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SCHOOL, YOUTH & ALL-STAR CHEER DIVISION DESCRIPTIONS/GUIDELINES:

School & Youth Show Cheer (2:30 max) – Routine performed with music (may use up to 1:30 of music*) and a cheer section. Incorporation of tumbling, stunts, cheer motions and dance. Please refer to specific level guidelines below for limitations in skills. All teams must follow AACCA School Cheerleading Safety Rules. * **Youth & College Teams may use all music.**

HIGH SCHOOL NOVICE SHOW CHEER:

Tumbling: Running and standing tumbling skills must have both hands and/or feet on the mat at all times. Tumbling skills such as Aerials, Back Tucks, Punch Fronts, Layouts, Fulls, etc. are not allowed.

Stunts: Extended freestanding stunts must always have both feet in the base(s) hands. All other extended one legged stunts such as liberty, arabesque, hitch or heel stretch must be braced on two sides by flyers who are at shoulder level or lower. A flyer must connect to the side flyers at shoulder level or lower before they are extended.

Not Allowed: Free from contact twisting skills to/from a stunt of any type or dismounts i.e. full downs/twist cradles, single log rolls. (A 1/4 dismount to cradle is allowed.) No basket, sponge, elevator or similar tosses are allowed.

YOUTH RECREATIONAL & JR HIGH TEAMS - NOVICE SHOW CHEER:

Tumbling: Running and standing tumbling skills must have both hands and/or feet on the mat at all times. Tumbling skills such as Aerials, Back Tucks, Punch Fronts, Layouts, Fulls, etc. are not allowed.

Stunts: Only extended freestanding liberties are allowed. All other extended one legged stunts must be braced on at least one side by another flyer at shoulder level or lower.

Not Allowed: Free from contact twisting skills to/from a stunt of any type or dismounts i.e. full downs/twist cradles, single log rolls. (A 1/4 dismount to cradle is allowed.) No basket, sponge, elevator or similar tosses are allowed.

HIGH SCHOOL INTERMEDIATE SHOW CHEER:

Tumbling: Standing back handsprings, round off/cartwheel back tuck & round off/cartwheel back handspring tucks are permitted. **Not Permitted:** Standing back tuck, standing back handspring back tuck, X-outs, layouts, full twists, and or tumbling out of an aerial flipping skill.

Stunts: Only extended freestanding liberties or torches are allowed. All other extended one legged stunts must be braced on at least one side by another flyer at shoulder level or lower. Basket, sponge, elevator or any similar type of toss are limited to one trick only (i.e. one toe touch).

Not Allowed: Any twisting stunt, toss, or dismount exceeding more than one and a quarter.

SCHOOL ADVANCE SHOW CHEER:

There are no technical skill limitations in the Advance Show Cheer division. However, all teams must follow the 2011-2012 AACCA School Cheerleading Safety Rules.

YOUTH RECREATIONAL & JR HIGH TEAMS - ADVANCE SHOW CHEER:

Not Allowed: Any twisting stunt, toss, or dismount exceeding more than one twist. No basket, sponge, elevator or similar tosses are allowed.

School & Youth Performance Cheer (2:00 max) – Routine performed with cheer words only (no music).

Incorporation of tumbling, stunts, and cheer motions. There are no level limitations for this division. All teams must follow AACCA Cheerleading Safety Rules.



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SCHOOL, YOUTH & ALL-STAR CHEER DIVISION DESCRIPTIONS/GUIDELINES (con't):

All-Star Cheer (2:30 max) – Routine performed to music (may also have a cheer section). Incorporation of tumbling, stunts, cheer motions and dance. Please refer to the USASF guidelines for specific level limitations and rules. All-Star teams must follow USASF safety guidelines. www.usasf.net

Stunt Group (1:00 max) – Routine choreographed of stunts and transitions. Maximum number of competitors per group is 5 and must be all female. Must follow appropriate safety guidelines pertaining to School, Youth or All-Star Teams.

Co-Ed Partner Stunt (1:00 max) – Routine choreographed of stunts and transitions. Couples must be male/female. Must follow appropriate safety guidelines pertaining to School, Youth or All-Star Teams.

Individual Cheerleader (1:00 max) – Individual may perform routine to all music or a combination of cheer and music. May incorporate use of tumbling, jumps, cheer motions and dance. Must follow appropriate safety guidelines pertaining to School, Youth or All-Star Teams.

SCHOOL, YOUTH & ALL-STAR DANCE & SONG/POM DIVISION DESCRIPTIONS/GUIDELINES:

Song Pom/Dance (2:30 max) – Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effects include but are not limited to: level changes, group work, formation changes, the use of different color poms, etc.

ALL-STAR PREP: *The Prep Category is offered for emerging teams. A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. A dancer may not compete in a non-prep category and a Prep Category within the same style.*

- 1. TUMBLING SKILLS IN THE ALL-STAR PREP CATEGORY ARE LIMITED TO:** Skills with hip over head rotation must have hand support. Airborne skills with hip over head rotation are not allowed.
- 2. LIFTS/TRICKS & PARTNERING IN THE ALL-STAR PREP CATEGORY:** No lifts allowed. Non elevated Partnering & Tricks are allowed (refer to Dance Lifts, Tricks & Partnering at www.usasf.net).
- 3. SKILLS IN THE ALL-STAR PREP CATEGORY ARE LIMITED TO:** No more than 3 technical skills/tricks are allowed in direct combination. No more than two rotations in a turn/pirouette in passe' or coup; performing an elevated skill during the rotation is not allowed (i.e. axle, tour jette', calypso and/or turning leaps). Fouette' turns/turns in second are **not** allowed. Only forward leaps and tricks are allowed (i.e. jette'/developpe', and stag). Turning leaps/jumps are **not** allowed. Only single leaps, jumps and tricks are allowed (i.e. c-jumps, tilt jumps/leaps and toe touches are allowed; switch leaps and consecutive jumps are not allowed).



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SCHOOL, YOUTH & ALL-STAR DANCE & SONG/POM DIVISION DESCRIPTIONS/GUIDELINES (con't):

HIGH SCHOOL POM NOVICE: The following skills may be performed: chaine turns, single pirouettes, single piques, kicks, leg holds, and kicklines, all Jumps including C and tilt jumps and forward/front leaps.
Not Allowed: Any Int. or Adv. Dance skills are prohibited such as multiple turns, leg hold turns, axels, and leaps other than forward/ front leaps.

HIGH SCHOOL POM INTERMEDIATE: In the addition to the skills permitted at the novice level, the following skills will be permitted: double pirouettes (in passe' or coupe position only), single leg hold turns, axels, jumps, and leaps.

Not Allowed: Double leg hold turns or more, triple pirouettes, switch/scissor leaps, turn sequences that are longer than one eight count, and three or more turn sequences in a routine.

The following turn rules apply for the **Intermediate Division**: One or more team members may only perform a maximum of two stationary turn sequences which may not be performed consecutively. In a turn sequence only fouettes, turns in second and pirouettes may be performed for a maximum of one eight count and must be completed with both feet on the floor before executing another skill. (Pirouette turns must be in passe' or coupe). Double pirouettes do not count as turn sequences.

HIGH SCHOOL POM ADVANCE: There are no technical skill limitations in the Pom Advanced division.

JR HIGH SCHOOL POM & YOUTH POM: There are no technical skill limitations in the Pom division for these teams.

Jazz (2:30 max) – A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

Hip Hop (2:30 max) – Routine focuses on street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

Individual Dancer (1:00 max) - Routine may be of any style, or combination of styles.