



2015-2016 Jr. High/Middle School/Youth Teams
Cheer Division Limitations

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

Non-Tumbling Division Limitations (Stunting is allowed through the Intermediate 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:

1. Twisting stunt and/or pyramid transitions are allowed up to one twist. Twisting to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) is limited to one twist. Exception: 1¼ dismounts to a cradle are permitted from side- facing stunts.
2. Basket, sponge, elevator or similar tosses are not permitted.

There are no other 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. 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 stunts 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.
4. 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.
5. Pyramid inversions are not allowed.

6. 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.
7. Basket, sponge, elevator or similar type tosses are not permitted.

INTERMEDIATE Division Limitations

The technical skill limitations for this division are found in the "2015-16 AACCA School Cheerleading Safety Rules." In addition, please note the following limitations:

1. Twisting stunt and/or pyramid transitions are allowed up to one twist by the top person. Twisting to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) are limited to one twist. Exception: $1\frac{1}{4}$ dismounts to cradle are permitted from side facing stunts.
2. Basket, sponge, elevator or similar type tosses are not permitted.