



LET'S CHEER SKILL RESTRICTIONS

Let's Cheer teams will follow AACCA Safety Guidelines with these additional Skill Restrictions. Maximum Time Limit: 2:30 (Routine may be partial or all music).

Tumbling: Limited to basic tumbling. The only tumbling skills allowed are forward/backward rolls, cartwheels, round-offs, and forward/backward walkovers. Handsprings are prohibited.

Stunts: Stunts may not be held at or pass through an extended position. Inversions are not allowed. Twisting transitions are prohibited.

Pyramids: Must follow Stunt rules. Exception: Extended 2-leg stunts are allowed and must be braced by 1 person at prep level or below. Must be braced prior to executing the extended stunt.

Dismounts: Only straight pop downs and basic straight cradles allowed.

Tosses: Tosses are prohibited.

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 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 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 tucks or handspring 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. (full ups to extended level are not allowed)

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.