness and overall motion control. Slow paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal transitions and level changes in dance. (by majority of team)
7.0 - 7.9	Moderate dance basic technique. Moderate motion strength and sharpness in dance. Varied dance moderately paced. Some incorporation of dance and visuals. Average energy level with moderate transitions and level changes in dance. (by majority of team)
8.0 - 8.9	Good dance technique and placements. Good motion strength and sharpness in dance. Good variety in dance with good pace. Good use of visuals. Good incorporation of dance. Good energy with some transitions and level changes in dance. (by majority of team)
9.0 - 10.0	Excellent dance technique and placements. Strong sharp dance. Excellent use of variety and pace in dance. Excellent use of visual. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy. (by majority of team)

MOTIONS (Max Score: 10.0) (by majority of team)

0.0	Zero Skills Performed
6.0 - 6.9	Minimal/inconsistent motion technique. Lacking sharpness and overall motion control. Slow paced motions. Lacking creativity and variety in motions. Low energy motions with minimal to zero transitions and level changes. (by majority of team)
7.0 - 7.9	Moderate basic technique. Moderate motion strength and sharpness. Varied motions moderately paced. Moderate motion visuals. Average energy level of motions with minimal transitions and level changes. (by majority of team)
8.0 - 8.9	Good motion technique and placement. Sharp motions. Good pace. Motion sequences include variety. Good motion visuals. Good energy with some transitions and level changes. (by majority of team)
9.0 - 10.0	Excellent motion technique and placements. Strong sharp motions. Variety of upbeat and fast paced motion sequences. Visually enhancing motion sections. Multiple transitions, level changes with high energy. (by majority of team)

JUMPS (Max Score: 10.0) - 1 point will be reserved for execution) (variety defined as 2 or more different jumps) (by majority of team)

0.0	Zero jumps performed.
6.0	1 advanced jump performed OR Basic jumps performed by a majority of team.
7.0	2 advanced jumps performed NOT in continuous movement by a majority of team. Jump must be synchronized by a majority of team.
8.0	3 advanced jumps performed NOT in continuous movement by majority of team. Jump must be synchronized by a majority of team.
9.0	2 connected advanced performed in continuous movement by the majority of the team. Jump must be synchronized by a majority of team.
10.0	3 connected advanced jumps done in continuous movement by the majority of the team. Jump must be synchronized by majority of team and include variety.

STUNTS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution) (by majority of team)

0.0 - 0.0	Zero stunts.
8.0 - 8.9	Two leg Thigh Stands/Shoulder Sits OR two leg Knee Stands OR Swedish Falls by a majority of the team.
9.0 - 9.9	ONLY prep level two leg stunts OR ONLY below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) by a majority of the team.
10.0 - 10.9	Prep level two leg stunts AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR Inversion from ground level to load in/sponge by a majority of the team.
11.0 - 11.9	Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR two leg extended stunts OR 1/2 twist load in to prep level OR Superman transition by a majority of the team.
12.0 - 12.9	Extended single leg liberty OR 1/2 twist load in to two leg extension level OR Superman transition w/ 1/2 twist OR Inversion from ground level to Below prep level stunt OR Forward suspended rolls by a majority of the team.
13.0 - 15.0	Extended Single leg stunt(s) (i.e. Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) OR Inversion from ground level to Prep level stunt OR FULL twisting mount to prep level OR 1/2 twist mount to single leg extended stunt by a majority of the team.

PYRAMIDS DIFFICULTY (Max Score: 15.0) - 1 point will be reserved for execution) (teams earn credit by doing skill once)

0.0 - 0.0	Zero pyramid/pyramid like skills
8.0 - 8.9	Pyramids below prep level OR Minimal incorporation.
9.0 - 9.9	Pyramids involving prep level stunts.
10.0 - 10.9	Pyramids involving extended two leg stunts.
11.0 - 11.9	Pyramids involving extended single leg stunts braced on one or both sides.
12.0 - 12.9	Pyramids involving release moves that DO NOT land at stunts prep level. This range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to the number of participants on the team.
13.0 - 15.0	Pyramids involving Tic-Tocs, High to High, Low to High, Switch Up, Eagle Up, Pike Up, Ball Up braced on BOTH sides that land at prep level or above stunts OR 1/2 twist release moves that land in prep level or above stunts braced on both sides.

DISMOUNTS DIFFICULTY (Max Score: 5.0) - 1 point will be reserved for execution) (by majority of team)

0.0 - 0.0	Zero dismounts.
0.5 - 0.9	Pop Off, Step, or Shove Wrap by a majority of the team.
1.0 - 1.9	Straight Ride cradles from prep level or below stunts OR 1/4 turn cradles from prep level or below stunts by a majority of the team.
2.0 - 2.9	Alternate Cradles (i.e. Toe Touch, Pike Arch, Ball/Tuck) OR (Straight Ride or 1/4 turn) cradle from extended stunts by a majority of the team.
3.0 - 3.9	Full downs from two leg prep level stunts by a majority of the team.
4.0 - 5.0	Full downs from two leg extended stunts OR Full downs from prep single leg stunts by a majority of the team.

TOSSES DIFFICULTY (Max Score: 10.0 - 1 point will be reserved for execution) (by majority of team)

0.0 - 0.0	Zero tosses.
7.0	Minimal incorporation OR less than a majority of the team executed Straight Rides.
8.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by a majority of the team.
9.0	Less than majority of team executed Non-twisting trick toss (i.e. toe touch, kick, pike, tuck)
10.0	Non-twisting trick toss execution (i.e. toe touch, kick, pike, tuck) by a majority of the team.

YOUTH CHEER PENALTY INFO

RULES PENALTIES:

2.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the following:

- Youth Cheer Routine Guidelines OR • Youth Cheer General Safety Rules

5.0 POINTS (per occurrence) deducted from your total possible score for each violation of any of the requirements in the youth cheer levels grid.

Please refer to the Youth Cheer Routine Guidelines, 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 - 0.5 POINT (per occurrence) deducted from your total possible score for hands/knees down on flipping or other head over heels tumbling skills following the landing or during execution. This includes back handsprings where the knees make contact with the floor.

TUMBLING FALL - 1.0 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 - 0.5 POINT (per occurrence) deducted from your total possible score for each obvious BOBBLE on a stunt/toss skill. Bobbles that precede a fall will not be counted in the total deduction. The largest deduction will supercede the total number of bobble deductions.

STUNT FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill by any member of the stunt group.

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/toss 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.

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.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the Youth Cheer Routine Guidelines.

COACH'S CHEAT SHEET

YOUTH CHEER DIVISIONS

# OF PARTICIPANTS	25% TUMBLING	50% +1 JUMPS & MOTIONS	50% +1 (GROUPS OF 5) STUNTS
6	1+	4+	1+
7	1+	4+	1+
8	2+	5+	1+
9	2+	5+	1+
10	2+	6+	2+
11	2+	6+	2+
12	3+	7+	2+
13	3+	7+	2+
14	3+	8+	2+
15	3+	8+	2+
16	4+	9+	2+
17	4+	9+	2+
18	4+	10+	2+
19	4+	10+	2+
20	5+	11+	3+
21	5+	11+	3+
22	5+	12+	3+
23	5+	12+	3+
24	6+	13+	3+
25	6+	13+	3+
26	6+	14+	3+
27	6+	14+	3+
28	7+	15+	3+
29	7+	15+	3+
30	7+	16+	4+
31	7+	16+	4+
32	8+	17+	4+
33	8+	17+	4+
34	8+	18+	4+
35	8+	18+	4+

These three charts are designed to assist in selecting the number of athletes or groups required to max out points within a range.

The left column is how many athletes must perform the same tumbling fundamentals to qualify for that particular range.

Tumbling (standing and running) = 25%

The middle column is how many athletes must perform the same jumps or motion fundamentals to qualify for those particular ranges.

Jumps and Motions = 50% +1 (Majority)

The far right column is how many groups must perform the same stunt, dismount and toss to qualify for those particular ranges. Level 1 teams can not perform tosses. **Stunts, Tosses and Dismounts = 50% +1 (groups of 5) (Majority)**

Pyramids: Teams will qualify for a particular pyramid range by performing any of the listed skills in a particular range ONCE.

***Skills are cumulative (ex. 9 athletes performing the same skill twice = 18)**

YOUTH CHEER LEVELS QUICK REFERENCE OVERVIEW

A BASIC OVERVIEW OF THE HIGHEST SKILLS ALLOWED IN EACH LEVEL.

IMPORTANT! The Quick Reference Overview DOES NOT include all rules and skill restrictions. It is ONLY to be used as an overall summary of the **highest skills** allowed in each level. Teams must abide by all YCADA Youth Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info.

YCADA LEVEL 1 LIMITED

HIGHEST SKILLS ALLOWED:

Standing Tumbling: Round Off

Running Tumbling: Round Off

Stunts: Two leg prep level stunts, single leg knee level stunts

Inversions: Prohibited

Dismounts: Shove wraps, step offs, bump downs

Release Moves: Prohibited

Tosses: Prohibited

Pyramids: Two leg stunts prep level stunts braced on one side, single leg stunts knee stand level and below braced on one side

YOUTH CHEER LEVELS QUICK REFERENCE OVERVIEW

A BASIC OVERVIEW OF THE **HIGHEST SKILLS** ALLOWED IN EACH LEVEL.

IMPORTANT! The Quick Reference Overview DOES NOT include all rules and skill restrictions. It is ONLY to be used as an overall summary of the **highest skills** allowed in each level. Teams must abide by all YCADA Youth Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info.

YCADA LEVEL 1

HIGHEST SKILLS ALLOWED:

Standing Tumbling: Walkovers

Running Tumbling: Walkovers

Stunts: Two leg prep level stunts, single leg below prep level stunts, 1/4 twist load-in/stunt transition

Inversions: Prohibited

Dismounts: 1/4 turn Cradle

Release Moves: Prohibited

Tosses: Prohibited

Pyramids: Two leg extended stunts braced on both sides, single leg prep level stunts braced on one side by prep level or below stunts

YCADA LEVEL 2

HIGHEST SKILLS ALLOWED:

Standing Tumbling: Single Front/Back Handspring

Running Tumbling: Single Front/Back Handspring

Stunts: Two leg extended stunts, single leg prep level stunts, ½ twist load in

Inversions: Ground level Handstand to upright load in position

Dismounts: Single trick, non-twisting alternate cradles

Release Moves: Barrel Roll

Tosses: Straight Ride body position

Pyramids: Single leg extended stunts braced on one side by prep level or below stunts

YCADA LEVEL 3

HIGHEST SKILLS ALLOWED:

Standing Tumbling: Handspring series

Running Tumbling: Back Tuck from Handspring or Round Off entry

Stunts: Single leg extended level stunts, 1 full twist (360) stunt transition to or from prep level stunts.

Inversions: Ground level Handstand to prep level, Forward Suspended Roll

Dismounts: Single twist from two leg extended stunts

Release Moves: Tic tocs braced on both sides by prep level or below stunts

Tosses: One trick non-twisting

Pyramids: Single leg extended stunts braced on one side, upright landing non twisting release moves braced on both sides by prep level or below stunts

YCADA LEVEL 4

HIGHEST SKILLS ALLOWED:

Standing Tumbling: Standing Full

Running Tumbling: Full twisting Layout from Handspring or Round Off entry

Stunts: Single leg extended, 1½ twist load-in/stunt transition up to extended level, Tic Tocs

Inversions: Ground level Handstand to extended level, Forward Suspended Roll, Back Walkover/Forward Roll out of a Cradle.

Dismounts: 1¼ twist from all stunts, 2 twists allowed from Extension Prep only.

Release Moves: Must not surpass 18"

Tosses: Two tricks and 1¼ twist

Pyramids: Single leg extended stunts braced on one side, braced release moves, 2½ high transitions, limited braced inversions (including braced front flips)

SCORING GRIDS & SCORE SHEETS

YOUTH 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
Bases and Spotters Technique
Top Person technique
Perfection

STANDING/RUNNING TUMBLING DIFFICULTY:

Percentage of team participation
Combinations of skills 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

YOUTH CHEER GLOSSARY

REFERENCE GUIDE FOR SKILLS MENTIONED IN THE YOUTH CHEER LEVELS GRID & GENERAL SAFETY RULES.

1/4 Turn Cradle: After the flyer is released for the Cradle dismount, the bases and back spotter step to turn the stunt group (¼ turn) while simultaneously the flyer twists in the same direction as the bases/back spotter (making a ¼ turn) before the catch in the Cradle position occurs (example: stunt group is facing to the participant's right in a prep level Arabesque; after the flyer is released for the dismount, the bases and back spotter ¼ turn to face the stunt group to the front while the flyer squares her body (making a ¼ twist) to the front before the catch in the Cradle position occurs.

1/4 Up (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotates 90 degrees. Other terms include Presto.

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees and is commonly performed to a Sponge or Extension Prep. 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 and is commonly performed to a Sponge or Extension Prep. Other related terms include Full Up or Full Around.

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

Airborne: To be free of contact with a person or performance surface.

Airborne Tumbling Skill: An aerial maneuver involving hip over head rotation in which a participant uses their body and the performance surface to propel himself/herself away from the performance surface.

Alternate Cradles: Dismount variations in which the flyer executes a trick/body position at the highest point in the ride of the of the toss for a Cradle. Alternate Cradle skills are as follows in order of difficulty least to greatest: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. 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.

Alternate Non-Twisting Cradles: Skills are as follows in order of difficulty least to greatest: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. 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.

Arabesque: A stunt in which the working leg is extended behind (close to 90 degrees) while the supporting leg is in the hands of the base(s). The flyer's chest is up with one leg directly behind her. Hips should be in line with the floor.

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.

Assisted Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. No other skill is performed during the Pop Off. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

Awesome: A stunt where a top person has both feet together in the hand(s) of the base(s). Also referred as a "Cupie".

Back Dismount: 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.

Back Handspring: See Handspring

Back Spotter: Person in stunt responsible for the head/neck/shoulder area of the flyer. Usually positioned directly behind the stunt, but can be on the side as well. This position/responsibility may change from person to person during creative stunt transitions.

Back Walkover: A non-aerial tumbling skill where one 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/leg at a time.

Barrel Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted Barrel Roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition.

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 4 bases, 2 of which 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.

Below Level Jumps: Jumps where the feet and/or legs of the jumper are below perpendicular.

Bobble: An error during a technical skill. Obvious missed skills: hand(s) down on a tumbling skill/shaky stunts/pyramids/baskets, incomplete or obvious errors in regards to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motions and dance execution.

Bow N' Arrow: A single leg stunt in which the Flyer grabs the foot of the working with the opposite hand/arm pulling it tight the their torso. The flyer's working leg is kept straight while reaching their free arm to a Half T motion through the space between their working leg and gripping arm, making the shape of a bow and arrow.

Brace: A physical connection that helps to provide stability to a top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition. Bracers may not be a base.

Braced Flip: A stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). **Braced FRONT flips are only allowed in Level 4.**

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/retake position in order to return the flyer to the performance surface.

YOUTH CHEER GLOSSARY

(CONTINUED)

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.

Catcher: One of the person(s) responsible for the safe landing of a top person during stunt entry, transition and/or dismount. Catchers do not have to make contact with the flyer, but must be in a position to minimize risk should the flyer fall.

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 Combination Jumps: The execution of two or more jumps in constant movement without stoppage of movement.

Continuous Spotter/Back 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.

Cradle: A release move (DISMOUNT) in which the bases catch the top person 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.

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. Also referred as an Awesome.

Dead Man Lift: A type of flat back (see below). When the arms of the bases are extended, a Dead Man Lift requires two bases **and an additional spotter**.

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/retake 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 your feet leave the ground before your hands reach the ground.

Double Based: In reference to a stunt/stunt transition or dismount in which two bases are supporting the flyer.

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

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. If the flyer is in a vertical position the lowest position of the flyer is the feet with the legs fully extended. If the flyer is in a horizontal position, the lowest position is the lowest visible position of the flyer.

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). Stunts in which the entire body of the Flyer is not over the Base(s) head/heads but the Base(s) arm(s) are fully extended do not classify as extended level stunts. Extensions and Extended Liberties are examples of Extended Level stunts. Extended Flatbacks and Extended V-sits are not Extended Level stunts and are classified as prep level stunts. *Delete Stunts, add Level for uniformity with grid and Prep Level definition.

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, true show and goes 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 or Prep (Half): A two leg, prep level stunt in which the flyer's feet are being held/gripped at shoulder level by the base(s).

Extension Prep Hitch (Two Leg 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/Two Leg Hitches are not considered single leg stunts.

Fallback: 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.

Fireman Catch: See Fallback.

Flat Back: A waist level stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by two or more bases and one continuous back spotter. Flatbacks can be performed with the bases' arms in the Extended Position; these are called Extended Flatbacks and are classified as prep level stunts. Flatback variations include, Double Based Extended Flatbacks and Triple Based Extended Flatbacks. Also referred to as a Deadman Lift.

- **Double Based Flatbacks** contain 2 Bases, 1 Flyer, and 1 Back Spotter.
- **Triple Based V-sits** contains 3 Bases, 1 Flyer and 1 Back Spotter.

Flip (stunt): See Braced Flip.

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.

YOUTH CHEER GLOSSARY

(CONTINUED)

Flyer: A person who receives primary support from another person.

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 to create a motion similar to a ball “rolling” across the floor.

Forward Suspended Roll: The top person begins in a non inverted position from the performance surface or a stunt. The top person has continuous hand to hand contact with two primary bases or with two posts who are controlling the top person. The 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 during the suspended roll. The top person lands in a double based cradle or the performance surface. They may not land in a loading position for a stunt.

Front Handspring: See Handspring

Front Limber: Returning to a standing position from a Back Bend or Back Arch position.

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 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 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.

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.

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. Example: A participant in an Extension Prep uses their hand and forearm to brace a participant in an Extension who uses their hand and forearm to connect to the participant in the Extension Prep.

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 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 horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases. With the exception of a ½ Helicopter (see levels grid for exact levels where it’s allowed), released Helicopters are prohibited.

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.

Hyperextended Jumps: Jumps where the feet and/or legs of the jumper are above perpendicular.

Inversion/Inverted: When the athlete’s shoulders are below his/her waist and/or both feet are above his/her head (clarification: when in an upright body position, feet may go above head).

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.

Knee (Body) Drop: Dropping to the knees, seat, thigh or splits from an airborne position without first bearing majority of the weight on the hands/feet.

Knee Stand Level: The execution of a stunt where the base is in a knee stand (one knee of the base must be in contact with the performance surface) and the flyer is on the other leg of the base.

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. Flyers in a forward Leap Frog may land in a Double Based Cradle. Backward traveling Leap Frogs may NOT be caught prone.

YOUTH CHEER GLOSSARY

(CONTINUED)

Level Jumps: Jumps where the feet and/or legs of the jumper are perpendicular.

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: A forward or backward gymnastics flexibility skill that is similar to a Walkover except the legs remain together through the entire skill.

Load in: A stunt position in which the flyer's foot/feet are in the hands of the base(s), base(s) hands are at waist level, and is typically 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.

Non-Consecutive (Tumbling): A tumbling term used to describe a participant's performance of no more than one Handspring during standing tumbling or incorporated into a running passing with or without other tumbling skills.

Non-Released single based stunt: Example: a Step Into Hands would be allowed with 1 flyer, 1 base, and 1 continuous spotter. Single based release stunt example: Toss Hands.

Nugget: A position in which a participant is kneeling/crouching on the performance floor in a Ball position. May be performed face forward on the feet and hands or 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.

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.

Post: A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

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.

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. Most commonly the bases' hands are at shoulder level, however their hands/arms may be in the Extended Position when the flyer is in a seated or horizontal position. Extension Preps, Extended Flatbacks and Extended V-sits are examples of Prep Level Stunts. Other terms for Prep Level include Shoulder Level.

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.

Pyramid: Multiple stunts connected by hand to hand (arm over arm), hand to foot or other physical touching connections. Individuals standing at ground level may be incorporated as a part of the connection. In order to be a pyramid, physical connection in a grouping of individuals or multiple stunts is required.

Quarter Turn Cradle: See ¼ Turn Cradle.

Quarter Up Stunt: See ¼ Up Stunt.

Release Move: A stunt transition or skill in which the flyer becomes free of contact with the base(s) (i.e. Tic Toc, Switch Up, Ball Up, Tic Up, Toss Hands).

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

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

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 is facing 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 is facing the side while the Flyer grips their foot/ankle with both hands pulling their working leg to behind their body to create a position that mimic a Scorpion's tail.

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

Shooting Star: See Pendulum.

YOUTH CHEER GLOSSARY

(CONTINUED)

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

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.

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, Heal 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 in the ride of the toss for a Cradle. Single Trick Non-Twisting Cradles skills are as follows in progression of difficulty: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. 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. Single trick non-twisting toss skills are as follows in progression of difficulty: Pretty Lady, Toe Touch, Tuck, Kick, and Pike. 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 stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.

Spotter: Person 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."

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.

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 mount/load in, stunt transition and/or dismount. Tosses, pyramids, inversions and release moves are considered types/ variations of stunts for overall category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt. Clarification: A partner jump, assisted toe touch, partner pick up, etc would not be considered a stunt. Other terms for stunt include: mount

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 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.

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). Most commonly used in reference to single leg stunts.

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by two or more bases and one back spotter. The backspotter should be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer), and the two bases should be facing each other.

Swing Stunts: Swing dance style lifts and movements, usually done between two people.

Swing Up Stunts: A stunt using swinging motions and moves that usually uses the flyer's body in a "jump rope" movement and swings up into a new stunt position.

T-Lift: A waist Level stunt in which the flyer with arms in a T motion is supported on either side by 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, vertical position while being supported in the stunt.

YOUTH CHEER GLOSSARY

(CONTINUED)

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.

Toe/Leg Pitch: A 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: The person(s) on top of a stunt or toss. Also referred to as the flyer or partner. Commonly used when referencing the flyer positioned at the highest level of a pyramid.

Torch: A single leg body position in which the flyer hits a Liberty position to the side while their chest/face are toward the crowd. The same thing as doing a Liberty, except executed with the torso facing to the side. Torch performed at the extended level is referred to as a High Torch.

Toss: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases. Tosses are limited to 1 flyer and up to 4 bases (including back and front spotters; example: 1 main base, 1 secondary base, 1 back spotter and 1 front spotter). Terms for tosses include but are not limited to Basket tosses, sponge tosses, squishy, scrunch toss, shotgun.

Transitional Stunt: Top person(s) moving from one stunt to another thereby changing the configuration of the beginning stunt.

Tuck (Stunt): A body position in which the knees and hips are bent and drawn into the chest used during stunt skills/transitions. This may or may not involve hips over head rotation, however with hips over head rotation there is no contact to the performance surface or base(s) as the body passes through the inverted position.

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.

Tuck Body Position: A position in which the knees and hips are bent and drawn into the chest; body is bent at waist.

Tumbling: Any gymnastic or acrobatic skill that begins and ends on the performance surface.

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: Participant rotating around their body's vertical axis.

Twist Cradle(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, Double Full.

Up & Over: See Leap Frog.

Upright: When a participant is vertical with their chest and head in an upright position.

V-Sit: A waist Level 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: Double Based Extended V-Sits and Triple Based Extended V-Sits.

- **Extended Double Based V-Sits** contain 2 bases, 1 flyer, and 1 back spotter.
- **Extended Triple Based V-Sits** contains 3 bases, 1 flyer and 1 continuous back spotter.

Vault/Vaulting: A flyer using their hands as a means to get their body up and over another individual.

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. Other terms for Waist Level include Stomach Level and Belly Level.

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.

YOUTH CHEER GENERAL SAFETY RULES

THESE RULES MUST BE USED IN ADDITION TO THE YOUTH CHEER LEVELS GRID.

(Any violations from this section will be a 2.5 point deduction)

New rule changes are marked in **RED**.

- (a) A qualified advisor/coach should supervise all teams during all official functions.
- (b) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
- (c) No 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.**
- d) Casts and Braces
 1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be 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.**
- (e1) Athletic closed-toe shoes are required for all participants.
- (e2) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (f) Proper warm-up and stretching exercises should be performed prior to performance.
- (g) All teams, coaches and advisors should have an emergency response plan in the event of injury.
- (h) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (i) Knee, seat, thigh 3/4 flips to a sitting position and jump-split drops are prohibited if the performer jumps into the air and lands directly in the positions listed.
- (j) Poms and Props**
 1. Props are limited to banners, flags, megaphones, and signs/light up signs.
 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 regards 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 poms or props are no longer needed, they may be placed or dropped outside the performing area by a performer who remains inside the performing 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 in a secure stunt, flyers may obtain and use poms/props/signs and then transition to another stunt that does not require the use of hands. 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 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 props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.
 9. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.
- (k) Jumps:**
 1. Individuals are permitted to jump over other participants on the performance surface.
 2. Assisted Toe Touches are allowed provided the supporting base controls the jump and maintains contact from start to finish.
 3. Shushunovas are NOT allowed.

YOUTH CHEER GENERAL SAFETY RULES

THESE RULES MUST BE USED IN ADDITION TO THE YOUTH CHEER LEVELS GRID.

(Any violations from this section will be a 2.5 point deduction)

New rule changes are marked in **RED**.

(l) Tumbling:

- 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.
- Spotted, assisted, or connected tumbling is prohibited.
- Partner tumbling is prohibited.
- Participants may perform a Handstand that is connected to individuals on the ground as choreography, provided the inverted participant is stationary in Handstand prior to the connection. Connection can be hand/arm or foot, and can be connected to multiple participants; for example:
 - Participant A is in a Handstand, participant B is standing on the ground and grabs participant A's legs and looks through them.
 - Two participants standing on the ground interlock arms and connect to a participant in a Handstand.
 - Two participants in Handstands connect feet.
- Tumbling oriented load ins/mounts, dismounts, and transitions such as Cartwheels, Round Offs, and Walkovers are not considered tumbling but are considered part of the stunt/choreography provided they follow inversion rules. Physical contact is allowed when tumbling into a Rebound which transitions to a stunt.
- Rebounding (from feet) from tumbling skills into stunts/stunt transitions is allowed but is limited to the following stunts/stunt transitions: Cradle, load in, or a below prep level stunt. Non-rebounding tumbling skills may transition to a load in for a stunt/stunt transition provided the tumbling participant/flyer completes the tumbling skill unassisted prior to the bases grabbing the tumbling participant's/flyer's foot/feet (bases may not grab the foot/arm to assist the flyer up from the tumbling skill or reach under the flyer's back to assist them to the upright position). **(Clarification: Rebounding into a single based below prep level stunt requires the use of an additional spotter.)**

(m) Stunts

- Stunts may not travel over another individual and/or stunt. **(Exception: a Double-Based T-Lift may step on and over a SINGLE Nugget on the floor).**
- In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
- The following skills must be performed on a soft/matted surface only: Forward Suspended Rolls, Forward Flipping Leap Frogs, Double Twist Cradles, single based cradles, and braced front flips in pyramids.**

(n) Tosses

- (Levels 2-4): Must be caught in a Cradle by the original bases and are limited to 1 flyer and 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.

(o) Types of Required Spotters:

- Must be in direct contact with the performance surface.

Continuous Back Spotter

- Not required for **Knee Stands**, Thigh Stands, Shoulder Sits, and Double-Based Non-Extended V-Sits. **(Exception: Required for single based stunts in which the flyer performs a Rebound entry)**
- (Levels 2 & 3)** Required at head/shoulder area for all Barrel Rolls
- Required for a Triple-Based Extended V-Sit (stunt contains 3 bases, 1 flyer and a continuous back spotter). If the back spotter is holding the flyer's waist and is not under the flyer's seat OR under the stunt with their torso, an additional spotter is not required.
- (Level 1) Required for all stunts prep level and above. During transitional group stunts, continuous back spotter may change roles to become the base of a Shoulder Sit.
- 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.
- Required for all release moves, tosses, and stunts at shoulder level and above, including Shoulder Stands (exceptions: Chair, Double Based T-lifts).
- 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 in prep level and below stunts.
- 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).

Spotter for Group Based Stunts

- Required for all stunts at prep level and above. **Must be positioned directly behind or to the side of the flyer** when the flyer stops in or power presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep 180 to Extension Prep would require an additional spotter during the Reverse Extension Prep). Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes.
- Flat Back stunts require a spotter at the head/shoulders of the flyer.
- Swedish Falls (spotter needs to be at the head and shoulder area, facing the flyer, with direct physical contact with the flyer. If facing away from the flyer/stunt, another back spotter is required). **(Clarification: LEVEL 1- Spotter of Swedish Falls must not be under the stunt as a base. If their torso is under the stunt an additional spotter is needed).** One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.
- Inversions from ground level require a spotter at the head and shoulder area of the flyer.
- 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). **(Exception: Flyer may pass over the spotter while in direct contact in allowed level appropriate skills. Ex. Leap Frog)**

YOUTH CHEER GENERAL SAFETY RULES

THESE RULES MUST BE USED IN ADDITION TO THE YOUTH CHEER LEVELS GRID.

(Any violations from this section will be a 2.5 point deduction)

New rule changes are marked in **RED**.

(o) Types of Required Spotters (continued)

Spotter for Single Based Stunts

15. Required for a single-based partner stunts at prep level and above. **Must be positioned directly behind or to the side of the flyer** when the flyer stops in or power presses at a prep level or above stunt/stunt transition. (Example: Walk in Reverse Hands would require an additional spotter during the Reverse Hands). 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).
16. May not change roles between being a base and a continuous spotter.
17. May transition from the side to the back of the stunt or from the back to the side of a stunt as long as continuous visual contact with the flyer is maintained and the spotter remains close enough to catch the head and shoulders of the flyer.
18. 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: may not walk under and or through the stunt).
19. (Level 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 (4 max including 1 in the front) for a multi-based group stunt and/or toss.
4. Two 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.). Example: 2 bases under the feet of the flyer, 2 catchers one on each side of Pendulum; one spotter in front or behind Pendulum on opposite side of the direction the flyer is falling. If the flyer is falling backward, the spotter needs to be in front of the stunt. If the flyer is falling forward, the spotter needs to be behind the stunt. Pendulums falling in one direction (front or back) require a total of 6 participants. Pendulums falling in two directions (front and back) require 7 participants.
5. Two required (must remain stationary) plus one back spotter during the transitioning from a prep level **OR ABOVE** stunt to a Flatback, Fallback, Swedish Falls or Fireman Catch that end at prep or extended level. An additional spotter at the head of the flyer is recommended but not required.
6. Two required plus a spotter during a pyramid transition when the flyer is completely released by the bases while remaining braced between two prep level stunts (exception: a single based Tic Toc is allowed if the flyer remains vertical).
7. Two bases required in all Split Stunts.

(q) Flyer:

1. Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the performance surface.
2. Must never vault over another individual unless the flyer maintains constant physical contact with the base during the stunt and a spotter follows the flyer during the stunt (also known as Leap Frog or Up & Over stunts). Vaulting will refer to the flyer using their hands to get up and over another individual.
3. A flyer in a single leg extended stunt (i.e. Liberty, Stretch) must never brace, connect or touch another flyer in any other type of extended stunt. (Please see the definition of an extended stunt for further detail). Double-leg extended stunts **MAY** brace other double leg extended stunts. Stunts where the flyer is not at a complete extended level, but the arms of the bases are extended (i.e. Chair, Russian Lift, Triple-Based Dead Man Lift, Flat Back, Swedish Falls, Triple-Based V-Sit and Double-Based Vertical T-Lift) may brace each other.
4. Must perform a Pendulum **ONLY** from shoulder-height (prep level) or below; may end in an extended stunt from a Pendulum. Flyers in Pendulum must return to an upright position in a stunt/load in (if caught in a cradle position will be considered a Fireman's Cradle/Cradle to new bases and would be illegal).
5. Must never be released to the prone position (face-down/stomach) unless the flyer is being braced between two stunts (exceptions: flyers may land in the prone position when transitioning to a Flat Back/Swedish Falls, during a Pendulum).
6. 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. May not brace any other flyer during simultaneous Superman transitions.
8. May not cradle from any stunt in which the base(s) have a knee on the ground.

r) 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.