



NA (NON-AFFILIATED) RULES & SCORING PACKET

2023-2024

(VALID UNTIL 5/31/2024)

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YOUTH AFFILIATED vs. NA (NON-AFFILIATED)

USE THE FOLLOWING TO CONFIRM YOUR TEAM'S "NA" STATUS.

New changes from last year's Youth-affiliated packet are marked in **RED**.

YOUTH-AFFILIATED DIVISIONS:

Divisions identified as 'Youth' will provide competition for the majority of youth teams who have competed with YCADA in past years; however, the wording has been clarified to exclude teams who have left an organized program to form competition only teams, or join a program (i.e. city parks and rec. league) which has youth sports teams, but no formal cheerleading program – as defined below.

Definition of Youth Team: City/Mascot (i.e. Starbucks) + Division/Age of Play (i.e. Pee Wee).

EXAMPLE: Starbucks Pee Wee

YOUTH-AFFILIATED DIVISION GUIDELINES:

- Team is affiliated with a governing youth football organization (i.e. Pop Warner Football, American Youth Football, AAU, P.A.L., Junior All American, etc.). The youth league must include cheerleading bylaws and cheerleading safety rules as part of their charter. Team supports, is affiliated with, and is required to "cheer for" all scheduled football games in their organization during the regular season. A public game schedule must be available for review.
- Teams affiliated with any sport other than football (i.e. baseball, basketball, soccer) must compete in the Youth Non Affiliated "NA" Divisions.
- Coaches **MUST** bring copies of their league/team 'books' containing copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, or league affiliation disputed, a YCADA event official will require this documentation. Not having this information available at the event may result in disqualification.
- Youth divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2023** shall be the participant's age through **May 31, 2024**.

NA (NON-AFFILIATED) DIVISIONS:

Divisions identified as 'NA (Non-Affiliated)' will provide competition for youth cheer teams who are not associated with a youth football organization (as defined above), or representatives of an all-star cheer gym, dance studio or registered team with USASF. This type of youth team is sometimes also referred to as 'Performance Rec'.

NA (NON-AFFILIATED) DIVISION GUIDELINES:

- Team is **NOT** affiliated with a youth football organization that includes cheer safety rules or cheer bylaws as part of its franchise.
- Organizations or Teams may not be registered with USASF at the time of competition and not have had any teams in their organization compete in any competition under any "All Star" identified divisions.
- It is not mandatory that this team supports, affiliates with, or "cheers for" an organized sport (i.e. football, basketball, etc.).
- No Official Team Roster is required in NA Divisions.
- Coaches must bring copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, a YCADA event official will require this documentation. **Not having proof of athletes' ages at a YCADA event may result in disqualification.**
- NA (Non-Affiliated) divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2023** shall be the participant's age through **May 31, 2024**.
- To identify an NA (Non-Affiliated) division in the registration portal and competition schedule, team divisions will be referred to as NA (Non-Affiliated) followed by the Level (i.e.: NA - Division 12 Level 2^x). The example indicates: An NA (Non-Affiliated) team, age 12 and under, selecting Level 2^x (NA) skills.

To maintain the integrity of a fair and competitive NA Division, YCADA reserves the right to evaluate a team's status to ensure compliance to the letter and the spirit of the above policies.

NA

CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

CROSSOVERS

- 1) Any athlete performing in a Non-Mount division may NOT cross over into a division that allows building skills
- 2) Level 1* Limited may not cross over to any other Cheer Level.

CHEER LEVEL 1* LIMITED: (Time Limit: 2 min) Performance using music during the routine. Teams may incorporate a cheer/chant within the routine. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Cheer Level 1* Limited routine requirements and allowances.

CHEER: (Time Limit: 2 min 30 sec) This category is offered for the following levels: **1x, 2x, 3x and 4x**. Performance using music during the routine. Teams may incorporate a cheer/chant within the routine. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Cheer routine requirements and allowances.

Special Performances: 1 minute 30 seconds *(This category is reserved for teams with athletes with disabilities)*

NA CHEER GENERAL SAFETY RULES

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.

New rule changes are marked in **RED**. Any violations from this section will be a **1.5 point deduction**.

- (a) No shoe charms, hair beads, 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. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred.
- (b) Casts and Braces
 1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to 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.
- (c) Athletic closed-toe shoes are required for all participants.
- (d) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (e) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (f) **Entrances & Exits**
 1. Teams should take no longer than 20 seconds to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniformed fashion to team’s starting position is allowed. Spirited exits are allowed after the competition of the routine but must not include tumbling or stunt skills.
- (g) Timing will begin with the first choreographed word, movement, skill, or note of music following the team’s entrance to the performance surface. Teams may use a short count and a set prior to the start of the music/cheer. (Example: “5,6,7,8 – Panthers!) Timing will end with the last choreographed word, movement, skill, or note of music preceding the team’s exit from the performance surface. Coaches may not delay the start of the routine in order to fix formations. Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Challenger).
- (h) All participants must be on the performance surface at the start of the routine.
- (i) **Code of Conduct - Actions taken will be under the discretion of an event official**
 1. Routines must be appropriate for family viewing.
 2. 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.
 3. Tear away uniforms and/or removal of clothing is not allowed.
 4. Uniforms and make up should be age appropriate and suitable for family viewing.
 5. Items that may damage the performance surface are prohibited.

6. Uniforms

****Upcoming Rules Change for the 2024-2025 Season****

All Uniform tops must be full coverage (no exposed midriff or crop tops), with the exception of NA Division 16 & NA Division 18. Those teams with non-full coverage/crop top uniforms must wear a suitable cover-up or mesh over/under their uniforms, outside of warmup and performance times.

All NA cheer uniforms should properly cover an athlete and must be properly secured. Uniform tops must be secured with material over both shoulders, one shoulder, or around the neck. Skirts and shorts must fully cover hips and briefs. Appropriate undergarments must be worn with all uniforms.
- (j) **Poms and Props**
 1. Props other than banners, flags, megaphones, and signs/light up signs must be submitted to YCADA for approval to ensure athlete’s safety.
 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 props are no longer needed, they must be safely discarded either within or outside of the performance area by an athlete who remains inside the performance 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 stunt is fully built, flyers may obtain and use poms and props and then transition to another stunt that does not require the use of hand(s). 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 poms/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 poms/props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.

NA CHEER GENERAL SAFETY RULES

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New rule changes are marked in **RED**. Any violations from this section will be a **1.5 point deduction**.

(k) Jumps

1. Participants are permitted to jump over another participant on the performance surface **with or without contact**.
2. Partner assisted jumps are allowed provided the supporting **athlete** controls the jump and maintains contact from start to finish. **Partner assisted jumps will not count towards jump difficulty**.
3. Airborne skills that drop/transition directly to the performance surface **are not allowed**. **Weight must be borne on the hands or feet**.

(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 Tumbling is an allowable skill. However, any skills of these type will not be considered a part of tumbling difficulty.**
3. Partner tumbling is prohibited.
4. Participants may perform a Handstand that is in contact with individuals on the ground as choreography.
5. Tumbling oriented load-ins to stunts, dismounts, and transitions (such as Cartwheels, Round Offs, and Walkovers) are permitted:
 - (i) Must follow inversion rules
 - (ii) Rebounding from tumbling skills into stunts/stunt transitions is limited to cradle, load-in, and below prep level group-based stunt ONLY. If rebounding into a single based below prep level stunt, an additional spotter is required.
6. 3/4 flips and 1 1/4 flips are prohibited unless an exception is listed in the level rules grid.
7. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.

(m) Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget with or without contact to the Nugget.
2. Must never pass over, under or through other stunts and/or pyramids.
3. In all dismounts, catching base(s) **MUST** physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
4. **(Level 3-4) Single leg extended stunts may be braced to other extended level stunts.**
5. **Pendulums**
 - (i) **Pendulum transitions must start from prep level or below and return to an upright stunt/load- in/ground position.**
 - (ii) **One Spotter is required in front of the catchers during all pendulum transitions.**
 - (iii) **Two Bases are 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.).**
6. Stunts 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. Superman transitions may not be braced to any other **Superman Transitions, and may not invert at any point**.
8. May not cradle from any stunt in which the base(s) have a knee on the ground.
9. Release moves may not involve changing bases.
10. In pyramids involving release moves that require a bracer for legality (ball ups, braced flips, etc.), 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.
11. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire stunt/transition.
12. All downward inversions are **ILLEGAL** unless an exception is stated in the Level Rules Grid for that level.
13. All inversions require 2 bases and 1 spotter.
14. Inversion skills where the flyer transitions from the inversion directly over the back spot to the load in position or directly from the inversion to a shoulder sit on the back spot, requires an additional spotter.
15. If a flyer is released from a single based stunt and lands in a horizontal, non-cradle position, 2 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 1 catcher/base. If a flyer is released from a multi-based stunt and lands in a horizontal, non-cradle position, 3 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 2 catchers/bases.
16. **LEVEL 4 ONLY:** A separate person **MAY** move under a stunt, as long as they remain in a non-inverted position.

(n) Tosses (Levels 2-4)

1. May never intentionally travel.
2. Must be caught in a Cradle by the original bases and are limited to 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.
3. Must never become inverted at any point during the toss.

(o) Types of Required Spotters

1. Must be in direct contact with the performance surface and cannot be a required spotter for 2 different flyers. Each flyer requires a separate spotter.

Continuous Back Spotter

2. Not required for Knee Stands, Thigh Stands, or Shoulder Sits.
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. (Levels 2-4) - A spotter is **NOT** required if a flyer is at prep level or below. A spotter is required if a flyer is passing through or stopping at extended level.
5. Required for all stunts, release moves and tosses prep level and above (exceptions: may transition from/to back spot of a group-based stunt to Shoulder Sit, Flatbacks with at least 3 bases, vertical/horizontal T-Lifts. **In flatbacks with 3 bases, one base must be supporting the head, neck, and shoulders of the flyer.**

NA CHEER GENERAL SAFETY RULES

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(o) Types of Required Spotters (continued)

Continuous Back Spotter

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. Exception - spotter not required for Nugget stunts, where the flyer's foot is not in the hand of the bases.
7. 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.
8. 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).
9. (Level 2) During 1/2 twist transitions from prep level or below to a cradle position, the flyer and at least one base or back spotter must maintain contact throughout the transition and an additional spotter is required at the head and shoulders of the flyer to catch the Cradle.

Spotter for Single Based Stunts

10. Required for a single-based partner stunts at prep level and above.
 - (i) **Must be positioned directly behind or to the side of the flyer.**
 - (ii) 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).
11. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

(p) Bases

1. Must be in direct contact with the performance surface.
2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
3. Two required during a pyramid transition when the flyer is completely released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
4. Two bases required in all Split Stunts.
5. If a base is supporting a flyer at prep level and kneels or squats, the flyer will still be considered to be at prep level. If the base is supporting a flyer in an extended position and kneels or squats, the flyer will still be considered to be at an extended level.

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.

NA CHEER LEVEL 1^x LIMITED RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position providing at least one hand and/or foot remains in contact with the performance surface during all skill(s) execution including, but not limited to:</p> <ul style="list-style-type: none"> • Front/Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Ground Up Bridges (provided the performer returns to the ground/laying position) <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Handstands that fall to Bridge position • Front/Back Walkovers • Front/Back Handsprings • Flips in any body position • Tumbling into a load in stunt • Dive Rolls
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level and below • Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands) • Single leg stunts at knee stand level and below • Stunts MAY NOT move/turn during any portion of the stunt sequence. This includes during a Sponge/load-in or once the stunt is complete. <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Thigh Stand Single Leg Stunts • Transitional stunts that involve changing bases • Swing Stunts • Show and Go Stunts • Extended V-Sits
INVERSIONS	<p>ALL INVERSIONS ARE PROHIBITED</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Shove Wrap • Step Off the Front/Back • Bump Down • Pop Offs <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • All Cradles
RELEASE MOVES	<p>ALL RELEASE MOVES ARE PROHIBITED</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules • Allowed up to 2-high

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 12.0

11.0 - 12.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation.
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PERFORMANCE OF ROUTINE - By MAJORITY of Team - Max Score: 12.0

11.0 - 12.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal.
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DANCE/MOTIONS - By MAJORITY of Team - Max Score: 15.0

14.5 - 15.0	Teams ability to demonstrate excellence in dance/motion technique and placement, energy/pace, creativity/variety in dance/motions, incorporation of visuals, transitions, level changes, (dance) footwork and floorwork
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

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

JUMPS DIFFICULTY - Max Score: 10.0

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

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

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

Variety will be defined as 2 or more different jumps.

0.0	Zero skills performed.
7.0	1 synchronized basic jump performed by LESS THAN majority of team
8.0	1 synchronized basic jump performed by MAJORITY of team
9.0	1 synchronized advanced jump performed by LESS THAN majority of team
10.0	1 synchronized advanced jump performed by MAJORITY of team

STUNTS DIFFICULTY - Max Score: 15.0

0.0 - 0.0	Zero skills performed.
12.0 - 12.4	Below knee level two leg stunts by MAJORITY of team
12.5 - 12.9	Below prep level two leg stunts by LESS THAN majority of team
13.0 - 13.9	Must perform at least ONE of the following by MAJORITY of team: <ul style="list-style-type: none"> • Prep level two leg stunts • Knee level two leg stunts
14.0 - 15.0	Must perform BOTH of the following (each skill must be performed by the majority): <ul style="list-style-type: none"> • Prep level two leg stunts • Knee level single leg stunt(s) (multiple variations encouraged)

DISMOUNTS DIFFICULTY - Max Score: 15.0

0.0	Zero skills performed.
14.0	Must perform at least <u>ONE</u> of the following by LESS THAN majority of team: • Step Offs • Bump Downs • Shove Wraps • Pop Off
15.0	Must perform at least <u>ONE</u> of the following by MAJORITY of team: • Step Offs • Bump Downs • Shove Wraps • Pop Offs

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

0.0	Zero skills performed.
13.0 - 13.4	Must perform at least <u>ONE</u> of the following by LESS THAN majority of team: • Forward Rolls • Backward Rolls • Handstands
13.5 - 13.9	Must perform at least <u>ONE</u> of the following: • Forward Rolls • Backward Rolls • Handstands • Ground Up Bridges
14.0 - 14.4	Cartwheels
14.5 - 15.0	Round Offs

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT



NA LEVEL 1^X LIMITED - JUDGE 1: BUILDING

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Dismounts Difficulty		15	
Dismounts Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		32	



NA LEVEL 1^x LIMITED - JUDGE 2: JUMPS/TUMBLING

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Tumbling Difficulty		15	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		27	



NA LEVEL 1^X LIMITED - JUDGE 3: OVERALL

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		12	
Performance of Routine		12	
Dance/Motions		15	
Stunt Creativity		2	
General Comments:		MAX TOTAL	YOUR TOTAL:
		41	

NA CHEER LEVEL 1^x RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in RED. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to:</p> <ul style="list-style-type: none"> • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes <p>Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level or below • Single leg stunts below prep level • Show N Go above prep level • Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands) • Twisting during load in/stunt transition is limited to ¼ rotation • Non-release single based stunts (provided they follow group stunt allowances) <p>Prohibited Skills (include but are not limited to): Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, Front/Back/Side Tension Rolls, Single based Split Stunts, Swing Dance, Swing Stunts and transitional stunts that change bases.</p>
INVERSIONS	<ul style="list-style-type: none"> • Ground Level Inversion to Ground Level <p>Prohibited Skills (include but are not limited to): Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Step Off the Front/Back • Shove Wrap • Bump Down • Prep Level Pop Offs are limited to 1/4 Turn • Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only (exception: single based stunts may not cradle). <p>Prohibited Skills (include but are not limited to): Cradles from extended stunts, single trick non twisting Cradles, Cradles to different bases & Fireman Catches</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position. <p>Prohibited Skills (include but are not limited to): Barrel Rolls, Helicopters, & single based tossed stunts</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Extended two leg stunts that are braced on one or both sides with hand/arm contact to prep level two leg stunts or below prep level stunts or bracers standing on the ground. Contact must be made to the required bracer(s) PRIOR to the flyer passing above prep level. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. • Single leg stunts at prep level provided they are braced on at least one side with hand/arm contact with a two leg prep level, below prep level stunt, or a participant on the ground that is not involved in the prep level single leg stunt. • Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side provided they are braced on both sides (clarification: the hand/arm contact must be made to the required bracer(s) PRIOR to executing the single leg stunt at prep level. Contact must be maintained until the upward motion of a dismount, Retake/Sponge, or stunt returns to a prep level two leg or below stunt). • Braced release dismounts to a Cradle are allowed provided they are continuously braced on one side by a two leg prep level or below stunt or a Shoulder Sit, which requires an additional spotter. No other skills may be included during the release and flyer must begin release transition in an upright body position and remain in an upright, straight body position throughout the release. <p>Prohibited Skills (include but are not limited to): Extended single leg pyramids, extended two leg stunts that brace any other extended two leg stunts.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 15.0

14.5 - 15.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation.
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PERFORMANCE OF ROUTINE - By MAJORITY of Team - Max Score: 15.0

14.5 - 15.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal.
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DANCE/MOTIONS - By MAJORITY of Team - Max Score: 11.0

10.0 - 11.0	Teams ability to demonstrate excellence in dance/motion technique and placement, energy/pace, creativity/variety in dance/motions, incorporation of visuals, transitions, level changes, (dance) footwork and floorwork.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

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

JUMPS DIFFICULTY - Max Score: 10.0

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

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

Variety will be defined as 2 or more different jumps.

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

STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	Knee level two leg stunts
7.5 - 7.9	Must perform at least <u>ONE</u> of the following: • Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls • Extended V Sits
8.0 - 8.9	Must perform at least <u>ONE</u> of the following: • Shoulder Stands • Prep level two leg stunt • Below prep level single leg stunt (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground Level Inversion to Ground Level
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s) Arabesque, Scorpion, Scale - multiple variations encouraged)- • 1/4 twist mount to below prep level single leg • 1/4 twist mount to prep level two leg stunt • Single based waist level single leg stunt

PYRAMIDS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

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

0.0	Zero skills performed
7.0 - 7.4	Below prep level two leg stunts braced on both or one side
7.5 - 7.9	Below prep level single leg stunts braced on both or one side
8.0 - 8.9	<ul style="list-style-type: none"> • Prep level two leg stunts • Prep level single leg stunts braced on both sides
9.0 - 10.0	<p>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.</p> <ul style="list-style-type: none"> • Prep level single leg stunts braced on only one side • Extended two leg stunts braced on both or one side • 1/4 turn stunt transitions to prep level and above stunts braced on only one side • Braced Release Moves to Cradle

DISMOUNTS DIFFICULTY - Max Score: 10.0

0.0	Zero skills performed
8.0 - 8.4	<p>Must perform at least <u>ONE</u> of the following by LESS THAN majority of team:</p> <ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs
8.5 - 8.9	<p>Must perform at least <u>ONE</u> of the following by MAJORITY of team:</p> <ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs
9.0 - 9.4	Straight Ride Cradles by MAJORITY of team
9.5 - 10.0	1/4 Turn Cradles by MAJORITY of team

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	<p>Must perform at least <u>ONE</u> of the following by LESS THAN majority of team:</p> <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
7.5 - 7.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
8.0 - 8.4	Cartwheels
8.5 - 8.9	Round Offs
9.0 - 10.0	<p>Must perform at least ONE of the following:</p> <ul style="list-style-type: none"> • Back Limbers to Back Walkovers • Front/Back Walkovers • Valdezes

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT



NA LEVEL 1^x - JUDGE 1: BUILDING

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Stunts Difficulty		10	
Stunts Execution/Technique		1	
Pyramid Difficulty		10	
Pyramid Execution/Technique		1	
Dismounts Difficulty		10	
Dismounts Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		33	



NA LEVEL 1^x - JUDGE 2: JUMPS/TUMBLING

TEAM NAME: _____

DIVISION: _____

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



NA LEVEL 1^x - JUDGE 3: OVERALL

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		15	
Performance of Routine		15	
Dance/Motions		11	
Stunt Creativity		2	
Pyramid Creativity		2	
General Comments:		MAX TOTAL	YOUR TOTAL:
		45	

NA CHEER LEVEL 2^x RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1^x are legal for Level 2^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <p>Standing</p> <ul style="list-style-type: none"> • Single Front/Back Handspring • Single Front/Back Handspring Step Out • Advanced Jump to Single Handspring/Handspring Step Out • Dive Rolls <p>Running</p> <ul style="list-style-type: none"> • Series Front/Back Handsprings • Series Front/Back Handspring Step Out <p>Prohibited Skills (include but are not limited to): Flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg extended stunts. • Single leg stunts at prep level • Leap Frogs • At least one base/continuous spotter must maintain contact with the flyer during transitions. • Twisting during load-in/transitions is limited to a combined total of a 1/2 twist by the flyer and/or bases <ul style="list-style-type: none"> * Stunt transitions from a upright stunt to a prone catch may not twist. * 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. * 1/2 twist transition from cradle to prone 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. <p>Prohibited Skills (include but are not limited to): Transitional stunts that involve changing bases, Front/Side/Back Tension Rolls, Single based Split Stunts, Swing Up Stunts, and twisting Superman transitions.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a non-inverted upright stunt at prep level and below to group based Stunts (2 bases, 1 back spotter) provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. • During transition from the inversion, at least 1 base/spotter must have contact with the flyer with one at the head/shoulders. <p>Prohibited Skills (include but are not limited to): Forward Suspended Rolls and downward inversions</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Cradles are limited to Straight, 1/4 turn, or single trick non-twisting Cradles (Clarification: Arch position does not count as a trick.) • Cradles from Single Based Stunts must be caught in a group cradle <p>Prohibited Skills (include but are not limited to): Pop Offs from extended level, 1/2 twist Cradles, dismounts that land in prone position, dismounts to different bases, Fireman Catches, and single based dismounts.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 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 • 1/2 twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flyer limited to a Straight Body position only. <p>Prohibited Skills (include but are not limited to): Toe Touch, Ball-X, Pike Arch, or twisting tosses.</p>
PYRAMIDS	<p>Allowable Skills:</p> <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 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. • Pyramid inversions are allowed and may start at ground level and end at extended level provided they are braced on one side by two leg stunt that may begin in the load-in position and transition up to prep level or below during the inversion transition. • Braced release dismounts to a cradle provided they are continuously braced on one side by a two leg prep level or below stunt or a Shoulder Sit. Flyer must begin release transition in an upright body position and remain in an upright body position throughout the release. • Extended two leg stunts may brace other extended two leg stunts. <p>Prohibited Skills (include but are not limited to): Braced flips, and full release braced Tic Tocks.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation.
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PERFORMANCE OF ROUTINE - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal.
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DANCE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in dance/motion technique and placement, energy/pace, creativity/variety in dance/motions, incorporation of visuals, transitions, level changes, (dance) footwork and floorwork.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

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

JUMPS DIFFICULTY - Max Score: 10.0

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

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

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

Variety will be defined as 2 or more different jumps.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by MAJORITY of team
8.0	Must perform at least ONE of the following: <ul style="list-style-type: none"> • 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	Must perform at least ONE of the following: <ul style="list-style-type: none"> • 2 synchronized non-consecutive advanced jumps by MAJORITY of team performed in the SAME sequence/section • 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

STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0 - 0.0	Zero skills performed
7.0 - 7.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Thigh level two leg stunts • Single twisting Barrel Rolls • Shoulder Sits • Superman transitions • Swedish Falls
7.5 - 7.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Prep level two leg stunts • Below prep level single leg stunt(s) (multiple variations encouraged) • Ground level inversions to load-in/sponge
8.0 - 8.9	Must perform at least ONE of the following: <ul style="list-style-type: none"> • Prep level two leg stunt AND below prep level single leg stunt(s) (multiple variations encouraged) • 1/4 twist mounts to prep level single leg stunts • 1/4 twist mounts to extended two leg stunts • Ground Level inversion to below prep level 1 leg stunts
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Prep level single leg stunt(s) (one variation required but multiple encouraged) AND extended two leg stunt • 1/2 twist mounts to prep level two leg stunts • 1/2 twist mounts to prep level single leg stunts • 1/2 twist mounts to extended level two leg stunts • Leap Frogs • Ground Level inversion to prep level stunts

PYRAMIDS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

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

0.0 - 0.0	Zero skills performed
7.0 - 7.4	Below prep level stunts braced on both or one side
7.5 - 7.9	Prep level two leg stunts braced on both or one side
8.0 - 8.9	<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
9.0 - 10.0	<ul style="list-style-type: none"> 1/2 twist pyramid transition to prep level two leg stunt Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt Braced Release Dismounts to cradle Ground Level Braced Pyramid inversion to prep level Extended Two Leg Stunt Braced to other Extended Two Leg Stunts <p>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.</p>

DISMOUNTS DIFFICULTY - Max Score: 10.0

0.0	Zero skills performed
7.5 - 7.9	<p>Must perform <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> Bump Down Shove Wrap Pop Off
8.0 - 8.4	Straight Ride Cradles by MAJORITY of team
8.5 - 8.9	1/4 Turn Cradles from prep level two leg stunt by MAJORITY of team
9.0 - 10.0	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> 1/4 Turn Cradles from prep level single leg OR extended two leg stunt by MAJORITY of team Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) by MAJORITY of team

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.5 - 7.9	Cartwheels
8.0 - 8.4	Round Offs
8.5 - 8.9	Front/Back Walkovers
9.0 - 10.0	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> Running/Standing Single Front/Back Handsprings/Handspring Step Out Advanced Jumps to Back Handsprings Running with Series Back Handsprings

TOSSES DIFFICULTY - Max Score: 10.0

0.0	Zero skills performed
8.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN 1/4 of team
9.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority but MORE THAN 1/4 of team
10.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by MAJORITY of team

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

NA CHEER LEVEL 3^x RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1^x & 2^x are legal for Level 3^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Series Handsprings • Dive Rolls (provided they are not in a Swan or Laid Out position). • Flips only in the following specified body positions with the following restrictions: <ol style="list-style-type: none"> 1) Side Aerial provided no tumbling is performed after the flip 2) 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 3) Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (clarification: tumbling out of/ after a front tuck is allowed). <p>Prohibited Skills (include but are not limited to): Standing flips in any body position, standing single/series Back Handsprings to a flip in any body position, running tumbling flips in any positions other than the allowable skills listed above, twisting in any flips, Cartwheel Step in Tucks.</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Single leg extended stunts • Transitional stunts where one athlete on the performance surface remains in contact with the flyer. • Swing Stunts provided the following: the flyer is face up and does not become inverted, two bases have contact with the flyer, and a spotter is in place. • Twisting during the load in/stunt transition is limited to 1 full twist and can only occur to/from prep level or from prep to prep level, and 1/2 twist to/from extended level. • Superman transitions are limited to 1/2 twist. <p>Prohibited Skills (include but are not limited to): Single-based Split Stunts, Swing Dance Stunts, Superman transitions that intentionally travel, and one full twist to extended level.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a non-inverted upright/extended stunt provided: <ol style="list-style-type: none"> 1) The inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) During the transition from the inversion, at least 1 base/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. • Inversions are limited to 1 full twist • Inversion exits are limited to waist level from a cradle or prone position provided: <ol style="list-style-type: none"> 1) The inverted participant makes contact with the performance surface with their hands during the Back Walkover out 2) During the transition to the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/ shoulder area of the flyer during the inversion. • Downward inversions from waist level, and must be assisted by 2 catchers, who remain in contact with the flyer between the waist and shoulder until the flyer makes contact with the performance surface. • Forward Suspended Rolls with 1 twisting rotation provided the flyer maintains hand/hand contact with the back spotter and lands in a cradle. • Backward Suspended Rolls may not twist. • A flyer may be in an inverted position at prep level or below. <p>Prohibited Skills (include but are not limited to): Handstand at prep level</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Pop Offs from extended level • Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation • Non-twisting two trick cradles only from Extension Prep. • Only Straight and 1/4 turn Cradles from extended single leg stunts • Single based stunts may perform Straight Cradles provided the required spotter is in place. <p>Prohibited Skills (include but are not limited to): Dismounts to different bases</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. • Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Release moves that land in prone position. Bases may not free toss a flyer to all new bases.</p>

NA CHEER LEVEL 3^x RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1^x & 2^x are legal for Level 3^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). <p>Prohibited Skills (include but are not limited to): Tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back)</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Braced release moves to an upright body position provided: <ol style="list-style-type: none"> 1) The flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only 2) The flyer does not intentionally travel during the release move 3) It incorporates no more than a 1/2 twist by the flyer • Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer. • Braced release moves that do not land in an upright body position (ex. ball-back) provided: <ol style="list-style-type: none"> 1) The flyer is continuously braced on both sides by a prep level or below stunt, with hand/arm contact on both sides or hand/arm on one side and hand/foot on the other 2) Flyer does not intentionally travel during the release move 3) Does not twist • A braced suspended roll in a pyramid provided: <ol style="list-style-type: none"> 1) The skill starts and ends at prep level or below 2) Finishes in a non-inverted position 3) The flyer remains in contact with a base/spotter and a bracer at prep level or below throughout the transition. • 1 full twist by the flyer provided the flyer is not released from the base/spotter. If the flyer is full or ¾ twisting to or from extended level, the flyer must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition. (and the grip must not change during the transition.) • Extended single leg stunts braced to other extended two leg stunts <p>Prohibited Skills (include but are not limited to): Release moves that travel over the legs and/or core of the bracer's body, collapsible pyramids, released Split Catches, and braced front/ back flips.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation.
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PERFORMANCE OF ROUTINE - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal.
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DANCE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in dance/motion technique and placement, energy/pace, creativity/variety in dance/motions, incorporation of visuals, transitions, level changes, (dance) footwork and floorwork.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

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

JUMPS DIFFICULTY - Max Score: 10.0

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

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

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

Variety will be defined as 2 or more different jumps.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 2 synchronized non-consecutive advanced jumps by MAJORITY of team
8.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • 2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	Must perform at least <u>ONE</u> of the following by MAJORITY of team: <ul style="list-style-type: none"> • 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY • 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0 - 0.0	Zero skills performed
6.0 - 6.4	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Knee level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls • Downward Inversions from waist level • Non-twisting Superman transitions
6.5 - 6.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversions to load-in/Sponge
7.0 - 7.4	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • 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 mounts to prep level stunts • 1/4 twist mounts to extended level stunts • Leap Frog
7.5 - 7.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Two leg extended stunts • 1/2 twist mounts to prep level stunts • Ground level inversions directly to below prep level stunts
8.0 - 8.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Extended Liberties • 1/2 twist Superman transitions • 1/2 twist mounts to two leg extended stunts • Forward Suspended Rolls • Ground level inversions directly to prep level stunts • Release Move to Prone
9.0 - 10.0	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Extended single leg stunt(s) (i.e. Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Free standing release moves that land at prep level • Full twist mounts to prep level stunts • Ground level inversions directly to extended stunts • Ground level inversion 1/2 twist to prep level or above stunts • 1/2 twist mounts to extended single leg stunts • Forward Suspended Rolls with one full twist rotation

PYRAMIDS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

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

0.0 - 0.0	Zero skills performed
6.0 - 6.4	Below prep level stunts braced on both or one side
6.5 - 6.9	Prep level stunts braced on both or one side
7.0 - 7.4	Extended two leg stunts braced on both or one side
7.5 - 7.9	Extended single leg stunts braced on both or one side
8.0 - 8.9	<ul style="list-style-type: none"> • Braced release moves to cradle braced on both sides • Braced release moves to an upright standing body position that land at prep level or below stunts/load-in/sponge position • Braced release moves to cradle braced on one side with no tricks
9.0 - 10.0	<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> <ul style="list-style-type: none"> • Braced release moves to an upright standing body position that land at the extended level • Braced release moves to cradle braced on one side with one or more tricks • Braced release moves to a non-upright body position braced on both sides • 3/4 twist or greater non-release transitions to extended level • Extended single leg stunts braced to other extended two leg stunts • 1/2 twist release moves that land in prep level or above stunts

DISMOUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.5 - 7.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Straight Ride Cradles from prep level or below stunts • 1/4 Turn Cradles from prep level or below stunts • Non-twisting Alternate Cradle (i.e. Toe Touch, Kick, Ball, Pike etc.)
8.0 - 8.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Straight Ride Cradles from extended stunts • 1/4 Turn Cradles from extended stunts
8.5 - 8.9	Single twist cradles from prep level two leg stunts
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Two trick non-twisting cradles from Extension Prep

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.5 - 7.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Cartwheels • Round Offs
8.0 - 8.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Front Walkovers • Back Walkovers
8.5 - 8.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Single non-consecutive Front/Back Handsprings • Front Walkover(s) through to single back handspring
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Consecutive Handsprings Series • Advanced Jumps continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tucks • Side Aerials • Round off Back Handspring Back Tucks

TOSSES DIFFICULTY - Max Score: 10.0

0.0	Zero skills performed
7.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority of team
8.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by MAJORITY of team
9.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by LESS THAN majority of team
10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by MAJORITY of team • Single twisting toss by MAJORITY of team

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

NA CHEER LEVEL 3^x NON-TUMBLING RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1^x & 2^x are legal for Level 3^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>ALL STANDING AND RUNNING TUMBLING IS PROHIBITED.</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Single leg extended stunts • Transitional stunts where one athlete on the performance surface remains in contact with the flyer. • Swing Stunts provided the following: the flyer is face up and does not become inverted, two bases have contact with the flyer, and a spotter is in place. • Twisting during the load in/stunt transition is limited to 1 full twist and can only occur to/from prep level or from prep to prep level, and 1/2 twist to/from extended level. • Superman transitions are limited to 1/2 twist. <p>Prohibited Skills (include but are not limited to): Single-based Split Stunts, Swing Dance Stunts, Superman transitions that intentionally travel, and one full twist to extended level.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a non-inverted upright/extended stunt provided: <ol style="list-style-type: none"> 1) The inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) During the transition from the inversion, at least 1 base/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. • Inversions are limited to 1 full twist • Inversion exits are limited to waist level from a cradle or prone position provided: <ol style="list-style-type: none"> 1) The inverted participant makes contact with the performance surface with their hands during the Back Walkover out 2) During the transition to the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. • Downward inversions from waist level, and must be assisted by 2 catchers, who remain in contact with the flyer between the waist and shoulder until the flyer makes contact with the performance surface. • Forward Suspended Rolls with 1 twisting rotation provided the flyer maintains hand/hand contact with the back spotter and lands in a cradle. • Backward Suspended Rolls may not twist. • A flyer may be in an inverted position at prep level or below. <p>Prohibited Skills (include but are not limited to): Handstand at prep level</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Pop Offs from extended level • Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation • Non-twisting two trick cradles only from Extension Prep. • Only Straight and 1/4 turn Cradles from extended single leg stunts • Single based stunts may perform Straight Cradles provided the required spotter is in place. <p>Prohibited Skills (include but are not limited to): Dismounts to different bases</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. • Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Bases may not free toss a flyer to all new bases.</p>

NA CHEER LEVEL 3^x NON-TUMBLING RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1^x & 2^x are legal for Level 3^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). <p>Prohibited Skills (include but are not limited to): Tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back)</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Braced release moves to an upright body position provided: <ol style="list-style-type: none"> 1) The flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only 2) The flyer does not intentionally travel during the release move 3) It incorporates no more than a 1/2 twist by the flyer • Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer. • Braced release moves that do not land in an upright body position (ex. ball-back) provided: <ol style="list-style-type: none"> 1) The flyer is continuously braced on both sides by a prep level or below stunt, with hand/arm contact on both sides or hand/arm on one side and hand/foot on the other 2) Flyer does not intentionally travel during the release move 3) Does not twist • A braced suspended roll in a pyramid provided: <ol style="list-style-type: none"> 1) The skill starts and ends at prep level or below 2) Finishes in a non-inverted position 3) The flyer remains in contact with a base/spotter and a bracer at prep level or below throughout the transition. • 1 full twist by the flyer provided the flyer is not released from the base/spotter. If the flyer is full or ¾ twisting to or from extended level, the flyer must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition. (and the grip must not change during the transition.) • Extended single leg stunts braced to other extended two leg stunts <p>Prohibited Skills (include but are not limited to): Release moves that travel over the legs and/or core of the bracer's body, collapsible pyramids, released Split Catches, and braced front/ back flips.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation.
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PERFORMANCE OF ROUTINE - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal.
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DANCE/MOTIONS - By MAJORITY of Team - Max Score: 11.0

10.0 - 11.0	Teams ability to demonstrate excellence in dance/motion technique and placement, energy/pace, creativity/variety in dance/motions, incorporation of visuals, transitions, level changes, (dance) footwork and floorwork.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGES)

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

JUMPS DIFFICULTY - Max Score: 10.0

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

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

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

Variety will be defined as 2 or more different jumps.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 2 synchronized non-consecutive advanced jumps by MAJORITY of team
8.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • 2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	Must perform at least ONE of the following by majority of team: <ul style="list-style-type: none"> • 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY • 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by MAJORITY of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

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

0.0 - 0.0	Zero skills performed
11.0 - 11.4	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Knee level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls • Downward Inversions from waist level • Non-twisting Superman transitions
11.5 - 11.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversions to load-in/Sponge
12.0 - 12.4	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • 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 mounts to prep level stunts • 1/4 twist mounts to extended level stunts • Leap Frog
12.5 - 12.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Two leg extended stunts • 1/2 twist mounts to prep level stunts • Ground level inversions directly to below prep level stunts
13.0 - 13.9	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Extended Liberties • 1/2 twist Superman transitions • 1/2 twist mounts to two leg extended stunts • Forward Suspended Rolls • Ground level inversions directly to prep level stunts • Release Move to Prone
14.0 - 15.0	<p>Must perform at least <u>ONE</u> of the following:</p> <ul style="list-style-type: none"> • Extended single leg stunt(s) (i.e. Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Free standing release moves that land at prep level • Full twist mounts to prep level stunts • Ground level inversions directly to extended stunts • Ground level inversion 1/2 twist to prep level or above stunts • 1/2 twist mounts to extended single leg stunts • Forward Suspended Rolls with one full twist rotation

PYRAMIDS DIFFICULTY - By MAJORITY of Team - 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
11.0 - 11.4	Below prep level stunts braced on both or one side
11.5 - 11.9	Prep level stunts braced on both or one side
12.0 - 12.4	Extended two leg stunts braced on both or one side
12.5 - 12.9	Extended single leg stunts braced on both or one side
13.0 - 13.9	<ul style="list-style-type: none"> • Braced release moves to cradle braced on both sides • Braced release moves to an upright standing body position that land at prep level or below stunts/load-in/sponge position • Braced release moves to cradle braced on one side with no tricks
14.0 - 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> <ul style="list-style-type: none"> • Braced release moves to an upright standing body position that land at the extended level • Braced release moves to cradle braced on one side with one or more tricks • Braced release moves to a non-upright body position braced on both sides • 3/4 twist or greater non-release transitions to extended level • Extended single leg stunts braced to other extended two leg stunts • 1/2 twist release moves that land in prep level or above stunts

DISMOUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.5 - 7.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Straight Ride Cradles from prep level or below stunts • 1/4 Turn Cradles from prep level or below stunts • Non-twisting Alternate Cradle (i.e. Toe Touch, Kick, Ball, Pike etc.)
8.0 - 8.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Straight Ride Cradles from extended stunts • 1/4 Turn Cradles from extended stunts
8.5 - 8.9	Single twist cradles from prep level two leg stunts
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Two trick non-twisting cradles from Extension Prep

TOSSES DIFFICULTY - Max Score: 10.0

0.0	Zero skills performed
7.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority of team
8.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by majority of team
9.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by LESS THAN majority of team
10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by MAJORITY of team • Single twisting toss by MAJORITY of team

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT



NA LEVEL 3^x NON-TUMBLING - JUDGE 1: BUILDING

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramid Difficulty		15	
Pyramid Execution/Technique		1	
Dismounts Difficulty		10	
Dismounts Execution/Technique		1	
Toss Difficulty		10	
Toss Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		54	



NA LEVEL 3^x NON-TUMBLING- JUDGE 2: JUMPS

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Jumps Difficulty		10	
Jumps Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		11	



NA LEVEL 3^x NON-TUMBLING - JUDGE 3: OVERALL

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		10	
Performance of Routine		10	
Dance/Motions		11	
Stunt Creativity		2	
Pyramid Creativity		2	
General Comments:		MAX TOTAL	YOUR TOTAL:
		35	

NA CHEER LEVEL 4^x RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1^x-3^x are legal for Level 4^x. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <p>Standing</p> <ul style="list-style-type: none"> • Standing Tuck (may be connected to Handspring/Handspring Series) • Forward 3/4 flips to the seat <p>Running</p> <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 (exception: tumbling out of/after a front tuck or Arabian is allowed). <p>Prohibited Skills (include but are not limited to): Double Fulls</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 1 1/2 twists during load ins or stunt transitions (may change bases) • Superman transitions with up to 1 full twist <p>Prohibited Skills (include but are not limited to): Connected Superman stunts</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions with 1 1/2 twists • Downward/Exit Inversions from prep level or below • Two-leg pancake at prep level or below <p>Prohibited Skills (include but are not limited to): Inversion exits from extended level</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 2 1/4 twist cradles from two leg stunts • 1 1/4 twist cradles from single leg stunts • Two Trick cradles with no more than 1 1/4 full twist • Cradles from single based stunts with the required spotter including: <ul style="list-style-type: none"> * Straight and ¼ turn cradles from single leg stunts * 1 Full twist cradle from two leg stunts • Cradle dismounts to different bases that originate from prep level or below (bases must be in place and not involved in other choreography prior to the start of the dismount). • Dismounts from an inverted position may not twist. <p>Prohibited Skills (include but are not limited to): Flip/flipping dismounts</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Freestanding release moves provided: <ol style="list-style-type: none"> 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 3) Returns to a stunt/load in. • Non-twisting Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Twisting Helicopters, Bases may not free toss a flyer to all new bases.</p>
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flyer limited to perform two tricks and may not exceed 2¼ twisting rotations <p>Prohibited Skills (include but are not limited to): Flipping tosses (front or back), tosses that intentionally travel.</p>
PYRAMIDS	<p>Allowable Skills:</p> <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"> • A flyer may pass through up to 2½ high if the flyer is braced on one side by a double leg prep level stunt. • A flyer may pass through an inverted position provided they remain in contact with a base(s) that is in direct weight bearing contact with the performance surface. • A flyer may pass through an inverted position, provided: <ol style="list-style-type: none"> 1) The flyer remains in contact with a base/spotter and 2 different bracers at prep level or below on 2 different sides of the flyer 2) The flyer lands in a non-inverted position 3) The flyer does NOT remain in an inverted position and travel downwards towards the performance surface from extended level. • Braced front and back flips provided: <ol style="list-style-type: none"> 1) The released flyer maintains hand/arm contact with two bracers at prep level or below stunts 2) The transition must be to and from original group 3) Flyer does not perform any other skill during the inversion • A flyer MAY move over another flyer provided: <ol style="list-style-type: none"> 1) They are at prep level or below 2) They are connected to that flyer and remain in a non-inverted position. 3) If transitioning to new bases, the released, non-inverted flyer is caught by 2 catchers who are stationary and visually attentive to the flyer that is being released and not involved in additional choreography when the bases begin to dip for the release. • Released transitions that must be continuous, and the weight of the released flyer may not be directly borne on another flyer. • Extended single leg stunt that braces another Extended single leg stunt <p>Prohibited Skills (include but are not limited to): Braced rolls and braced flips connected on one side.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation.
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PERFORMANCE OF ROUTINE - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal.
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DANCE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in dance/motion technique and placement, energy/pace, creativity/variety in dance/motions, incorporation of visuals, transitions, level changes, (dance) footwork and floorwork.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

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

JUMPS DIFFICULTY - Max Score: 10.0

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

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

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

Variety will be defined as 2 or more different jumps.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 2 synchronized non-consecutive advanced jumps by MAJORITY of team
8.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • 2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	Must perform at least <u>ONE</u> of the following by MAJORITY of team: <ul style="list-style-type: none"> • 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY • 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by MAJORITY of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0 - 0.0	Zero skills performed
6.0 - 6.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Knee level two leg stunts OR thigh level two leg stunts • Shoulder Sits • Swedish Falls
6.5 - 6.9	Must perform <u>ONE</u> of the following: <ul style="list-style-type: none"> • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversions to load-in/sponges
7.0 - 7.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • 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 mounts to prep level stunts • 1/4 twist mounts to extended level stunts • 1/2 twist Superman transitions
7.5 - 7.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Extended two leg stunts • Forward Suspended Rolls • 1/2 twist mounts/transitions to prep/extended level stunts
8.0 - 8.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Extended single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Free standing release moves that land at prep level • Full twist mounts/transitions to prep level stunts • Ground level inversions directly to extended 2 leg stunts • 1/2 twist mounts to extended single leg stunts • Ground level inversion 1/2 twist to prep level • Forward Suspended Rolls with one full twist rotation
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Full twist mounts/transitions to extended level stunt • Ground level inversions directly to extended level stunt • Twisting Stunts to prep level greater than one full twist • Release moves to extended level (Tic Tocs, Switch Ups, Ball Ups, etc.) • Ground level inversion to prep level with full twist or greater • Ground level inversion to extended level with 1/2 twist or greater

PYRAMIDS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

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

0.0 - 0.0	Zero skills performed
6.0 - 6.4	Pyramids involving prep level stunts or lower
6.5 - 6.9	Pyramids involving extended two leg stunts
7.0 - 7.4	Pyramids involving extended single leg stunts braced on both sides
7.5 - 7.9	Pyramids involving extended single leg stunts braced on only one side
8.0 - 8.9	<ul style="list-style-type: none"> • Pyramids involving Tic-Tocs braced on BOTH sides • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Prep • Braced release moves to cradle braced on one side with one or more tricks • Braced release moves to a non-upright body position braced on both sides • 3/4 twist or greater non-release transitions to extended level • Extended double leg stunt braced to other extended double leg stunts • 1/2 twist release moves braced on both sides that land in prep level or above stunts
9.0 - 10.0	<p>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.</p> <ul style="list-style-type: none"> • Braced rolls braced on BOTH sides • Non-released Full Twist to Extended Leg • Release moves braced on ONE side that start at prep level or above and lands at extended level • Twisting release moves greater than half twist that land at extended level • Full Twisting release moves that land at prep level • Extended single leg stunts braced to other Extended single leg stunts (Paper Dolls) • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Extension • Braced Flips braced on BOTH Sides

DISMOUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.5 - 7.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Straight Ride cradles • 1/4 turn cradles
8.0 - 8.4	Alternate non twisting cradles (i.e. Toe Touch, Pike Arch)
8.5 - 8.9	Single twist cradles from prep level single leg stunts or extended double leg stunts
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Non-twisting two trick cradles from Extension Prep • Single twisting cradles from extended single leg stunts • Two Trick Cradles that include a Single Twist from Prep Level • Double twist cradle from double leg prep level and above

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.5 - 7.9	Single non-consecutive Front/Back Handsprings
8.0 - 8.4	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Front walkover through to single Back Handspring • Consecutive Handspring Series • Jump continuously to Back Handspring
8.5 - 8.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Jump continuously to Back Handspring Series • Standing Handspring Back Tuck • Side Aerial • Running Tucks/Flips
9.0 - 10.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Standing Tuck • Jump/s Continuously to Back Handspring Back Tuck • Jump/s Continuously to Back Tuck • Pike • Layout • Front Tuck • Full Twist Flips

TOSSES DIFFICULTY - Max Score: 10.0

0.0	Zero skills performed
6.0	Straight Ride tosses by LESS THAN majority of team
7.0	Straight Ride tosses by MAJORITY of team
8.0	Single trick non-twisting tosses by MAJORITY of team (examples: kick, pike, tuck, toe touch)
9.0	Must perform at least <u>ONE</u> of the following by MAJORITY of team: <ul style="list-style-type: none"> • Non-twisting two trick toss by MAJORITY of team (examples: Pike-Star, Pretty Flyer-Kick) • Single twisting toss
10.0	Must perform at least <u>ONE</u> of the following by MAJORITY of team: <ul style="list-style-type: none"> • Two Trick non-twisting toss • Two trick toss that includes a single twist (example: Kick Full) • Double twisting toss

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT



NA LEVEL 2^x-4^x - JUDGE 1: BUILDING

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Stunts Difficulty		10	
Stunts Execution/Technique		1	
Pyramid Difficulty		10	
Pyramid Execution/Technique		1	
Dismounts Difficulty		10	
Dismounts Execution/Technique		1	
Toss Difficulty		10	
Toss Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		44	



NA LEVEL 2^x-4^x - JUDGE 2: JUMPS/TUMBLING

TEAM NAME: _____

DIVISION: _____

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



NA LEVEL 2^x-4^x - JUDGE 3: OVERALL

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		10	
Performance of Routine		10	
Dance/Motions		10	
Stunt Creativity		2	
Pyramid Creativity		2	
General Comments:		MAX TOTAL	YOUR TOTAL:
		34	

NA CHEER PENALTY INFO

RULES PENALTIES:

1.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the NA 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 NA Cheer Levels Grid.

Please refer to the NA Cheer 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 - 0.25 POINT (per occurrence) deducted from your total possible score for any touch to the performance surface during execution of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee and leg.

TUMBLING FALL - 0.5 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 - 0.25 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 (4) 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 (is lowered or dropped below its intended level) OR the flyers 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 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.



NA CHEER & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: _____

CHEER CATEGORY: C CNT
(circle one)

LEVEL: 1^x Limited 1^x 2^x 3^x 4^x
(circle one)

DANCE CATEGORY: DPM DHH DTH
(circle one)

DIVISION: _____ TEAM SIZE: S M L

RULES PENALTIES:			
	# of Occurrences x Penalty for Violation	Deductions	
Boundary Violation	_____ x (0.5)		
Total Time of Routine: _____	OVERTIME <input type="checkbox"/> 4-7 seconds (1.0) <input type="checkbox"/> 8-10 seconds (2.0) <input type="checkbox"/> 11+ seconds (3.0)		
Cheer General Safety/Dance Routine Guidelines			
Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.5)	
		_____ x (1.5)	
		_____ x (1.5)	
		_____ x (1.5)	
		_____ x (1.5)	
Cheer Levels Grid/Dance General Rules			
Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (2.5)	
		_____ x (2.5)	
		_____ x (2.5)	
		_____ x (2.5)	
		_____ x (2.5)	
EXECUTION PENALTIES:			
Skill Category	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
Tumbling	Touch on Tumbling Skills:	_____ x (0.25)	
Tumbling	Falls on Tumbling Skills:	_____ x (0.5)	
Stunts	Bobbles on Stunt Skills:	_____ x (0.25)	
Stunts	Falls on Stunt Skills:	_____ x (1.0)	
Stunts	Major Falls on Stunt Skills:	_____ x (1.5)	
TOTAL POINTS DEDUCTED:			

SCORE SYSTEM 411

NA CHEER DIVISIONS

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, & 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 = MAJORITY (50% + 1) OF THE TEAM - CUMULATIVE SCORING

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

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

Stunt groups will be calculated based on a total of 4 athletes.

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

NA COACH'S CHEAT SHEET

NA CHEER DIVISIONS

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: CHEER - LEVEL 1^x (YL1^x)
- Then select: YOUTH LEVEL 1^x - 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 MAJORITY of the team in order to score in the corresponding score range.

Example 1: One element on the Cheer Level 1^x scoring guideline is DANCE/MOTIONS

→ Determine where your team falls

- ▶ If the **MAJORITY** of your team executes MODERATE dance/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 9.5-9.9 range.** (Remember the key word 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 10.5-11.0 range.**

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 the MAJORITY of your team execute skills?
- 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

NA COACH'S CHEAT SHEET

NA CHEER DIVISIONS

This chart lists the **MINIMUM** number of skills a team must perform to score in any given range. Performing **ONLY** these quantities without additional skills, would score at the **BOTTOM** of any range. Team scores in any difficulty category are based on comparative scoring to other teams in their division. A team performing more than the minimum number of skills required will result in that team scoring higher than teams that perform closer to the minimum number of skills. All skill categories (with the exception of JUMPS) allow cumulative/recycled skills (example: 9 athletes performing the same skill twice = 18).

- The **# of Athletes** column is how many athletes are on the competition floor for your team.
- The **Standing and Running Tumbling** column is how many athletes must perform the listed tumbling skills in the scoring rubric to qualify for any given range.
- The **Jumps & Motions** column is how many athletes must perform the same jumps or motions to qualify for any given range.
- The **Stunts & Tosses** column is how many stunt/toss groups (made up of 4 athletes) must perform the stunt, dismount or toss to qualify for any given range.
- **Pyramid Difficulty:** Teams will qualify for a particular pyramid difficulty range by performing any of the listed skills in a particular scoring range according to the number associated with the number of athletes below.

(MAJORITY IS CONSIDERED 50% +1)

# OF ATHLETES	MAJORITY STANDING/RUNNING TUMBLING	MAJORITY JUMPS & MOTIONS	MAJORITY (GROUPS OF 4) STUNTS/PYRAMIDS & TOSSES
6	4	4	1
7	4	4	1
8	5	5	1
9	5	5	1
10	6	6	2
11	6	6	2
12	7	7	2
13	7	7	2
14	8	8	2
15	8	8	2
16	9	9	3
17	9	9	3
18	10	10	3
19	10	10	3
20	11	11	3
21	11	11	3
22	12	12	3
23	12	12	3
24	13	13	4
25	13	13	4
26	14	14	4
27	14	14	4
28	15	15	4
29	15	15	4
30	16	16	4
31	16	16	4
32	17	17	5
33	17	17	5
34	18	18	5
35	18	18	5
36	19	19	5

NA SCORING GRIDS & SCORE SHEETS

NA CHEER DIVISIONS

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition. Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

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

STUNTS DIFFICULTY:

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

STUNTS EXECUTION/TECHNIQUE:

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

DISMOUNTS DIFFICULTY:

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

DISMOUNTS EXECUTION/TECHNIQUE:

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

PYRAMIDS DIFFICULTY:

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

PYRAMIDS EXECUTION/TECHNIQUE:

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

STANDING/RUNNING TUMBLING DIFFICULTY:

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

STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:

Form
Height of execution
Landings
Pace and speed of skills
Perfection

JUMPS EXECUTION/TECHNIQUE:

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

TOSS EXECUTION/TECHNIQUE:

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

NA CHEER GLOSSARY

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

1/4 Turn Cradle: A ¼ turn by the flyer to the cradle position. Bases/spotter make the same ¼ turn to catch the flyer.

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

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees. 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. Other related terms include Full Up or Full Around.

Aerial: See Front Aerial, Side Aerial

Airborne Tumbling Skill: A tumbling skill involving hip **overhead** rotation, **becoming free of contact with the performance surface.**

Alternate Cradles: Dismount variations in which the flyer executes a trick/body position. Cradle examples include: Toe Touch, Tuck, Kick, Pike. 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.

Arabesque: A stunt in which the working leg of the flyer is fully extended, parallel to the performance surface and flyer's chest is up (close to 90 degrees).

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.

Back Handspring: See Handspring

Back Limber: Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

Back Limber to Back Walkover: Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

Back Spotter: See Continuous Spotter

Back Walkover: A non-airborne tumbling skill where the athlete 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 at a time.

Ball Up: A release move of the flyer, bringing knees to chest and landing in an upright, standing position.

Barrel Roll: A release move where the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

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 3 bases, 1 back spotter, where 2 bases 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.

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 the torso. The flyer's working leg is kept straight while reaching their free arm to a T motion through the space between their working leg and gripping arm.

Brace/Bracer: A physical connection that helps to provide stability to a top person. **Bracers may not be a base or continuous spotter.**

Braced Flip: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). Types of Braced Flips include Braced Front Flip and Braced Back Flip. Some of the body positions for the flipping top person of a braced flip include a Tuck and Pike.

Braced Roll: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with both a top person and a person on the performance surface who is part of the stunt group.

Building: See stunt

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/reload 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.

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

Continuous 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. Does NOT need to have contact with the flyer/stunt group.

Cradle: A **released** dismount in which the bases catch the top person **below shoulder level** 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.

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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

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/reload 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 the feet leave the ground before the hands reach the ground.

Downward Inversion: A stunt or pyramid in which an inverted person's momentum is moving towards the performing surface.

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

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.

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, a true show and go 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: A two leg, prep level stunt in which the flyer's feet are being held/gripped at shoulder level by the bases.

Extension Prep Hitch: A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of working leg) remains in contact with the base's hands. Extension Prep Hitches are not considered single leg stunts.

Fall Back: 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. **Also Known as a Fireman Catch.**

Flat Back: Stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by at least 3 bases. **Extended Flatbacks are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks are classified as below prep level stunts.**

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.

Footwork: Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

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

Footwork: The activity of moving from place to place, with full body movement, to create visual effects.

Forward 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.

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.

Forward Suspended Roll: A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot and lands in a cradle to the same bases or the performance surface.

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

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 Handspring: See Handspring

Front Limber: Gymnastic, non-aerial flexibility skill that originates on the hands, keeping both legs together and landing in a back bridge position.

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 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.

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Group Based Stunts: A stunt using multiple bases for support.

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).

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 leg 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 supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

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.

Inversion/Inverted: When the athlete's shoulders are below their waist and both feet are above their head.

Inversion Entry: Inversion skill/stunt which originates from the performance surface.

Inversion Exit: Inversion skill/stunt which transitions to the performance surface.

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.

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.

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: See Front Limber or Back Limber

Load in: A flyer's position 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.

Nugget: A position in which a participant is **crouched on the performance surface, 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.

Partner Assisted Jumps: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position and the elevated athlete executes a standard style jump.

Partner Pick Up: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations.

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.

Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

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

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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.

Pretty Flyer: Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee.

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 are examples of a prop.

Pyramid: Any type of physical contact between a stunt group to an individual standing on the performance surface OR a stunt group(s). The type of physical contact may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body. This physical contact may be made between flyers, between bases, flyer to base, flyer to individual on performance surface, base to individual on performance surface.

Release Move: A stunt transition or skill in which the flyer becomes free of contact **from anyone within the stunt group that is on the performance surface.**

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

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

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

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

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

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. Other terms include: partner stunt.

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, Heel 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. 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. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Split Stunts: Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

Sponge: A stunt/stunt transition in which the Base(s) bring the flyer from a stunt to the load In position (the Sponge) in transition to another skill. Also know as Smush.

Sponge Toss: A **toss** with multiple bases. **Prior to the toss, feet of the flyer are held in the bases hands at below prep level.**

Spotter: Member of team 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."

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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.

Step Out (tumbling): A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

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 load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions, dismounts and release moves are considered types of stunt variations for skill category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt). Other terms for stunt include: building, stunt elevation

Stunt Elevation/Stunt Building: The degree in which the flyer’s foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

Stunt Height Levels

- **Below Knee Stand Level:** A height classification in which the flyer’s foot/feet are below the height of a knee stand. Examples - Flyer standing on back of a Nugget. Flyer standing on the thighs of a base, where base’s shins are on the performance surface and torso is upright.
- **Knee Stand Level:** A height classification in which one knee of the base is on the performance surface and the other in a hitch position, or base is on all fours, with arms locked out.
- **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.
- **Below Prep Level:** Any skill that is below shoulder level of a base.
- **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
- **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).

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 or below 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.

Supine: Lying face upward

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).

Suspended Roll: See Forward Suspended Roll

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by 3 bases. One base MUST be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer).

Swing Dance Stunts: Swing dance style lifts and movements, usually done between two people, where the base lifts the flyer and moves them up and down or side to side.

Swing Stunts: A stunt, with multiple bases, using a swinging motion that uses the flyer’s body in a front to back or side to side movement and swings into a new stunt position.

Switch Up: A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on one or both feet.

T-Lift: A waist level stunt in which the flyer with arms in a T motion is supported on either side by at least 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, 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.

Tic Tock: A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

Toe/Leg Pitch: A prohibited 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: See Flyer.

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Toss Stunts: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases.

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

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.

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

Turn: Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

Two High Pyramid: All flyers, individuals in the pyramid/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

Two and One Half (1/2) High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt. Two and one half high pyramids are prohibited in the youth cheer divisions, however, passing through a two and a half high pyramid position is allowed in Level 4.

Twist Cradles(s): A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: ¼ Twist, ½ Twist, ¾ Twist, Single Twist/Full Down/Full Twist, 1 ¼ Twist, 1 ½ Twist.

Twist (stunt): Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first movement by the bases or flyer during the simultaneous twisting or building of a stunt inclusive of any bounces/dips that precede or follow the twisting stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

Upright: When a participant is vertical with their chest and head in an upright position. Ex. Ball Up, Switch Up.

V-Sit/V-Sit Variations: A 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: Prep Level V-Sit (waist level skill), Extended V-Sit (prep level skill), seated position variations (i.e. pike, hitch)

Valdez: Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

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.

NA DANCE CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

POM: (Time Limit: 2 min 30 sec) A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use of poms may negatively impact the panel judges overall impression and/or score of the routine.

- **POM:** The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.
- **JAZZ TECHNIQUE:** Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: (Time Limit: 2 min 30 sec) A Hip Hop routine is composed of 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 athleticism, footwork, jumps, stalls, etc. Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.

- **CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.
- **POPPING:** This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.
- **LOCKING:** This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.
- **BREAKING:** This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. ***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**
- **KRUMPING:** This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.
- **WAACKING:** This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.
- **TUTTING** - This style of dance combines body and arm movements that are based on geometrical angles and shapes.
- **URBAN:** This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

THEME DANCE: (Time Limit: 2 min 30 sec) The focus of this performance is audience entertainment. **With no spoken word by the athlete**, this routine develops a selected theme or era through music, costuming, dance choreography and/or props. This routine should encompass and express one predominant theme and/or era. A proper theme dance should incorporate creative and innovative movements and dance choreography that help shape the intended theme. Athletic and technical skills will be credited toward degree of difficulty. Costuming is required to reflect the routine's theme/era. Props are HIGHLY recommended and should be utilized throughout the routine to maximize score. See Youth General Dance Routine Guidelines for prop specifics.

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

NA DANCE ROUTINE GUIDELINES

THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.

New rule changes are marked in **RED**. Any violations from this section will be a **1.5 point deduction**.

- (a) Time Limit: 2:30
- (b) 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.
- (c) Timing will begin with the first organized word, movement or note of music following the team taking the floor. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!) Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
- (d) Timing will end with the last organized word, movement or note of music.
- (e) Performance of tumbling skills after the completion of a teams routine/performance or during the teams entrance or exit of the floor is forbidden.
- (f) 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.
- (g) Only registered participants of a team are allowed on the performance surface (exception: See Theme Dance).
- (h) 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.
- (i) **Code of Conduct**
 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. 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.
 6. Proper warm up and stretching exercises should be performed prior to performance.
 7. 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.
 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.
- (j) **Choreography, Music & Costuming**
 1. 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.
 2. 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.
 3. Soled dance shoes (jazz boots, dance sandals, jazz shoes) are acceptable when competing. Bare feet, wearing socks and/or footed tights only is prohibited.
 4. Costumes/Uniforms and make up should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Jewels/rhinestones may not be adhered to the participant's body and/or face. Actions taken will be under the discretion of an event official.
- (k) **Props**
 1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
 2. Poms are required for at least half of the routine in the Pom category.
 3. Theme Props ONLY:
 - (i) Items that may damage the performance surface are prohibited.
 - (ii) Prop Size - Each prop section may be no larger than a standard room door (36" W x 80" H). Individual prop sections may be combined.
 - (iii) Any item(s) that bears the weight of the participant is considered a standing prop (examples: chairs, stools, benches, ladders, boxes, stairs, etc) and requires a soft covering over the feet or base of the standing prop (example: tennis balls, felt furniture pads).

NA DANCE GENERAL RULES

THE GENERAL SKILL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.

New rule changes are marked in **RED**. Any violations from this section will be a **2.5 point deduction**.

(a) Acrobatic/Breaking Skills

1. Airborne skills are allowed provided they complete no more than 1 full flipping or twisting rotation.
2. 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).
3. 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.
4. 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.
5. Athletes are permitted to tumble over other participants' appendages (foot, feet, hands, arms).

(b) Lifts & 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 with hand/arm/body contact throughout the duration of the lift/partnering skill when the skill is above the supporting dancer's shoulder.
3. The supporting dancer must maintain ultimate control over the elevated dancer (including but not limited to body position, momentum and change of body position) throughout the duration of the lift/partnering skill, when the skill is above the supporting dancer's shoulder.
4. Hip over head rotation is allowed only if the elevated dancer's hips execute and complete the rotation at or below head 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, the lifting partner may not bend backward during the skill, and limited to one rotation).
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 shoulder level of the supporting dancer when the supporting dancer is standing upright on the performance surface.
8. In all cheerleading style stunts, an elevated dancer's feet may go no higher than the supporting dancer's head. Exception: Extended V-Sit Lifts are allowed.

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of energy, audience appeal, showmanship, confidence, or emotion.
6.5 - 6.9	FAIR - Little energy and showmanship. Routine lacks confidence and audience appeal. Emotion is not properly conveyed or does not feel authentic.
7.0 - 7.9	MODERATE - Moderate energy and showmanship. Basic audience appeal. Confidence and emotion are inconsistent throughout performance.
8.0 - 8.9	GOOD - Good energy and showmanship, audience appeal and consistent confidence from majority. Emotion is present in majority of dancers.
9.0 - 10.0	GREAT - Great energy and showmanship, engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Emotion is authentically conveyed from entire team.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no variety in style. Choreography is without personality and creative movements.
6.5 - 6.9	FAIR - Lacks variety. Movements are repetitive and fall short of creativity.
7.0 - 7.9	MODERATE - Standard incorporation of creative choreography. Average variety displayed throughout routine
8.0 - 8.9	GOOD - Good variety in styles and movements. Choreography displays creativity.
9.0 - 10.0	GREAT - Great incorporation of variety, interpretation and variety in movements. Routine is creative and unique.

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing
8.0 - 8.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are sometimes chaotic and lack in variety.
9.0 - 9.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
10.0 - 10.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth with some creativity displayed.
11.0 - 12.0	GREAT - Creative and seamless transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations. Formations and transitions enhance overall visuals.

POM: VISUAL EFFECT - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Complete lack in visual appeal. No incorporation of level changes, ground work, roll-offs etc.
8.0 - 8.9	FAIR - Few level changes, ground work and roll-offs. Routine lacks visual appeal.
9.0 - 9.9	MODERATE - Standard incorporation of visual effects. Moderate use of roll-offs, level changes and/or ground work.
10.0 - 10.9	GOOD - Good incorporation of visual movements throughout majority of routine. Level changes, ground work and/or roll-offs add to the visual appeal of routine
11.0 - 12.0	GREAT - Great visual effects and variety of level changes incorporated. Creative incorporation of ground work and/or roll-offs. Routine is visually appealing throughout performance.

POM: SYNCHRONIZATION - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Entire performance lacks proper timing and knowledge of routine synchronization
8.0 - 8.9	FAIR - Lacks knowledge of routine timing. Synchronization is off throughout majority of performance and makes it difficult to visually understand routine movements.
9.0 - 9.9	MODERATE - Average timing displayed throughout routine. Standard synchronization maintained. Areas of routine lack team uniformity and knowledge of proper counts.
10.0 - 10.9	GOOD - Good understanding and knowledge of proper timing and routine counts. Proper synchronization maintained throughout majority of routine. Minor timing errors.
11.0 - 12.0	GREAT - Great synchronization and timing. Uniformity and timing maintained throughout entire routine.

POM: MOTION TECHNIQUE - PLACEMENT - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Lacks complete knowledge of proper motion placement and technique
8.0 - 8.9	FAIR - Motions lack proper placement. Motions and movements not clear throughout routine
9.0 - 9.9	MODERATE - Average understanding of proper motion placement. Standard knowledge of placement maintained periodically throughout routine but inconsistent at times.
10.0 - 10.9	GOOD - Good motion technique. Majority of routine executed with proper placement of motions.
11.0 - 12.0	GREAT - Great motion technique. Movements and motions are executed with proper placement throughout entire routine

POM: MOTION TECHNIQUE - SHARPNESS - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Motions are executed without strength and proper technique. Slow paced, drawn out lengthy sections are executed throughout entire routine
8.0 - 8.9	FAIR - Motions do not maintain proper strength and technique. Lacking sharpness and control throughout majority of routine.
9.0 - 9.9	MODERATE - Basic technique performed at a moderate pace. Areas of routine lacking in motion strength
10.0 - 10.9	GOOD - Good technique and control. Sharp motions performed at a good pace. Majority of motion sequences include strength
11.0 - 12.0	GREAT - Great motion technique and placement. Strong sharp motions are consistently being executed throughout entire routine.

JAZZ: INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - 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 - Moderate jazz skills/technique incorporated within routine. Jazz skills lack variety. Minimal team participation.
4.0 - 5.0	GREAT - Great incorporation of technique. Routine includes solid combinations. Great variety and team participation.

JAZZ: EXECUTION OF JAZZ TECHNIQUE - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Lacking proper technical execution. Poor body placement. Skills are too rushed/too slow and not being performed at proper pace
3.0 - 3.9	MODERATE - 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	GREAT - Great execution and presentation. Minor timing errors. Great body placement/extensions. Appropriately paced jazz skills executed properly by majority.

ROUTINE DEGREE OF DIFFICULTY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.5 - 6.9	FAIR - 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	MODERATE - 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	GOOD - Good 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	GREAT - 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.



DANCE - POM

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		12	
Pom - Visual Effect		12	
Pom - Synchronization		12	
Pom - Motion Technique - Placement		12	
Pom - Motion Technique - Sharpness		12	
Jazz - Incorporation of Jazz Technique/Performance Skills		5	
Jazz - Execution of Jazz Technique		5	
Routine Degree of Difficulty		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
3.0 - 3.9	MODERATE - Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
4.0 - 5.0	GREAT - Great entertainment value, crowd appeal, energy and presentation. Routine performed with great execution, consistent confidence from majority and great flow throughout.

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.5 - 6.9	FAIR - 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 - Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	GOOD - Good team synchronization and uniformity. Minimal timing errors.
9.0 - 10.0	GREAT - Great team synchronization and team uniformity. Very clean and precise throughout. Team moves as one for majority of performance.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.5 - 6.9	FAIR - Lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	MODERATE - Average creativity displayed throughout routine. Choreography lacks innovative style and displays minor variety in movements.
8.0 - 8.9	GOOD - Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	GREAT - Great incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.5 - 6.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and/or repetitive.
7.0 - 7.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth
9.0 - 10.0	GREAT - Tricky/creative transitions between formation changes. Great use of the floor with proper spacing and variety in formations.

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Little to no visually appealing choreography incorporated. Routine lacks level changes, roll-offs, group work, etc.
3.0 - 3.9	MODERATE - Moderate visual effects. Routine incorporates basic levels, roll-offs, group work, etc. Standard visual appeal.
4.0 - 5.0	GREAT - Great incorporation of visual movements, amount of level changes, roll-offs, group work, etc. Routine contains sections that are visually appealing and entertaining.

CHOREOGRAPHY: DIFFICULTY - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Displays a complete lack in knowledge of proper difficulty level.
8.0 - 8.9	FAIR - Minimal difficulty displayed throughout performance. Athletic elements are not present.
9.0 - 9.9	MODERATE - Standard level of difficulty in movements and choreography. Difficulty level maintained throughout majority of choreography. Athleticism is inconsistent throughout performance.
10.0 - 10.9	GOOD - Good difficulty level and incorporation of challenging movements. Difficulty level is age appropriate yet challenging. Athleticism is present through majority of performance.
11.0 - 12.0	GREAT - Great level of routine difficulty including intricate and innovative movements. Challenging choreography and athletic skills maintained throughout entire routine. Difficulty level keeps audience engaged and performance exciting.

HIP HOP FUNDAMENTALS: INTERPRETATION OF HIP HOP STYLES - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no understanding of hip hop styles. Poor interpretation and knowledge of movements.
8.0 - 8.9	FAIR - Lacks knowledge of basic hip hop styles and is not properly conveying styles present in routine.
9.0 - 9.9	MODERATE - Average understanding of hip hop styles. Interpretation is inconsistently executed.
10.0 - 10.9	GOOD - Good awareness and interpretation of hip hop styles. Styles are clear and properly conveyed for majority of routine.
11.0 - 12.0	GREAT - Great knowledge and interpretation of hip hop styles. Team demonstrates total comprehension of all styles incorporated and clearly conveys each style for entire routine.

HIP HOP FUNDAMENTALS: INCORPORATION OF HIP HOP STYLES - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no diversity or style variety incorporated.
8.0 - 8.9	FAIR - Minimal style variety present. Routine style is largely repetitive.
9.0 - 9.9	MODERATE - Basic incorporation of style variety throughout routine. Movements are somewhat repetitive and lack in diversity.
10.0 - 10.9	GOOD - Good variety in styles. Diversity and variety maintained throughout majority of routine.
11.0 - 12.0	GREAT - Great variety in styles and movement. Routine incorporates diversity and demands attention through entire performance.

HIP HOP FUNDAMENTALS: EXECUTION OF HIP HOP STYLES - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Majority of routine is executed improperly. Hip hop styles are lost throughout routine.
8.0 - 8.9	FAIR - Routine lacks proper execution of hip hop styles throughout performance. Majority of team lacking body control, intensity, and basic rhythm
9.0 - 9.9	MODERATE - Standard rhythm and body control demonstrated. Hip hop styles and movements are inconsistently executed throughout
10.0 - 10.9	GOOD - Good body control and rhythm demonstrated throughout routine. Most movements and styles are executed properly and with strength and intensity by majority
11.0 - 12.0	GREAT - Great execution of all incorporated movements. Variety of styles executed with strength, emotion and personality. Moves contain body control and natural rhythm.

HIP HOP FUNDAMENTALS: MUSICALITY/RHYTHM/BODY ISOLATION - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Routine displays no musicality, natural rhythm and/or body isolations.
8.0 - 8.9	FAIR - Minimal musicality and body isolations present throughout routine. Majority of team lacking basic rhythm.
9.0 - 9.9	MODERATE - Standard rhythm demonstrated. Basic level of musicality and body isolations demonstrated.
10.0 - 10.9	GOOD - Good natural rhythm demonstrated throughout routine. Musicality is present throughout routine and body isolations are appropriately utilized.
11.0 - 12.0	GREAT - Great demonstration of natural rhythm and musicality. Moves display intricacy in relation to the music and choreo and body isolations maintain routine fluidity throughout.



DANCE - HIP-HOP

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		5	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		5	
Choreography - Difficulty		12	
Hip Hop Fundamentals - Interpretation of Hip Hop Styles		12	
Hip Hop Fundamentals - Incorporation of Hip Hop Styles		12	
Hip Hop Fundamentals - Execution of Hip Hop Styles		12	
Hip Hop Fundamentals - Musicality/Rhythm/Body Isolation		12	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

ROUTINE EXECUTION: OVERALL IMPRESSION - (Max Score: 10.0)

6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of energy, audience appeal, showmanship, confidence, or emotion.
6.5 - 6.9	FAIR - Little energy and showmanship. Routine lacks confidence and audience appeal. Emotion is not properly conveyed or does not feel authentic.
7.0 - 7.9	MODERATE - Standard energy and showmanship. Basic audience appeal. Confidence and emotion are inconsistent throughout performance.
8.0 - 8.9	GOOD - Good energy, showmanship, audience appeal and consistent confidence from majority. Emotion is present in majority of dancers.
9.0 - 10.0	GREAT - Great energy, showmanship, engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Emotion is authentically conveyed from entire team.

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Lacks proper timing and knowledge of routine synchronization.
6.5 - 6.9	FAIR - 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 - Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	GOOD - Good team synchronization, uniformity and sense of team style. Minimal timing errors.
9.0 - 10.0	GREAT - Great synchronization and team uniformity. Very clean and precise.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Choreography lacks personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.5 - 6.9	FAIR - Lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	MODERATE - Average creativity displayed throughout routine. Choreography lacks innovative style and variety in movements.
8.0 - 8.9	GOOD - Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	GREAT - Great incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.5 - 6.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	GREAT - Tricky/creative transitions between formation changes. Great use of the floor with proper spacing and variety in formations.

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no visually appealing choreography incorporated. Lacking levels, roll offs, group work, etc.
6.5 - 6.9	FAIR - Minimal incorporation of visual movements. Routine lacks visual appeal.
7.0 - 7.9	MODERATE - Moderate visual effects. Routine incorporates basic levels, roll offs, group work, etc. Standard visual appeal.
8.0 - 8.9	GOOD - Good incorporation of visual movements, amount of level changes, roll offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
9.0 - 10.0	GREAT - 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.

THEME COMPOSITION: MOVEMENTS - Max Score: 15.0

8.5 - 8.9	MINIMAL/INCONSISTENT - Movements do not connect and have nothing to do with the theme.
9.0 - 9.9	FAIR - Lacks in expressive and interpretive movements. Story not understood. Repetitive moves.
10.0 - 11.9	MODERATE - Standard incorporation of expressive movements. Lacks in variety and originality.
12.0 - 12.9	GOOD - Incorporation of unique and creative moves. Has a good sense of personality and expression. Complementing to theme.
13.0 - 15.0	GREAT - Original and creative choreography. Movements express and create the illusion of the theme and story line. Very entertaining. Unique movements bring life to the performance.

THEME COMPOSITION: COSTUMING AND PROPS - Max Score: 15.0

8.5 - 8.9	MINIMAL/INCONSISTENT - No incorporation of costuming and/or props included.
9.0 - 9.9	FAIR - Minimal incorporation of costuming and/or props. Does not connect well with theme.
10.0 - 11.9	MODERATE - Standard incorporation of props and/or costuming. Does not convey full idea of theme.
12.0 - 12.9	GOOD - Good use of costuming and props. Fitting for theme and used appropriately.
13.0 - 15.0	GREAT - Great incorporation and creative use of props. Creative costuming. Both complement the intended theme and aid the overall

THEME COMPOSITION: MUSIC - Max Score: 15.0

8.5 - 8.9	MINIMAL/INCONSISTENT - Music does not connect or relate to the theme. Poor choice of music. Not appropriate.
9.0 - 9.9	FAIR - Theme is not fully expressed through music choice(s). Areas of music are not appropriate for theme.
10.0 - 11.9	MODERATE - Basic use of music to complement and highlight theme. Appropriate music choice(s) for performance.
12.0 - 12.9	GOOD - Good choice in music. Goes well with the theme and aids the story line. Fun and entertaining.
13.0 - 15.0	GREAT - Very creative music choice(s). Music expresses and complements theme from start to finish. Keeps the audience entertained and knowledgeable of the story.

ROUTINE EXECUTION: DEGREE OF DIFFICULTY - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Difficulty level is too easy/too hard and causes confusion throughout routine. Displays complete lack in knowledge of proper difficulty level.
3.0 - 3.9	MODERATE - Routine difficulty is age appropriate. Average emphasis on difficult choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty
4.0 - 5.0	GREAT - Great level of routine difficulty including innovative and tricky movements. Challenging choreography maintained throughout routine with proper execution.



DANCE - THEME

TEAM NAME: _____

DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		10	
Theme Composition - Movements		15	
Theme Composition - Costuming & Props		15	
Theme Composition - Music		15	
Routine Execution - Degree of Difficulty		5	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

NA DANCE PENALTY INFO

PROTECTING INTEGRITY AND PERFECTION OF ROUTINE EXECUTION.

New changes from last year's packet are marked in **RED**.

RULES PENALTIES:

- 1.5 POINTS** (per occurrence) deducted from your total possible score for each violation of any of the **YCADA Dance Routine Guidelines**.
- 2.5 POINTS** (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 Routine Guidelines & 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 POINTS** 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 Routine Guidelines**.

SCORE SYSTEM 411

NA DANCE DIVISIONS

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, Routine Guidelines, 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 Theme Dance demands different skills and a different performance than a Pom Performance routine. Theme Dance does not call for jazz skills/technique but it does call for a routine based on theme and entertainment. Therefore the score sheets for Theme Dance have a higher point value for the Performance Presentation 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 depending on 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. 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 100 possible points. Scores from all panel judges are added together, and then divided by the total number of panel judge 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 Average Score minus the penalty points $(73.83 - 2.5) = 71.33$

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

COACH'S CHEAT SHEET

NA DANCE DIVISIONS

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 creative and seamless transitions between formation changes, great use of the floor with proper spacing, great variety in formations, formations and transitions enhance overall visuals. etc.
 - Then you can expect to receive a score in the 11.0 - 12.0 range
 - ▶ If the majority of the routine contains basic incorporation of formation changes, standard transitions, inconsistent spacing throughout routine, etc.
 - Then you can expect to receive a score in the 9.0 - 9.9 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.?

NA DANCE GLOSSARY

[GO TO VIDEO GLOSSARY](#)

REFERENCE GUIDE FOR ALL SKILLS MENTIONED IN THE GENERAL SAFETY RULES.

Aerial: See Side Aerial

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

A la 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.

Calypso: A turning dance leap, originating from chaîné turns, in which the working leg is swept and held straight, while the back leg is held in the attitude position.

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.

Chaîné 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: See Lift

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 dancers 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 al a 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.

Headspring: A full rotation, acrobatic skill in which an athlete executes a flip from one's head on the ground while pushing off with their hands. The weight of the athlete is borne on the hands.

NA DANCE GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

- 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 dancers 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.
- Lift/Partner Lift:** A sequence of acrobatic movements in which a supporting dancer(s) lifts an elevated dancer and, in many cases, holds the elevated dancer off of the performance surface.
- 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.
- Partner Lift:** See Lift
- 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 à 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.
- Side Aerial:** An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.
- 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 dancers 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.

NA DANCE GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

Standing Prop: Any item(s) that bears the weight of the participant.

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.

Trick: Dance skill that combines kicks with flips and twists from gymnastics, as well as, various dance moves and styles from breakdancing

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 chainé 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 dancers 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.