

AMERICAN YOUTH FOOTBALL, INC.
OFFICIAL CHEER RULES AND REGULATIONS

2019 Edition
APRIL 1ST, 2019



Reproducing this document in whole or in part, without written permission from American Youth Football, Inc. is strictly prohibited.

© Copyright 2019. American Youth Football, Inc.

All questions should be directed to
AYC@americanyouthfootball.com

PREAMBLE

American Youth Cheer¹ (“AYC,”) is a support service organization that provides guidelines, suggestions and best practices for its local member organizations to consider, implement and enforce. AYC does not have operational control over local matters but exerts limited operational control over regional and national championships. Due to the expansive reach and local nature of youth sports, AYC is not able to ensure compliance with the guidelines, suggestions and best practices or rules it recommends to its local members. Parents, players, our members and their respective administrators, staff, participants, and stakeholders should conduct their own inquiries to ensure that local squads/teams/associations/conferences are operating in accordance with local/state/federal laws, governing body standards, and appropriate standards of care, including but not limited to the guidelines and best practices recommended by AYC, in addition to specific personal concerns you may have related to your child and or ward’s participation in our member organizations’ youth cheer, step and dance programs.

¹Operated by American Youth Football, Inc.

RULES - DISTINCTIONS

This Model Rule Book (“Rule Book”) is provided to AYC members as a resource that may be used in connection with the operation of their organization. Within this Rule Book are model rules, competition eligibility requirements, recommendations guidelines and best practices. This Rule Book is not all-inclusive and should be used in conjunction with other external resources, meaning resources which are beyond what is provided to you by American Youth Cheer. AYC members should comply with all applicable state and federal laws including but not limited to state concussion laws and Protecting Youth Victims From Sexual Abuse and Safe Sport Authorization Act of 2017. AYC recommends that its members individually and collectively actively seek resources from governmental entities such as the U.S. Centers for Disease Control, relating to health and safety, including but not limited to dehydration, concussions and other medical related items, as well as non-governmental entities, including but not limited to medical boards, such as the American Academy of Pediatrics. Members should adopt, implement, and document risk management plans such as provided through our vendor Sadler Sports & Recreation Insurance (see www.sadlersports.com/ayf for more details) or comparable plans from other sources addressing the following issues: facilities; equipment; supervision; instruction through properly trained coaches; sports injury prevention and care including emergency response and return to play; weather related modification, postponement, and cancellation due to heat and lightning; mitigating auto risks; criminal background checks and child abuse and other misconduct policies and education that are Safe Sport compliant; concussion policies and education including identification, removal from play, medical treatment, and gradual return to play protocols. Recommendations, suggestions and best practices in addition to reasonable standards of care and industry norms are important, they protect your participants, our community and the sport of cheerleading and as such it is reasonable to expect that local member organizations should seek to ensure reasonable compliance with the aforementioned.

ELIGIBILITY REQUIREMENTS

This Rule Book includes certain “Eligibility Requirements”; Eligibility Requirements are a list of requirements established by AYC to ensure fairness and a level competitive environment among those squads that intend to participate in AYC inter-mural competitions, specifically AYC Regional tournaments and the American Youth Cheer National Championships. AYC, in its sole discretion, shall declare ineligible any squad, coach, participant and or league from participating in any AYC Regional or National tournament, based on a reasonable suspicion, finding and or a determination, by AYC, that a team, coach, participant and or league has violated and or conspired to violate one or more of the Eligibility Requirements.

For clarity, during the pre-season and during the playing season and certain parts of the post-season, AYC does not affirmatively enforce any rules or Eligibility Requirements, instead if an Eligibility Requirement is violated at any time during the season, upon discovery of the violation, the violating party shall, unless otherwise determined by AYC, be declared ineligible to compete in the Regional and National Championship Tournaments and or disqualified from said tournament.

BULLETINS

From time to time during the playing and or off-season, AYC may introduce and or remove, revise and or redact rules, guidelines, recommendations and or positions on best practices. These changes will be made in the form of bulletins, which may be distributed and or posted on AYF website(s). Bulletins will be reviewed and may be discussed, after publication at the next annual AYC leadership meeting for consideration and discussion before being added to the Rule book.

Table of Contents

AMERICAN YOUTH FOOTBALL, INC.	1
PREAMBLE	2
RULES - DISTINCTIONS.....	2
ELIGIBILITY REQUIREMENTS	2
BULLETINS	3
DEFINITION OF AN AMERICAN YOUTH CHEERLEADING TEAM	7
Inspiration Division	7
AMERICAN YOUTH CHEER - LEAGUE DESCRIPTION	7
REGIONAL AND NATIONAL COMMITMENTS	7
NATIONAL DROPS.....	8
RESPONSIBILITIES OF REGION, CONFERENCE, AND ASSOCIATION DIRECTOR	8
Region Cheer and Dance Director (RCDD)	8
Regional Chairperson	8
League/Conference Cheer and Dance Director	8
Association Cheer and Dance Director	9
SECTION 1 - AYC RULES	9
RULE 1 - COACHES	9
Rostered Personnel	9
Head Coaches.....	9
Age of Head Coaches	10
Age of Assistant Coaches.....	10
Age of Junior Demonstrators	10
RULE 2 - SQUADS WITHOUT FOOTBALL	10
RULE 3 - FORMATION OF TEAMS	10
RULE 4 - OUTSIDE COMPETITION.....	10
RULE 5 - AGES OF CHEERLEADERS	11
RULE 6 - ROSTERS.....	11
RULE 7 - DROPPING A CHEERLEADER.....	12
RULE 8 - PRACTICE LIMITATIONS.....	12
Practice Length	12
Choreography Practice Hours	13
RULE 9 - WARM UP AND COOL DOWN PERIODS	13
RULE 10 - TRADITIONAL AND SPRING CHEER SEASON.....	13
RULE 11 - CAMPS & CLINICS	13
RULE 12 - MASCOTS.....	13
RULE 13 - INSURANCE	13
RULE 14 - BANNED ACTIVITY	13
SECTION 2: AYC COMPETITIONS REGIONAL/NATIONAL.....	14
AYC COMPETITIONS - CHEER	14
AYC NATIONAL QUALIFICATION	14
AYC CHEER DIVISIONS	15
Inspiration Division	15
Competing Up - Cheer.....	15
SIZE AND SKILL LEVEL DIVISION GUIDELINES	15

CHEER PROGRESSION THROUGH THE LEVELS	15
SECTION 3: AYC CHEER AND DANCE RULES & GUIDELINES	16
Uniforms	16
Props	16
Casts/Braces/Glasses/Medical Equipment/Religious Observances.....	16
.....	16
Music Guidelines:	16
Unsportsmanlike behavior	16
In Case of a Tie for Cheer	16
In Case of a Tie for Dance - Pom	16
In Case of a Tie for Dance - Hip Hop.....	17
In Case of a Tie for Dance - Step	17
Routine Interruption Due to Injury	17
Injured Participant Returning to Competition.....	17
REASONS FOR DISQUALIFICATION	17
SECTION 4 - LEGALITY QUESTIONS for CHEER and DANCE	17
CONTACTING AYC	17
SECTION 5: YCADA YOUTH CHEER CATEGORIES	19
Show Cheer	19
YCADA YOUTH CHEER ROUTINE GUIDELINES	19
YOUTH CHEER LEVELS QUICK REFERENCE OVERVIEW	20
.....	21
YCADA LEVEL 1	21
YCADA LEVEL 2	22
YCADA LEVEL 3	23
YCADA LEVEL 4	24
YCADA YOUTH CHEER GENERAL SAFETY RULES	25
YCADA CHEER PENALTY INFORMATION	29
CHEER SCORE SYSTEM 411	30
CHEER COACH'S CHEAT SHEET	32
.....	32
UNDERSTANDING THE SCORING GRIDS & SCORE SHEETS.....	33
YOUTH CHEER GLOSSARY	44
SECTION 6: YCADA DANCE CATEGORIES	50
POM	50
HIP HOP.....	50
STEP.....	50
YCADA DANCE GENERAL RULES	51
GENERAL GUIDELINES.....	51
ROUTINE GUIDELINES	51
TUMBLING, GYMNASTICS AND TRICKS	51
LIFTS AND PARTNERING SKILLS.....	52
CHOREOGRAPHY, MUSIC AND COSTUMING	52
PROPS.....	52
YCADA DANCE PENALTY INFORMATION	53
DANCE SCORE SYSTEM 411.....	54
DANCE COACH'S CHEAT SHEET	55
YCADA DANCE GLOSSARY.....	62
SECTION 7: AYC CONFERENCE DIVISION 14 ELITE CHEER	65
CONFERENCE DIVISION 14 ELITE TEAM GUIDELINES.....	65

Competition Attire.....	65
Coaching Selection.....	65
Participant Selection	66
Conference Requirements	66

REBEL
ATHLETIC

THE OFFICIAL UNIFORM SPONSOR OF
AMERICAN YOUTH FOOTBALL CHEER



★
**LETTERING
INCLUDED**
Never pay per
letter again!

★
**ZERO
MINIMUMS**
on reorders
and fill-ins!

★
**CUSTOMIZED FIT
INCLUDED**
Adjustments
are free!

★
**SUPERIOR
FABRIC**
breathable 4-way
stretch poly!

★
**LOCKED
PRICE**
for two
full years!

★
AFFORDABLE
There's something
for everyone, at
every budget.

★
PERSONALIZED
Service from a
dedicated Rebel
Sales Rep

SEE **MORE DESIGNS** AT
RebelAthleticCheer.com/Youth



ASK YOUR REBEL REP TO CONNECT YOU
TODAY TO START CREATING YOUR
CUSTOM REBEL LEVEL DESIGNS!

DEFINITION OF AN AMERICAN YOUTH CHEERLEADING TEAM

The American Youth Football (AYF) League has created a sister League uniquely for its cheerleaders. The name of this League is American Youth Cheer (AYC). Any cheerleading, dance, or step team who cheers for, or is affiliated with, an American Youth Football Team is automatically welcomed into this organization. Cheer, dance and step squads are required to be members of AYF/AYC. Sign up is at www.MyAYF.com.

AMERICAN YOUTH FOOTBALL strongly encourages cheerleading for all teams. It also encourages competition between squads for League (local), regional, and national championships. AYF/AYC requires that each squad have a responsible adult in charge as outlined in Section 1: AYC Rules. In addition, the general football rules as stated in the Official Rules and Regulations which apply to players will also apply to the cheerleaders, except for weight or weigh-ins and, the rules of contact, except where superseded by the Official Cheer Rules and Regulations. Governing of AYF/AYC Leagues occurs as stated in Section 3 & 4 of the Football Section.

Inspiration Division

AYC offers the "Inspiration Division." The Inspiration Division exists to include any child with a disability. Participation in a sport will not only improve their motor skills but also inspire them socially and emotionally. Please see AYC Inspiration Division Team Requirements or contact the National Cheer Commissioner at AYC@americanyouthfootball.com.

AMERICAN YOUTH CHEER – LEAGUE DESCRIPTION

American Youth Cheer, hereafter known as AYC, is an all-inclusive youth cheerleading, dance, and step League. As local Leagues enter a national program, they recognize that AYC associations, whether operated independently or in connection with a football program, are independently run organizations, typically legal entities, governed by their members, board of directors or as otherwise provided for in their duly adopted operating documents, including but not limited to by-laws and or statutes.

AYC encourages and expects that local leagues will adhere to the recommendations and best practices herein, and at a minimum, the **youth cheer general** safety rules of **YCADA**, including prohibitions against the use of trampolines, springboards, and over two-high stunts and pyramids. Local Leagues may incorporate additional restrictions or guidelines for use during season play and their local competitions.

In order to be eligible to compete in AYC-sanctioned regional and national competitions, teams shall 1) follow the AYC cheer, dance, or step rules; 2) where the AYC cheer, dance, or step rules are silent, the **YCADA** safety rules shall be followed, and; 3) complete the necessary paperwork listed in the AYF documents.

AYC is founded and organized on the premise that the same families who gather to watch the AYF/AYC football players compete on a weekly basis, will also gather to watch the AYC cheerleaders compete on a local, regional, and national level.

To youth cheerleaders, competition is their time to shine. While they greatly enjoy their primary role at each local football game, they equally enjoy the opportunity to perform on the competition floor. If the option of competition is missing from the cheerleading experience, the full benefit of the experience is lacking. AYC is committed to creating a positive competitive environment, where your cheerleaders can highlight and showcase their skills, while learning how to win with grace and lose with honor.

REGIONAL AND NATIONAL COMMITMENTS

Associations must commit their teams to the Regional and National Championship track by September

15th of each year with the approved form to the appropriate Region Cheer and Dance Director. These Declarations are then due to the National AYC Cheer Commissioner by the RCDD by 10/1 of the current year. Failure to submit your intent to participate may jeopardize the association's participation in the current year's AYC National Championships.

Associations that commit to their Conferences to participate in the Regional and National Championship and then do not fulfill their obligation, may be subject to suspension from the following year's competition including but not limited to, Regional and National Championships. Teams finishing first, second or third at their Regional Championship or Conference Qualifier are expected to attend the National Cheerleading Championship.

All teams traveling to the AYF/AYC National Championships must book their stay through the AYF authorized booking agent and stay in AYF-approved accommodations. This insures that all our members will receive the discounted accommodations we have secured and allow us to host the tournament in the chosen location.

NATIONAL DROPS

This policy applies to ALL teams in an association where any team in that association failed to show for participation at the AYF or AYC National Championship in 2016, or in any future year after committing to participate in the National Championship either by advancing through regionals, receiving an at large bid, or being granted a requested invitational bid to participate in the AYF or AYC National Championship will be subject to the following commitment fee.

In 2017 or any future year, in order to participate at the National Championships, there shall be a \$2,500.00 "commitment fee" charged up front to any team from the pertinent association to which this policy is applicable before the registration is accepted. The \$2,500.00 shall be applied as follows: \$550.00 will be applied to the applicable year's registration fee, and \$2,000.00 will be held by AYF to be applied to the team's/teams' hotel bill.

If any team does not show up at registration, the team will forfeit the entire \$2,500.00 and it will be non-refundable unless failure to show and participate is not possible or otherwise unsafe due to weather event or natural disaster.

RESPONSIBILITIES OF REGION, CONFERENCE, AND ASSOCIATION DIRECTOR

Region Cheer and Dance Director (RCDD)

Serves as a liaison to National AYC for the geographical territory. She/he is the contact person for disseminating information to the League/Conference level from National AYC, as well as assuring all paperwork for advancing teams is properly completed with all deadlines met; oversee the Regional Championships (if applicable); and serve as a delegate to any National Office meetings. Region duties are as detailed by the Region operating policies (see Section 3 Structure Rule Enforcement/Authority Football rules). It is highly recommended that each Regional Cheer and Dance Director have an Assistant RCDD to assist in duties and communication.

Regional Chairperson

Serves as a delegate of the regional committees. Coordinates and corresponds communication to regional committees and acts as a liaison to local League Conference/Coordinators, if the two are separate.

League/Conference Cheer and Dance Director

Is a liaison to the Region Cheer and Dance Director, and all association cheer and dance directors. Serves as a delegate to the regional meetings. Performs League/Conference duties as detailed by the League/Conference by-laws or constitution. Must be 21 years old by 7/31 of the current year.

Association Cheer and Dance Director

Is a liaison to the League/Conference Director, while serving as a delegate at the League/Conference meetings. Performs local duties as detailed by their local League by-laws. Must be 21 years old by 7/31 of the current year.

SECTION 1 – AYC RULES

RULE 1 – COACHES

All coaches through their appointment to coach are bound by the “Coaches Pledge,” “Coaches Code,” and “Standard of Conduct.” All coaches must be approved by and serve at the pleasure of the Local Association. Coaching assignments are for one season only and are automatically terminated at the close of each season. Coaches must re-apply for coaching positions annually. The Local Association determines the close of the season.

Each team must have either the Head Coach, an Assistant Coach or Licensed Trainer who is the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent, present at all practices. A copy of the certification card must be in the team book.

All Tournament Conference AYC participating HEAD COACHES - are required to complete the AYC Online **Human Kinetics Coaches Course** found at www.ayfcoaching.com. Any Head Coach who has previously completed the course MUST YEARLY complete the refresher course available at www.ayfcoaching.com. This course must be completed before the start of the season. (Available 6/1 of the current year) Certificates must be placed in the team book.

All Tournament Conference AYC participating HEAD and ASSISTANT COACHES - are required to complete the YCADA Online Coach's Safety Certification Course, called Y101 - Coach's Manual, found at www.ycada.org. Any Coach who has previously completed the course MUST YEARLY complete the online Y101 refresher course available at www.ycada.org. This course must be completed before the start of the season. Certificates must be placed in the team book.

As in all rules, Leagues/ Conferences may have stricter rules regarding concussion education. Test results from completion of course must be placed in the team book.

This will be confirmed by an affidavit due at the Regional/National Championships for all qualifying teams.

Rostered Personnel

Below is the maximum staff allowed on an AYC Roster. Team Moms/Managers are not considered official, rostered staff for the purpose of staff access at the AYC National Championships.

- One (1) Head Coach
- Four (4) Assistant Coaches
- Four (4) Junior Demonstrators
- One (1) Licensed Trainer - (Qualifications vary by State - Please consult your state to find out what constitute a Licensed Trainer/Medical Examiner in your state) - State License is required for participation.

Only rostered Coaches, Demonstrators and Trainers will be able to accompany the team at events. All rostered personnel 18 and older must have a background check completed.

Head Coaches

Head coaches are in complete charge during practices, games, and championships. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their players.

Cheerleading coaches are answerable to and under the supervision of administration of the local League or Association.

Age of Head Coaches

Must be at least 21 years of age by the start of the season. The coaching staff will be under his/her direction and supervision.

Age of Assistant Coaches

Must be at least 18 years of age by the start of the season and must have graduated from high school or hold a GED certificate. They must have a general knowledge of cheerleading and cheerleading safety rules.

Age of Junior Demonstrators

Are ages 14-18, however, if a junior demonstrator is attending high school, they may be 13 years old. Junior Demonstrators may only carry out the instructions of the Head or Assistant Coaches. AYC recommends all Junior Demonstrators work with teams a minimum of 2 years younger than his/her current age. Junior Demonstrators shall not conduct a practice. Demonstrators are participants; all required participant paperwork must be filled out, certified, and in the team book. Demonstrators are NEVER to carry out ANY disciplinary action towards any participant.

RULE 2 – SQUADS WITHOUT FOOTBALL

AYC recognizes cheer, dance or step squads without football.

In an effort to support Youth Cheerleading and help our organization grow, AYC is proud to continue to encourage Youth Cheerleading squads that are **not affiliated with AYF football teams** or recreation football programs to join AYC independently. These Cheer squads are required to join the Conference nearest to their designated territory. To register squads and become a member visit www.MyAYF.com. If you have any related questions, please email the National Cheer Commissioner at AYC@americanyouthfootball.com.

RULE 3 – FORMATION OF TEAMS

Tryouts are not permitted. The formation of teams is based on a first-come first-serve participation policy. AYC does allow registration/sign-up for “veteran (returning) players” prior to “open” registration/sign-up. Each child must be afforded the opportunity to cheer regardless of ability. Once a participant is registered, the local association may assess the appropriate team levels in which to place the participant regarding the age requirements. Assessments cannot result in dismissal of any cheerleader for ability or any other reason other than those listed in Rule 7 Dropping a Cheerleader.

AYC requires that for the first 12 participants there must be one (1) head coach (adult volunteer who is at least 21 years of age) assigned to the team. A squad with more than 12 participants (including mascots), must have one (1) assistant coach (adult volunteer who is at least 18 years old). For any team with over 24 cheerleaders, there must be one (1) additional assistant coach (adult volunteer at least 18 years old). (i.e. maximum 12 participants, = one (1) head coach; 13 to 24 = one (1) head coach and one (1) assistant coach; 36 participants = one (1) head coach and two (2) assistant coaches.) Teams electing to compete in AYC Regional and National competitions are required to restrict teams to thirty-six (36) members. Mascots are not included in the total count of thirty-six (36).

RULE 4 – OUTSIDE COMPETITION

Cheer teams may participate in outside cheer competitions in the traditional and spring cheer season. Cheer teams shall register in outside competitions in the age divisions comparable to AYC. It is the First Priority of American Youth Cheer teams to support and participate in AYC Local, Regional, and National Championships. If a scheduled “outside” competition conflicts with an AYC sanction event, the team will be expected to participate in the AYC sanctioned event. The local league shall be notified of all outside competitions a team is participating in. AYC teams cannot bypass the AYC National Championship to attend YCADA Globals. Associations that don’t comply may be subject to suspension from the following year’s AYF/AYC competition including but not limited to, Regional and National Championships.

RULE 5 – AGES OF CHEERLEADERS

Minimum age of all cheerleaders is 5 years old by July 31st of current year. Maximum age is 18 years old by July 31st of current year. However, for Inspiration teams the maximum age is 21 years old by July 31st of the current year. 4-year old athletes are not allowed to participate in AYC as a mascot or participant. There are no waivers allowed for participants outside this range.

For determining the participant's age (Protected Age), the term "On or before" and the term "As of" is intended to have the same definition (Age Cut-Off Date):

An age cutoff date of (on or before as of 7/31) July 31 of the current season is as follows: 14 years old on July 31, turns 15 years old on August 1, the participant cheers as a 14-year-old. (See the ages in AYC cheer, dance, and step divisions).

RULE 6 - ROSTERS

Associations must collect, complete, and inspect all AYF Required Participant paperwork for compliance by **August 31**. Rosters must be submitted in birth date order beginning with oldest to youngest participants. Conferences must certify their Associations have met this requirement and have a system in place for paperwork and roster certification. A Certified Roster means all of the participants listed on the roster have submitted the AYF Required Paperwork, all paperwork is authentic and compliant with AYF/AYC Rules and Regulations and the participant fits the criteria established for the specific team level and age division to which the Participant is certified. Cheerleaders added to rosters after **August 31** must be certified prior to participating in any game or competition. Any participant moved to another division must be age eligible according to the AYC age divisions. There must also be room on the roster, as no participant shall be cut or dropped just to make room. On **September 15**, the Cheer roster will be final for the remainder of the season. If a cheer squad should drop participants after **September 15**, but prior to the Region Cheer Competition with prior notification being made to the RCCD, the squad may move from the Large Division to the Small Division but **ONLY** if the participants quit or drop due to injury. If the roster drops participants below 19 after the Region Cheer Competition but before the AYC National Championship you cannot move from the Large to Small Division because you have already qualified through the Region Competition. In summary, if you compete in the Large Division at the Region Competition, you will compete in the Large Division at the AYC Nationals, regardless of your squad size. All final rosters are required to be submitted to AYF on **October 1**. Conferences must receive all of their Association rosters and certify all of their player documentation by **September 15**.

Below is the required paperwork order for each "AYC Team Book". Please keep in mind, this is the book order for cheer, dance, and step only, as football has their own procedure. All AYC teams must follow this protocol.

- Team Roster
- Risk Management & Background Check Affidavit
- All Coaching staff **YCADA Coach's Safety Certification Course Y101** - COURSE COMPLETION
- Head Coach Human Kinetics Coach Education Certification - REQUIRED COURSE COMPLETION
- All staff Concussion Training Participation Certificate - REQUIRED COURSE COMPLETION
- One staff member's CPR/First Aid Certification Certificate - REQUIRED COURSE COMPLETION
- Scholastic Affidavit
- Proof of Insurance - ONLY REQUIRED IF YOU ARE NOT A SADLER CUSTOMER

Listed below is the order that all participant paperwork should be filed in the book. Any additional Association and League paperwork must be placed behind the below required League paperwork.

Participants should be filed in birthdate order OLDEST TO YOUNGEST. Junior Demonstrators will be placed at the end in alphabetical order.

- Participant Tracker Card - front and back filled out
- Emergency Consent Form
- Medical Release Form
- Birth Certificate (original or certified copy)
- Image Release Waiver

- Waiver and Release of Liability Waiver
- Concussion Annual Statement and Acknowledgement Form

Conferences must maintain a copy of the final certified copy of all rosters in their possession. Conferences must then submit all rosters to AYF National via www.MyAYF.com and a copy to the designated Regional Committee member by **October 1**. All Conferences must submit rosters to the AYF National Office by entering them electronically to the www.MyAYF.com system by the deadline of **October 1**, of the current playing season. Failure to submit rosters may mean the loss of certain services provided by AYF, including post-season and championship eligibility.

RULE 7 – DROPPING A CHEERLEADER

Dropping a cheerleader will be acceptable when:

- A participant is found to have signed up because of parent or guardian pressure, or, he/she tells team management he/she does not really want to cheer
- A participant cannot furnish the required documents to be certified to a team roster, (e.g., Medical, Proof of Birth Date, etc.)
- A participant shows no interest in cheer, is disruptive to other participants and the instructions of the coaching staff, and becomes a discipline problem
- A participant does not show up for practices. Participants must have a valid excuse from the parent(s), guardian(s) or a physician
- A participant attempts to intimidate fellow participants by word and/or physical act

Coaches are not allowed to do the following to force a cheerleader to drop:

- Excessive team or individual conditioning drills
- Disciplinary actions or assigning individual players' laps
- Intentionally placing player in intimidating situations for the purpose of encouraging weaker player to quit

Coaches found to be using these or any other tactic to drop weaker players will be immediately dismissed for the remainder of the season and may be permanently suspended.

AYC allows athletes to try-out and practice with a school cheer team or an All-Star team providing it doesn't interfere with their AYC team.

RULE 8 – PRACTICE LIMITATIONS

Practice Length

Pre-season practices can be daily until Labor Day, but must not exceed 10 hours per week, and two and a half (2.5) hours in duration per day. A mandatory 10-minute break ("Mandatory Break") after each hour of practice is required. Mandatory Breaks do not count against the hours per week or the maximum hours per day.

After Labor Day, all practices may not exceed a maximum of eight (8) hours per week, with a maximum of two and a half (2.5) hours per day. Mandatory Breaks are still required.

All players, regardless of when they join the team, must have at least one week of conditioning (at least 10 hours) before they can engage in regular practice sessions. This requirement must be met even if a cheerleader joins the team after the start of the regular season schedule. Conditioning is defined as basic warm-up exercises; conditioning for jumps & tumbling; arm motion drills; and basic stunting at prep level; learning of cheers or chants.

Choreography Practice Hours

In addition to the normal practice hours, an additional ten (10) hours of practice throughout the traditional season may be used for choreography sessions. It is recommended that the 10 hours be spread over 2-4 additional practice days.

RULE 9 – WARM UP AND COOL DOWN PERIODS

Practice shall include a 15-minute warm up and a 15-minute cool down to minimize risk to your team.

RULE 10 – TRADITIONAL AND SPRING CHEER SEASON

The traditional AYC season coincides with the football AYF season which is the 4th Monday of July through the National Championship in December. Spring cheer season is from January 1st - June 30th.

Spring teams should collect the same paperwork as traditional teams, follow the same practice limitations and age requirements, submit a roster to your league coordinator, and carry the proper insurance.

RULE 11 – CAMPS & CLINICS

Cheer teams are strongly encouraged, in part or full squad, to attend either a camp or clinic during the season and off-season. These camps or clinics should be designed as instructional for youth/recreation Leagues and should not be made mandatory by any coach, League, or personnel associated within an AYF/AJC program. The focus of such camps should be on safety and proper execution of cheerleading skills to the team's age level.

AJC highly recommends all coaches in AJC attend training clinics. AJC can assist your association or League in hosting a camp/clinic. For more information please contact your Region Cheer and Dance Director or the AJC National Cheer Commissioner at AJC@americanyouthfootball.com

It is necessary to secure the proper insurance for any camps or clinics.

RULE 12 - MASCOTS

Mascots are at the discretion of any individual League. The following are guidelines for Leagues that offer Mascots:

- A Mascot must be at least 5 years old by 7/31 current year.
- A participant can be a Mascot if they are not old enough to be included in any other offered age division.
- A Mascot shall register as any other applicant and is required to fill out registration paperwork.
- Mascots should not perform any stunts or be in the area of stunt groups performing in a halftime routine due to safety concerns caused by the difference in age, maturity and skill level between the mascot and rostered participants.

RULE 13 – INSURANCE

All teams/squads must furnish proof of General Liability and Accident Insurance. The required coverage can be seen at MyAYF.com. Additionally, American Youth Football must be named as an additional insured. All members, not covered under the AYF/AJC endorsed insurance policy are required to deliver to AYF/AJC a certificate of insurance prior to conducting any games or practices. For more information on the AYF/AJC endorsed insurance plan, visit www.MyAYF.com. A Cheer Team without football must have additional insurance.

RULE 14 – BANNED ACTIVITY

All teams/squads are banned from sideline “cheer battles” at games, pep rallies, competitions etc.

AYC CHEER DIVISIONS

DIVISIONS	AGES	SKILL LEVELS
Division 8	5, 6, 7, 8	1 & 2
Division 10	7, 8, 9, 10	1 & 2
Division 12	9, 10, 11, 12	1, 2, & 3
Division 14	11, 12, 13, 14	1, 2, 3, & 4
Division 18	14, 15, 16, 17, 18	2 & 4
Inspiration Division	5 Thru 21	1 only
Note: Divisions 8 thru 14 have a 4-year age span, Division 18 has a 5-year age span. Division 18 teams are not required to cheer at weekly games. Athletes that have graduated high school are not eligible to be a participant.		

Inspiration Division

The AYC Inspiration Division enables youth with either cognitive or physical disabilities to participate in football and cheer.

Competing Up - Cheer

AYC provides an “Age Waiver Request Form” that an association may use for an age waiver. The form is located on www.MyAYF.com. This Form MUST be signed and approved by the Region Cheer and Dance Director and then submitted to National Cheer Commissioner prior to the athletes’ placement on a team. Not having proper waiver could result in the director denying the waiver.

SIZE AND SKILL LEVEL DIVISION GUIDELINES

Splitting Divisions into Small and Large Teams

At the National Championship, divisions will be further divided into small and large when there are at least three teams that will ultimately compete in each division.

- Small Cheer Team: 5-18 members, male and/or female
- Large Cheer Teams: 19-36 members, male and/or female

CHEER PROGRESSION THROUGH THE LEVELS

There are four skill levels in AYC, level 1, 2, 3, and 4. The levels are for our athletes as they begin learning the basic safety and technical skills associated in cheerleading and then continue to follow a safe skill progression. The goal of cheer progression is to learn a skill, succeed at the skill, in hopes to begin learning the next logical skill that follows. One must master the basic skills then work toward next challenging skill.

Level 1 is for teams with athletes and coaches that have little to no experience. This level is for Novice athletes and coaches.

Level 2 is for teams with athletes and coaches where a majority of the team has mastered level 1 skills. This level is for Beginner to Intermediate skilled athletes and coaches.

Level 3 is for teams with athletes and coaches where a majority of the team has mastered level 2 skills. This level is for Intermediate to Advanced athletes and coaches.

Level 4 is for teams with athletes and coaches where a majority of the team has mastered level 2&3 skills. This level is for Advanced athletes and coaches.

SECTION 3: AYC CHEER AND DANCE RULES & GUIDELINES

(Any Violations from this section will be a 1.0 point deduction)

Uniforms

- Midriiffs and/or sheer/nude color uniforms are prohibited.
- Cheer shoes must be secure. If a shoe comes off a penalty will be issued if an athlete stunts, tumbles, or jumps without proper footwear.

Props

- When discarding props that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
- The placement of props should be a safe distance away from skills being performed to eliminate safety hazards. A penalty will be assessed if an athlete steps, kicks, moves with feet, or tumbles on the prop.

Casts/Braces/Glasses/Medical Equipment/Religious Observances

- Glasses may be worn but must be secure. If they fall off, they must be quickly retrieved, a sport strap for all participants wearing eyeglasses is highly recommended. If glasses are not retrieved a penalty will be issued.
- Any participant requiring a medical device shall be allowed to participate as long as medical documentation allowing participation is available.
- Any participant requiring modification to any safety rule based on their religious practice will require written approval from the AYC Technical Committee.
(AYCTech@americanyouthfootball.com).

Music Guidelines:

- There cannot be a “bleep” over an inappropriate lyric.
- Lyrics cannot lead up to an inappropriate word which then has a voiceover on the inappropriate word or cuts off right at the inappropriate word.
- Music legalities cannot be based on “meaning of the song”, although specific lyrics should be appropriate for family listening. i.e. avoid lyrics in-regards to drugs, sex, drinking, etc.
- When there is a music malfunction during a performance that is not the result of the coach or team representative error, the team may be offered the option to perform again. It will be up to the competition officials’ if the team will perform again and from what starting point.

Unsportsmanlike behavior

A team whose administrators, coaches, participants, and/or spectators are displaying unsatisfactory sportsmanlike conduct before or during an event may be subject to a 5-point deduction.

In Case of a Tie for Cheer

All ties will be broken at Regional/National competitions by using the Degree of Difficulty scores from: Jumps, Stunts, Pyramids, Dismounts, Tumbling, and Tosses. If it is necessary to break a second tie, the Choreography/Overall Performance score will be used.

In Case of a Tie for Dance - Pom

All ties will be broken at Regional/National competitions by using the Pom/Motion Technique/Sharpness, and Synchronization scores. If it is necessary to break a second tie, the Choreography-formations score will be used.

In Case of a Tie for Dance - Hip Hop

All ties will be broken at Regional/National competitions by using the Routine Execution/team Uniformity and Routine Execution/Performance Presentation and Execution. If it is necessary to break a second tie, the Choreography/formations score will be used.

In Case of a Tie for Dance - Step

All ties will be broken at Regional/National competitions by using the Synchronization/precision scores. If necessary, a second tiebreaker will consist of Synchronization/precision plus Appearance, Uniforms & Costumes/Props scores.

Routine Interruption Due to Injury

In case of an injury, the competition officials, event medical personnel, a coach of the performing team, or one of the judges can stop the performance. It is up to the competition officials' if the team will perform again and from what starting point.

Any injury where there is blood present must be stopped and the injured athlete must not return until the bleeding has stopped, the wound is covered, and uniform appropriately cleaned or changed.

Injured Participant Returning to Competition

An injured participant must not return to the performance until the competition official receives clearance from all of the representatives listed below.

- Event Medical personnel attending to the athlete
- Parent/Guardian (if present)
- Head Coach of competing team

In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

REASONS FOR DISQUALIFICATION

Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to overage competitor(s), competitor(s) not listed on official AYF/AYC League roster, and/or illegal competitor(s) listed on AYF/AYC official League roster. If a team is found with unregistered competitors, the team will be disqualified. Teams registering and performing in incorrect divisions and/or categories will be disqualified.

SECTION 4 – LEGALITY QUESTIONS for CHEER and DANCE

Coaches and Coordinators are responsible to comprehend and comply with all AYC Age Division Requirements, AYC General Safety Rules, YCADA Safety Rules, Routine Guidelines pertaining to the competing division. Questions concerning any YCADA Safety Rule should contact YCADA at <https://www.ycada.org/AYC> select "rule question".

CONTACTING AYC

All AYC members can communicate directly with the AYF National Staff. The AYF National Staff will not tolerate disciplinary actions being taken against members or parents who choose to contact the National Office directly. Contact information can be found online at www.AmericanYouthFootball.com. You May contact AYC via email at AYC@americanyouthfootball.com

A complimentary monthly electronic newsletter will be sent to each AYC member wishing to receive one. The Huddle will contain information on AYC programs and details of upcoming events.



FEB 7-9, 2020

ATLANTIC CITY - NEW JERSEY

YCADA IS NOW OFFERING AYC TEAMS BIDS!

WIN MORE

THAN YOU EVER HAVE BEFORE AT YCADA GLOBALS!

WIN BIDS AT AYC CHAMPIONSHIPS!

- ▼ FULL PAID BID | Highest Scoring Team | AYC Nationals | **REGISTRATION:** \$0 per Athlete
- ▼ PARTIAL PAID BIDS | Highest Scoring Team in Each Age Division | AYC Nationals | **REGISTRATION:** \$45 per Athlete
- ▼ LIMITED PAID BIDS | 1st Place Teams | AYC Regionals | **REGISTRATION:** \$75 per Athlete

WIN BIDS IN THE ONLINE VIDEO SUBMISSION CONTEST!

- ▼ (3) FULL PAID BIDS | Three Highest Scoring Teams | **REGISTRATION:** \$0 per Athlete
- ▼ (10) PARTIAL PAID BIDS | Next Highest Scoring Teams | **REGISTRATION:** \$45 per Athlete
- ▼ (10) LIMITED PAID BIDS | Next Highest Scoring Teams | **REGISTRATION:** \$75 per Athlete

Stay tuned for more details regarding the submission process, deadlines and more!

Available June 2019

REGISTER ONLINE

YCADA COACH'S COMPETITIVE EDGE COURSE

TRAIN LIKE A JUDGE | SCORE HIGHER | AVOID RULES DEDUCTIONS

Find Everything You Need at: www.ycada.org/ayc

"Youth Is Where It All Begins."

(888) 883-6412

www.ycada.org

info@ycada.org



SECTION 5: YCADA YOUTH CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

Show Cheer: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms, megaphones, signs, and banners are **allowed**. Please refer to the remainder of the youth cheer section for complete details on Show Cheer routine requirements as well as the AYC Rules.

YCADA YOUTH CHEER ROUTINE GUIDELINES

(Any violations from this section will be a 1.0 point deduction).

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

- 1) Each team will perform a choreographed performance not to exceed:
 - a. **Show Cheer:** 2 minutes 30 seconds
 - b. **Special Performances/Inspire:** 2 minutes 30 seconds
 - c. **Mascot:** 2 minutes 30 seconds
- 2) Formal entrances and exits are prohibited (i.e. crowd response chants or cheers, team huddles or stunts). **All teams should enter and go directly to their starting position immediately upon taking the floor.** A quick team huddle (performed off the performance surface) prior to performance or walking directly in uniformed fashion to team's starting position is allowed. Spirited entrances are allowed to include kicks and/or jumps; teams should take no longer than 10 seconds to set for their routine. Any tumbling and/or stunting while entering or exiting the floor is not allowed.
- 3) Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team. Clarification: Anything other than a quick formation set is not allowed. **Coaches may not delay the start of the routine in order to fix formations.**
- 4) All participants must be **in contact with the performance surface at the start of the routine.** Flyers may start with both feet in bases' hands provided each of the bases have both hands in contact with the performance surface.
- 5) Performance of tumbling or stunting skills after the completion of a team's routine/performance or during the team's entrance or exit of the floor is forbidden.
- 6) Only registered participants of a team are allowed on the performance surface. Clarification: Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Inspire).
- 7) Tear away uniforms and/or removal of clothing is not allowed. Items that may damage the performance surface are prohibited.
- 8) Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
- 9) Make up should be age appropriate and suitable for family viewing. Actions taken will be under the discretion of an event official.
- 10) For the categories mentioned below, violations of the following will result in a forfeiture of scores (team receives a final score of 0):
 - a. **Show Cheer:** Music must be incorporated into the performance.
 - b. **Show Cheer:** Required skills are listed on the score sheet.
- 11) **Please be aware that all rules in this packet are in addition to any specific AYC rules.**

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, 1/2 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: Limited release moves 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, 1 1/2 twist load-in/stunt transition up to extended level, Tic Tocs

Inversions: Ground level inversion to extended level stunt, Front Walkover/Back Walkover out of Prone/Cradle, Forward Flipping Leap Frogs

Dismounts: 1 1/4 twist from all stunts, 2 twists allowed from Extension Prep only

Release Moves: Must not surpass 18"

Tosses: Two tricks and 1 1/4 twist

Pyramids: Single leg extended stunts braced on one side, braced release moves, 2 1/2 high transitions, limited braced inversions

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 2.5 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**
- 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.

- 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**
- 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-Lifts may **travel over a single Nugget provided the flyer steps on and then over the Nugget.**
 - 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**
- 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**
- 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**
- Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position.**
 - PROHIBITED skills include, but are not limited to: Barrel Rolls, Helicopters, and single based tossed stunts.

- TOSSES**
- ALL tosses are PROHIBITED.

- PYRAMIDS**
- Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:**
- Extended double leg stunts are allowed provided they are braced on **both sides (by two separate participants)** with hand/arm contact to prep level double leg stunts or below prep level stunts OR bracers standing on the ground (clarification: contact must be made to the required bracer(s) **PRIOR** to the flyer passing above prep level. Contact must be maintained 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 contact with a two leg prep level, below prep level stunt, or a participant on the ground. Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side are allowed provided they are braced on **both sides** (clarification: the hand/arm contact must be made to the required bracer(s) **PRIOR** to executing the single leg stunt at prep level. Contact must be maintained until the upward motion of a dismount, Retake/Sponge, or stunt returns to a prep level two leg or below stunt).
 - Moving/walking pyramids are allowed.
 - PROHIBITED stunts include, but are not limited to: Collapsible/hanging/released Split Pyramids, braced flips, extended single leg pyramids.

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 2.5 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, Dive Rolls, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, Step Outs, and Whips).
RUNNING	<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, Dive Rolls, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, Step Outs, and Whips).
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: transitions to the prone or cradle position may not intentionally 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/transition is limited to a combined total of a 1/2 twist by the flyer and/or bases (clarification: during 1/2 twist transitions from prep level stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle). Exceptions: 1) stunt transitions from an upright stunt to a prone catch may not twist. 2) 1/2 twist transitions from a below prep level prone position to a cradle position do not require a spotter at the head/shoulders provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. 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, Toss 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, 1/4 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 1/2 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, 1/2 twist Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches, Fallbacks, and single based Cradles.
RELEASE	<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. 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). 1/2 twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. PROHIBITED skills include, but are not limited to: Toss stunts, 1/2 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 contact with a prep level or below stunt, or an individual on the ground. Contact must be made at or below prep level and prior to performing the extended single leg. Hand/arm contact 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.

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 2.5 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. Non-twisting Forward Suspended Rolls are allowed provided: (1) the flyer begins in a non inverted position from the performance surface or a stunt at prep level or below (2) the flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter (3) the bases/back spotter/posts are not involved with any other choreography (4) the flyer lands in a double based Cradle or on the performance surface (may not land in a load in position). All non-airborne tumbling skills (exception: Round Offs are allowed) may be used as an entrance to a stunt or a stunt transition. 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. Forward Suspended Rolls are allowed; see Inversions. 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. Freestanding release moves are allowed provided: (1) the release starts at waist level or below and is caught at prep level or below (2) the flyer remains vertical and does not twist Limited braced release moves are allowed; see Level 3 Pyramids Section for allowances. 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 contact 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.

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 2.5 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	<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	<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 transition into an upright load-in position or an extended level or below stunt, provided (1) the inversion occurs at ground level (2) the inverted participant is in contact with the performance surface (3) at least one base/spotter maintains contact with the flyer throughout the entire inversion (4) a spotter is placed both in front AND back of the flyer for inversions transitioning to extended level. (Exception: may transition from a cradle or prone position to a ground level inversion). 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. 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	<ul style="list-style-type: none"> Freestanding release moves are allowed provided: (1) does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) (2) does not exceed 1 1/2 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. 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 back flips.

YCADA YOUTH CHEER GENERAL SAFETY RULES

(Any violations from this section will be a 1.0 point deduction).

- (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 regard to pom rules.
 - 4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once 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. **Participants** are permitted to jump over, **with or without contact with, another participant** 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.

(l) Tumbling

1. All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
2. Spotted, assisted, or connected tumbling is prohibited.
3. Partner tumbling is prohibited.
4. Participants may perform a Handstand that is in contact with individuals on the ground as choreography, provided the inverted participant is stationary in the Handstand prior to contact. Contact can be made **between multiple participants**; for example, but not limited to:
 - (1) Participant A is in a Handstand, participant B is standing on the ground and grabs participant A's legs and looks through them.
 - (2) Two participants standing on the ground interlock arms and make contact with a participant in a Handstand.
 - (3) Two participants in Handstands connect feet.
5. 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.
6. 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/Pyramids

1. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may **travel over a single Nugget provided the flyer steps on and then over the Nugget**.)
2. In all dismounts, catching base(s) **MUST** physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
3. 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.
4. Release moves may not involve changing bases.
5. **In pyramids involving release moves that require a bracer for legality, contact between the flyer and the original bracer(s) must be maintained throughout the entire release move transition until the flyer makes contact with the original bases.**
6. **In pyramids involving braced front flips, contact between the flyer and the original bracers must be maintained throughout the entire braced front flip transition until the flyer makes contact with the original bases.**

(n) Tosses

1. (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:

1. Must be in direct contact with the performance surface.

Continuous Back Spotter

2. 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)
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. 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.
5. (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.
6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases); however, a continuous back spotter is not required for stunts where the flyer is in a seated position supported at the seat by the base(s) hand/arm; these types of stunts are classified as waist level stunts.
7. Required for all release moves, tosses, and stunts at shoulder level and above, including Shoulder Stands (exceptions: Chair, Double Based T-lifts).
8. 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.
9. 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

10. 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.

11. Flat Back stunts require a spotter at the head/shoulders of the flyer.
12. 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).
13. One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.
14. Inversions from ground level require a spotter at the head and shoulder area of the flyer.
15. 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)

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.

(o) 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 (Level 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
7. Two bases required in all Split Stunts.

(p) 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. May perform Pendulum transitions provided they start from prep level or below and return to an upright stunt/load-in/**ground position**.
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.

YCADA CHEER PENALTY INFORMATION

RULES PENALTIES:

1.0 point (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

2.5 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 Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following: (1) obvious breaks in bodyline and/or body positions of the flyer (2) excessive movement by bases greater than the width of one panel mat (3) stunts that almost fall but recover (3) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). Stunt Bobbles that precede a Stunt Fall will not be counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.

STUNT FALL - 1.0 point (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill and is lowered or dropped below its intended level and the flyer's legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/partner stunt other than the flyer falls to the performance surface.

MAJOR STUNT FALL - 1.5 points (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

**The category "stunt/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. Boundary will be defined as the performance surface and any immediate adjacent safety border.

TIME LIMIT PENALTIES:

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

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

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

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

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

CHEER SCORE SYSTEM 411

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

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

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

WHAT ARE SCORING GRIDS AND CRITERIA?

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

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

TUMBLING = 1/4 OF THE TEAM - CUMULATIVE SCORING

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

STUNTS, DISMOUNTS AND TOSSES = MAJORITY (50% + 1) - CUMULATIVE SCORING

Stunt groups will be calculated based on a total of 5 athletes.

PYRAMIDS = Teams will qualify for a particular pyramid range by performing any of the listed skills in a particular scoring range ONCE.

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

HOW ARE TOTAL SCORES CALCULATED?... LET’S DO SOME MATH. C’MON, IT WILL BE FUN!

Your Total Possible Score from each judge will be 100 possible points. Scores from all panel judges are added together, and then divided by the total number of panel judges to find the average score. Any penalties and deductions received are then deducted to provide the Final Score. The Final Score is used to determine awards/ranking at that specific championship and Nationals Qualification.

For example:

Total Possible Score per Judge: 100 points

the team receives the following scores:

Judge 1: 72.1

Judge 2: 75.3

Judge 3: 74.1

These scores added together $(72.1 + 75.3 + 74.1) = 221.5$

Then divided by the number of judges $(221.5 / 3) = 73.83$

Average Score: 73.83 points

The team also received a penalty of 2.5 points.

The Average Score minus the penalty points $(73.83 - 2.5) = 71.33$

Final Score = 71.33 [used for awards/ranking & Nationals Qualification]

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

1. FIND YOUR TEAM'S SCORING GRID.

What is your Category & Level (if applicable)?

Example:

- ☐ If you are: *SHOW CHEER - LEVEL 3 (YL3)*
- ☐ Then select: *YOUTH LEVEL 3 - SHOW CHEER SCORING GRID*

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

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

For all skill elements, except tumbling, the performing team must perform/execute the listed skills by a MAJORITY of the team in order to score in the corresponding score range. For tumbling a team must perform/execute the listed skills by 1/4 of the team in order to score in the corresponding score range.

Example 1: One element on the Show Cheer Level 3 scoring guideline is MOTIONS

- ☐ *Determine where your team falls*
 - ☐ If the **MAJORITY** of your team executes MODERATE motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes. **Then you can expect to receive a score in the 13.0-13.9 range.** (Remember the keyword is *majority* - majority means executed by over half of the team).
 - ☐ If the **MAJORITY** of your team executes EXCELLENT motion technique and placements. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes. **Then you can expect to receive a score in the 15.0-16.0 range.**

Example 2: Another element on the Show Cheer scoring GUIDELINE is TUMBLING - Tumbling skills must be performed by at least 1/4 or 25% of team members in order for a team to score in the corresponding scoring range

- ☐ *What is the most advanced tumbling skill your team can perform?*
 - ☐ Let's say it is a Round Off Back Handspring Back Tuck.
 - Is 1/4 of your team able to perform and execute this skill sequence?
 - If YES - by looking at the *YOUTH LEVEL 3 - SHOW CHEER SCORING GUIDELINE*, you can expect your tumbling score to fall within the 4.0-5.0 range
 - If over 1/4 or 25% of your team performs single Round Offs and only 10% of team members are able to execute the Round Off Back Handspring Back Tuck, then your team could fall in a range of 1.0 - 1.9 but will receive enhancement points within the range for the 2 team members who were able to execute the Round Off Back Handspring Back Tucks.

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

- ☐ Were skills performed 'legal' for the level selected?
- ☐ Within the element range, what were the most advanced skills performed?
- ☐ Did the majority (50% +1 OR over half) of the team perform/execute (not attempt) the skill(s) or for tumbling did 1/4 of your team execute skill?
- ☐ Did the routine include variety?
 - Examples:
 - ☐ Two or more tumbling sequences with different tumbling skills
 - ☐ Pyramids containing pyramid transitions
 - ☐ Different stunts - not the same stunt repeated
 - ☐ Was choreography varied to hold audience attention? OR did the routine become repetitive & monotonous?
- ☐ How did the team *execute* the skills?
 - ☐ Strong level = higher score (mastery of skill, excellence of performance/skill, confidence in performance)
 - ☐ Weak level = lower score (inconsistent in skill, needs polish, lacks self-confidence)
- ☐ Were there mistakes, falls, bobbles, etc.? Any mistakes in a technical category will affect the one point available for execution.
 - ☐ Strong level = higher execution score
 - ☐ Weak level = lower execution score

CHEER COACH'S CHEAT SHEET

# 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+
36	9+	19+	4+

This chart is designed to assist in selecting the number of athletes or groups required to score points within a specific scoring 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 cannot 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.

***All skill categories (with the exception of JUMPS) allow cumulative or recycled skills. Ex. 9 athletes performing the same skill twice = 18.**

UNDERSTANDING THE SCORING GRIDS & SCORE SHEETS

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition.

Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore, a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

SCORING CRITERIA FOR EACH POINT RANGE... *MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION!*

STUNTS DIFFICULTY:

- Percentage of team participation (number of stunts in air simultaneously)
- Body positions displayed
- Minimal use of bases (use of front spots)
- Degree of difficulty
- Creativity and variety
- Pace of skills

STUNTS EXECUTION/TECHNIQUE:

- Control of body position
- Level of execution
- Body positions and flexibility
- Bases using proper technique

DISMOUNTS DIFFICULTY:

- Percentage of team participation
- Minimal use of bases
- Degree of difficulty of dismounts
- Creativity & variety

DISMOUNTS EXECUTION/TECHNIQUE:

- Pointed toes by flyer at landing
- Legs together and uncrossed on landings
- Sharpness of landing (how tight are bases catching and set out)
- Execution of cradle
- Completion of rotation
- Height of dismounts
- Perfection

PYRAMIDS DIFFICULTY:

- Percentage of team participation
- Pace of pyramid skills
- Body positions and control
- Minimal use of bases
- Degree of difficulty Level of execution
- Creativity & variety
- Transitions speed and variety
- Height of pyramid skills executed
- Combination of skills

PYRAMIDS EXECUTION/TECHNIQUE:

- Body positions and control
- Height of pyramid skills executed
- Control of body position
- Level of execution
- Body positions and flexibility
- Bases using proper technique
- Base and spotter technique
- Top person technique
- Perfection

STANDING/RUNNING TUMBLING DIFFICULTY:

- Percentage of team participation
- Combinations of skill creativity & variety
- Synchronization
- Pace and speed of skills
- Approach
- Landings (clean with feet together)
- Degree of difficulty of skills performed

STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:

- Form
- Height of execution
- Landings
- Pace and speed of skills
- Perfection

JUMPS EXECUTION/TECHNIQUE:

- Landings
- Arm movements
- Pointed toes
- Level of jumps
- Technique, timing, landing
- Synchronization

TOSS EXECUTION/TECHNIQUE:

- Height of toss
- Movement of bases or flyer
- Execution of tricks while airborne
- Completion of rotations or skills
- Perfection
- Synchronization



SHOWCHEER 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	

SHOW CHEER LEVEL 2, 3, 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 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	

YCADA Show Cheer Level 1

CHOREOGRAPHY & OVERALL IMPRESSION - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.0 - 7.9	MODERATE - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE, SHOWMANSHIP & USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
7.0 - 7.9	MODERATE - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	GOOD - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	EXCELLENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 9.0

0.0	Zero skills performed
5.0 - 5.9	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.0 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 16.0

0.0	Zero skills performed
12.0 - 12.9	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement. Slow paced/low energy. Lacking variety with minimal to zero transitions and level changes.
13.0 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes.
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement. Good pace/energy. Included variety and visuals with some transitions and level changes.
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes.

JUMPS DIFFICULTY - Max Score: 10.0

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine
Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
9.0	Must perform at least <u>ONE</u> of the following: • 2 synchronized non-consecutive advanced jumps by majority of team • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

JUMPS EXECUTION/TECHNIQUE - Max Score: 1.0

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

STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0.0	Zero skills performed
10.0 - 10.9	Knee level two leg stunt
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Thigh level two leg stunt • Shoulder Sit • Swedish Falls
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt • Below prep level single leg stunt (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged)
13.0 - 15.0	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s) Arabesque, Scorpion, Scale - multiple variations encouraged). • 1/4 twist mount to prep level two leg stunt

STUNTS EXECUTION/TECHNIQUE - Max Score: 1.0

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

YCADA Show Cheer Level 1

PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0	
A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).	
0.0	Zero skills performed
10.0 - 10.9	Below prep level two leg stunts braced on both or one side
11.0 - 11.9	Below prep level single leg stunts braced on both or one side
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Prep level two leg stunts• Prep level single leg stunts braced on both sides
13.0 - 15.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members. Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Extended two leg stunts braced on both sides• Prep level single leg stunts braced on only one side.
PYRAMIDS EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
DISMOUNTS DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
1.0 - 1.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Step Off, Bump Down, Shove Wrap• Pop Off by LESS THAN majority of team
2.0 - 2.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Step Off, Bump Down, Shove Wrap• Pop Off by majority of team
3.0 - 3.9	Straight Ride Cradles by majority of team
4.0 - 5.0	1/4 Turn Cradles by majority of team
DISMOUNTS EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
TUMBLING DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
0.5 - 0.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Forward/Backward Rolls by LESS THAN 1/4 of team• Handstands by LESS THAN 1/4 of team
1.0 - 1.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Forward Rolls, BackwardRolls• Handstands by at least 1/4 of team
2.0 - 2.9	Cartwheels by at least 1/4 of team
3.0 - 3.9	Round Offs by at least 1/4 of team
4.0 - 5.0	Front/Back Walkovers by at least 1/4 of team
TUMBLING EXECUTION/ TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

YCADA Show Cheer Level 2

CHOREOGRAPHY & OVERALL IMPRESSION - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.0 - 7.9	MODERATE - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE, SHOWMANSHIP & USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
7.0 - 7.9	MODERATE - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	GOOD - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	EXCELLENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 9.0

0.0	Zero skills performed
5.0 - 5.9	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.0 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
12.0 - 12.9	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement. Slow paced/low energy. Lacking variety with minimal to zero transitions and level changes.
13.0 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes.
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement. Good pace/energy. Included variety and visuals with some transitions and level changes.
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes.

JUMPS DIFFICULTY - Max Score: 10.0

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

Variety will be defined as 2 or more different jumps.

Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	2 synchronized non-consecutive advanced jumps performed by less than majority of team
9.0	Must perform at least <u>ONE</u> of the following: • 2 synchronized non-consecutive advanced jumps by majority of team • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team

JUMPS EXECUTION/TECHNIQUE - Max Score: 1.0

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

STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0.0 - 0.0	Zero skills performed
9.0 - 9.9	Knee level two leg stunt
10.0 - 10.9	Must perform at least <u>ONE</u> of the following: • Thigh level two leg stunt • Single twisting Barrel Rolls • Shoulder Sit • Superman transition • Swedish Falls
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversion to load-in/sponge.
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mount to prep level stunt • 1/4 twist mount to extended level stunt
13.0 - 15.0	Must perform at least <u>ONE</u> of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) AND extended two leg stunt • 1/2 twist mount to prep level • 1/2 twist mount to extended level stunt

YCADA Show Cheer Level 2

STUNTS EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0	
A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).	
0.0 - 0.0	Zero skills performed
10.0 - 10.9	Below prep level stunts braced on both or one side
11.0 - 11.9	Prep level two leg stunts braced on both or one side
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Extended two leg stunts braced on both or one side• Prep level single leg stunts braced on both or one side
13.0 - 15.0	Extendedsingle legstunts braced onbraced on both or one side. This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.
PYRAMIDS EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
DISMOUNTS DIFFICULTY - Max Score: 5.0	
0.0 - 0.0	Zero skills performed
1.0 - 1.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Bump Down, ShoveWrap• Pop Off by LESS THAN majority of team
2.0 -2.9	Must perform <u>ONE</u> of the following: <ul style="list-style-type: none">• Bump Down, ShoveWrap• Pop Off by majority of team
3.0 - 3.9	Straight Ride Cradles by majority of team
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• 1/4 Turn Cradles by majority of team• Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) by majority of team
DISMOUNTS EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
TUMBLING DIFFICULTY - Max Score: 5.0	
0.0 - 0.0	Zero skills performed.
0.1 - 0.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Forward/Backward Rolls by LESS THAN 1/4 of team• Handstands by LESS THAN 1/4 of team.
0.5 - 0.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Forward/Backward Rolls by at least 1/4 of team• Handstands by at least 1/4 of team.
1.0 - 1.9	Cartwheels by 1/4 of team
2.0 - 2.9	Round Offs by 1/4 of team.
3.0 - 3.9	Front/Back Walkovers by 1/4 of team
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none">• Single Front/Back Handspring by 1/4 of team• Jump to Back Handspring by 1/4 of team.
TUMBLING EXECUTION/ TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
TOSSES DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
3.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN 1/4 of team
4.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority but MORE THAN 1/4 of team
5.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by MAJORITY of team
TOSSES EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

YCADA Show Cheer Level 3

CHOREOGRAPHY & OVERALL IMPRESSION - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.0 - 7.9	MODERATE - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
PERFORMANCE, SHOWMANSHIP & USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
7.0 - 7.9	MODERATE - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	GOOD - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	EXCELLENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
DANCE - By MAJORITY of Team - Max Score: 9.0	
0.0	Zero skills performed
5.0 - 5.9	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, floorwork and floorwork
6.0 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, floorwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, floorwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, floorwork and floorwork
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
12.0 - 12.9	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement. Slow paced/low energy. Lacking variety with minimal to zero transitions and level changes.
13.0 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes.
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement. Good pace/energy. Included variety and visuals with some transitions and level changes.
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes.
JUMPS DIFFICULTY - Max Score: 10.0	
Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine Variety will be defined as 2 or more different jumps. Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.	
0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jump(s) • 1 advanced jump • 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	Must perform at least <u>ONE</u> of the following: • 2 synchronized non-consecutive advanced jumps performed by majority of team • 3 synchronized non-consecutive advanced jumps by LESS THAN majority of team
8.0	Must perform at least <u>ONE</u> of the following: • 3 synchronized non-consecutive advanced jumps by majority of team • 2 or 3 synchronized consecutive connected advanced jumps by LESS THAN majority of team
9.0	2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY by majority of the team
10.0	3 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team
JUMPS EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0.0 - 0.0	Zero skills performed
8.0-8.9	Must perform at least <u>ONE</u> of the following: • Knee level two leg stunt • Thigh level two leg stunt • Shoulder Sit • Swedish Falls • Non-twisting Superman transition
9.0 - 9.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversion to load-in/sponge.
10.0 - 10.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mount to prep level stunt • 1/4 twist mount to extended level stunt
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Two leg extended stunt • 1/2 twist mount to prep level stunt
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Extended Liberty • Ground level inversion directly to below prep level stunt • 1/2 twist Superman transition • 1/2 twist mount to two leg extended stunt • Forward Suspended Roll
13.0 - 15.0	Must perform at least <u>ONE</u> of the following: • Extended single leg stunt(s) (i.e. Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversion directly to prep level stunt • Full twist mount to prep level stunt • 1/2 twist mount to extended single leg stunt

YCADA Show Cheer Level 3

STUNTS EXECUTION/TECHNIQUE - Max Score: 1.0

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

PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

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

0.0 - 0.0	Zero skills performed
8.0-8.9	Below prep level stunts braced on both or one side
9.0-9.9	Prep level stunts braced on both or one side
10.0-10.9	Extended two leg stunts braced on both or one side
11.0-11.9	Extended single leg stunts braced on both or one side
12.0-12.9	Release moves braced on both or one side that land in below prep level stunts or load-in/sponge
13.0 - 15.0	<p>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 7 or less members</p> <p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Switch Up, Tic-Tocs (Low to High, High to Low, High to High), Eagle Up, Pike Up, Ball Up braced on BOTH sides that land at prep level or above stunts • 1/2 twist release moves braced on both sides that land in prep level or above stunts.

PYRAMIDS EXECUTION/TECHNIQUE - Max Score: 1.0

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

DISMOUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0.0 - 0.0	Zero skills performed
0.5-0.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Bump Down • Shove Wrap • Pop Off
1.0-1.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Straight Ride Cradle from prep level or below stunts • 1/4 Turn Cradle from prep level or below stunts • Non-twisting Alternate Cradle (i.e. Toe Touch, Kick, Ball, Pike etc.)
2.0-2.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Straight Ride Cradle from extended stunts • 1/4 Turn Cradle from extended stunts
3.0-3.9	Single twist cradle from prep level two leg stunts
4.0 - 5.0	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Single twist cradle from extended two leg stunts • Single twist cradle from prep level single leg stunts

DISMOUNTS EXECUTION/TECHNIQUE - Max Score: 1.0

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

TUMBLING DIFFICULTY - By 1/4 of Team - Max Score: 5.0

0.0 - 0.0	Zero skills performed
0.5-0.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Forward/Backward Rolls • Handstands
1.0 - 1.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Cartwheel • Round Off
2.0 - 2.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Front Walkovers • Back Walkovers
3.0 - 3.9	Single non-consecutive Front/Back Handsprings
4.0 - 5.0	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Front walkover through to single Back Handspring • Consecutive Handsprings Series • Aerials • Round Off Back Tuck • Round off Back Handspring Back Tuck • Running Front Tuck • Jump continuously to Back Handspring

TUMBLING EXECUTION/ TECHNIQUE - Max Score: 1.0

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

TOSSES DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
2.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority of team
3.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by majority of team
4.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by LESS THAN majority of team
5.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by majority of team

TOSSES EXECUTION/TECHNIQUE - Max Score: 1.0

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

YCADA Show Cheer Level 4

CHOREOGRAPHY & OVERALL IMPRESSION - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.0 - 7.9	MODERATE - pace/flow of routine, transitions, synchronization, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, synchronization, visual effects, level changes, roll offs, creativity, percent of team incorporation
PERFORMANCE, SHOWMANSHIP & USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
6.0 - 6.9	MINIMAL/INCONSISTENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
7.0 - 7.9	MODERATE - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	GOOD - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	EXCELLENT - quality of presentation, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material, crowd leading skills, voice projection/inflection, ability to lead crowd
DANCE - By MAJORITY of Team - Max Score: 9.0	
0.0	Zero skills performed
5.0 - 5.9	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.0 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
12.0 - 12.9	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement. Slow paced/low energy. Lacking variety with minimal to zero transitions and level changes.
13.0 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes.
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement. Good pace/energy. Included variety and visuals with some transitions and level changes.
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes.
JUMPS DIFFICULTY - Max Score: 10.0	
Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine	
Variety will be defined as 2 or more different jumps.	
Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.	
0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jumps • 1 advanced jump
7.0	2 synchronized non-consecutive advanced jumps by majority of team
8.0	Must perform at least <u>ONE</u> of the following: • 3 synchronized non-consecutive advanced jumps by majority of team • 2 or 3 synchronized consecutive connected advanced jumps by LESS THAN majority of team
9.0	2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	3 synchronized consecutive connected advanced jumps with VARIETY by majority of team
JUMPS EXECUTION/TECHNIQUE - Max Score: 1.0	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0.0 - 0.0	Zero skills performed
8.0 - 8.9	Must perform at least <u>ONE</u> of the following: • Knee level two leg stunt, OR thigh level two leg stunt • Shoulder Sit • Swedish Falls
9.0 - 9.9	Must perform <u>ONE</u> of the following: • Prep level two leg stunt • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversion to load-in/sponge
10.0 - 10.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mount to prep level stunt • 1/4 twist mount to extended level stunt • 1/2 twist Superman transition
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Extended two leg stunt • Forward Suspended Roll • 1/2 twist mount/transition to prep/extended level stunt
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Extended single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Full twist mount/transition to prep level stunt • Forward Flipping LeapFrog • 3/4 twist Superman transition
13.0-15.0	Must perform at least <u>ONE</u> of the following: • Full twist mount/transition to extended level stunt • Ground level inversion directly to extended level stunt • Full released Tic-Tocs/Switch Ups

YCADA Show Cheer Level 4

STUNTS EXECUTION/TECHNIQUE - Max Score: 1.0		
0.0	Zero skills performed	
0.1 - 0.2	MINIMAL/INCONSISTENT	
0.3 - 0.4	MODERATE	
0.5 - 0.7	GOOD	
0.8 - 1.0	EXCELLENT	
PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0		
A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).		
0.0 - 0.0	Zero skills performed	
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	
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Pyramids involving Tic-Tocs braced on BOTH sides • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Prep	
13.0 - 15.0	<div>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.</div> <div>perform at least <u>ONE</u> of the following: • Release moves braced on ONE side • Twisting release moves braced BOTH or ONE sides • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Extension • Front Flips Braced on BOTH Sides.</div>	Must
PYRAMIDS EXECUTION/TECHNIQUE - Max Score: 1.0		
0.0	Zero skills performed	
0.1 - 0.2	MINIMAL/INCONSISTENT	
0.3 - 0.4	MODERATE	
0.5 - 0.7	GOOD	
0.8 - 1.0	EXCELLENT	
DISMOUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0		
0.0 - 0.0	Zero skills performed	
0.5 - 0.9	Must perform at least <u>ONE</u> of the following: • Bump Down • Shove Wrap • Pop Off	
1.0 - 1.9	Must perform at least <u>ONE</u> of the following: • Straight Ride cradles • 1/4 turn cradles	
2.0 - 2.9	Alternate non twisting cradles (i.e. Toe Touch, Pike Arch)	
3.0 - 3.9	Single twist cradles from prep level one leg stunts or extended two leg stunts	
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: • Double twisting cradles from prep level two leg stunts • Single twisting cradles from extended single leg stunts	
DISMOUNTS EXECUTION/TECHNIQUE - Max Score: 1.0		
0.0	Zero skills performed	
0.1 - 0.2	MINIMAL/INCONSISTENT	
0.3 - 0.4	MODERATE	
0.5 - 0.7	GOOD	
0.8 - 1.0	EXCELLENT	
TUMBLING DIFFICULTY - By 1/4 of Team - Max Score: 5.0		
0.0 - 0.0	Zero skills performed	
0.5 - 0.9	Forward/Backward Rolls, Handstands, Cartwheel or Round Off	
1.0 - 1.4	Front/back Walkovers	
1.5 - 1.9	Single non-consecutive Front/Back Handsprings	
2.0 - 2.9	Must perform at least <u>ONE</u> of the following: • Front walkover through to single Back Handspring • Consecutive Handspring Series • Jump continuously to Back Handspring	
3.0 - 3.9	Must perform at least <u>ONE</u> of the following: • Running Tucks/Flips • Standing Handspring Back Tuck • Aerials • Jump continuously to Back Handspring Series	
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: • Full Twist Flips • Layout • X-Out • Pike • Standing Tuck • Jump Continuously to Back Handspring Back Tuck	
TUMBLING EXECUTION/ TECHNIQUE - Max Score: 1.0		
0.0	Zero skills performed.	
0.1 - 0.2	MINIMAL/INCONSISTENT	
0.3 - 0.4	MODERATE	
0.5 - 0.7	GOOD	
0.8 - 1.0	EXCELLENT	
TOSSES DIFFICULTY - Max Score: 5.0		
0.0	Zero skills performed	
1.0	Straight Ride tosses by less than majority of team.	
2.0	Straight Ride tosses by a majority of the team.	
3.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by a majority of the team.	
4.0	Must perform at least <u>ONE</u> of the following: • Single twisting tosses • Non-twisting two trick toss by a majority of the team.	
5.0	Trick with single twist combinations (i.e. Kick Full) by a majority of the team.	
TOSSES EXECUTION/TECHNIQUE - Max Score: 1.0		
0.0	Zero skills performed	
0.1 - 0.2	MINIMAL/INCONSISTENT	
0.3 - 0.4	MODERATE	
0.5 - 0.7	GOOD	
0.8 - 1.0	EXCELLENT	

YOUTH CHEER GLOSSARY

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 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 leg with the opposite hand/arm pulling it tight to 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.

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 to 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 the 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.

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.

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.

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 known 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 back spotter 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.

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 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 Cradledismount in which the flyer rotates around their body's vertical axis. Twist variations include: 1/4 Twist, 1/2 Twist, 3/4 Twist, Single Twist/Full Down/Full Twist, 1 1/4 Twist, 1 1/2 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.

SECTION 6: YCADA DANCE CATEGORIES

CATEGORY is defined by the type of performance you select.

POM: This performance must consist of three dance styles (Pom, Jazz, Cheer Funk) with the majority of emphasis on Pom. See the scoring section for details on point distribution. Poms are recommended for the majority of the routine but required for half.

POM: The most important characteristic of this style is synchronization and visual effect. Cheer style motions should emphasize uniformity, motion sharpness, technique and placement. A visually effective routine should include ground work, level changes, group work, and roll offs.

JAZZ TECHNIQUE: This style includes kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating these skills, it is very important to make sure proper technique is maintained (for example, leaps demonstrating height, extended legs, correct arm placement, and pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on relevé). **Improper execution of technique may negatively affect your score.**

CHEER FUNK: This dance style emphasizes on uniformity, rhythm, body isolation, creativity, and execution yet, still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect. **This style of dance does NOT include pop and lock, street or excessive vibrating. Incorporating these skills may negatively affect your score.**

HIP HOP: A routine focusing on street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athletic tricks, footwork, jumps, stalls, etc. When incorporating these skills it is very important to make sure proper technique is maintained. **Improper execution of any trick, stall, etc. may negatively affect your score.**

CHEER FUNK: This dance style with an emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.

STREET: This urban style of dance is often improvisational or raw and social in nature. This style of dance can also encourage interaction between performers such as battling and/or partner work.

POP AND LOCK: This dance style emphasizes body isolation that implements “popping” (muscle flexes) and locking (short pauses or freezes within movement).

BREAK DANCE: This is a very athletic style of skills, combining forms and maneuvers from activities such as gymnastics*, hip hop, and martial arts. Use of cheer style tumbling sections may negatively affect your score. ***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**

KRUMPING: This is an evolving new style of dance that involves fast, expressive, and highly energetic movements.

STEP:

A performance based on a form of percussive dance in which the participant’s entire body is used to produce complex rhythms and sounds through a mixture of sophisticated, synchronized chanting and rhythmic beats from participant hands, feet and mouth. Today, youth across America have embraced this art form, which provides groups with a sense of unity, teamwork, discipline, self-esteem and responsibility. This dance style emphasizes originality/ creativity, use of costumes/props, voice clarity, execution and degree of difficulty with a majority of points distributed between Synchronization/Precision and Transitions.

Please refer to the remainder of the YCADA Dance section for complete details on dance routine requirements and scoring.

YCADA DANCE GENERAL RULES

GENERAL GUIDELINES

- 1) During an official function all teams should be supervised by a qualified advisor/coach.
- 2) All participants, coaches and spectators agree to conduct themselves in a positive manner. The coach/director/advisor is responsible for ensuring all team member and team affiliates display good sportsmanship throughout the event. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
- 3) All directors, advisors and coaches should have an emergency response plan in the event of an injury.
- 4) 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.
- 5) All participants with a hard cast (or **full (medical) boot brace/walking boot**) must not be involved in tumbling and/or partner lifts of any kind. Braces with metal parts and/or sharp edges must be covered to properly protect other participants.
- 6) Coaches and advisors should only have dancers perform skills that they have mastered through proper progression and practice even though a division and/or category may allow a skill that is more advanced than the capabilities of an individual or group. Coaches must consider the skill level of an individual and/or team prior to skill progression.
- 7) Proper warm up and stretching exercises should be performed prior to performance.
- 8) 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.
- 9) Performance of tumbling skills after the completion of a team's routine/performance or during the team's entrance or exit of the floor is forbidden.

ROUTINE GUIDELINES

- 1) Time Limit: 2:30
- 2) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling and/or stunting while entering or exiting the floor is not allowed.
- 3) Timing will begin with the first organized word, movement or note of music following the team taking the floor. Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
- 4) Timing will end with the last organized word, movement or note of music.
- 5) Theme dance participants may not take any longer than two (2) minutes to enter and set props for performances. Coaches may assist in setting up props but must exit the floor before the 2-min setup period has expired. Timing for the 2-min setup period begins at the time the team is called to the floor.
- 6) Only registered participants of a team are allowed on the performance surface.
- 7) Items that may damage the performance surface are prohibited.
- 8) Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
- 9) Make up should be age appropriate and suitable for family viewing. Actions taken will be under the discretion of an event official.
- 10) Please be aware that all rules in this packet are in addition to any specific AYC rules.

TUMBLING, GYMNASTICS AND TRICKS

- 1) Limited tumbling is allowed in all dance divisions as long as one hand, foot or body part remains in constant contact with the performance surface at all times. The following skills are the only gymnastic/tumbling skills permitted and may only be incorporated in to a routine as a dance maneuver. These skills are permitted in all youth dance categories. Any variations to the basic skills listed below are not allowed. However, skills allowed can be performed individually or in combination with other allowed skills.

ALLOWED:

Forward/Backward Rolls	Front/Back Walkover
Shoulder Rolls	Kip Up/ Kick Up
Cartwheels	Windmills
Handstands/Headstands	Stalls
Back bends	Round Off
Front Handsprings	Aerials

- 2) Airborne skills are not allowed. EXCEPTION: a participant may transition from an inverted position on the performing surface to a non-inverted position. (Example: A headspring from a static headstand position would be allowed.) **FRONT handsprings are allowed. Aerials are allowed. Clarification: Poms may not be in hand during an aerial.**
- 3) Tumbling while holding poms or props in hand(s) is not allowed in any category. **Poms must be discarded from the athlete's hand(s)/body before any tumbling is executed.** Exception: Forward and Backward Rolls may be performed while holding poms in hand(s).
- 4) Weight must first be borne on the hands or feet when dropping to the knee, thigh, seat, front, back, jazz split (hurdle) or split position when originating from a jump, airborne, or inverted position.
- 5) When originating from a standing position, lowering to the knee, thigh, seat, front, back, jazz split (hurdle), or split position does not call for hands to first touch the performance surface.
- 6) A dancer or athlete may never tumble over or under another dancer or athlete.

LIFTS AND PARTNERING SKILLS

- 1) The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.
- 2) The supporting dancer must remain in constant contact with the elevated dancer through hand/arm/body contact throughout the duration of the lift/partnering skill. Clarification: the lifting partner **is not required to touch the hands/arms of the lifted partner.** Exception: Pyramids where the bases are on hands/knees are allowed two levels high. If the top layer is not on their hands/knees (i.e. standing on the backs of the bases, another supporting dancer is required to assist the top layer).
- 3) The supporting dancer must maintain ultimate control over the elevated dancer (including body weight, body position, momentum and change of body position) throughout the duration of the lift/partnering skill.
- 4) Hip over head rotation is allowed only if the elevated dancer's hips execute and complete the rotation at or below shoulder level of the supporting dancer when the supporting dancer is standing upright on the performance surface. CLARIFICATION: Partner/back-to-back inversions are only allowed with a forward momentum and limited to one rotation (i.e. the lifting partner may not bend backward during the skill).
- 5) Jumping from or tossing one dancer to another dancer is prohibited.
- 6) An elevated dancer may not be tossed to the performance surface by a supporting dancer.
- 7) An elevated dancer may not jump off of a supporting dancer to the performance surface. Exception: A dancer may jump off of a supporting dancer to the performance surface only if the jump is executed at or below hip level of the supporting dancer when the supporting dancer is standing upright on the performance surface.
- 8) All cheerleading stunts and/or pyramids are prohibited. Exception: Pony Sits, Thigh Stands, Shoulder Sits and **V-Sits** are allowed only when incorporated into routine as a dance maneuver and must follow all Dance Lifts and Partnering Guidelines. Clarification: Cheer style stunt sections are not allowed (i.e. a group claps, sets, dips, builds stunt, and dismounts). **A spotter is required for extended V-Sit lifts. Spotter may not be the primary support of the lift.**

CHOREOGRAPHY, MUSIC AND COSTUMING

- 1) Routines must be appropriate for family viewing. Appropriate choreography, costuming and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words, costuming or music will be penalized, forced to forfeit or disqualified.
- 2) Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.
- 3) Music is required throughout this performance. Teams performing without music will result in a forfeiture of scores (teams receive an overall team score of 0). Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on the dance skills outlined in the routine specifics.
- 4) Soled dance shoes (jazz boots, dance sandals, jazz shoes) or bare feet are acceptable when competing. Wearing socks and/or footed tights only is prohibited.
- 5) All costuming and make up should be age appropriate and acceptable for family viewing.

PROPS

- 1) Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
- 2) Standing props are **not allowed**. Any item(s) that bears the weight of the participant is considered a standing prop. (Examples- chairs, stools, benches, ladders, boxes, stairs, etc.).
- 3) Items that may damage the performance surface are prohibited.
- 4) Poms are required for at least half of the routine in the Pom category

YCADA DANCE PENALTY INFORMATION

RULES PENALTIES:

1.0 point (per occurrence) deducted from your total possible score for each violation of any of the YCADA Dance General Rules.

Please refer to the YCADA Dance General Rules for specific allowances and restrictions. A rules judge may never take a rules deduction where no rule is being violated.

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, costuming and music must be used. Penalties will be assessed under the YCADA Dance General Rules.

DANCE SCORE SYSTEM 411

YCADA's scoring system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter." By understanding YCADA's scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, General Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

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

YCADA has created separate scoring criteria for EVERY style of dance! What does this mean? Points are allocated differently for each routine style! Why would we go to such great lengths to tailor our score sheets to each style? 'Cause we know that each style of dance demands different skill levels. For example, a Hip Hop Dance demands different skills and a different performance than a Pom Performance routine. Hip Hop does not call for jazz skills/ technique but it does call for a routine based on style and creativity. Therefore, the score sheets for Hip Hop have a higher point value for the Choreography categories while Pom score sheets have a higher value point value for difficulty. YCADA not only believes in the purpose of skills/performance levels, but also carries this mission throughout the scoring process. If the routine isn't demanding a certain skill or style, then fewer points will be allocated for this versus other parts of the routine. We get it!

WHAT ARE SCORING GRIDS?

Scoring grids show coaches what point ranges certain skills may achieve. However, point ranges are assessed by acknowledging whether skills were performed by a partial or majority of the team, at what difficulty level the majority of the skills were performed, and the perfection of execution of the skills. Therefore, for example in Pom Performance, having one participant execute a single pirouette while the rest of the members perform a front kick does NOT guarantee a scoring in the range of 4 - 5 in Incorporation of Jazz Technique / Performance Skills. Other factors must be considered. When entering a category that specifically calls for mandatory skills/styles, YCADA must ensure that the difference is recognized between teams who perform a sufficient amount of the required skills/styles vs. teams that have only included a limited amount. With perfection of execution and creative incorporation, that team may be able to achieve a score in the range of 4 - 5. As you can see, YCADA takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking.

HOW ARE TOTAL SCORES CALCULATED?... *LET'S DO SOME MATH. C'MON, IT WILL BE FUN!*

Your Total Possible Score from each judge will be out of 100 points. Scores from all panel judges are added together and then divided by the total number of panel judges. This total is referred to as the team's Total Average Score. The Total Average Score is used to determine National's Qualification.

Using the team's Total Average Score, any penalties and deductions received are deducted to provide the Final Team Score. The Final Team score is used for awards/ranking at that specific championship.

For example:

Total Possible Score: 100 points

The team receives the

following scores:

Judge 1: 72.1

Judge 2: 75.3

Judge 3: 74.1

These scores added together ($72.1 + 75.3 +$

74.1) = 221.5 Then divided by the number of judges ($221.5 / 3$) = 73.83

Team Average Score: 73.83 points (used to qualify for Nationals) The team also received a penalty of 2.5 points.

Final Team Score: ($73.83 - 2.5$) = 71.33 (used for awards/ranking)

DANCE COACH'S CHEAT SHEET

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

1. FIND YOUR TEAM'S SCORING GRID.

What is your
Category?

Example:

- ☐ If you are: *POM*
- ☐ Then select: *YOUTH - POM SCORING GRID*

2. LOOK AT EACH ELEMENT ON THE SCORING GRID.

- Your team will be judged and scored on the criteria specified in *your* category and dance style scoring grid. Each scoring grid has its own point distribution and allotment.
- Scoring elements are judged based on a level of execution, perfection & creative incorporation. Elements with a strong level of execution, perfection and creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of execution, perfection & creative incorporation lack technique, show inconsistency, need to be polished and lack self-confidence. Strong level = higher score.
- Scoring elements are judged based on majority vs. partial team execution. Teams will earn more points if the *majority* (over half of the team) executes (not attempts) the elements than teams who have partial (less than half of the team) execution.
- **Scoring Example:** An element on the YOUTH - POM SCORING GRID is CHOREOGRAPHY FORMATIONS- Variety, Spacing and Transitions
 - ☐ If the majority of the routine contains seamless and creative transitions, variety in formations, great spacing, etc.
 - Then you can expect to receive a score in the 9.0 - 10.0 range
 - ☐ If the majority of the routine contains basic formation changes with standard transitions and inconsistent spacing, etc.
 - Then you can expect to receive a score in the 7.0 - 7.9 range

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

- ☐ Were all skills performed 'legally'?
- ☐ Did the majority (over half) of the team perform/execute (not attempt) the skill(s)?
- ☐ Did the routine include variety?
- ☐ Was the routine executed with proper presentation and level of energy?
- ☐ Was it clean & exciting? Were there many timing errors?
 - Examples:**
 - ☐ Was choreography varied to hold audience attention? OR did the routine become repetitive & monotonous?
 - ☐ Did the performance have consistent energy throughout the entire routine? Or did the confidence and energy level drop half way through or towards the end?
- ☐ How did the team *execute* the skills?
 - ☐ Strong Level = Higher Score
 - Mastery of skill • Excellence of performance/skill • Confidence in performance
 - ☐ Weak Level = Lower Score
 - Inconsistent in skill • Needs polish • Lacks self confidence
- ☐ Were there mistakes, improper execution of technique/tricks/styles, timing errors, etc.?

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Routine Execution - Performance Presentation & Execution		10	
Pom - Motion Technique - Placement		10	
Pom - Motion Technique - Sharpness		10	
Pom - Visual Effect		10	
Pom - Synchronization		10	
Cheer Funk - Incorporation of Cheer Funk Skills		5	
Cheer Funk - Execution of Cheer Funk Skills		5	
Jazz - Incorporation of Jazz Technique		5	
Jazz - Execution of Jazz Technique		5	
Routine Execution - Degree of Difficulty		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography - Creativity & Variety		10	
Choreography - Visual Effect		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Difficulty		5	
Hip Hop Fundamentals - Interpretation and Incorporation of Hip Hop Styles		20	
Hip Hop Fundamentals - Execution of Hip Hop Styles		20	
Hip Hop Fundamentals - Incorporation of Athleticism and Tricks		5	
Routine Execution - Team Uniformity		10	
Routine Execution - Performance Presentation and Execution		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Introduction & Exit		10	
Appearance, Uniforms & Costumes/Props		10	
Originality & Creativity		10	
Routine Execution & Degree of Difficulty		10	
Overall Performance		10	
Synchronization/Precision		15	
Showmanship		10	
Voice Clarity		10	
Transitions		15	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Dance - Pom

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0	
0.0 - 5.9	Routine contains little to no variety in style. Choreography is without personality and creative movements.
6.0 - 6.9	Routine lacks variety. Movements are repetitive and fall short of creativity.
7.0 - 7.9	Standard incorporation of creative choreography. Average variety displayed throughout routine
8.0 - 8.9	Good variety in styles and movements. Choreography displays creativity.
9.0 - 10.0	Excellent incorporation of variety. Great interpretation and variety in movements. Routine is creative and unique.
CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
ROUTINE EXECUTION: PERFORMANCE PRESENTATION AND EXECUTION - Max Score: 10.0	
0.0 - 5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
6.0 - 6.9	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
7.0 - 7.9	Average presentation of routine. Performance is standard and lacks energy at times. Standard routine execution and flow.
8.0 - 8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
9.0 - 10.0	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
POM: MOTION TECHNIQUE - PLACEMENT - Max Score: 10.0	
0.0 - 5.9	Team lacks complete knowledge of proper motion placement and technique
6.0 - 6.9	Motions lack proper placement. Motions and movements not clear throughout routine
7.0 - 7.9	Average understanding of proper motion placement. Standard knowledge of placement maintained periodically throughout routine but inconsistent at times.
8.0 - 8.9	Good motion technique. Majority of routine executed with proper placement of motions.
9.0 - 10.0	Great motion technique. Movements and motions are executed with proper placement throughout entire routine
POM: MOTION TECHNIQUE - SHARPNESS - Max Score: 10.0	
0.0 - 5.9	Motions are executed without strength and proper technique. Slow paced, drawn out lengthy sections are executed throughout entire routine
6.0 - 6.9	Motions do not maintain proper strength and technique. Lacking sharpness and control throughout majority of routine.
7.0 - 7.9	Basic technique performed at a moderate pace. Areas of routine lacking in motion strength
8.0 - 8.9	Good technique and control. Sharp motions performed at a good pace. Majority of motion sequences include strength
9.0 - 10.0	Amazing motion technique and placement. Strong sharp motions are consistently being executed throughout entire routine.
POM: VISUAL EFFECT - Max Score: 10.0	
0.0 - 5.9	Routine has complete lack in visual appeal. No incorporation of level changes, ground work, roll-offs etc.
6.0 - 6.9	Minimal level changes, ground work and roll-offs. Routine lacks visual appeal.
7.0 - 7.9	Standard incorporation of visual effects. Moderate use of roll-offs, level changes and/or ground work.
8.0 - 8.9	Good incorporation of visual movements throughout majority of routine. Level changes, ground work and/or roll-offs add to the visual appeal of routine
9.0 - 10.0	Excellent visual effects. Nice variety of level changes incorporated. Creative incorporation of ground work and/or roll-offs. Routine is visually appealing throughout performance.
POM: SYNCHRONIZATION - Max Score: 10.0	
0.0 - 5.9	Entire performance lacks proper timing and knowledge of routine synchronization
6.0 - 6.9	Team lacks knowledge of routine timing. Synchronization is off throughout majority of performance and makes it difficult to visually understand routine movements.
7.0 - 7.9	Average timing displayed throughout routine. Standard synchronization maintained. Areas of routine lack team uniformity and knowledge of proper counts.
8.0 - 8.9	Good understanding and knowledge of proper timing and routine counts. Proper synchronization maintained throughout majority of routine. Minor timing errors.
9.0 - 10.0	Routine is executed with great synchronization. Nice uniformity and timing maintained throughout entire routine.
CHEER FUNK: INCORPORATION OF CHEER FUNK SKILLS - Max Score 5.0	
0.0 - 2.9	Little to no cheer funk movements in choreography. Movements short of personality and variety.
3.0 - 3.9	Basic incorporation of cheer-funk movements. Standard level of creative choreography and movements.
4.0 - 5.0	Good incorporation of cheer-funk movements. Expressive and varied style. Nice visuals and creativity.
CHEER FUNK: EXECUTION OF CHEER FUNK SKILLS - Max Score 5.0	
0.0 - 2.9	Little to no cheer-funk style executed. Lacking energy. Movements short of personality and uniformity. Proper rhythm and body control not maintained by majority. Numerous timing errors.
3.0 - 3.9	Average energy executed. Minimal timing errors. Movements performed with basic rhythm/body control.
4.0 - 5.0	Good sense of rhythm and energy. Nice body control and execution. Great timing.
JAZZ: INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS - Max Score: 5.0	
0.0 - 2.9	Little to no incorporation of skills. Minimal team participation in jazz technique throughout routine. Little to no variety in jazz skill
3.0 - 3.9	Moderate jazz skills/technique incorporated within routine. Jazz skills lack variety. Minimal team participation.
4.0 - 5.0	Good incorporation of technique. Routine includes solid combinations. Nice variety and team participation.
JAZZ: EXECUTION OF JAZZ TECHNIQUE - Max Score: 5.0	
0.0 - 2.9	Lacking proper technical execution. Poor body placement. Skills are too rushed/too slow and not being performed at proper pace
3.0 - 3.9	Basic knowledge of proper technique and execution. Few issues with incorrect body placement and timing of skills. Standard skills with some being performed at improper pace (too fast/too slow).
4.0 - 5.0	Skills performed with good execution and presentation. Minor timing errors. Nice body placement/extensions. Appropriately paced jazz skills executed properly by majority.
ROUTINE EXECUTION AND DEGREE OF DIFFICULTY - Max Score: 10.0	
0.0 - 5.9	Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.0 - 6.9	Routine difficulty is not apparent throughout the routine. Routine difficulty is minimal or above team ability. Routine lacks dance technique and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	Routine difficulty is age appropriate. Average emphasis on technical skills and choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	Nice difficulty level and incorporation of challenging movements and technical dance skills. Routine difficulty level is age appropriate yet challenging. Majority of team executing routine correctly.
9.0 - 10.0	High level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.

YCADA Dance - Hip Hop

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0	
0.0 - 5.9	Choreography shows a complete lack of personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.0 - 6.9	Routine lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	Average creativity displayed throughout routine. Choreography lacks innovative style and displays minor variety in movements.
8.0 - 8.9	Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	Excellent incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.
CHOREOGRAPHY: VISUAL EFFECT - Max Score: 10.0	
0.0 - 5.9	Little to no visually appealing choreography incorporated. Lacking levels, roll-offs, group work, etc.
6.0 - 6.9	Minimal incorporation of visual movements. Routine lacks visual appeal.
7.0 - 7.9	Moderate visual effects. Routine incorporates basic levels, roll-offs, group work, etc. Standard visual appeal.
8.0 - 8.9	Nice incorporation of visual movements. Good amount of level changes, roll-offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
9.0 - 10.0	Includes several visually effective sections. Routine grabs the attention of the audience with prominent and definite moves that are visually impressive. Very creative use of levels, roll-offs, group work, etc. Routine visuals keep the choreography exciting and audience entertained.
CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and/or repetitive.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
CHOREOGRAPHY: DIFFICULTY - Max Score: 5.0	
0.0 - 2.9	Routine choreography displays a complete lack in knowledge of proper difficulty level. Movements are too easy/too hard and causes confusion throughout the routine.
3.0 - 3.9	Standard level of difficulty in movements and choreography. Difficulty level maintained throughout a majority of choreography.
4.0 - 5.0	Great level of routine difficulty including intricate and innovative movements. Challenging choreography maintained throughout routine. Difficulty level keeps audience engaged and performance exciting.
HIP HOP FUNDAMENTALS: INTERPRETATION AND INCORPORATION OF HIP HOP STYLES - Max Score: 20.0	
0.0 - 11.9	Little to no understanding of hip hop styles. Routine shows a complete lack of diversity, variety, and athleticism. Poor interpretation and knowledge of movements.
12.0 - 13.9	Team lacks knowledge of basic hip hop styles. Routine short of variety and proper incorporation of style.
14.0 - 15.9	Basic incorporation of style variety throughout routine. Movements are repetitive and lack in diversity. Average understanding of hip hop styles.
16.0 - 17.9	Nice variety in styles. Good awareness and interpretation of hip hop styles. Diversity and variety maintained throughout majority of routine.
18.0 - 20.0	Remarkable knowledge and interpretation of hip hop styles. Routine incorporates diversity and demands attention. Great variety in styles and movements.
HIP HOP FUNDAMENTALS: EXECUTION OF HIP HOP STYLES - Max Score: 20.0	
0.0 - 11.9	Majority of routine is executed improperly. Hip hop styles are lost throughout routine.
12.0 - 13.9	Routine lacks proper execution of hip hop styles throughout performance. Majority of team lacking body control, intensity, and basic rhythm
14.0 - 15.9	Standard rhythm and body control demonstrated. Hip hop styles and movements are inconsistently executed throughout
16.0 - 17.9	Nice body control and rhythm demonstrated throughout routine. Most movements and styles are executed properly and with strength and intensity by majority
18.0 - 20.0	Wonderful execution of all incorporated movements. Variety of styles executed with strength, emotion and personality. Moves contain body control and natural rhythm.
HIP HOP FUNDAMENTALS: INCORPORATION OF ATHLETICISM AND TRICKS - Max Score: 5.0	
0.0 - 2.9	Routine displays a complete lack in athleticism and tricks. Difficulty level is not apparent throughout entire routine.
3.0 - 3.9	Standard level of difficulty in athleticism and tricks. Difficulty level maintained throughout a majority of routine.
4.0 - 5.0	Great level of routine difficulty including tricks and athletic skills. Challenging level maintained throughout routine. Difficulty level keeps audience engaged and performance
ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0	
0.0 - 5.9	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost
6.0 - 6.9	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors
9.0 - 10.0	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.
ROUTINE EXECUTION: PERFORMANCE PRESENTATION AND EXECUTION - Max Score: 10.0	
0.0 - 5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
6.0 - 6.9	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
7.0 - 7.9	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
8.0 - 8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
9.0 - 10.0	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.

YCADA Dance - Step

INTRODUCTION & EXIT - Max Score: 10.0	
6.0 - 6.9	Below average of step beginning and ending. Unclear of when the routine begins or ends throughout routine. Below average theme interpretation. Unclear of theme. Below average meaning and storyline portrayed to audience. Unclear of theme meaning.
7.0 - 7.9	Average clarification of step beginning and ending at times throughout routine. At times uncertain of ending point or direction routine is evolving into. Average theme interpretation. Unclear of the theme, meaning and storyline portrayed to audience at times throughout the routine.
8.0 - 8.9	Good clarification of step beginning and ending. For majority of routine. Uncertain at times of ending point. Good theme interpretation. Clear understanding, meaning and storyline portrayed to audience for majority of routine.
9.0 - 10.0	Excellent clarification of step beginning and ending. Excellent theme interpretation. Excellent meaning and storyline portrayed to audience.
APPEARANCE, UNIFORMS AND COSTUMES/PROPS - Max Score: 10.0	
6.0 - 6.9	No use of props. Below average costume selection. Standard costume selection very basic. Costumes does not coincide with theme portrayed to the audience. Issues with costumes; ex. to small, excessive skin showing, undergarments revealed etc.
7.0 - 7.9	Some use of props. Standard costume selection. Costumes convey theme portrayed to the audience but is a basic costume. Costumes are in good taste, not very creative but meet standards with minimal costume issues.
8.0 - 8.9	Good incorporation of props throughout majority of routine. Good costume selection. Costumes convey theme portrayed to the audience throughout majority of routine. Costumes are in good taste and creative but meet standards.
9.0 - 10.0	Excellent incorporation of props within routine. Excellent costume selection. Costumes convey the theme portrayed to the audience. Costumes are in good taste and are outside the box, very creative but meet standard requirements.
ORIGINALITY & CREATIVITY - Max Score: 10.0	
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and/or repetitive.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
ROUTINE EXECUTION & DEGREE OF DIFFICULTY - Max Score: 10.0	
5.0-5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
6.0-6.9	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution, lacks confidence and audience appeal.
7.0-7.9	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
8.0-8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
9.0-10.0	High level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.
OVERALL PERFORMANCE - Max Score: 10.0	
6.0-6.9	Below average effectiveness. Unable to create positive and memorable moments throughout routine. Below average innovative, visual, unique, intricate ideas incorporated through step. Below average theme selection and costumes that are age appropriate and coincide with the routine.
7.0-7.9	Average effectiveness in performing a memorable performance creating positive and memorable moment at times. Average innovative, visual, unique, intricate ideas incorporated through step. Average theme selection and costumes that are age appropriate and coincide with the routine at times.
8.0-8.9	Effective in performing a memorable performance creating positive and memorable moment throughout the majority of the routine. Good innovative, visual, unique, intricate ideas incorporated through step. Good theme selection and costumes that are age appropriate and coincide with the majority of the routine.
9.0-10.0	Very effective in performing a memorable performance leaving a lasting impression. Excellent innovative, visual, unique, intricate ideas incorporated through step. Excellent theme selection and costumes that are age appropriate and coincide with overall routine theme.
SYNCHRONIZATION/PRECISION - Max Score: 15.0	
11.0-11.9	Below average uniformity amongst steppers. Voices, movements, sounds and steps are not in sync throughout entire routine. Timing is off throughout routine.
12.0-12.9	Average uniformity amongst steppers. Voices, movements, sounds and steps are in unison with some synchronization errors throughout routine. Timing is off for a portion of the routine.
13.0-13.9	Good uniformity amongst steppers. Voices, movements, sounds and steps are in unison with minimal synchronization errors throughout routine. Minimal to no timing issues.
14.0-15.0	Excellent uniformity amongst Steppers. Voices, movements, sounds and steps are in unison with minor to no synchronization errors throughout routine. Timing is on point for all aspects of the routine.
SHOWMANSHIP - Max Score: 10.0	
6.0-6.9	Below average passion and zeal for routine displayed. Athletes are not engaged or confident in routine. Low energy maintained throughout routine with burst of energy at times. Did not capture the crowd's attention and create excitement throughout routine.
7.0-7.9	Average passion and zeal for routine displayed at times during routine. Athletes are engaged in routine and confident at times within routine. Average energy maintained. Captured crowd's attention and created excitement at times throughout routine.
8.0-8.9	Good passion and zeal for routine displayed through majority of team. Athletes are engaged in routine and confident throughout majority of routine. Excellent energy maintained throughout majority of routine. Captured crowd's attention and created excitement for most of the routine.
9.0-10.0	Excellent passion and zeal for routine displayed through each athlete. Athletes are engaged in routine and confident throughout routine. Excellent consistent energy maintained. Captured crowd's attention and created excitement.
VOICE CLARITY - Max Score: 10.0	
6.0 - 6.9	Below average projection of voices. Volume is low and pace is too fast or too slow throughout routine. Hard time understanding what is being said.
7.0 - 7.9	Average projection of voices. Average volume is utilized and voices are clear at times. Average pace. Words and Phrases can be clearly and easily understood at times.
8.0 - 8.9	Good projection of voices. Voices are loud and clear throughout routine. Good pace. Words and Phrases can be clearly and easily understood through most of the routine.
9.0 - 10.0	Excellent projection of voices. Voices are loud and clear throughout routine. Words and Phrases can be clearly and easily understood.
TRANSITIONS - Max Score: 15.0	
11.0-11.9	Major issues during transitions (excessive travel; bumping) Minimal incorporation of skills during transition.
12.0-12.9	Some issues during transitions (excessive travel; bumping) Average incorporation of skills during transition.
13.0-13.9	Minor issues during transitions. Good coordination among all elements of the routine.
14.0-15.0	Clean, complicated, creative and seamless transitions. Excellent incorporation of skills during transitions. Uncluttered changes between segments. Strong coordination among all elements of the routine.

YCADA DANCE GLOSSARY

Aerial: Cartwheel executed without placing hands on the ground.

Airborne: To be in air and free of contact from the performance surface and/or another dancer.

Ala Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

Axle: The working leg kicks out from a low chaîné and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid air.

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.

Backward Roll: A non airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface and lifting the hips over head through an inverted position.

Break Dancing: A rhythmic style of dancing involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the performance surface.

Cartwheel: A non airborne gymnastic skill where a dancer uses the support of their arms to pass through a sideways inverted position while kicking one leg up at a time and landing one foot at a time.

Chainé Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

Chorus Line Flips: A skill in which a dancer back or front flips between two other dancer whose arms and/or wrists are interlocked. The dancer flips with or without hand/arm contact.

Dance Lifts: An action in which a dancer(s) (the elevated dancer) is elevated from the performance surface by one or more dancers (the supporting dancers) and set down.

Elevated: Raising a dancer to a higher position.

Elevated Dancer: A dancer who is lifted by supporting dancers.

Flying Squirrel: A jump using forward momentum while the dancer's arms and legs are extended creating an "X" position in the air.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to ala seconde turns but instead of the leg staying in second position it whips in to passé.

Forward Roll: A non airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Walkover: A non airborne tumbling skill where the dancer rotates forward with his/her hands on the performance surface while passing through an inverted position, then kicks the legs over to rotate hips over head landing one foot at a time.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid air.

Hand/Arm Contact: The physical contact between two or more dancers through the hand(s)/arm(s).

Handstand: A position in which the dancer is in a straight bodied, inverted position while the arms are placed on the performance surface extended by the head supporting his/her body weight.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the arms to aid in rotation and speed. The legs can be held in a variety of positions.

Headstand: A position in which a dancer is inverted on one's head while the hands are also on the performance surface to support his/her body weight.

Heel Stretch: When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the

highest point of extension.

Hip Over Head Rotation: A movement where hips move over the head. Examples: Forward roll, back walkover

Inverted: When the dancer's shoulders are below her/his waist with at least one foot above his/her head

Jump: An airborne position not involving hip over head rotation that is executed by pushing off of the performance surface with the power from one's feet and legs.

Kick and Hold: When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.

Kip Up: Originating from a laying down position (on back, stomach up) the dancer bends knees into chest and kicks up to land on his/her feet.

Krumping: This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.

Lifting Dancer: A dancer (s) who lifts and bears the weight of an elevated dancer during a dance lift.

Liquid Dancing: Liquid like movements and gestured dancing that can sometimes involve pantomime.

Passé (pah-say): A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg.

Piqué Turns (pee-kay): A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.

Pirouette Turns (pir-o-et): A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

Plié (plee-ay): A bending of the knee or knees.

Pony Sit: The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.

Pop & Lock: Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "snap shot effect".

Prop: An object that a dancer can control and utilize throughout a performance.

Pyramid: A grouping of connected stunts.

Relevé (reh-la-vay): A rising of the body on the balls of the feet.

Round Off: The dancer places hands on the performance surface while kicking legs up into an inverted position then snaps the feet and legs together to land at the same time.

Scale: When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.

Shoulder Roll: Similar to a forward or backward roll, although the back of the shoulder is the contact with the floor and the head is tilted to the side to avoid direct contact with the performance surface.

Shoulder Sit: The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer's back.

Side Leap/Jeté a la Seconde: A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid air before landing.

Spotting: A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).

Stall: A hip hop maneuver that halts all body motion. This skill uses the dancer's strength and balance to freeze in a pose that is usually creative in leg variations or done on one or both hands in the inverted position.

Street Dancing: This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

Supporting Dancer: A dancer (s) who bears the weight of the elevated dancer.

Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid air to end with both legs extended at each side (straddle position).

Thigh Stand: The supporting dancers are in a lunge position while the elevated dancer places their feet in the pockets of the supporting dancer's thighs.

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of

another dancer(s).

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chaîné that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid air before completing the skill.

Whack Back - A vertical jump incorporating a backward rotating straddle jump or around the world jump as the performer lands on their hands at their sides and slightly behind their body.

Weight Bearing: A skill in which the dancer's weight is supported by another dancer

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a v-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

SECTION 7: AYC CONFERENCE DIVISION 14 ELITE CHEER

AYC CONFERENCE DIVISION 14 ELITE CHEER

DIVISION	AGES	SKILL LEVELS
14 Elite	11, 12, 13, 14	Level 2 or 4

CONFERENCE DIVISION 14 ELITE TEAM GUIDELINES

The Conference Elite team is a competitive division at the AYC National Championship. Each AYC National Conference has the opportunity to create a level 2 and or level 4 Conference Elite team(s) for the purpose of competing at the National AYC Championship. Teams are encouraged to *perform* at local and regional competitions if they are ready, however, a team cannot be formed unless they are committed to attend the AYC National Championship.

- Conference Elite teams are considered a division 14 Elite team with no more than 18 athletes per team
- Division 14 Elite is made up of cheer athletes that are on the current year's cheer roster and are 11 - 14 years old, on a division 12, 14, or 18 team. Athletes can be from level 1, 2, 3, or 4 teams at their local association.
- Athletes may compete at the AYC National Championship for their Local Association and their Conference Elite team, cross competing is allowed. However, athletes may not compete on both a level 2 and a level 4 Conference Elite team.
- Each Conference must submit all required paperwork to their Regional Cheer and Dance Director no later than September 15. Regional Cheer and Dance Directors must confirm approved team participation no later than September 18th. Commitment means that each participant's parent/guardian has committed and understands the financial, practice and travel obligations. You must have a committed team of players and coaching staff prior to making your commitment to the national office.
- There must be at least two teams in division 14 Elite level 2/level 4 to hold a National Championship. A determination will be made if there are enough teams on September 18th.
- Conference Division 14 Elite teams will be required to pay the tournament registration fee upon commitment and acceptance into the AYC National Championship. This fee is non-refundable and therefore forfeited should a team back out of the championship. In addition, any Conference that commits to sending a team to the AYC National Championship and does not send a team, will be suspended from participation for 1 year.

Competition Attire

Attire will be a performance tank or t-shirt, shorts with briefs underneath.

Coaching Selection

- Conferences will develop their own system for nominating and selecting coaches and participants, utilizing the minimum guidelines set forth below.
- Coach nominees must be currently rostered in that Conference and have a positive history with the organization.
- Nominees must be coaches who have demonstrated not only the competence one would expect from a cheer coach, but one who demonstrates the understanding that **"It's for the Kids"** and demonstrate the highest moral integrity and character.

- The Conference cheer director should oversee coach selection, with the assistance of other Conference board members and/or Elite team coaching staff.

Participant Selection

The Conference cheer director shall have final approval of all participants of the team to ensure minimum participation requirements are met.

- At least three different associations within the Conference must be represented. No single association can dominate in participation. Conferences needing exception to this rule should contact their Regional Cheer and Dance Director for approval.
- Only participants who, by the September 15 deadline, were certified, listed on the final roster and are actively participating with their team during the regular season are eligible.
- The participant selection process should include a scholastic component.
- It is recommended that selection and formation of the team be done between week 4 and week six of the traditional season.

Conference Requirements

The Conferences' cheer director must certify that each player selected is properly listed on the final roster and certified, and submit all required documentation to their respective Regional Cheer and Dance Director by the September 15 deadline.

- The Conferences must ensure that each participant is actively participating with their team for the entire season.
- The Conference is to complete a roster for the Conference division 14 Elite team via the documentation provided by the national office.
- The Conference is required to guard that the practice rules are adhered to. They are as follows:
 - Practice may not start sooner than the first Saturday following September 15th
 - One 8-hour choreography session is permitted.
 - One practice per week prior to your regional championship (or November 20th in the event you don't have a regional championship), not exceeding more than 3 hours in duration, mandatory break rules apply.
 - After your regional event, no more than 6 hours' practice per week, no more than 4 hours in duration. Mandatory break rules apply.

Tackle Football & Cheer Insurance

**Football & Cheer Insurance Plan
Endorsed by American Youth Football**



- **Savings Up To 38%**
- **High Limits with Custom Coverage Enhancements**
- **Instant Online Quote/Pay/Print**
- **Simple Risk Management Programs for Your Adaptation (Abuse, Molestation, Brain Injury)**

Go Online Now at www.sadlersports.com/ayf and Get A Quick Quote In 30 Seconds And Purchase Coverage In 5 Quick And Simple Minutes.

Immediately Print Your Proof of Coverage Documents and Claim Forms.

Our automation allows our clients to issue their own certificates for field owners, 24/7!

- [The Risks of Going Uninsured or Being Underinsured](#)
- [12 reasons the AYF insurance program blows away the competition](#)
- [Coverage descriptions of all 5 insurance policies](#)
- [What you need to know before you apply for coverage](#)

**John Sadler Explains On Short Video Why
AYF / AYC Insurance Program Is Superior
To Competition!**

<https://www.youtube.com/watch?v=NV3T5HUf0bY>

Endorsed Insurance Plan:

Check out our AMAZING LOW RATES – www.sadlersports.com/ayf

- Meets AYF/AYC Minimum Insurance Requirements For Regular Season And Regional/National Championships.
- Accident and General Liability Underwritten by an "A+ 15" Rated Carrier by A.M. Best Company
- Annual AYF/AYC Registration Fee is \$30 per team for tackle, \$20 per flag team, & \$25 per cheer squad (when registering online)

OPTIONAL COVERAGES AVAILABLE WHEN ACCIDENT/GENERAL LIABILITY PLAN IS PURCHASED:

DIRECTORS & OFFICERS LIABILITY \$1,000,000 Directors & Officers Liability: \$300 per governing board \$2,000,000 Directors & Officers Liability: \$450 per governing board	CRIME INSURANCE For Theft / Embezzlement by your Volunteers \$25,000 Crime Insurance: \$200 per governing board	EQUIPMENT COVERAGE Equipment Coverage: \$2.00 per \$100 of coverage (\$200 minimum premium)
---	---	--

For more information about membership, visit www.joinayf.com

Check out our Sports Insurance Blog: <http://www.sadlersports.com/blog/>

SADLER
SPORTS & RECREATION INSURANCE

P.O. Box 5866 Columbia, SC 29250

E-mail: ayf@sadlersports.com

Phone: 800-622-7370