



AMERICAN CHEER POWER YOUTH LEAGUE DIVISIONS

2017 - 2018 RULES AND RESTRICTIONS



	NOVICE	INTERMEDIATE	ADVANCED
SENIOR	NOVICE SENIOR 5 - 36 Members 18 yrs and Younger Female/Male	INTERMEDIATE SENIOR 5 - 36 Members 18 yrs and Younger Female/Male	ADVANCED SENIOR 5 - 36 Members 18 yrs and Younger Female/Male
JUNIOR	NOVICE JUNIOR 5 - 36 Members 14 yrs and Younger Female/Male	INTERMEDIATE JUNIOR 5 - 36 Members 14 yrs and Younger Female/Male	
YOUTH	NOVICE YOUTH 5 - 36 Members 11 yrs and Younger Female/Male	INTERMEDIATE YOUTH 5 - 36 Members 11 yrs and Younger Female/Male	
MINI	NOVICE MINI 5 - 36 Members 8 yrs and Younger Female/Male		

ADDITIONAL AGE/DIVISION GUIDELINES

- The Athlete's Age as of August 31, 2017 will be the determining factor for age divisions.
- American Cheer Power reserves the right to split, combine and/or omit any division listed based on enrollment prior to events.

NOVICE SKILL RESTRICTIONS

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

TIME LIMIT: Max Time allowed is 2:30. Music may be used for the entire routine or just a portion of it.

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. **Exception:** Log Rolls/Barrel Rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are 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 a single leg extended 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 the transition and must land in a cradle. Inversions/Release Moves in pyramids are not allowed with the exception of the inversions/release moves allowed under Novice Stunts.

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

TOSSES: The only body position allowed is a straight ride. *Basket Tosses, Elevator/Sponge Tosses and/or Toe Pitch Tosses are prohibited in Mini, Youth and Junior Divisions.

INTERMEDIATE SKILL RESTRICTIONS

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

TIME LIMIT: Max Time allowed is 2:30. Music may be used for entire routine or just a portion of it.

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 and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. **Exception:** Aerial cartwheels are allowed. No Tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel - back handspring(s) - tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed 1/2 twisting rotation. Twisting transitions to, from and at prep level may not exceed 1 twisting rotation. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight cradles 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 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation. *Basket Tosses, Elevator/Sponge Tosses and/or Toe Pitch Tosses are prohibited in Youth and Junior Divisions.

ADVANCED SKILL RESTRICTIONS

Advanced teams will follow AACCA Safety Guidelines with no additional skill restrictions. Max Time Limit is 2:30. Music may be used for entire routine or just a portion of it.

Visit www.aacca.org for detailed 2017 - 2018 AACCA School Cheer Safety Rules/Guidelines