YCADA®
YOUTH CHEER & DANCE ALLIANCE

AMERICAN YOUTH CHEER

YCADA RULES & SCORING

AYC Youth Packet

2026-2027
(VALID UNTIL 5/31/2027)

This packet is for AYC Youth teams only.

VISIT YCADA.ORG FOR COURSE INFO AND EDUCATIONAL MATERIALS.

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YOUTH
CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

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

SHOW CHEER LEVEL 1 LIMITED: (Time Limit: 2 min) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Level 1 Limited routine requirements and allowances.

SHOW CHEER: (Time Limit: 2 min 30 sec) This category is offered for the following levels: 1, 2, 3 and 4. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances.

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YOUTH 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 1.0 point deduction.

Please be aware that all rules in this packet are in addition to any specific rules in the AYC Rule Book.

(a) Shoe charms, hair beads, jewelry, and chewing gum are prohibited during performances. Jewelry may not be taped on or over (exception - medical/religious pendant may be taped down). 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. Glitter adhered to the face, hair, body is allowed.

(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/prosthetics 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. SHOW CHEER
   - Formal entrances/exits are prohibited (this includes tumbling or stunt skills). Teams should take no longer than 20 seconds to enter and set for their routine.

(g) Timing
1. SHOW CHEER - 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.

(h)
1. Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
2. 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).

(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. All Uniform tops must be full coverage (no exposed midriff or crop tops). Sheer material is not considered full coverage.
4. Uniforms and makeup should be age appropriate and suitable for family viewing.
5. Items that may damage the performance surface are prohibited.

(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 **AND OFF** of the performance floor to mark center.
3. Poms attached solely to the wrist are considered the same in regard to pom rules.
4. All poms and props must be within the performing area to avoid a boundary violation of 0.1 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. Show Cheer - Flyers ONLY may use poms during stunting, pyramids and dismounts.
6. Show Cheer – The use of props is prohibited during all tumbling, tosses and the building and execution of stunts, pyramids and stunt transitions that require the use of hands. Props are prohibited for all cradle dismounts.
7. Front spots may hand or be handed poms or props from flyers if the front spot is not actively building or dismounting the stunt at the time of hand off.

(k) Practice Environment - All practice sessions should be held in a location suitable for the activities of cheer. The use of safety mats is highly recommended. Stunts, pyramids, tosses and tumbling shall be modified to be appropriate to the performing surface/area.

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YOUTH CHEER GENERAL SAFETY RULES

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New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction.**

(l) Tumbling

1. All tumbling must originate from the ground level.
2. Assisted tumbling must follow allowable skills for each level on the rules grid.
3. Partner tumbling is prohibited.
4. Participants are prohibited from tumbling over, under or through stunts, pyramids or an individual's torso.
5. Tumbling oriented load-ins to stunts, dismounts, and transitions are permitted:
   (i) 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.
7. Tumbling with poms in hands is prohibited. (Exception - Forward or Backward Roll)

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

1. Stunts cannot travel over another individual and/or stunt. Athletes cannot walk under a stunt or pyramid, unless they are involved in the building of that specific skill. (Exception: Double Based Vertical T-Lifts may travel over an athlete.)
2. Must never pass over, under or through other stunts and/or pyramids.
3. In all dismounts, catching bases MUST physically assist the control/slow down descent of the flyer.
4. May not cradle from any stunt in which the bases have a knee on the ground.
5. Superman transitions cannot invert at any point and may only originate from prep level or below.
6. Superman transitions may not be braced to other Superman transitions.
7. Pendulums
   (i) Pendulum transitions must start from prep level or below and return to an upright stunt, load in, or ground position.
   (ii) Two Bases are required (must remain stationary) plus two additional catchers.
8. Stunt transitions must never be released to the prone position (face-down/stomach).
9. A released flyer may not be in contact with another released flyer.
10. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire pyramid transition.
11. Two bases required during a pyramid transition when the flyer is released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
12. All inversions require 2 bases and 1 spotter OR 1 base and 2 spotters. (Exception: Levels 1-4 – Single Partner Cartwheels are allowed.)
13. Bases must be in direct contact with the performance surface.
14. Bases must never assume a Back Bend, Headstand or Handstand position while basing a stunt.

(n) Tosses (Levels 2-4)

1. May never intentionally travel.
2. Must be caught in a Group-Based Cradle by the original bases.
3. Must never become inverted at any point during the toss.

(o) Continuous Back Spotter

1. Must be in direct contact with the performance surface and behind or to the side of the stunt to protect the head, neck, and shoulder area of the flyer.
2. Not required for Below Prep Level Stunts (including Shoulder Sits).
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. Required for all stunts, release moves and tosses prep level and above. (Exceptions: Extended V-Sits, transition to/from back spot of Group Based Stunt to Shoulder Sit, horizontal T-Lifts, Archbacks & Flatbacks.) Stunts where the base of support is not standing on their feet, but the flyer's feet are at shoulder level, a standing back spotter is required.
5. (Levels 1-4) Required for all vertical waist level and above stunts where the primary bases are not using their hands/arms to directly support the flyer
6. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer in prep level stunts.
7. 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.

Back Spotter for Single Based Stunts

8. Required for 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 (exception: may place one hand under the foot with other hand on a standing leg at prep level and below).
9. May not change roles between being a base and a continuous spotter when stunt is prep level or above. (Exception: may transition to/from back spot of stunt to Shoulder Sit)
10. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

YCADA rules may be updated at any point in the season to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules.

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SHOW CHEER LEVEL 1 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 teams 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 1.0 point deduction.**

STANDING & RUNNING TUMBLING	**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: • Front/Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Ground Up Bridges (provided the performer returns to the ground/laying position) **Prohibited Skills (include but are not limited to):** • Handstands that fall to Bridge position • One Arm Cartwheels, • Front/Back Walkovers • Front/Back Handsprings • Flips in any body position • Tumbling into a load in stunt • Dive Rolls.
STUNTS	**Allowable Skills:** • 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 • Stunting on the back of the base(s) provided: 1. Required spotter (front, back, or side) is present 2. Spotter may hold the hands, arms, or torso of the flyer **Prohibited Skills (include but are not limited to):** • Thigh Stand Single Leg Stunts • Transitional stunts that involve changing bases • Swing Stunts • Show and Go Stunts • Extended V-Sits • Superman Transitions • Stunts that move, twist or turn during any portion of the stunt sequence, including Sponge or load-in.
INVERSIONS	**ALL INVERSIONS ARE PROHIBITED**
DISMOUNTS	**Allowable Skills:** • Shove Wrap • Step Off the Front/Back • Bump Down • Pop Offs **Prohibited Skills (include but are not limited to):** • All Cradles • ¼ twist from Step Off Front/Back
RELEASE MOVES	**ALL RELEASE MOVES ARE PROHIBITED**
TOSSES	**ALL TOSSES ARE PROHIBITED**
PYRAMIDS	**Allowable Skills:** Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules and are allowed up to 2-high with the following allowances: • Prep level two leg stunts that are braced on at least one side with hand/arm contact to other prep level two leg stunts or below prep level stunts or **bracer standing on the ground that is NOT connected to the stunt.**

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YCADA Show Cheer Level 1 Limited

CHOREOGRAPHY - Max Score: 15.0	
Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation	
0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT
13.5 - 13.9	MODERATE
14.0 - 14.4	GOOD
14.5 - 15.0	EXCELLENT
PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 15.0	
Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal	
Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd	
0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT
13.5 - 13.9	MODERATE
14.0 - 14.4	GOOD
14.5 - 15.0	EXCELLENT
DANCE - Max Score: 10.0	
Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
MOTIONS - By MAJORITY of Team - Max Score: 16.0	
Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes	
0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
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
STUNT DIFFICULTY - Max Score: 15.0	
0	Zero skills performed.
10.0 - 10.9	Below knee level two leg stunts by majority of team.
11.0 - 11.9	Below prep level two leg stunts by LESS THAN majority of team.
12.0 - 12.9	• Prep Level two leg stunts by LESS THAN majority of team • Knee Level two leg stunts by majority of team
13.0 - 15.0	• Prep level two leg stunts by majority of team • Knee level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) by majority of team.
PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 5.0	
0	Zero skills performed
2.0	Below knee stand level
3.0	Knee stand level single leg braced on one or both sides
4.0	Two leg thigh stand level braced on one or both sides
5.0	Prep level two leg stunts braced on one or both sides
JUMP DIFFICULTY - Max Score: 10.0	
See Glossary for Examples of Advanced/Basic Jumps	
Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.	
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
TUMBLING DIFFICULTY - Max Score: 10.0	
0	Zero skills performed.
6.0 - 6.9	Must perform at least ONE of the following by LESS THAN 25%: • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Must perform at least ONE of the following by AT LEAST 25%: • Forward Rolls • Backward Rolls • Handstands
8.0 - 8.9	Must perform at least ONE of the following by AT LEAST 25%: • Cartwheels • Ground Up Bridges
9.0 - 10.0	Round Offs by at least 25%

SHOW CHEER LEVEL 1 LIMITED - BUILDING (J1)

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	5	
Pyramid Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 1 LIMITED - JUMPS & TUMBLING (J2)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 1 LIMITED - OVERALL (J3)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	15	
Performance of Routine/Use of Cheer	15	
Dance	10	
Motions	16	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
56	

SHOW CHEER LEVEL 1 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 Limited are legal for Level 1. 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 1.0 point deduction.**

STANDING & RUNNING TUMBLING	**Allowable Skills:** All non-airborne skills and series of skills including, but not limited to: • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes **Prohibited Skills (include but are not limited to):** Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls
STUNTS	**Allowable Skills:** • Single leg stunts below prep level • Stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position (classified as prep level stunts) • Twisting during load in/stunt transition is limited to 1/4 twist. • Prep Level Single Leg Stunts with hand/arm contact by a participant in the stunt group or on the ground • Two leg stunt that passes through extended position • Superman Transitions **Prohibited Skills (include but are not limited to):** Free Standing Extended stunts, Leap Frogs, Single based Split Stunts, transitional stunts that move to new bases, & Superman Transitions that twist more than ¼.
INVERSIONS	**Allowable Skills:** • Ground Level Inversion to Ground Level • A single Partner Cartwheel Inversion provided the flyer returns back to the ground and upright.
DISMOUNTS	**Allowable Skills:** • Prep Level Pop Offs are limited to 1/4 twist • Cradles from all group stunts are limited to Straight and 1/4 twist only. **Prohibited Skills (include but are not limited to):** Single trick non twisting Cradles, cradles to different bases, Fireman Catches, cradle from single based stunts
RELEASE MOVES	**Allowable Skills:** • Bases may release a flyer during a transition from a Cradle position to below prep level skill. **Prohibited Skills (include but are not limited to):** Barrel Rolls, Helicopters, & single based tossed stunts
TOSSES	**ALL TOSSES ARE PROHIBITED**
PYRAMIDS	**Allowable Skills:** ***Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:*** • Extended two leg stunts that are braced on **at least** one side with hand/arm contact to prep level two leg stunts or below prep level stunts. • 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 or below prep level stunt • Braced Release to a cradle position is limited to straight ride or 1/4 twist only if the flyer is continuously braced on **at least** one side by a two leg prep level or below prep level stunt. **Prohibited Skills (include but are not limited to):** Extended single leg pyramids, connected extended 2 leg stunts.

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YCADA Show Cheer Level 1

CHOREOGRAPHY - Max Score: 10.0	
Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0	
Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal	
Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
DANCE - Max Score: 4.0	
Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork	
0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT
MOTIONS - By MAJORITY of Team - Max Score: 16.0	
Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes	
0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
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
STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0	Zero skills performed
12.0 - 12.4	• Knee level two leg stunts • Knee level single leg stunts
12.5 - 12.9	• Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Extended V-Sits • Swedish Falls
13.0 - 13.4	• Shoulder level stunt with base on knees • Shoulder Stands • Non-twisting prep level two leg stunt • Below prep level single leg stunts • Ground level inversion to ground level • Superman Transitions
13.5 - 15.0	***1/4 twist variations are encouraged*** • Single based waist level single leg stunt • Prep level two leg stunts (MUST ¼ twist) • Single based prep level two leg stunt • Prep level single leg stunt (with hand/arm connection)

YCADA Show Cheer Level 1

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0	
A pyramid will be defined as stunt(s) connected to other stunt(s).	
0	Zero skills performed
12.0 - 12.4	Below prep level two leg stunts braced on both or one side
12.5 - 12.9	Below prep level single leg stunts braced on both or one side
13.0 - 13.4	• Prep level two leg stunts • Prep level single leg stunts braced on both sides • High range skills braced on both sides
13.5 - 15.0	***Below Skills Braced on One Side. 1/4 Twist Variations are encouraged.*** • Braced Release Moves to Cradle • Prep level single leg stunts • Extended two leg stunts
DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0	Zero skills performed
2.0	***Performed by LESS THAN Majority*** • Step Offs • Bump Downs • Shove Wraps • Pop Offs
3.0	• Step Offs • Bump Downs • Shove Wraps • Pop Offs
4.0	Straight Ride Cradles
5.0	1/4 Twist Cradles
JUMP DIFFICULTY - Max Score: 10.0	
See Glossary for Examples of Advanced/Basic Jumps	
Consecutive, connected, synchronized 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	Zero skills performed
6.0	• Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	• 2 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	• 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
TUMBLING DIFFICULTY - Max Score: 10.0	
0	Zero skills performed
5.0 - 5.9	Skills performed by LESS THAN 25%: • Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Skills performed by AT LEAST 25%: • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Cartwheels or Round Offs by at least 25%
8.0 - 8.9	• Back Limbers to Kickover by AT LEAST 25% • High Range Skills Performed by LESS THAN 25%
9.0 - 10.0	Skills performed by AT LEAST 25%: • Front/Back Walkovers • Switch Leg Walkovers • Valdezes

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 1 - BUILDING (J1)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
38	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 1 - JUMPS & TUMBLING (J2)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 1 - OVERALL (J3)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	16	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
40	

SHOW CHEER LEVEL 2 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 Limited and Level 1 are legal for Level 2.** 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 1.0 point deduction.**

STANDING & RUNNING TUMBLING	**Allowable Skills:** All airborne skills with hand support are allowed. Including, but not limited to: • Dive Rolls (provided they are not in a Swan or Laid Out position) **Standing Tumbling:** • Single Front/Back Handspring • Single Back Handspring Step Out **Running Tumbling:** • Series Handsprings **Prohibited Skills (include but are not limited to):** Standing Front/Back Handspring series, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs).
STUNTS	**Allowable Skills:** • Two leg extended stunts. • Single leg stunts at prep level. • **Twisting during transitions is limited to a 1⁄2 twist** * ½ twist transitions from prep level and above stunts to a cradle position require an additional back spotter to catch the cradle. * ½ twist transitions from below prep provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. • Leap Frogs • Single leg stunt that passes through extended position **Prohibited Skills (include but are not limited to):** Superman transitions that twist more than 1/2, and Barrel Rolls connected to a front spot
INVERSIONS	**Allowable Skills:** • Inversions as an entry to a non-inverted upright load in or stunt below prep level provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. • Flyer must remain in contact with at least (1) stunt group member. • Back Walkover Inversion Exit from a cradle position **Prohibited Skills (include but are not limited to):** Forward & Backward Suspended Rolls & inversions to prep level and above.
DISMOUNTS	**Allowable Skills:** • Cradles are limited to Straight, ¼ twist, or single trick non-twisting Cradles (Clarification: Arch position does not count as a trick.) • Group based Swedish Falls may perform a ½ twist Cradle. • Cradles from Single Based Stunts must be caught in a group cradle (2 bases and a back spotter). **Prohibited Skills (include but are not limited to):** ½ twist Cradles, dismounts that land in prone position, dismounts to different bases, and trick dismounts that include a ¼ twist.
RELEASE MOVES	**Allowable Skills:** • Single Barrel Rolls with no other trick during the skill. • ½ twisting Barrel Rolls up to an extended Swedish Falls with no other trick during the skill. **Prohibited Skills (include but are not limited to):** • Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	**Allowable Skills:** • Flyer limited to a Straight Body position only. **DIVISION 8 – TOSSES ARE PROHIBITED** **Prohibited Skills (include but are not limited to):** Toe Touch, Ball-X, Pike Arch, Pretty Flyer, and twisting tosses
PYRAMIDS	**Allowable Skills:** ***Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:*** • Extended single leg stunts provided they are braced on at least one side with hand/arm contact with a prep level or below stunt. Contact must be made at or below prep level and prior to performing the extended single leg. • Braced release moves to a cradle provided (1) the flyer is continuously braced on one side by a prep level or below stunt, with hand/arm contact only, (2) flyer does not intentionally travel during the release move, (3) any trick performed does not include twisting. • Extended two leg stunts may brace other extended two leg stunts. **Prohibited Skills (include but are not limited to):** Full release braced Switch Ups, Ball Ups, and Tic Tocs, extended single leg stunts braced by hand/foot connection only, braced rolls, and braced flips.

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YCADA Show Cheer Level 2

CHOREOGRAPHY - Max Score: 10.0	
Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0	
Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal	
Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
DANCE - Max Score: 4.0	
Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and	
0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
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
STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0	Zero skills performed
11.5 - 11.9	• Knee level two leg stunts • Knee level single leg stunts • Waist level two leg stunts • Thigh level two leg stunts
12.0 - 12.4	• Prep level two leg stunts • Below prep level single leg stunts • Ground Level Inversion to Ground Level
12.5 - 12.9	• Shoulder level stunt with base on knees • Single based waist level single leg stunt • Single twisting Barrel Rolls
13.0 - 13.4	• 1/2 twist Superman Transitions • Single based prep level two leg stunt • Cradle Back Walkover inversion exit • 1/2 twist to prep level two leg stunts • Leap Frogs
13.5 - 15.0	***1/2 Twist Variations are encouraged*** • Ground level inversions to load-in/sponge/below prep level stunt • Prep level single leg stunts • Extended level two leg stunts • Single based prep level single leg stunt

YCADA Show Cheer Level 2

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0	
A pyramid will be defined as stunt(s) connected to other stunt(s).	
0	Zero skills performed
11.5 - 11.9	Below prep level two leg stunts braced on both or one side
12.0 - 12.4	Below prep level single leg stunts braced on both or one side
12.5 - 12.9	***Below Skills Braced on Both Sides*** • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
13.0 - 13.4	***Below Skills Braced on One Side*** • Braced release moves to Cradle (Straight Ride) • Prep level single leg stunts • Extended two leg stunts • 1/4 twist pyramid transitions to prep level and above
13.5 - 15.0	• 1/2 twist pyramid transition to prep level two leg stunts • Braced release move to Cradle with trick(s) • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt
DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0	Zero skills performed
2.0	• Bump Down • Shove Wrap • Pop Off
3.0	Straight Ride
4.0	1/4 Turn Cradles from prep level two leg stunts
5.0	Must perform (2) different skills: • 1/4 twist Cradles from prep level single leg • 1/4 twist Cradles from extended two leg stunt • Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.)
TOSSES DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
4.0	Straight Ride tosses (i.e. Basket or Sponge) by LESS THAN majority of team
5.0	Straight Ride tosses (i.e. Basket or Sponge) by MAJORITY of team
JUMP DIFFICULTY - Max Score: 10.0	
See Glossary for Examples of Advanced/Basic Jumps	
Consecutive, connected, synchronized 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	Zero skills performed
6.0	• Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	• 2 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	• 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
TUMBLING DIFFICULTY - Performed by 25% - Max Score: 10.0	
0	Zero skills performed.
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Cartwheels or Roundoffs
7.0 - 7.9	Back Limber to Kickover
8.0 - 8.9	• Front/Back Walkovers • Switch Leg Walkovers • Valdezes
9.0 - 10.0	• Single Front/Back Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back Handspring • Running Handspring Series • Specialty through to Running Handspring Series (Example: Flyspring, Round Off Back Handspring Step Out, Round Off Back Handspring)

YCADA Show Cheer Level 2 (D8 ONLY)

CHOREOGRAPHY - Max Score: 10.0	
Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0	
Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal	
Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
DANCE - Max Score: 4.0	
Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and	
0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT
MOTIONS - By MAJORITY of Team - Max Score: 16.0	
Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes	
0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
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
STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0	Zero skills performed
11.5 - 11.9	• Knee level two leg stunts • Knee level single leg stunts • Waist level two leg stunts • Thigh level two leg stunts
12.0 - 12.4	• Prep level two leg stunts • Below prep level single leg stunts • Ground Level Inversion to Ground Level
12.5 - 12.9	• Shoulder level stunt with base on knees • Single based waist level single leg stunt • Single twisting Barrel Rolls
13.0 - 13.4	• 1/2 twist Superman Transitions • Single based prep level two leg stunt • Cradle Back Walkover Outs • 1/2 twist to prep level two leg stunts • Leap Frogs
13.5 - 15.0	***1/2 Twist Variations are encouraged*** • Ground level inversions to load-in/sponge/below prep level stunt • Prep level single leg stunts • Extended level two leg stunts • Single based prep level single leg stunt

YCADA Show Cheer Level 2 (D8 ONLY)

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0	
A pyramid will be defined as stunt(s) connected to other stunt(s).	
0	Zero skills performed
11.5 - 11.9	Below prep level two leg stunts braced on both or one side
12.0 - 12.4	Below prep level single leg stunts braced on both or one side
12.5 - 12.9	***Below Skills Braced on Both Sides*** • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
13.0 - 13.4	***Below Skills Braced on One Side*** • Braced release moves to Cradle (Straight Ride) • Prep level single leg stunts • Extended two leg stunts • 1/4 twist pyramid transitions to prep level and above
13.5 - 15.0	• 1/2 twist pyramid transition to prep level two leg stunts • Braced release moves to Cradle (with tricks) • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt
DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0	Zero skills performed
2.0	• Bump Down • Shove Wrap • Pop Off
3.0	Straight Ride
4.0	1/4 Turn Cradles from prep level two leg stunts
5.0	Must perform (2) different skills: • 1/4 twist Cradles from prep level single leg • 1/4 twist Cradles from extended two leg stunt • Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.)
JUMP DIFFICULTY - Max Score: 10.0	
See Glossary for Examples of Advanced/Basic Jumps	
Consecutive, connected, synchronized 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	Zero skills performed
6.0	• Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	• 2 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	• 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
TUMBLING DIFFICULTY - Performed by 25% - Max Score: 10.0	
0	Zero skills performed.
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Cartwheels or Roundoffs
7.0 - 7.9	Back Limber to Kickover
8.0 - 8.9	• Front/Back Walkovers • Switch Leg Walkovers • Valdezes
9.0 - 10.0	• Single Front/Back Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back Handspring • Running Handspring Series • Specialty through to Running Handspring Series (Example: Flyspring, Round Off Back Handspring Step Out, Round Off Back Handspring)

SHOW CHEER LEVEL 3 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 Limited, 1 & 2 are legal for Level 3.** 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 1.0 point deduction.**

STANDING & RUNNING TUMBLING	**Allowable Skills:** **Standing Tumbling:** • Series Handsprings **Running Tumbling:** • Flips only in the following specified body positions with the following restrictions: 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). **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.
STUNTS	**Allowable Skills:** • Single leg extended stunts. • Twisting during the load in or stunt transition is limited to 1 full twist and can only occur at prep level or below. **Prohibited Skills (include but are not limited to):** One full twist to extended level
INVERSIONS	**Allowable Skills:** **Allowable Skills:** • Inversions as an entry to a non-inverted prep level stunt provided: 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, flyer must remain in contact with at least (1) stunt group member. • Downward/Exit Inversions from waist level or below. • Non-twisting Forward Suspended Rolls provided: 1) The flyer begins in a non inverted position prep level or below 2) The flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter 3) The bases/back spotter/posts are not involved with any other choreography 4) The flyer lands in a double based Cradle to the original bases or on the performance surface (may not land in a load in position). **Prohibited Skills (include but are not limited to):** Backward suspended rolls, Forward Flipping Leap Frogs
DISMOUNTS	**Allowable Skills:** • 1 ¼ twisting rotation from the following: 1) One/two leg stunt at prep level 2) Two leg extended stunt • Non-twisting two trick cradles from two leg prep level stunt • Only Straight and 1⁄4 twist Cradles from extended single leg stunts • Single based stunts may perform Straight Cradles provided the required spotter is in place. **Prohibited Skills (include but are not limited to):** Dismounts to different bases, two trick cradles from one leg at prep level and all extended level stunts.
RELEASE MOVES	**Allowable Skills:** • May occur to/from prep level or below • Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. **Prohibited Skills (include but are not limited to):** Bases may not free toss a flyer to all new bases, release moves that invert
TOSSES	**Allowable Skills:** • Single trick toss skills that do not exceed 1 1/4 twisting rotations (clarification: Open to Arch Position does not count as a trick). **Prohibited Skills (include but are not limited to):** Kick Full Twist tosses
PYRAMIDS	**Allowable Skills:** ***Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:*** • Braced release moves to an upright extended body position or cradle position provided: 1) The flyer is continuously braced by hand/arm contact on one side by a prep level or below stunt 2) The flyer does not intentionally travel during the release move 3) It incorporates no more than a 1/2 twist by the flyer • Extended single leg stunts braced to other extended two leg stunts • Braced Release moves to a non upright body position provided: 1)The flyer is continuously braced on BOTH sides with two separate bracers in prep level or below stunts, with hand/arm contact. 2) Flyer does not intentionally travel during the release move 3) Does not twist or become inverted • Braced Rolls originating from prep level or below and landing prep level or below • A full twist transition by the flyer provided: 1) The flyer is not released from the base/spotter 2) The flyer is continuously braced by a prep level or below stunt with hand/arm contact. **Prohibited Skills (include but are not limited to):** Release moves that travel over the legs and/or core of the bracer's body, braced front/back flips.

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YCADA Show Cheer Level 3

CHOREOGRAPHY - Max Score: 10.0	
Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0	
Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal	
Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
DANCE - Max Score: 4.0	
Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and	
0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
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
STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	• Prep level two leg stunts • Below prep level single leg stunts • Ground level inversions to Load-in/Sponge
12.0 - 12.4	• Shoulder level stunt with base on knees • Single based waist level single leg stunt • Single twisting Barrel Rolls
12.5 - 12.9	• 1/2 twist Superman Transitions • Single based prep level two leg stunt • 1/2 twist to prep level two leg stunts • Leap Frogs • Cradle Back Walkover inversion exit
13.0 - 13.4	***1/2 Twist Variations are encouraged*** • Full Twist Superman Transitions • Ground level inversions to load-in/sponge/below prep level stunts • Prep level single leg stunts • Extended level two leg stunts • Forward Suspended Rolls • Inversion exits from waist level • Single based prep level single leg stunts
13.5 - 15.0	• Extended single leg stunts • Release moves that land at prep level • Full twist to prep level stunts • Ground level inversions directly to prep level stunts • 1/2 twist to extended single leg stunts

YCADA Show Cheer Level 3

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0	
A pyramid will be defined as stunt(s) connected to other stunt(s).	
0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	Below prep level single stunts braced on both or one side
12.0 - 12.4	***Below Skills Braced on Both Sides*** • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
12.5 - 12.9	***All Skills Braced on One Side*** • Braced release moves to Cradle (Straight Ride) • Prep level single leg stunts • Extended two leg stunts • 1/4 twist Pyramid transitions to prep level and above
13.0 - 13.4	• 1/2 twist pyramid transition to prep level two leg stunts • Braced release move to Cradle with trick(s) • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt
13.5 - 15.0	• Braced release moves to an upright body position that land at the extended level • 1/2 twist release moves braced on both sides that land in prep level or above stunts • Braced Roll • Extended single leg stunts braced to other extended two leg stunts • Braced, Non-Released Full Twist Transition
DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0	Zero skills performed
2.0	• Bump Down • Shove Wrap • Pop Off • Straight Ride
3.0	• 1/4 twist Cradles from prep level • Non-twisting Alternate Cradles
4.0	Must Perform (2) Different Skills: • 1/4 twist Cradles from extended level • Single twist cradles from prep level two leg stunts
5.0	Must Perform (2) Different Skills: • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Non-twisting two trick cradles from Extension Prep
TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0	Zero skills performed
2.0	Straight Ride tosses (Basket or Sponge) by LESS THAN majority of team
3.0	Straight Ride tosses (Basket or Sponge)
4.0	High range skills by LESS THAN majority of team
5.0	• Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) • Single twist tosses
JUMP DIFFICULTY - Max Score: 10.0	
See Glossary for Examples of Advanced/Basic Jumps	
Consecutive, connected, synchronized 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	Zero skills performed
6.0	• Basic jump(s) • 1 advanced jump • 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	2 synchronized non-consecutive advanced jumps by majority of team
8.0	2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	• 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).

YCADA Show Cheer Level 3

TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	• Cartwheels • Round Offs
7.0 - 7.9	• Walkovers • Round Off Back Handspring
8.0 - 8.9	• Single Standing Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back handspring • Running Handspring Series • Specialty through to Running Handspring Series
9.0 - 10.0	• Side Aerials • Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tuck • Round off Back Handspring Back Tuck

SHOW CHEER LEVEL 4 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 Limited, 1, 2 and 3 are legal for Level 4.** 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 1.0 point deduction.**

STANDING & RUNNING TUMBLING	**Allowable Skills:** • Flips are allowed in any body position provided: 1) They do not exceed one flipping and one twisting rotation 2) There is no other tumbling skill(s) after the flip (exception: tumbling out of/after a front flip or Arabian is allowed) **Prohibited Skills (include but are not limited to):** Forward 3/4 Flips to the seat, Toe-Pitch Flips, Double Fulls, Whip Backs to Back Handsprings or Flips
STUNTS	**Allowable Skills:** • 1 1/2 twists during load ins or stunt transitions (may change bases and at least one base/continuous spotter must remain with the flyer during transitions). **Prohibited Skills (include but are not limited to):** Double Ups
INVERSIONS	**Allowable Skills:** • Inversions as an entry to a transition up to an upright extended level position, provided: 1) The inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) At least one base/spotter maintains contact with the flyer throughout the entire inversion 3) A spotter is placed both in front AND back of the flyer for inversions transitioning to extended level. • Forward Flipping Leap Frogs provided: 1) The post and flyer maintain hand/hand contact throughout the transition 2) The skill is caught in a double based cradle 3) The skill does not twist • Forward Suspended Rolls with up to 1 full twist (must originate from prep level or below and be caught in a cradle by the original bases). • Non-twisting backward suspended rolls **Prohibited Skills (include but are not limited to):** Stunt to Stunt Inversion
DISMOUNTS	**Allowable Skills:** • 1 1/4 Twist Cradles • Non-twisting two trick cradles • Two Trick cradles that include a twist provided: 1) They originate from prep level stunts 2) Incorporates no more than 1 and 1/4 twist • Single based stunts are limited to straight and ¼ turn cradle from all single leg stunts and single twist cradle from two leg stunts, with the required spotter. • Cradle dismounts to different bases that originate from prep level (bases must be in place and not involved in other choreography prior to the start of the dismount). **Prohibited Skills (include but are not limited to):** Cradles that land in a prone position, and all 2 twist cradle dismounts.
RELEASE MOVES	**Allowable Skills:** • Freestanding release moves provided: 1) Does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) 2) Does not exceed 1 1/2 twists 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. **Prohibited Skills (include but are not limited to):** Twisting full release Helicopters, release moves that invert
TOSSES	**Allowable Skills:** Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations • Kick Full **Prohibited Skills (include but are not limited to):** Double Full Tosses, flipping tosses (front or back), tosses that intentionally travel and bases may not free toss a flyer to all new bases.
PYRAMIDS	**Allowable Skills:** ***Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:*** • During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced between two Extension Preps. • Braced front and back flips provided: 1) The released flyer maintains hand/arm contact with two bracers in an Extension Prep or Below Prep Level Stunt. 2) The transition must be in continuous motion to and from original group 3) Transition is caught in a Cradle position 4) Flyer does not perform any other skill during the inversion • Extended Single Leg Stunts Braced to Other Extended Single Leg Stunts **Prohibited Skills (include but are not limited to):** Twisting front/back braced flips

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YCADA Show Cheer Level 4

CHOREOGRAPHY - Max Score: 10.0	
Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0	
Performance of Routine - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal	
Use of Cheer - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
DANCE - Max Score: 4.0	
Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and	
0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes	
0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
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
STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	• Single based prep level two leg stunt • Leap Frogs • 1/2 twist to prep level two leg stunts • Cradle Back Walkover inversion exit
12.0 - 12.4	• Ground level inversions to load-in/sponge/below prep level stunts • Prep level single leg stunts • Inversion exits from waist level
12.5 - 12.9	• Full Twist Superman Transitions • Extended level two leg stunts • Single based prep level single leg stunts • 1/2 twist to extended single leg stunts • Forward Suspended Rolls • Ground level inversion to prep level two leg stunts
13.0 - 13.4	• Extended single leg stunts • Release moves that land at prep level • Full twist to prep level stunts • Forward Flipping Leap Frogs • Ground level inversions directly to prep level single leg stunts
13.5 - 15.0	• Full twist stunts/transitions to extended level stunt • Full Twisting Forward Suspended Roll • 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.)

YCADA Show Cheer Level 4

PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0	
A pyramid will be defined as stunt(s) connected to other stunt(s).	
0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	• Extended two leg stunts braced on one side • Extended single leg stunts braced on both sides
12.0 - 12.4	All Skills Braced on One Side • Braced Release Moves to Cradle (Straight Ride) • Prep level single leg stunts • 1/4 twist Pyramid transitions to prep level and above
12.5 - 12.9	• 1/2 twist pyramid transition to prep level two leg stunts • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt
13.0 - 13.4	• Braced release moves to an upright body position that land at the extended level • 1/2 twist release moves braced on both sides that land in prep level or above stunts • Braced Roll • Extended single leg stunts braced to other extended two leg stunts • Braced, Non-Released Full Twist Transition
13.5 - 15.0	• Twisting release moves greater than half twist • Single leg extended stunts braced to other single leg extended stunts • Braced inversion transitions that roll up directly to Extension • Braced Flips braced on BOTH Sides
DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0	Zero skills performed
1.0	• Bump Downs • Shove Wraps • Pop Offs • Straight Ride
2.0	• 1/4 twist Cradles from prep level • Non-twisting Alternate Cradles
3.0	Must Perform (2) Different Skills: • 1/4 twist Cradles from extended level • Single twist cradles from prep level two leg stunts
4.0	Must Perform (2) Different Skills: • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Non-twisting two trick cradles from Extension Prep
5.0	Must Perform (2) Different Skills: • Non-twisting two trick cradles from Extension • Single twisting cradles from extended single leg stunts • Two Trick Cradles that include a Single Twist from Prep Level
TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0	Zero skills performed
1.0	Straight Ride tosses (Basket or Sponge) by LESS THAN majority of team
2.0	Straight Ride tosses (Basket or Sponge)
3.0	Single trick non-twist or Single Twist Tosses
4.0	Non-twisting two trick tosses or high range tosses by LESS THAN majority of team
5.0	Two trick toss that includes a single twist (example: Kick Full)
JUMP DIFFICULTY - Max Score: 10.0	
See Glossary for Examples of Advanced/Basic Jumps	
Consecutive, connected, synchronized 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	Zero skills performed
6.0	• Basic jump(s) • 1 advanced jump • 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	• 2 synchronized non-consecutive advanced jumps by majority of team
8.0	• 2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	• 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).

YCADA Show Cheer Level 4

TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands • Cartwheels •Roundoffs
6.0 - 6.9	• Walkovers • Round Off Back Handspring
7.0 - 7.9	• Single Standing Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back handspring • Running Handspring Series • Specialty through to Running Handspring Series
8.0 - 8.9	• Side Aerials • Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tucks • Round off Back Handspring Back Tuck
9.0 - 10.0	• Jump Continuously to Back Handspring Back Tuck • Standing Tuck • Jump Continuously to Back Tuck • Pike • Layout • X-Out • Front Aerial • Full Twist Flips

SHOW CHEER LEVELS 2-4 - BUILDING (J1)

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	
Toss Difficulty	5	
Toss Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
44	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 2 (D8) - BUILDING (J1)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
38	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVELS 2-4 - JUMPS & TUMBLING (J2)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 2 (D8) - JUMPS & TUMBLING (J2)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVELS 2-4 - OVERALL (J3)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	10	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
34	

YCADA® YOUTH CHEER & DANCE ALLIANCE

SHOW CHEER LEVEL 2 (D8) - OVERALL (J3)

AYC AMERICAN YOUTH CHEER

TEAM NAME: _____ **DIVISION:** _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	16	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
40	

YOUTH CHEER PENALTY INFO

RULES PENALTIES:

1.0 POINT deducted from your total possible score for each violation of any of the Youth Cheer General Safety Rules

1.0 POINT deducted from your total possible score for each violation of any of the requirements in the youth cheer levels grid.

Please refer to the Youth Cheer 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 - 0.2 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 - 0.4 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 - 0.2 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). (5) Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to their feet. 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 - 0.8 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 (4) Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to a body part other than their feet.

MAJOR STUNT FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

** The category "stunt/toss skills" will include stunts, dismounts, inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. Each member of the stunt group will be considered part of the stunt in relation to a fall. (i.e. any member of the stunt group falling to the ground would be considered a fall).*

BOUNDARY PENALTY:

0.1 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:

0.4 POINT deducted from your total possible score if your routine goes 4 SECONDS OR MORE OVER time requirements.

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CHEER & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: _____

CHEER CATEGORY: SC (circle one) **DANCE CATEGORY:** DPM DHH DSTEP (circle one) **LEVEL:** 1L 1 2 3 4 (circle one)

DIVISION: _____ **TEAM SIZE:** S L

RULES PENALTIES:		
	# of Occurrences x Penalty for Violation	**Deductions**
Boundary Violation	_____ x (0.1)	
Total Time of Routine: _____	OVERTIME ☐ 4+ seconds (0.4)	

Cheer General Safety/Dance Routine Guidelines			
Section #	**Deduction Description**	**# of Occurrences x Penalty for Violation**	**Deductions**
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	

Cheer Levels Grid/Dance General Rules			
Section #	**Deduction Description**	**# of Occurrences x Penalty for Violation**	**Deductions**
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	

EXECUTION PENALTIES:			
Skill Category	**Deduction Description**	**# of Occurrences x Penalty for Violation**	**Deductions**
Tumbling	Touch on Tumbling Skills:	_____ x (0.2)	
Tumbling	Falls on Tumbling Skills:	_____ x (0.4)	
Stunts	Bobbles on Stunt Skills:	_____ x (0.2)	
Stunts	Falls on Stunt Skills:	_____ x (0.8)	
Stunts	Major Falls on Stunt Skills:	_____ x (1.0)	
		TOTAL POINTS DEDUCTED:	

COACH'S CHEAT SHEET

YOUTH 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 any 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 skill twice = 18).

- The **Standing/Running Tumbling column** is how many tumbling skills must be performed 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 column** is how many stunt groups must perform the stunt, dismount and 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 ONCE
- **Majority** is considered greater than 50%

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

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SCORING CRITERIA
YOUTH CHEER DIVISIONS

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

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

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

STUNTS EXECUTION/TECHNIQUE:
Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique

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

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

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

PYRAMIDS EXECUTION/TECHNIQUE:
Body positions and control
Height of pyramid skills executed
Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique
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

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YOUTH CHEER GLOSSARY

GO TO VIDEO GLOSSARY

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

1/4 Twist Cradle: A ¼ twist by the flyer to the cradle position.

1/4 Twist (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: Performed as a Front Aerial or Side Aerial
- **Front Aerial:** An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.
- **Side Aerial:** An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

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 single leg 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.

Assisted Tumbling: Any form of physical assistance that an athlete receives during the execution of a skill or a series of skills. These skills will NOT be considered tumbling and therefore will not be given credit in tumbling difficulty.

Back Handspring: A backward airborne tumbling skill that starts from a standing or running entry, in which the participant jumps or rebounds to rotate into an inverted position then blocks off the hands to return upright and land on their feet.

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 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. This skill begins and ends in the cradle position.

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 pyramid connection where 1 flyer provides stability to another flyer.

Braced Flip: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with 2 bracers. Types of Braced Flips include Braced Front Flip and Braced Back Flip.

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 Connected Jumps: The execution of two or more jumps following continuously in an unbroken sequence.

Continuous Back Spotter: The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt. Does NOT need to have contact with the flyer/stunt group and does not provide primary support to the flyer. Also known as a Spotter.

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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. The flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge or 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 skill in which an inverted person's momentum is moving towards the performing surface.

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.

Extension: A two leg, extended level stunt in which the flyer's feet are being held 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 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.

Fallback: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid. Also Known as a Fireman Catch.

Flat Back/Arch Back: A stunt in which the flyer has both feet off of the ground, is in a face up position and is supported by at least 2 bases. Extended Flatbacks/Arch Backs are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks/Arch Backs 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.

Floorwork: 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 to hand contact.

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.

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: A forward airborne tumbling skill that starts from a standing or running entry, in which the participant jumps or rebounds to rotate into an inverted position then blocks off the hands to return upright and land on their feet.

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.

Group Based Stunts: A stunt using multiple bases for support and includes a backspot.

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.

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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 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.

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.

Helicopter: Flyer in a face up horizontal position is released and rotates before being caught by the original bases in a 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.
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

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 flyer is transitioned from one set of bases to another or back to the original bases. The flyer must remain 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.

Load in: A flyer's position in preparation to build a stunt or skill in between stunts. Common 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 Cartwheel Inversion: An inversion transitions that requires 2 athletes. 1 base in a lunge position and 1 flyer who performs the cartwheel on the base's lunged position. Base will help guide the Cartwheel flyer over and back to the ground.

Partner Pick Up: An up-and-down lift performed by 2 athletes, in which one athlete lifts the other athlete by the waist and returns them to the ground or stunt/stunt load-in. This skill will not be considered a stunt and is therefore exempt 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.

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, megaphones, and pieces of cloth are examples of a prop. Poms are NOT considered props.

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Pyramid: Two or more flyers with physical connection that may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body.

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: A stunt transition that returns to the load in position.

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.

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.

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 and leg. 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 position. 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 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.

Sponge: A 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.

Standing Tumbling: A tumbling skill or series of skills performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Step Off the Front/Back: A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

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 dismount from a stunt to a cradle 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).

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.

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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.
- **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.
- **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 Transiton: The back spotter grips at least one of the flyers 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 and flyer has no hand/arm connection to a base, brace or post during this transition.

Supporting Leg: A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg).

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. May be performed forward or backward.

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by at least 2 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 using a swinging motion that uses the flyer's body in a front to back or side to side movement. Stunt must begin below prep level with flyer face up. Two bases have contact with the flyer, and a spotter is in place.

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

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 stunt/pyramid in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

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.

Top Person: See Flyer.

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 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.

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

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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 dip by the bases or flyer during the simultaneous twisting or buidling of a 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.

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