



## NOVICE SKILL RESTRICTIONS

*Novice Teams will follow AACCA Safety Guidelines with these additional Skill Restrictions.  
Maximum Time Limit: 2:30 (Routine may be partial or all music).*

**Standing Tumbling:** Standing tumbling is limited to a standing single back handspring. (Standing back handspring series and jump/back handspring combinations are not allowed). Standing tucks are not allowed.

**Running Tumbling:** Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

**Stunts:** Single leg stunts may not be held or pass through an extended position. (No extended liberties). Twisting transitions are limited to a 1/2 twist by the top person (full ups are not allowed).

**Pyramids:** Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.

**Dismounts:** Only straight pop downs, basic straight cradles and 1/4 turns are allowed.

**Tosses:** The only body position allowed is a straight ride.

## INTERMEDIATE SKILL RESTRICTIONS

*Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.  
Maximum Time Limit: 2:30 (Routine may be partial or all music).*

**Standing Tumbling:** Flips are not allowed. (No standing back tucks or back handspring back tucks).

**Running Tumbling:** Flips may only be performed in tuck position. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip.

**Stunts:** Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.

**Pyramids:** During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below.

**Dismounts:** Only straight pop downs, basic straight rides, and 1/4 turns are allowed from any single leg stunt. Up to 1 1/4 twists are allowed from any two leg stunt.

**Tosses:** Up to one trick allowed during toss. Tosses may not exceed one twisting rotation.

## ADVANCED SKILL RESTRICTIONS

*Advanced Teams will follow the standard AACCA Safety Guidelines w/no other skill restrictions. Non-Building and Non-Tumbling Divisions will follow AACCA Safety Guidelines w/specific skill restrictions*

For AACCA Safety Guidelines, visit: [www.aacca.org](http://www.aacca.org)

Maximum Time Limit: 2:30 (Routine may be partial or all music).

## GAME DAY DIVISIONS

### SIDELINE CHEERLEADING RULES AND RESTRICTIONS

*Showcase your best sideline crowd-leading material. The use of signs, poms, flags, and/or megaphones is encouraged.*

\*1 minute 15 seconds time limit

\*Emphasis on crowd involvement

\*At least 2 components required from the following: cheers, Chants, traditional yells, and/or drum cadences.

\*No music permitted

\*No baskets, sponge, elevator, or similar type tosses permitted

\*No inversions and/or twisting into or out of stunts

\*No single leg stunts

\*Maximum difficulty in tumbling is limited to standing back handspring

\*Running tumbling is permitted only during team entrance

### FIGHT SONG RULES AND RESTRICTIONS

*Perform your favorite School Fight Song*

\*1 minute 15 seconds time limit

\*Up to (2) eight-counts may include stunts, tumbling and/or jumps

\*Same skill restrictions as listed in Game Day (sideline Cheerleading) Rules and Restrictions.

### TIME OUT DANCE RULES AND RESTRICTIONS

*Perform your favorite Time-Out Dance.*

\*1 minute 15 seconds time limit

\*Traditional sideline uniforms required

\*Emphasis on crowd entertainment

\*No stunts or tumbling permitted

## COLLEGE SKILL RESTRICTIONS

*College teams will follow the AACCA College Safety Guidelines w/no other skill restrictions.*

For AACCA College Safety Guidelines, visit: [www.aacca.org](http://www.aacca.org)

Maximum Time Limit: 2:30 (Routine may be partial or all music).