



High School Teams  
Cheer Division Limitations 2015 -2016

In addition to all rules covered in the “2015-16 AACCA School Cheerleading Safety Rules” the following restrictions also apply to teams entering a “Non-Tumbling, Novice, & Intermediate” division.

**Non-Tumbling Division Limitations** (Stunting is allowed through the Advanced level of division limitations)

**Tumbling:**

This division prohibits all standing and/or running tumbling with feet over head rotation, including forward and backward rolls, cartwheels, handsprings, aerials, etc. Legal stunt inversions into or from stunts will not be considered tumbling and are therefore allowed in this division.

**Stunts/Pyramids/Tosses:**

There are no technical skill limitations for this division except for those noted in the “2015-16 AACCA School Cheerleading Safety Rules.”

**NOVICE Division Limitations**

**Tumbling:**

Standing tumbling: limited in difficulty to a single standing back handspring. Jump/handspring combinations and series handsprings are not allowed. Flips and aerials are not allowed.

Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.

Running tumbling: front and back handspring series are allowed. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials (including side aerials), punch fronts, etc.

Running tumbling is defined as tumbling that is performed with a forward momentum start that may involve a cartwheel, or round off, etc. and used to gain momentum as an entry to another skill.

**Stunts/Pyramids/Tosses:**

1. Single leg *freestanding* stunts may not be held or pass through an extended position.
2. Extended stunts are limited to both feet in the base(s)' hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the top of the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount.
3. All other single leg extended stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced on two sides by two top persons that are at shoulder stand height or lower. The braced connection must be established at the shoulder level or lower before the stunt passes into the extended position and constant contact between the top person and two bracers must be maintained while the top person is on one leg above shoulder level.
4. Twisting stunt transitions and/or pyramid *transitions* are limited to a 1/2 twist. Full twist barrel/log rolls (even when connected to a base, spotter or bracer) are not allowed.
5. The only stunt inversions allowed are: (1) Two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand/arm contact to a stunt, two person cradle, loading position or the performing surface. If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released. (2) Top person may be moved from a weight-bearing, inverted position (example: handstand) on the performing surface, to a non-inverted position at prep level or below with a head and shoulder spotter assisting the top person to the non-inverted position.

6. Pyramid inversions are not allowed.
7. Dismounts: Only straight pop downs/bump downs, basic straight cradles and  $\frac{1}{4}$  turn dismounts are allowed. All other dismounts (toe touch, twists, etc.) are prohibited. "Dismount" is defined as the movement from a stunt and/or pyramid to a cradle position or to the performing surface.
8. No basket, sponge, elevator or similar type toss is permitted.

### **INTERMEDIATE Division Limitations**

#### **Tumbling:**

Standing Tumbling: limited in difficulty to a standing back handspring series or jump/handsprings combination (flips and aerials are not allowed). Therefore, a standing back handspring back tuck is prohibited.

Standing tumbling is defined as any tumbling skill not originating from a cartwheel, or round-off.

Running Tumbling: limited in difficulty to tucks. Round off (or cartwheel) back tucks and round off (or cartwheel) back handspring back tucks are examples of skills that are allowed. Side aerials and/or punch fronts are also allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists and/or tumbling out of an aerial/flipping skill.

Running tumbling is defined as tumbling that is performed with a forward momentum start that may involve a cartwheel, or round off, etc. and used to gain momentum as an entry to another skill.

#### **Stunts/Pyramids/Tosses:**

1. Extended *freestanding* single leg stunts are limited to a basic (foot by the knee) liberty (or high torch) only.
2. All other extended single leg stunt variations must be braced on at least one side by another top person who is at shoulder height or lower.
3. Twisting stunt and pyramid transitions are allowed up to 1 twist by the top person.
4. Pyramid Inversions: A braced forward or backward flip in a pyramid is allowed while adhering to the AACCA rules on braced flips; however, the completion of the flip must end in a cradle dismount.
5. Single twists dismounts are allowed only from 2-legged stunts/pyramids. Full twisting dismounts are not allowed from any single leg stunt or pyramid. "Dismount" is defined as the movement from a stunt and/or pyramid to a cradle position or to the performing surface.
6. Basket, sponge, elevator or similar type tosses are permitted, but are limited to one trick only (i.e. one toe touch). For example, a kick followed by a twist, or a ball to an X-out, are considered 2 tricks and would be illegal.

### **ADVANCED Division Limitations**

There are no technical skill limitations for this division except for those noted in the "2015-16 AACCA School Cheerleading Safety Rules."