



### NOVICE SKILL RESTRICTIONS

*Novice Teams will follow AACA 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 at 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 person(s), 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. *\*Basket Tosses, Elevator Tosses and/or similar Multi-Based Tosses are prohibited in Youth, Middle School and Junior High School Divisions.*

### INTERMEDIATE SKILL RESTRICTIONS

*Intermediate teams will follow AACA 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 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 rotation.

**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 a toss. Tosses may not exceed one twisting rotation. *\*Basket Tosses, Elevator Tosses and/or similar Multi-Based Tosses are prohibited in Youth, Middle and Junior High School Divisions.*

### ADVANCED SKILL RESTRICTIONS

*Advanced Teams will follow the standard AACA Safety Guidelines. The following restrictions apply ONLY to YOUTH, MIDDLE SCHOOL AND JUNIOR HIGH SCHOOL DIVISIONS: Basket Tosses, Elevator Tosses and/or similar Multi-Based Tosses are prohibited. Dismounts from Stunts and Pyramids are limited to one twisting rotation. Exception: Side facing stunts may include an additional 1/4 twist in order to cradle to the front.*

For AACA Safety Guidelines, visit: [www.aaca.org](http://www.aaca.org)

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

### GAME DAY DIVISIONS

#### TIME OUT CHEER 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. Drum cadence can be used by CD or Live Drummers

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

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

\*No single leg extended stunts

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

\*No running tumbling allowed

#### FIGHT SONG RULES AND RESTRICTIONS

*Perform your favorite School Fight Song*

\*1 minute 15 seconds time limit

\*Up to (3) eight-counts may include stunts, tumbling and/or jumps

\*Same skill restrictions as listed in Game Day Time Out Cheer 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

### NON-TUMBLING SKILL RESTRICTIONS

*Non-Tumbling Teams will follow the Advanced Skill Restrictions and standard AACA Safety Guidelines.*

Tumbling is not allowed in the Non-Tumbling Division  
Maximum Time Limit: 2:30 (Routine may be partial or all music).

### NON-BUILDING SKILL RESTRICTIONS

*Non-Building Teams will follow the Advanced Skill Restrictions and standard AACA Safety Guidelines.*

Partner Stunts, Pyramids and Tosses are not allowed in the Non-Building Division.

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

### COLLEGE SKILL RESTRICTIONS

*College Teams will follow the AACA College Safety Guidelines w/no other skill restrictions.*

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

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