

AYC RULE CLARIFICATIONS AND WHAT'S NEW FOR 2017

- All coaches are required to take the Human Kinetics Course at www.ayfcoaching.com no longer called ASEP (see page 11)
- Pyramid = 2 or more connected partner stunts. (see page 22) *Clarification, an athlete standing on the mat touching a partner stunt does not count as 2 partner stunts connected.
- Updated rubric (myayf.com)
- Update score sheets (myayf.com)

- White Tumbling (see page 18)
 1. Both feet must be on the performing surface at the initiation of any tumbling skill. No assisted tumbling allowed.

- White Partner Stunts (see page 18)
 1. A spotter is required for each top person at prep level and above. *Clarification, shoulder sit and T-lifts do NOT require a back spotter once mastered.
 2. Single leg stunts are allowed at prep level providing the top person is braced by someone standing on the performance surface, the bracer must be a separate person other than the base(s) or spotter. The braced connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.
 3. Moving stunts are allowed. No more than $\frac{1}{4}$ cumulative rotation by the base(s) and top person. Once the stunt is hit and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt an additional rotation.
 4. T-lifts, extended flat backs, and extended "V" sit are allowed and considered prep level. (see page 21)

- White Pyramids (see page 18)
 1. Two legged extended stunts in a pyramid can be braced on one side by prep level or below, hand-arm connection only.
 2. Prep level single leg stunts in a pyramid can be braced on one side, by prep level or below, hand-arm connection only.
 3. No extended single based stunts.

- White Dismounts (see page 18)
 1. No dismounts are allowed from extended stunts in pyramids. An extended stunt must be brought down to prep level before it can be dismounted.
 2. Division 8 restricted to straight cradle only, no twisting.

- Red Partner Stunts (see page 19)
 1. 360 Sponge to sponge is a transition skill. 360 can NOT be done stunt to stunt. Example; a 360 sponge to prep would be illegal in Red.

- Red Pyramids (see page 19)
 1. Single leg extended stunts in a pyramid can be braced on one side by a top person in a prep level or below with hand-arm connection only. If braced on both sides, one side can be hand to foot connection.

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- Red Dismounts (see page 19)
 1. Division 8 restricted to $\frac{1}{4}$ twist cradle from prep and straight cradle from extension.
- Blue Partner Stunts (see page 20)
 1. Twisting during the load-in is limited to one and one quarter (1 2) twist load in to prep, and one (1) full twist to extension.
- Blue Pyramid (see page 20)
 1. During pyramid transition, a top person may pass above 2 person high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost. (see page 32)
 2. Single leg extended stunts may brace other extended stunts including single leg extended stunts, with hand to hand connection only.
 3. Braced inversions in a pyramid that do not flip or roll are allowed if braced hand/arm to hand/arm with at least one bracer during the entire transition. (see page 33)
- When does a prep NOT need a back spotter for Red and Blue level teams?
 1. When it's loading.
 2. When it's just a prep (one person standing in the hands of two others at shoulder level).
 3. When it's bracing another person who is in contact with their own bases.
 4. When it's "bumping down"
 5. When it's dismounting using a "pencil drop" where the bases assist the landing to the floor.
- When does a prep require a back spotter for Red and Blue level teams?
 1. When it's cradling.
 2. When it extends.
 3. When the feet of the top person are in the hands of a single base.
 4. When it's bracing an inversion or a release in a pyramid.
- 2016 Rubric – Judge 3 Recycled Running Tumbling
 1. Under recycled tumbling teams will be required to perform one sequence with all their running tumbling, any additional tumbling passes before or after that will be added to their total number of passes. Teams that have recycled tumblers will score the lowest end of the "some" or "many" range depending on how many athletes on the team and how many skills are recycled.
 2. Teams with "some" or "many" athletes performing running tumbling without recycling will score on the high end of the range.

Example 1: A red team of 16 has 4 round-off back handsprings, all 4 execute this skill in one sequence, later (immediately after, before, or later in the routine) all 4 execute the same skill. This would count as 8 round-off back handsprings scoring the team in the 3.7

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- 4.0 range. Because the team used recycling to get into that range they will score a maximum of 3.7

Example 2: A team of 16 has 8 round-off back handsprings, all 8 execute this skill in one sequence. This would score the team in the 3.7 -4.0 range and should expect a score higher than 3.7 because they didn't recycle.

Page reference numbers refer to the 2017 AYC Rulebook located at www.myayf.com