

YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. When selecting the level in which their team will compete, coaches must consider the teams overall skill abilities, with particular attention to stunting and tumbling. Coaches must review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info. **Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.** Any NEW rule changes are marked in **RED**. Refer to Youth Cheer Glossary for clarification of terms. All skills allowed in Levels 1 & 2 are legal for Level 3.

YCADA LEVEL 3

STANDING TUMBLING	<ul style="list-style-type: none"> Series Handsprings Dive Rolls (provided they are not in a Swan or Laid Out position). PROHIBITED skills include, but are not limited to: flips in any body position, standing single/series Back Handsprings to a flip in any body position, Forward 3/4 Flips to the seat.
RUNNING TUMBLING	<ul style="list-style-type: none"> Series Handsprings Dive Rolls (provided they are not in a Swan or Laid Out position). Flips are only allowed in the following specified body positions with the following restrictions: Aerial Cartwheel provided no tumbling is performed after the flip. Back Tucks provided no tumbling is performed after the flip and they originate directly from a Round Off, Round Off Back Handspring, or Round Off Back Handspring Series (there is no limit to the number of Handsprings in the series). Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (tumbling out of/after a front tuck is allowed). PROHIBITED skills include, but are not limited to: flipping in any body positions other than the specified allowances in this section, twisting in any flips, Forward 3/4 Flips to the seat, Cartwheel Step in Tucks.
STUNTS	<ul style="list-style-type: none"> Single leg extended stunts. At least one base/continuous spotter must maintain contact with the flyer during transitions. Transitional stunts where the flyer moves to new bases (clarification: forward traveling Leap Frogs may be caught in a double cradle). Prep level single leg stunts are permitted to switch legs (back to prep level or to extended level) provided flyer maintains contact with at least one base or back spotter (example: Fake Tic Tocs). Superman transitions are only allowed from prep level and may incorporate ½ twist by the flyer only. Swing up Stunts are allowed provided the following: they begin below prep level, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place. Twisting during the load in/ stunt transition is limited to a combined total of 1 full twist by the flyer and/or bases and only to or from prep level (bases move ½ turn + flyer simultaneously twists ½ = 1 full twist. Bases may extend their arms during the twist transition, provided they do not stop at the extended level). PROHIBITED skills include, but are not limited to: Front, Back or Side Tension Rolls, single-based Split Stunts, Swing Dance Stunts, Superman transitions that intentionally travel, backward Leap Frogs that land prone, and one full twist to Extension.
INVERSIONS	<ul style="list-style-type: none"> Inversions are allowed as an entry to a non-inverted upright load in position, prep level or below stunt, provided the inversion occurs at ground level and the inverted participant is in contact with the performance surface (example: flyer in a ground level handstand with contact to the performance surface transitions to a sponge = LEGAL). During transition from inversion, at least 2 bases/spotter must maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Non-twisting Forward Suspended Rolls are allowed provided: (1) the flyer begins in a non inverted position from the performance surface or a stunt at prep level or below (2) the flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter (3) the bases/back spotter/posts are not involved with any other choreography (4) the flyer lands in a double based Cradle or on the performance surface (may not land in a load in position). All non-airborne tumbling skills (exception: Round Offs are allowed) may be used as an entrance to a stunt or a stunt transition. Limited inversions are allowed in Dismounts. Refer to the Dismounts Section. PROHIBITED skills include, but are not limited to: A flyer must never move to an inverted position from a stunt.
DISMOUNTS	<ul style="list-style-type: none"> Assisted Pop Offs from extended level are allowed. Cradles from Extension Prep, Extensions, and any prep level leg single leg group stunts are limited to 1¼ twisting rotation. Only Straight and ¼ turn Cradles are allowed from extended single leg stunts. Single based stunts may perform Straight Cradles provided the required spotter is in place. Forward Suspended Rolls are allowed; see Inversions. PROHIBITED skills include, but are not limited to: Cradles that land in prone position, flipping Cradles, and Cradle dismounts to different bases.
RELEASE MOVES	<ul style="list-style-type: none"> Bases may release flyer during a transition from a Cradle position to a Reload position and during a transition up to Swedish Falls or Flatback. Freestanding release moves are allowed provided: (1) the release starts at waist level or below and is caught at prep level or below (2) the flyer remains vertical and does not twist Limited braced release moves are allowed; see Level 3 Pyramids Section for allowances. PROHIBITED skills include but are not limited to: Released Helicopters, and any other full release stunt transitions other than those outlined in Level 3 release moves.
TOSSES	<ul style="list-style-type: none"> Flyer limited to single trick, non-twisting toss skills (clarification: single trick non-twisting skills that require the flyer to open to an Arch position following the skill are allowed). PROHIBITED skills include, but are not limited to: tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back), full twist tosses (a full = ILLEGAL).
PYRAMIDS	<p>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Flyer must maintain contact with at least one base at all times (exception: braced Tic Tocs, Switch Up release moves, Eagle ups, Pike Ups, and Ball Ups are allowed only if the flyer is continuously braced between two prep level or below stunts with hand/arm contact only and the flyer lands in an upright standing body position). Braced release moves may incorporate up to a ½ twist. The flyer may be released no more than 18" above extended arm level of the bases that are in direct contact with the ground. Flyers may not intentionally travel during a release move. Release moves may be performed over the bracers' arms only, while maintaining contact with the other arm of each bracer. Release moves that travel over the legs and/or core of bracer's body are prohibited. PROHIBITED skills include, but are not limited to: Any other full release pyramid or stunt transitions other than those outline in Level 3 Pyramids, release moves that do not land in upright body position, collapsible pyramids, released Split Catches, braced flips, connected Superman stunts.