



# YOUTH-AFFILIATED RULES & SCORING PACKET

## 2025-2026

(VALID UNTIL 5/31/2026)

# YOUTH AFFILIATED vs. YOUTH NON-AFFILIATED

## USE THE FOLLOWING TO CONFIRM YOUR TEAM'S "YOUTH-AFFILIATED" STATUS.

New changes from last year's packet are marked in **RED**.

### YOUTH-AFFILIATED DIVISIONS:

Divisions identified as 'Youth' will provide competition for the majority of youth teams who have competed with YCADA in past years; however, the wording has been clarified to exclude teams who have left an organized program to form competition only teams, or join a program (i.e. city parks and rec. league) which has youth sports teams, but no formal cheerleading program – as defined below.

**Definition of Youth Team:** City/Mascot (i.e. Starbucks) + Division/Age of Play (i.e. Pee Wee).

**EXAMPLE:** Starbucks Pee Wee

#### YOUTH-AFFILIATED DIVISION GUIDELINES:

- Team is affiliated with a governing youth football organization (i.e. Pop Warner Football, American Youth Football, AAU, P.A.L., Junior All American, etc.). The youth league must include cheerleading bylaws and cheerleading safety rules as part of their charter. Team supports and is affiliated with a youth league.
- Teams affiliated with any sport other than football (i.e. baseball, basketball, soccer) must compete in the Youth Non Affiliated "NA" Divisions.
- Coaches **MUST** bring copies of their league/team 'books' containing copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, or league affiliation disputed, a YCADA event official will require this documentation. Not having this information available at the event may result in disqualification.
- Youth divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2025** shall be the participant's age through **May 31, 2026**.

### YOUTH NON-AFFILIATED DIVISIONS (NA):

Divisions identified as 'Youth Non-Affiliated' will provide competition for youth cheer teams who are not associated with a youth football organization (as defined above), or representatives of an all-star cheer gym, dance studio or registered team with USASF. This type of youth team is sometimes also referred to as 'Performance Rec'.

#### YOUTH NON-AFFILIATED DIVISION GUIDELINES:

- Team is **NOT** affiliated with a youth football organization that includes cheer safety rules or cheer bylaws as part of its franchise.
- Organizations or Teams may not be registered with USASF at the time of competition and not have had any teams in their organization compete in any competition under any "All Star" identified divisions.
- It is not mandatory that this team supports, affiliates with, or "cheers for" an organized sport.
- No Official Team Roster is required in NA Divisions.
- Coaches must bring copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, a YCADA event official will require this documentation. **Not having proof of athletes' ages at a YCADA event may result in disqualification.**
- Youth Non-Affiliated divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2025** shall be the participant's age through **May 31, 2026**.
- To identify a Youth Non-Affiliated division in the registration portal and competition schedule, Youth Non-Affiliated divisions will be referred to as NA (Non-Affiliated) followed by the Level (i.e.: NA - Division 12 Level 2<sup>x</sup>). The example indicates: A Youth Non-Affiliated team, age 12 and under, selecting Level 2<sup>x</sup> (NA<sup>x</sup>) skills.

**To maintain the integrity of a fair and competitive Youth-Affiliated Division, YCADA reserves the right to evaluate a team's status to ensure compliance to the letter and the spirit of the above policies.**

# YOUTH CHEER CATEGORIES

**CATEGORY** is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

## CROSSEOVERS

- 1) Any athlete performing in a Non-Mount division may NOT cross over into a division that allows building skills
- 2) Level 1 Limited may not cross over to any other Show Cheer Level.

**SHOW CHEER LEVEL 1 LIMITED:** (Time Limit: 2 min) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Level 1 Limited routine requirements and allowances.

**SHOW CHEER:** (Time Limit: 2 min 30 sec) This category is offered for the following levels: 1, 2, 3 and 4. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances.

**SHOW CHEER:** (Time Limit: 2 min 30 sec) **SGVJAAFC MINIMUM 2:15 MAXIMUM 2:30 (REQUIRED TO HAVE A CHEER ON ROUTINE)**

**SHOW CHEER NON-TUMBLING:** (Time Limit: 2 min 30 sec) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Gymnastic skills are PROHIBITED. Stunts are limited to Level 3 skills. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Non-Tumbling routine requirements and allowances.

**SIDELINE PERFORMANCE CHEER:** (Time Limit: 1 min 30 sec) Spirited Entrances are allowed and will be scored. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of stunts, tumbling, and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer routine requirements and allowances.

**SIDELINE PERFORMANCE CHEER NON MOUNT:** (Time Limit: 1 min 30 sec) Spirited Entrances are allowed and will be scored. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of tumbling and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. All building skills are prohibited. Clarification: A partner pick up would not be considered a stunt. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer Non Mount routine requirements and allowances.

# YOUTH CHEER GENERAL SAFETY RULES

**Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.**

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

- (a) **Shoe charms, hair beads, jewelry, and chewing gum are prohibited during performances.** Jewellery may not be taped on or over (exception - medical religious may be taped down). Jewels/rhinestones may not be adhered to the participant's body and/or face. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Glitter adhered to the face, hair, body is allowed.
- (b) **Cast and Braces**
  - 1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
  - 2. Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.
  - 3. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.
- (c) Athletic closed-toe shoes are required for all participants.
- (d) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (e) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (f) **Entrances & Exits**
  - 1. **SHOW CHEER**
    - Formal entrances/exits are prohibited. Teams should take no longer than 20 seconds to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor. Walking directly in uniform fashion to team's starting position is allowed.
    - Spirited exits are allowed after the completion of the routine, but must not include tumbling or stunt skills.
  - 2. **SIDELINE PERFORMANCE CHEER** – See **Sideline Performance Rules Grid**.
- (g) **Timing**
  - 1. **SHOW CHEER** - Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!") Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface. Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Challenger).
  - 2. **SIDELINE PERFORMANCE CHEER** – Timing will start with the first participant to spirit onto the performance surface.
- (h) **Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.**
- (i) **Code of Conduct** - Actions taken will be under the discretion of an event official
  - 1. Routines must be appropriate for family viewing.
  - 2. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified.
  - 3. Tear away uniforms and/or removal of clothing is not allowed. All Uniform tops must be full coverage (no exposed midriff or crop tops). **Sheer material is not considered full coverage.**
  - 4. Uniforms and make up should be age appropriate and suitable for family viewing.
  - 5. Items that may damage the performance surface are prohibited.
- (j) **Poms and Props**
  - 1. Props other than banners, flags, megaphones, and signs/light up signs must be submitted to YCADA for approval to ensure athlete's safety.
  - 2. All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark center. Item must be off the mat to ensure it is not in the way of participants.
  - 3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
  - 4. All poms and props must be within the performing area to avoid a boundary violation of **0.1** pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once props are no longer needed, they must be safely discarded either within or outside of the performance area by an athlete who remains inside the performance area.
  - 5. **Show Cheer** - The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, and all stunt transitions that require the use of hands. **Once stunt is fully built, flyers may obtain and use poms and props and then transition to another stunt that does not require the use of hand(s).** Poms may be used when dismounting.
  - 6. **Sideline** - Flyers **ONLY** may use Poms during stunting, pyramids, and dismounts. **The use of props is prohibited during tumbling, partner stunt/pyramid building, tosses, and all stunt transitions that require the use of hands.** Once stunt is fully built, flyers may obtain and use props and then transition to another stunt that does not require the use of hand(s).
  - 7. Bases/back spotters may not hold poms or props in their hands during stunting.  
Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
  - 8. Front spots may hand or be handed poms or props from flyers if the front spot is not actively building or dismounting the stunt at the time of hand off.
- (k) **Jumps**
  - 1. Participants are permitted to jump over another participant on the performance surface with or without contact.

# YOUTH CHEER GENERAL SAFETY RULES

**Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.**

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

## (l) Tumbling

1. All tumbling must originate from the ground level.
2. Spotted/assisted tumbling must follow allowable skills for each level on the rules grid.
3. Partner tumbling is prohibited.
4. Participants are prohibited from tumbling over, under or through stunts, pyramids **or an individual's torso**.
5. Tumbling oriented load-ins to stunts, dismounts, and transitions are permitted:
  - (i) Rebounding from tumbling skills into stunts/stunt transitions is limited to cradle, load-in, and below prep level group-based stunt ONLY. If rebounding into a single based below prep level stunt, an additional spotter is required.
6. 3/4 flips and 1 1/4 flips are prohibited.
7. Tumbling with poms in hands is prohibited. (Exception - Forward or Backward Roll)

## (m) Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. Stunts cannot travel over another individual and/or stunt. Athletes cannot walk under a stunt or pyramid, unless they are involved in the building of that specific skill. (Exception: Double Based Vertical T-Lifts may travel over **an athlete**.)
2. Must never pass over, under or through other stunts and/or pyramids.
3. In all released dismounts a back spotter is required.
4. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
5. Superman transitions cannot invert at any point, cannot intentionally travel and may only originate from prep level or below stunts or a load in position.
6. Pendulums
  - (i) Pendulum transitions must start from prep level or below and return to an upright stunt, load in, or ground position.
  - (ii) Two Bases are required (must remain stationary) plus two additional catchers.
7. Stunts transitions must never be released to the prone position (face-down/stomach).
8. Stunts may not brace/touch any other flyer while simultaneously released from the bases (ex. two flyers performing Tic Tocs next to one another may not brace during the release move).
9. Superman transitions may not be braced to other **Superman transitions**
10. May not cradle from any stunt in which the base(s) have a knee on the ground.
11. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire stunt/transition.
12. All downward inversions are **ILLEGAL** unless an exception is stated in the Level Rules Grid.
13. All inversions require 2 bases and 1 spotter OR 1 base and 2 spotters.
14. Bases must be in direct contact with the performance surface.
15. Bases must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
16. Two bases required during a pyramid transition when the flyer is completely released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).

## (n) Tosses (Levels 2-4)

1. May never intentionally travel.
2. Must be caught in a Cradle by the original bases and are limited to up to 4 bases (total base count includes back and front spotters).  
Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.
3. Must never become inverted at any point during the toss.

## (o) Continuous Back Spotter

1. Must be in direct contact with the performance surface and behind or to the side of the stunt to protect the head, neck, and shoulder area of the flyer.
2. Not required for Below Prep Level Stunts.
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. Required for all stunts, release moves and tosses prep level and above. In Flatbacks/Archbacks with 2 bases, one base must support the head, neck and shoulder area of the flyer. (**Exceptions: Extended V-Sits, transition to/from back spot of Group Based Stunt to shoulder sit, horizontal T-Lifts**)
5. (**Levels 1-4**) Required for all vertical waist level and above stunts where the primary bases are not using their hands/arms to directly support the flyer
6. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer in prep level stunts.
7. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body.

### Back Spotter for Single Based Stunts

8. Required for a single-based partner stunts at prep level and above.
  - (i) **Must be positioned directly behind or to the side of the flyer.**
  - (ii) Must not step underneath the stunt to hold the feet (soles) of the flyer (exception: may place one hand under the foot with other hand on the standing leg at prep level and below.
9. **May not change roles between being a base and a continuous spotter when stunt is prep level or above.**
10. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

**YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.**



## SHOW CHEER LEVEL 1 LIMITED RULES GRID

**Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.** YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the teams overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p><b>Allowable Skills:</b> All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position providing at least one hand and/or foot remains in contact with the performance surface during all skill(s) execution including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Front/Back Rolls</li> <li>• Cartwheels &amp; Roundoffs</li> <li>• Handstands &amp; Handstand Forward Rolls</li> <li>• Ground Up Bridges (provided the performer returns to the ground/laying position)</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b></p> <ul style="list-style-type: none"> <li>• Handstands that fall to Bridge position</li> <li>• One Arm Cartwheels,</li> <li>• Front/Back Walkovers</li> <li>• Front/Back Handsprings</li> <li>• Flips in any body position</li> <li>• Tumbling into a load in stunt</li> <li>• Dive Rolls.</li> </ul>
STUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Two leg stunts at prep level and below</li> <li>• Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands)</li> <li>• Single leg stunts at knee stand level and below</li> <li>• <b>Stunting on the back of the base(s) provided: 1. Required spotter (front, back, or side) is present 2. Spotter may hold the hands, arms, or torso of the flyer</b></li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b></p> <ul style="list-style-type: none"> <li>• Thigh Stand Single Leg Stunts</li> <li>• Transitional stunts that involve changing bases</li> <li>• Swing Stunts</li> <li>• Show and Go Stunts</li> <li>• Extended V-Sits</li> <li>• <b>Stunts that move or turn during any portion of the stunt sequence, including Sponge or load-in.</b></li> </ul>
INVERSIONS	<p><b>ALL INVERSIONS ARE PROHIBITED</b></p>
DISMOUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Shove Wrap</li> <li>• Step Off the Front/Back</li> <li>• Bump Down</li> <li>• Pop Offs</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b></p> <ul style="list-style-type: none"> <li>• All Cradles</li> </ul>
RELEASE MOVES	<p><b>ALL RELEASE MOVES ARE PROHIBITED</b></p>
TOSSES	<p><b>ALL TOSSES ARE PROHIBITED</b></p>
PYRAMIDS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules</li> <li>• Allowed up to 2-high</li> </ul>

# YCADA Show Cheer Level 1 Limited



## CHOREOGRAPHY - Max Score: 15.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT
13.5 - 13.9	MODERATE
14.0 - 14.4	GOOD
14.5 - 15.0	EXCELLENT

## PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 15.0

**Performance of Routine** - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

**Use of Cheer** - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT
13.5 - 13.9	MODERATE
14.0 - 14.4	GOOD
14.5 - 15.0	EXCELLENT

## DANCE - Max Score: 10.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## MOTIONS - By MAJORITY of Team - Max Score: 16.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT

## SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

## JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

**Consecutive connected jumps** will be defined as two or more jump(s) following continuously in an unbroken sequence.

0	Zero skills performed.
7.0	1 synchronized basic jump performed by LESS THAN majority of team
8.0	1 synchronized basic jump performed by majority of team
9.0	1 synchronized advanced jump performed by LESS THAN majority of team
10.0	1 synchronized advanced jump performed by majority of team

## STUNT DIFFICULTY - Max Score: 15.0

0	Zero skills performed.
10.0 - 10.9	Below knee level two leg stunts by majority of team.
11.0 - 11.9	Below prep level two leg stunts by LESS THAN majority of team.
12.0 - 12.9	<ul style="list-style-type: none"> <li>• Prep Level two leg stunts by LESS THAN majority of team</li> <li>• Knee Level two leg stunts by majority of team</li> </ul>
13.0 - 15.0	<ul style="list-style-type: none"> <li>• Prep level two leg stunts by majority of team</li> <li>• Knee level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) by majority of team.</li> </ul>

## PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 5.0

**A pyramid** will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
2.0	Below knee stand level
3.0	Knee stand level single leg braced on one or both sides
4.0	Two leg thigh stand level braced on one or both sides
5.0	Prep level two leg stunts braced on one or both sides

## TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed.
6.0 - 6.9	Must perform at least <u>ONE</u> of the following by LESS THAN 25%: <ul style="list-style-type: none"> <li>• Forward Rolls</li> <li>• Backward Rolls</li> <li>• Handstands</li> </ul>
7.0 - 7.9	Must perform at least <u>ONE</u> of the following by AT LEAST 25%: <ul style="list-style-type: none"> <li>• Forward Rolls</li> <li>• Backward Rolls</li> <li>• Handstands</li> </ul>
8.0 - 8.9	Must perform at least <u>ONE</u> of the following by AT LEAST 25%: <ul style="list-style-type: none"> <li>• Cartwheels</li> <li>• Ground Up Bridges</li> </ul>
9.0 - 10.0	Round Offs by at least 25%



SHOW CHEER LEVEL 1 LIMITED - BUILDING (J1)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	5	
Pyramid Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
22		





SHOW CHEER LEVEL 1 LIMITED - JUMPS & TUMBLING (J2)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
22		



**DIVISION:** \_\_\_\_\_

**Comments:**

<b>TOTAL MAX POINTS</b>	<b>TOTAL SCORE</b>
<b>56</b>	

# SHOW CHEER LEVEL 1 RULES GRID

**Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.** YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p><b>Allowable Skills:</b> All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Front &amp; Back Rolls</li> <li>• Cartwheels &amp; Roundoffs</li> <li>• Handstands &amp; Handstand Forward Rolls</li> <li>• Front/Back Walkovers</li> <li>• Back Limbers</li> <li>• Valdezes</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Front/Back Handsprings, Flips in any body position, Kip Ups &amp; Dive Rolls</p>
STUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Two leg stunts at prep level or below</li> <li>• Single leg stunts below prep level</li> <li>• Stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position (classified as prep level stunts)</li> <li>• Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands)</li> <li>• Twisting during load in/stunt transition is limited to 1/4 rotation.</li> <li>• Non-release single based stunts (provided they follow group stunt allowances)</li> <li>• <b>Prep Level Single Leg Stunts with hand/arm contact by a participant in the stunt group or a participant on the ground</b></li> <li>• <b>Two leg stunt that passes through extended position</b></li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Extended stunts, Leap Frogs, Tension Rolls, Single based Split Stunts, <b>transitional stunts that move to new bases, &amp; twisting Superman transitions.</b></p>
INVERSIONS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Ground Level Inversion to Ground Level</li> <li>• <b>A single Partner Cartwheel Inversion provided the flyer returns back to the ground and upright.</b></li> </ul>
DISMOUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Step Off the Front/Back</li> <li>• Shove Wrap</li> <li>• Bump Down</li> <li>• Prep Level Pop Offs are limited to 1/4 Turn</li> <li>• Cradles from all group stunts are limited to Straight and 1/4 turn only.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Single trick non twisting Cradles, cradles to different bases, Fireman Catches, <b>cradle from single based stunts</b></p>
RELEASE MOVES	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Barrel Rolls, Helicopters, &amp; single based tossed stunts</p>
TOSSES	<p><b>ALL TOSSES ARE PROHIBITED</b></p>
PYRAMIDS	<p><b>Allowable Skills:</b>  <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> <li>• Extended two leg stunts that are braced on one or both sides with hand/arm contact to prep level two leg stunts or below prep level stunts.</li> <li>• Single leg stunts at prep level provided they are braced on <b>at least</b> one side with hand/arm contact with a two leg prep level, or below prep level stunt</li> <li>• Braced Release to a cradle position are limited to straight ride or 1/4 turn only if The flyer is continuously braced by a two leg prep level or below prep level stunt.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Extended single leg pyramids, <b>connected extended 2 leg stunts.</b></p>

# YCADA Show Cheer Level 1



## CHOREOGRAPHY - Max Score: 10.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0

**Performance of Routine** - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

**Use of Cheer** - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## DANCE - Max Score: 4.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork

0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT

## MOTIONS - By MAJORITY of Team - Max Score: 16.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
14.0 - 14.4	MINIMAL/INCONSISTENT
14.5 - 14.9	MODERATE
15.0 - 15.4	GOOD
15.5 - 16.0	EXCELLENT

## SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

## JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

**Consecutive, connected, synchronized jumps** will be defined as two or more jump(s) following continuously in an unbroken sequence.

**Variety** will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> <li>Basic jump(s)</li> <li>1 advanced jump by LESS THAN majority of team</li> </ul>
7.0	<ul style="list-style-type: none"> <li>1 synchronized advanced jump by majority of team</li> </ul>
8.0	<ul style="list-style-type: none"> <li>2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section</li> <li>2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections</li> </ul>
9.0	<ul style="list-style-type: none"> <li>2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section</li> <li>2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team</li> </ul>
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

# YCADA Show Cheer Level 1



## STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
12.0 - 12.4	<ul style="list-style-type: none"> <li>• Knee level two leg stunts</li> <li>• Knee level single leg stunts</li> </ul>
12.5 - 12.9	<ul style="list-style-type: none"> <li>• Waist level two leg stunts</li> <li>• Thigh level two leg stunts</li> <li>• Shoulder Sits</li> <li>• Extended V-Sits</li> <li>• Swedish Falls</li> </ul>
13.0 - 13.4	<ul style="list-style-type: none"> <li>• Shoulder Stands</li> <li>• Non-twisting prep level two leg stunt</li> <li>• Below prep level single leg stunts - multiple variations encouraged</li> <li>• Ground level inversion to ground level</li> <li>• Superman Transitions</li> </ul>
13.5 - 15.0	<p><b>1/4 twist variations are encouraged</b></p> <ul style="list-style-type: none"> <li>• Single based waist level single leg stunt</li> <li>• Prep level two leg stunts</li> <li>• Single based prep level two leg stunt</li> <li>• Prep level single leg stunt</li> </ul>

## PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
12.0 - 12.4	Below prep level two leg stunts braced on both or one side
12.5 - 12.9	Below prep level single leg stunts braced on both or one side
13.0 - 13.4	<ul style="list-style-type: none"> <li>• Prep level two leg stunts</li> <li>• Prep level single leg stunts braced on both sides</li> <li>• High range skills braced on both sides</li> </ul>
13.5 - 15.0	<p><b>Below Skills Braced on One Side. 1/4 Twist Variations are encouraged.</b></p> <ul style="list-style-type: none"> <li>• Braced Release Moves to Cradle</li> <li>• Prep level single leg stunts</li> <li>• Extended two leg stunts</li> </ul>

## DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	<p><b>Performed by LESS THAN Majority</b></p> <ul style="list-style-type: none"> <li>• Step Offs</li> <li>• Bump Downs</li> <li>• Shove Wraps</li> <li>• Pop Offs</li> </ul>
3.0	<ul style="list-style-type: none"> <li>• Step Offs</li> <li>• Bump Downs</li> <li>• Shove Wraps</li> <li>• Pop Offs</li> </ul>
4.0	Straight Ride Cradles
5.0	1/4 Turn Cradles

## TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	<p><b>Skills performed by LESS THAN 25%:</b></p> <ul style="list-style-type: none"> <li>• Forward Rolls</li> <li>• Backward Rolls</li> <li>• Handstands</li> </ul>
6.0 - 6.9	<p><b>Skills performed by AT LEAST 25%:</b></p> <ul style="list-style-type: none"> <li>• Forward Rolls</li> <li>• Backward Rolls</li> <li>• Handstands</li> </ul>
7.0 - 7.9	Cartwheels or Round Offs <b>by at least 25%</b>
8.0 - 8.9	<ul style="list-style-type: none"> <li>• Back Limbers to Kickover <b>by AT LEAST 25%</b></li> <li>• High Range Skills Performed by LESS THAN 25%</li> </ul>
9.0 - 10.0	<p><b>Skills performed by AT LEAST 25%:</b></p> <ul style="list-style-type: none"> <li>• Front/Back Walkovers</li> <li>• Switch Leg Walkovers</li> <li>• Valdezes</li> </ul>



Elements & Criteria	Max Points	Score
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	

<b>TOTAL MAX POINTS</b>	<b>TOTAL SCORE</b>
<b>38</b>	





## SHOW CHEER LEVEL 1 - JUMPS & TUMBLING (J2)

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



# SHOW CHEER LEVEL 1 - OVERALL (J3)

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	16	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
40	

## SHOW CHEER LEVEL 2 RULES GRID

**Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1 are legal for Level 2.** YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p><b>Allowable Skills:</b> All airborne skills with hand support are allowed. Including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Single Front/Back Handspring</li> <li>• Single Back Handspring Step Out</li> <li>• <b>Running Tumbling:</b> Series Handsprings</li> <li>• Dive Rolls (provided they are not in a Swan or Laid Out position).</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Standing Front/Back Handspring series, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).</p>
STUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Two leg extended stunts.</li> <li>• Single leg stunts at prep level.</li> <li>• At least one base/continuous spotter must maintain contact with the flyer during transitions.</li> <li>• <b>Twisting during transitions is limited to a 1/2 twist</b> <ul style="list-style-type: none"> <li>* ½ twist transitions from stunts to a cradle position require an additional back spotter to catch the cradle.</li> <li>* ½ twist transitions from below prep provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition.</li> </ul> </li> <li>• <b>Leap Frogs (must return to original bases)</b></li> <li>• <b>Single leg stunt that passes through extended position</b></li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Single based Split Stunts, twisting Superman transitions, and transitional stunts that involve changing bases.</p>
INVERSIONS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Inversions as an entry to a non-inverted upright load in or stunt below prep level provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface.</li> <li>• Flyer must remain in contact with at least (1) stunt group member.</li> <li>• <b>Back Walkover Inversion Exit from a cradle position</b></li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Forward &amp; Backward Suspended Rolls &amp; inversions to prep level and above.</p>
DISMOUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Cradles are limited to Straight, ¼ turn, or single trick non-twisting Cradles (Clarification: Arch position does not count as a trick.)</li> <li>• Group based Swedish Falls may perform a ¼ twist Cradle.</li> <li>• Cradles from Single Based Stunts must be caught in a group cradle (2 bases and a back spotter).</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Pop Offs from extended level, ½ twist Cradles, dismounts that land in prone position &amp; dismounts to different bases.</p>
RELEASE MOVES	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Single full twisting Barrel Rolls with a spotter at the head and neck of flyer that start and end in a Cradle position with no other trick during the skill</li> <li>• ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b></p> <ul style="list-style-type: none"> <li>• Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.</li> </ul>
TOSSES	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Flyer limited to a Straight Body position only.</li> </ul> <p><b>DIVISION 8 – TOSSES ARE PROHIBITED</b></p> <p><b>Prohibited Skills (include but are not limited to):</b> Toe Touch, Ball-X, Pike Arch, twisting tosses</p>
PYRAMIDS	<p><b>Allowable Skills:</b> <i>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> <li>• Flyers must maintain contact with at least one base at all times and may not lose contact with bracer during transitions. Flyer in a Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition.</li> <li>• Extended single leg stunts provided they are braced on at least one side with hand/arm contact with a prep level or below stunt. Contact must be made at or below prep level and prior to performing the extended single leg.</li> <li>• Braced release moves to a cradle provided (1) the flyer is continuously braced on one side by a prep level or below stunt, with hand/arm contact only, (2) flyer does not intentionally travel during the release move, (3) any trick performed does not include twisting.</li> <li>• Extended two leg stunts may brace other extended two leg stunts.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Full release braced Switch Ups, Ball Ups, and Tic Tocs, <b>extended</b> single leg stunts braced by hand/foot connection only, <b>braced rolls, and braced flips.</b></p>

# YCADA Show Cheer Level 2



## CHOREOGRAPHY - Max Score: 10.0

Pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percentage of team incorporation

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## PERFORMANCE OF ROUTINE/USE OF CHEER (IF INCLUDED) - Max Score: 10.0

**Performance of Routine** - Quality of presentation, synchronization, enthusiasm, showmanship, attitude/ownership, confidence, crowd appeal

**Use of Cheer** - Incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## DANCE - Max Score: 4.0

Technique and placement, sharpness and overall motion control, energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and

0	Zero skills performed
2.0 - 2.4	MINIMAL/INCONSISTENT
2.5 - 2.9	MODERATE
3.0 - 3.4	GOOD
3.5 - 4.0	EXCELLENT

## MOTIONS - By MAJORITY of Team - Max Score: 10.0

Motion technique, sharpness and controlled placement, pace, energy, variety, transitions, level changes

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

## JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

**Consecutive, connected, synchronized jumps** will be defined as two or more jump(s) following continuously in an unbroken sequence.

**Variety** will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> <li>Basic jump(s)</li> <li>1 advanced jump by LESS THAN majority of team</li> </ul>
7.0	1 synchronized advanced jump by majority of team
8.0	<ul style="list-style-type: none"> <li>2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section</li> <li>2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections</li> </ul>
9.0	<ul style="list-style-type: none"> <li>2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section</li> <li>2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team</li> </ul>
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

# YCADA Show Cheer Level 2



## STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
11.5 - 11.9	<ul style="list-style-type: none"> <li>Knee level two leg stunts</li> <li>Knee level single leg stunts</li> <li>Waist level two leg stunts</li> <li>Thigh level two leg stunts</li> </ul>
12.0 - 12.4	<ul style="list-style-type: none"> <li>Prep level two leg stunts</li> <li>Below prep level single leg stunts (multiple variations encouraged)</li> <li>Ground Level Inversion to Ground Level</li> </ul>
12.5 - 12.9	<ul style="list-style-type: none"> <li>Single based waist level single leg stunt</li> <li>Single twisting Barrel Rolls</li> <li>Superman Transitions</li> </ul>
13.0 - 13.4	<ul style="list-style-type: none"> <li>Single based prep level two leg stunt</li> <li>Cradle Back Walkover Outs</li> <li>1/2 twist to prep level two leg stunts</li> <li>Leap Frogs</li> </ul>
13.5 - 15.0	<p><b>1/2 Twist Variations are encouraged</b></p> <ul style="list-style-type: none"> <li>Ground level inversions to load-in/sponge/below prep level stunt</li> <li>Prep level single leg stunt(s)</li> <li>Extended level two leg stunts</li> <li>Single based prep level single leg stunt</li> </ul>

## PYRAMID DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
11.5 - 11.9	Below prep level <b>two leg</b> stunts braced on both or one side
12.0 - 12.4	Below prep level <b>single leg</b> stunts braced on both or one side
12.5 - 12.9	<p><b>Below Skills Braced on Both Sides</b></p> <ul style="list-style-type: none"> <li>Prep level two leg stunts</li> <li>Prep level single leg stunts</li> <li>Extended two leg stunts</li> </ul>
13.0 - 13.4	<p><b>Below Skills Braced on One Side</b></p> <ul style="list-style-type: none"> <li>Braced release moves to Cradle (Straight Ride)</li> <li>Prep level single leg stunts</li> <li>Extended two leg stunts</li> <li>1/4 twist <b>pyramid</b> transitions to prep level and above</li> </ul>
13.5 - 15.0	<ul style="list-style-type: none"> <li>1/2 twist pyramid transition to prep level two leg stunts</li> <li>Braced release moves to Cradle (with tricks)</li> <li>Extended single leg stunts braced on one side</li> <li>Extended two leg stunts braced to other extended two leg stunts</li> <li>1/2 twist pyramid transition to extended level stunt</li> </ul>

## DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	<ul style="list-style-type: none"> <li>Bump Down</li> <li>Shove Wrap</li> <li>Pop Off</li> </ul>
3.0	Straight Ride
4.0	1/4 Turn Cradles from prep level two leg stunts
5.0	<p><b>Must perform (2) different skills:</b></p> <ul style="list-style-type: none"> <li>1/4 twist Cradles from prep level single leg</li> <li>1/4 twist Cradles from extended two leg stunt</li> <li>Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.)</li> </ul>

## TUMBLING DIFFICULTY - Performed by 25% - Max Score: 10.0

0	Zero skills performed.
5.0 - 5.9	<ul style="list-style-type: none"> <li>Forward Rolls</li> <li>Backward Rolls</li> <li>Handstands</li> </ul>
6.0 - 6.9	Cartwheels or Roundoffs
7.0 - 7.9	Back Limber to Kickover
8.0 - 8.9	<ul style="list-style-type: none"> <li>Front/Back Walkovers</li> <li>Switch Leg Walkovers</li> <li>Valdezes</li> </ul>
9.0 - 10.0	<ul style="list-style-type: none"> <li>Single Front/Back Handspring</li> <li>Advanced Jump(s) to Single Handspring</li> <li>Front Walkover through to Single Back Handspring</li> <li>Running Handspring Series</li> <li>Specialty through to Running Handspring Series (Example: Flyspring, Round Off Back Handspring Step Out, Round Off Back Handspring)</li> </ul>

## TOSSES DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
3.0	Straight Ride tosses (i.e. Basket or Sponge) by LESS THAN 25% of team
4.0	Straight Ride tosses (i.e. Basket or Sponge) by LESS THAN majority but MORE THAN 25% of team
5.0	Straight Ride tosses (i.e. Basket or Sponge) by MAJORITY of team



# SHOW CHEER LEVELS 2-4 - BUILDING (J1)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
38	





## SHOW CHEER LEVELS 2-4 - JUMPS & TUMBLING (J2)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	
Toss Difficulty	5	
Toss Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
28		



SHOW CHEER LEVELS 2-4 - OVERALL (J3)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Use of Cheer	10	
Dance	4	
Motions	10	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
34		

# SIDELINE PERFORMANCE CHEER RULES GRID

**Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.** YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. Performing skills from a more advanced level will result in a **1.0 point deduction**.

STANDING & RUNNING TUMBLING	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Front &amp; Back Rolls</li> <li>• Cartwheels &amp; Roundoffs</li> <li>• Handstands &amp; Handstand Forward Rolls</li> <li>• Front/Back Walkovers</li> <li>• Back Limbers</li> <li>• Valdezes</li> <li>• Single Back Handspring (<b>Standing &amp; Running</b>)</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Flips in any body position, Kip Ups &amp; Dive Rolls</p>
STUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Double leg stunts at prep level or below.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> Extended stunts, all single leg stunts, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, &amp; single based Split Stunts</p>
INVERSIONS	<p><b>ALL INVERSIONS ARE PROHIBITED</b></p>
DISMOUNTS	<p><b>Allowable Skills:</b></p> <ul style="list-style-type: none"> <li>• Step Off the Front/Back</li> <li>• Shove Wrap</li> <li>• Bump Down</li> <li>• Prep Level Assisted Pop Offs</li> <li>• Straight Cradles ONLY</li> <li>• Original bases MUST physically assist (re-catch the flyer to control/slow down descent) the flyer during any dismount to the performance surface.</li> </ul> <p><b>Prohibited Skills (include but are not limited to):</b> All <b>twisting and trick</b> cradles</p>
RELEASE MOVES	<p><b>ALL RELEASE MOVES ARE PROHIBITED</b></p>
TOSSES	<p><b>ALL TOSSES ARE PROHIBITED</b></p>
PYRAMIDS	<p><b>Allowable Skills:</b>  <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed below prep level.</i></p> <p><b>Prohibited Skills (include but are not limited to):</b> Extended 2 leg stunts, prep level single leg stunts, connected stunts/pyramids prep level and above.</p>
ADDITIONAL REQUIREMENTS & LIMITATIONS	<p><b>Maximum Time - 1 min 30 sec</b></p> <ol style="list-style-type: none"> <li>1. At least one of the following props is required: poms, banners, megaphones, flags, or signs.</li> <li>2. Setting up props prior to the announcement of the team is prohibited</li> <li>3. Teams will line up off the performance surface to uniformly run on as team to begin their spirited entrance onto the competition floor. Teams will be judged from the beginning of their spirited entrance onto the performance surface.</li> <li>4. Your spirited entrance may incorporate jumps, running tumbling, flags, cheers and chants.</li> <li>5. Your spirited entrance and crowd involvement will be judged</li> <li>6. No amplified music is allowed.</li> </ol>

# YCADA Sideline Performance Cheer



## CROWD EFFECTIVE MATERIAL - Max Score: 10.0

Crowd appeal, involvement and flow of cheer.

0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

## CROWD LEADING SKILLS - Max Score: 10.0

Crowdleading team skills and effectively leading the crowd in crowd participation,

0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

## USE OF SIGNS/POMS/FLAGS/MEGAPHONES - Max Score: 10.0

Incorporation of signs, poms, flags and/or megaphones, use of props to creatively lead the crowd and encourage crowd response.

0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

## VOICE - Max Score: 10.0

Voice projection, consistency & voice control, use of voice to lead the crowd.

0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

## MOTION PLACEMENT - Max Score: 10.0

Motion technique, motion control and placement.

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## MOTION STRENGTH - Max Score: 10.0

Motion sharpness and strength.

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## MOTION SYNCHRONIZATION - Max Score: 10.0

Weak pace, motion variety, incorporation and synchronization with the words and motions.

0	Zero skills performed
8.0 - 8.4	MINIMAL/INCONSISTENT
8.5 - 8.9	MODERATE
9.0 - 9.4	GOOD
9.5 - 10.0	EXCELLENT

## OVERALL CROWD APPEAL - Max Score: 10.0

Quality of presentation, eye contact, energy, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging.

0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

## OVERALL IMPRESSION - Max Score: 10.0

Pace and flow of routine and smooth transitions, visual effects, level changes, roll offs, creativity and level of execution of routine.

0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT

## SPACING & FORMATIONS - Max Score: 10.0

Formations, spacing, synchronization, cleanliness and/or uniformity.

0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT
7.5 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	EXCELLENT



SIDELINE PERFORMANCE - CROWD LEADING (J1)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Crowd Effective Material	10	
Crowd Leading Skills	10	
Use of Signs/Poms/Flags/Megaphones	10	
Voice	10	
<div>Comments:</div>		
TOTAL MAX POINTS		TOTAL SCORE
40		



# SIDELINE PERFORMANCE - MOTION (J2)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Motion Placement	10	
Motion Strength	10	
Motion Synchronization	10	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
30		





SIDELINE PERFORMANCE - OVERALL (J3)

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Overall Crowd Appeal	10	
Overall Impression	10	
Spacing & Formations	10	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
30		

# YOUTH CHEER PENALTY INFO

## RULES PENALTIES:

**1.0 POINT** deducted from your total possible score for each violation of any of the Youth Cheer General Safety Rules

**1.0 POINT** deducted from your total possible score for each violation of any of the requirements in the youth cheer levels grid.

Please refer to the Youth Cheer General Safety Rules and Levels Grid for specific skill allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

## EXECUTION PENALTIES:

### TUMBLING

**TUMBLING TOUCH - 0.2 POINT** (per occurrence) deducted from your total possible score for any touch to the performance surface during execution of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee and leg.

**TUMBLING FALL - 0.4 POINT** (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumbler's body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.

### STUNT SKILLS\*

**STUNT BOBBLE - 0.2 POINT** (per occurrence) deducted from your total possible score for each obvious Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following: (1) obvious breaks in bodyline and/or body positions of the flyer (2) excessive movement by bases greater than the width of one panel mat (3) stunts that almost fall but recover (4) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). (5) **Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to their feet.** Stunt Bobbles that precede a Stunt Fall will not be counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.

**STUNT FALL - 0.8 POINT** (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill (is lowered or dropped below its intended level) OR the flyers legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/partner stunt other than the flyer falls to the performance surface (4) **Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to a body part other than their feet.**

**MAJOR STUNT FALL - 1.0 POINT** (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

*\*The category "stunt/toss skills" will include stunts, dismounts, inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. Each member of the stunt group will be considered part of the stunt in relation to a fall. (i.e. any member of the stunt group falling to the ground would be considered a fall).*

## BOUNDARY PENALTY:

**0.1 POINT** (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body. Boundary will be defined as the performance surface and any immediate adjacent safety border.

## TIME LIMIT PENALTIES:

**0.4 POINT** deducted from your total possible score if your routine goes 4 SECONDS OR MORE OVER time requirements.



# CHEER & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: \_\_\_\_\_

CHEER CATEGORY: SC SCNT SCNM SPC SPCNM SPCL LEVEL: 1L 1 2 3 4  
(circle one) (circle one)

DANCE CATEGORY: DPM DHH DTH  
(circle one)

DIVISION: \_\_\_\_\_ TEAM SIZE: S M L

RULES PENALTIES:			
	# of Occurrences x Penalty for Violation	Deductions	
Boundary Violation	_____ x (0.1)		
Total Time of Routine: _____	OVERTIME <input type="checkbox"/> 4+ seconds (0.4)		
Cheer General Safety/Dance Routine Guidelines			
Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
Cheer Levels Grid/Dance General Rules			
Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
EXECUTION PENALTIES:			
Skill Category	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
Tumbling	Touch on Tumbling Skills:	_____ x (0.2)	
Tumbling	Falls on Tumbling Skills:	_____ x (0.4)	
Stunts	Bobbles on Stunt Skills:	_____ x (0.2)	
Stunts	Falls on Stunt Skills:	_____ x (0.8)	
Stunts	Major Falls on Stunt Skills:	_____ x (1.0)	

# COACH'S CHEAT SHEET

## YOUTH CHEER DIVISIONS

This chart lists the **MINIMUM** number of skills a team must perform to score in any given range. Performing **ONLY** these quantities without any additional skills, would score at the **BOTTOM** of any range. Team scores in any difficulty category are based on comparative scoring to other teams in their division. A team performing more than the minimum number of skills required will result in that team scoring higher than teams that perform closer to the minimum number of skills. All skill categories (with the exception of JUMPS) allow cumulative/recycled skills (example: 9 athletes performing the skill twice = 18).

- The **Standing/Running Tumbling** column is how many **tumbling skills must be performed** to qualify for any given range.
- The **Jumps & Motions** column is how many athletes **must** perform the **same** jumps or motions to qualify for any given range.
- The **Stunts** column is how many stunt groups **must** perform the stunt, dismount and toss to qualify for any given range.
- **Pyramid Difficulty:** Teams will qualify for a particular pyramid difficulty range by performing any of the listed skills in a particular scoring range **ONCE**
- **Majority** is considered greater than 50%

# OF ATHLETES	25% STANDING/RUNNING TUMBLING	MAJORITY JUMPS & MOTIONS	MAJORITY STUNTS
6	1	4	1
7	1	4	1
8	2	5	1
9	2	5	1
10	2	6	2
11	2	6	2
12	3	7	2
13	3	7	2
14	3	8	2
15	3	8	2
16	4	9	2
17	4	9	2
18	4	10	2
19	4	10	2
20	5	11	3
21	5	11	3
22	5	12	3
23	5	12	3
24	6	13	3
25	6	13	3
26	6	14	3
27	6	14	3
28	7	15	3
29	7	15	3
30	7	16	4
31	7	16	4
32	8	17	4
33	8	17	4
34	8	18	4
35	8	18	4
36	9	19	4

# SCORING CRITERIA

## YOUTH CHEER DIVISIONS

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition. Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

### SCORING CRITERIA FOR EACH POINT RANGE... MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION!

#### **STUNTS DIFFICULTY:**

Percentage of team participation (number of stunts in air simultaneously)  
 Body positions displayed  
 Minimal use of bases (use of front spots)  
 Degree of difficulty  
 Creativity and variety  
 Pace of skills

#### **STUNTS EXECUTION/TECHNIQUE:**

Control of body position  
 Level of execution  
 Body positions and flexibility  
 Bases using proper technique

#### **DISMOUNTS DIFFICULTY:**

Percentage of team participation  
 Minimal use of bases  
 Degree of difficulty of dismounts  
 Creativity & variety

#### **DISMOUNTS EXECUTION/TECHNIQUE:**

Pointed toes by flyer at landing  
 Legs together and uncrossed on landings  
 Sharpness of landing (how tight are bases catching and set out)  
 Execution of cradle  
 Completion of rotation  
 Height of dismounts  
 Perfection

#### **PYRAMIDS DIFFICULTY:**

Percentage of team participation  
 Pace of pyramid skills  
 Body positions and control  
 Minimal use of bases  
 Degree of difficulty Level of execution  
 Creativity & variety  
 Transitions speed and variety  
 Height of pyramid skills executed  
 Combination of skills

#### **PYRAMIDS EXECUTION/TECHNIQUE:**

Body positions and control  
 Height of pyramid skills executed  
 Control of body position  
 Level of execution  
 Body positions and flexibility  
 Bases using proper technique  
 Base and spotter technique  
 Top person technique  
 Perfection

#### **STANDING/RUNNING TUMBLING DIFFICULTY:**

Percentage of team participation  
 Combinations of skill creativity & variety  
 Synchronization  
 Pace and speed of skills  
 Approach  
 Landings (clean with feet together)  
 Degree of difficulty of skills performed

#### **STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:**

Form  
 Height of execution  
 Landings  
 Pace and speed of skills  
 Perfection

#### **JUMPS EXECUTION/TECHNIQUE:**

Landings  
 Arm movements  
 Pointed toes  
 Level of jumps  
 Technique, timing, landing  
 Synchronization

#### **TOSS EXECUTION/TECHNIQUE:**

Height of toss  
 Movement of bases or flyer  
 Execution of tricks while airborne  
 Completion of rotations or skills  
 Perfection  
 Synchronization

# YOUTH CHEER GLOSSARY

[GO TO VIDEO GLOSSARY](#)

*REFERENCE GUIDE FOR SKILLS MENTIONED IN THE YOUTH CHEER LEVELS GRID & GENERAL SAFETY RULES.*

**1/4 Turn Cradle:** A ¼ turn by the flyer to the cradle position. Bases/spotter make the same ¼ turn to catch the flyer.

**1/4 Up (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotates 90 degrees.

**180 (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees. Other related terms include Half Up, 1/2 Twist Load in.

**360 (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees. Other related terms include Full Up or Full Around.

**Aerial:** See Front Aerial, Side Aerial

**Airborne Tumbling Skill:** A tumbling skill involving hip overhead rotation, becoming free of contact with the performance surface.

**Alternate Cradles:** Dismount variations in which the flyer executes a trick/body position. Cradle examples include: Toe Touch, Tuck, Kick, Pike. Clarification: the Arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Alternate Flipping Body Positions (Tumbling):** X-Out, Layout, Pike, Step Out, and Whip.

**Arabesque:** A **single leg** stunt in which the working leg of the flyer is fully extended, parallel to the performance surface and flyer's chest is up (close to 90 degrees).

**Arabian:** A tumbling skill in which a participant performs a 1/2 twist into a Front Flip. The twist is complete before the rotation of the flip begins and is commonly performed out of a rebound.

**Assisted Tumbling:** See Spotted Tumbling

**Back Handspring:** See Handspring

**Back Limber:** Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

**Back Limber to Back Walkover:** Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

**Back Walkover:** A non-airborne tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot at a time.

**Ball Up:** A release move of the flyer, bringing knees to chest and landing in an upright, standing position.

**Barrel Roll:** A release move where the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

**Base:** A person who is in direct weight bearing contact with the performance surface and provides primary support for another person.

**Basket Toss:** A type of toss with no more than 3 bases, 1 back spotter, where 2 bases use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

**Bow N' Arrow:** A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the torso. The flyer's working leg is kept straight while reaching their free arm to a T motion through the space between their working leg and gripping arm.

**Brace/Bracer:** A physical pyramid connection where 1 flyer provides stability to another flyer.

**Braced Flip:** A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with 2 bracers. Types of Braced Flips include Braced Front Flip and Braced Back Flip.

**Braced Roll:** A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with both a top person and a person on the performance surface who is part of the stunt group.

**Building:** See stunt

**Bump Down:** A stunt dismount skill in which the Flyer transitioned to a sponge/reload position in order to return the flyer to the performance surface.

**Cartwheel:** A non aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

**Chair:** Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

**Consecutive Front/Back Handsprings:** See Handspring series.

**Consecutive Connected Jumps:** The execution of two or more jumps **following continuously in an unbroken sequence.**

**Continuous Back Spotter:** The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt. Does NOT need to have contact with the flyer/stunt group and does not provide primary support to the flyer.

**Cradle:** A released dismount in which the bases catch the top person below shoulder level with palms up, by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a Pike position.



# YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Cupie:** A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight

**Dismount:** A stunt skill, originated by the Spotter/Bases as the final part of a stunt/stunt transition. The flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge or reload position in order to return the flyer to the performance surface. Examples of dismounts: Step Off Front/Back, Shove Wrap, Bump Down, and Cradle.

**Dive Roll:** A Forward Roll where the feet leave the ground before the hands reach the ground.

**Downward Inversion:** A stunt or pyramid skill in which an inverted person's momentum is moving towards the performing surface.

**Eighteen Inches above Extended Arm Level:** Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer.

**Extended Position:** A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position.

**Extension:** A two leg, extended level stunt in which the flyer's feet are being held by the base(s) in the extended position.

**Extension Prep:** A two leg, prep level stunt in which the flyer's feet are being held at shoulder level by the bases.

**Extension Prep Hitch:** A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of working leg) remains in contact with the base's hands. Extension Prep Hitches are not considered single leg stunts.

**Fallback:** Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid. Also Known as a Fireman Catch.

**Flat Back/Arch Back:** A stunt in which the flyer has both feet off of the ground, is in a face up position and is supported by at least 2 bases. Extended Flatbacks/Arch Backs are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks/Arch Backs are classified as below prep level stunts.

**Flip (Tumbling):** An airborne tumbling skill in which a participant rotates hips over head with no contact to the performance surface as the body passes through the inverted position.

**Flip Body Positions:** Common body forms for flips are as follows: Aerial, Tuck, Pike, and Layout. For alternative body positions see Alternative Flipping Body Positions.

**Floorwork:** Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

**Flyer:** A person who receives primary support from another person.

**Footwork:** The activity of moving from place to place, with full body movement, to create visual effects.

**Forward Flipping Leap Frog:** Stunt transition in which the flyer performs a front flipping inversion from original bases to new bases, while remaining connected to a post by hand to hand contact.

**Forward Roll:** A non airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine.

**Forward Suspended Roll:** See Suspended Roll

**Front Aerial:** An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.

**Front Base (Spotter):** A person located in front of the stunt, facing the stunt and added to help control the stunt for the additional safety of the flyer.

**Front Handspring:** See Handspring

**Front Limber:** Gymnastic, non-aerial flexibility skill that originates on the hands, keeping both legs together and landing in a back bridge position.

**Front Tuck:** A flipping tumbling skill performed from a run or forward moving skill in which the participant springs upward and forward in a stretched position and tucks their knees as the body begins to rotate forward.

**Front Walkover:** A non aerial tumbling skill where one rotates forward through an inverted position to a non inverted position by arching the legs and hips over the head and down to the performance surface landing one foot/leg at a time.

**Full Twist:** A 360 degree twisting rotation.

**Full Up:** A stunt/stunt transition in which the flyer rotations 360 degrees during the accent to a prep level or higher stunt.

**Group Based Stunts:** A stunt using multiple bases for support.

**Half:** See Extension Prep

# YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Hand Support (Tumbling):** When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

**Hand/Arm Connection:** The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist).

**Handspring:** A forward or backward airborne tumbling skill that starts from a standing or running entry in which the participant jumps or rebounds in order to rotate into an inverted position then blocks off the hands to return upright and land on their feet. To block off the hands is to put weight on the arms when in the handstand position and using a strong push from the shoulders to complete the rotation and land on the feet.

**Handspring Series:** A tumbling term used to describe a participant's performance of two or more consecutive handsprings

**Handstand:** A straight body inverted position where the arms are extended straight by the head and ears.

**Heel Stretch:** A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg.

**Helicopter:** Flyer in a supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

**Horizontal T-Lift:** A stunt in which the top person is supported by bases in a face up or face down horizontal position with the arms in a T-Motion. Two bases are present at the head/armpits of the flyer (one on each armpit), and are responsible for the flyer's head/shoulder area. The additional base/s support the legs/lower body of flyer.

**Inversion/Inverted:** When the athlete's shoulders are below their waist and both feet are above their head.

**Inversion Entry:** Inversion skill/stunt which originates from the performance surface.

**Inversion Exit:** Inversion skill/stunt which transitions to the performance surface.

**Jump:** An airborne position not involving hip over head rotation created by using one's own feet and lower body power to push off the performance surface.

**Advanced jumps include:** Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine  
**Basic jumps include:** pencil jump, tuck jump, spread eagle/X jump

**Layout (Tumbling):** An airborne tumbling skill that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position in a stretched and hollow body.

**Leap Frog:** A flyer is transitioned from one set of bases to another or back to the original bases. The flyer must remain in continuous contact with the base/back spotter while transitioning.

**Liberty:** A single leg stunt in which the flyer bends and lifts the working leg so that the instep is at or near the standing leg's knee.

**Limber:** See Front Limber or Back Limber

**Load in:** A flyer's position in preparation to build a stunt or skill in between stunts. Common terms: Sponge, One Foot Load In, Two Foot Load in.

**New Base(s):** Bases previously not in direct contact with the top person of a stunt.

**Nugget:** A position in which a participant is crouched on the performance surface, face down on the shins and forearms.

**Original Base(s):** A base which is in contact with the top person during the initiation of the stunt.

**Partner Assisted Jumps:** A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position and the elevated athlete executes a standard style jump.

**Partner Cartwheel Inversion:** An inversion transitions that requires 2 athletes. 1 base in a lunge position and 1 flyer who performs the cartwheel on the base's lunged position. Base will help guide the Cartwheel flyer over and back to the ground.

**Partner Pick Up:** A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations.

**Pendulum:** A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

**Pike:** Body bent forward at the hips while the legs are kept straight.

**Pop:** A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder level stunt and above.

**Pop Off:** Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

**Post:** A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

**Power Press:** When bases bring the top person from an extended position, down to prep level or below, and then re extend.

**Prep:** See Extension Prep.

# YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Pretty Flyer:** Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee.

**Primary Support:** Supporting a majority of the weight of the top person.

**Prone Position:** A belly down, flat body position.

**Prop:** An object that can be manipulated. Flags, banners, signs, megaphones, and pieces of cloth are examples of a prop. **Poms are NOT considered props.**

**Pyramid:** Two or more flyers with physical connection that may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body.

**Release Move:** A stunt transition or skill in which the flyer becomes free of contact from anyone within the stunt group that is on the performance surface.

**Reload:** A stunt transition that returns to the load in position.

**Round Off:** The tumbler, with a push off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

**Running Tumbling:** Tumbling that is performed with a running start and/or involves a step or a hurdle used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

**Scale:** A single leg stunt typically performed with the stunt facing to the side while the Flyer's chest/face are toward the crowd. With the same side hand/arm, the Flyer grips around the back of the straight working leg at the knee/calf/ankle area.

**Scorpion:** A single leg stunt typically performed with the stunt facing to the side while the Flyer grips their foot/ankle with both hands pulling their working leg behind their body to create a position that mimics a Scorpion's tail.

**Seated Position:** Anytime a participant is bearing the majority of their weight on their seat.

**Shove Wrap:** A stunt dismount in which the Flyer's feet are together in a Cupie position, released and re-caught for a slow descent to the performance surface.

**Show and Go:** A transitional stunt where a stunt passes through an elevated level and lands into a loading position or non extended stunt.

**Side Aerial:** An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

**Single Front/Back Handspring:** A tumbling term used to describe a participant's performance of one handspring.

**Single Based Stunt:** A stunt using a single base for support. Other terms include: partner stunt.

**Single Leg Stunt:** A stunt where the flyer is free from contact from all bases on one of their feet **and leg**. (Extension Prep Hitches/Two leg Hitches) are not considered single leg stunt because the foot of the flyers working leg remains in contact with the bases hands.

**Single Leg Stunt Variations:** Liberty, High Torch, Heel Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.

**Single Trick Non-Twisting Cradles:** Dismount variations in which the flyer executes a single trick position. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Single Trick Non-Twisting Toss Skills:** Toss skill variations in which the flyer executes a single trick position at the highest point in the ride of the toss. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Split Stunts:** Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

**Sponge:** A stunt transition in which the Base(s) bring the flyer from a stunt to the load in position (the Sponge) in transition to another skill. Also know as Smush.

**Sponge Toss:** A toss with multiple bases. Prior to the toss, feet of the flyer are held in the bases hands at below prep level.

**Spotted/Assisted Tumbling:** Any form of physical assistance that an athlete receives during the execution of a skill or a series of skills.

**Standing Tumbling:** A tumbling skill or series of skills performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

**Step Off the Front/Back:** A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

**Step Out (tumbling):** A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

**Stepping Stone Transition:** Transition in which a participant uses teammates as "stepping stones" to walk. Usually using the backs to step on. OR Transition in which a participant walks across fellow participants.

**Straight Cradle:** A release **dismount** from a stunt to a **cradle** position where no skill (i.e. turn, kick, twist, etc.) is performed.

**Straight Ride:** The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the flyer to reach and obtain maximum height in toss.

# YOUTH CHEER GLOSSARY

## (CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Stunt:** Any skill encompassing a load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions, dismounts and release moves are considered types of stunt variations for skill category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt).

**Stunt Elevation/Stunt Building:** The degree in which the flyer's foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

### Stunt Height Levels

- **Below Knee Stand Level:** A height classification in which the flyer's foot/feet are below the height of a knee stand. Examples - Flyer standing on back of a Nugget. Flyer standing on the thighs of a base, where base's shins are on the performance surface and torso is upright.
- **Knee Stand Level:** A height classification in which one knee of the base is on the performance surface and the other in a hitch position, or base is on all fours, with arms locked out.
- **Thigh Stand Level:** The execution of a stunt where the base(s) is in a lunge or lunge like position and both knees are off the ground.
- **Waist Level:** A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing.
- **Below Prep Level:** Any skill that is below shoulder level of a base.
- **Prep Level:** A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position
- **Extended Level Stunts:** A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads, supported by the Base(s) fully extended arm(s).

**Stunt Transition:** See transitional stunt

**Superman Transition:** The back spotter grips **at least one of the flyers ankles**, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level or below stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter and flyer has no hand/arm connection to a base, brace or post during this transition.

**Supine:** Lying face upward

**Supporting Leg:** A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg).

**Suspended Roll:** A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot.

**Swedish Falls:** A stunt in which the flyer is lying horizontal face down and is supported by **at least 2** bases. One base MUST be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer).

**Swing Dance Stunts:** Swing dance style lifts and movements, usually done between two people, where the base lifts the flyer and moves them up and down or side to side.

**Swing Stunts:** A stunt using a swinging motion that uses the flyer's body in a front to back or side to side movement. **Stunt must begin below prep level with flyer face up. Two bases have contact with the flyer, and a spotter is in place.**

**Switch Up:** A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on **the opposite foot**.

**T-Lift:** A waist level stunt in which the flyer with arms in a T motion is supported on either side by at least two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted, position while being supported in the stunt.

**Tension Roll/Drop:** A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

**Tic Tock:** A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

**Top Person:** See Flyer.

**Toss Stunts:** A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases.

**Transitional Stunt:** Top person(s) changing from one skill to another thereby changing the configuration of the beginning stunt.

**Tuck (Tumbling):** A body position in which the knees and hips are bent and drawn into the chest; Most commonly performed during front/back tucks which are airborne tumbling skills that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position.

**Tumbling:** Any gymnastic or acrobatic skill that begins and ends on the performance surface.

**Turn:** Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

**Two High Pyramid:** All flyers, individuals in the pyramid who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

# YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Two and One Half (1 1/2) High Pyramid:** All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt.

**Twist Cradle(s):** A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: ¼ Twist, ½ Twist, ¾ Twist, Single Twist/Full Down/Full Twist, 1 ¼ Twist, 1 ½ Twist.

**Twist (stunt):** Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the **dip** by the bases or flyer during the simultaneous twisting or building of a stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

**Upright:** When a participant is vertical with their chest and head in an upright position. Ex. Ball Up, Switch Up.

**V-Sit/V-Sit Variations:** A stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Prep Level V-Sit (waist level skill), Extended V-Sit (prep level skill), seated position variations (i.e. pike, hitch)

**Valdez:** Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

**Walkover:** A non airborne, tumbling skill in which the performer passes through a Handstand position to complete a Front or Back Limber.

**Working Leg:** A stunt term referring to the leg of the flyer that is being lifted or gripped by the flyer in order to perform a skill variation while the other leg is weight bearing. Most commonly used in reference to single leg stunts.

**X-Out:** Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.

# YOUTH

## CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

**SHOW CHEER LEVEL 1 LIMITED:** (Time Limit: 2 min) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Level 1 Limited routine requirements and allowances.

**SHOW CHEER:** (Time Limit: 2 min 30 sec) This category is offered for the following levels: **1, 2, 3 and 4**. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances. **SHOW CHEER: (Time Limit: 2 min 30 sec) SGVJAAFC MINIMUM 2:15 MAXIMUM 2:30 (REQUIRED TO HAVE A CHEER ON ROUTINE)**

**SHOW CHEER NON-TUMBLING:** (Time Limit: 2 min 30 sec) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Gymnastic skills are PROHIBITED. Stunts are limited to Level 3 skills. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Non-Tumbling routine requirements and allowances.

**SIDELINE PERFORMANCE CHEER:** (Time Limit: 1 min 30 sec) Spirited Entrances **are allowed and will be scored**. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of stunts, tumbling, and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer routine requirements and allowances.

**SIDELINE PERFORMANCE CHEER NON MOUNT:** (Time Limit: 1 min 30 sec) Spirited Entrances **are allowed and will be scored**. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of tumbling and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. All building skills are prohibited. Clarification: A partner pick up would not be considered a stunt. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer Non Mount routine requirements and allowances.





# YOUTH

## SHOW CHEER DIVISIONS

SHOW CHEER - MUSIC IS REQUIRED - TIME LIMIT: 2 min 30 sec

**DIVISION** is defined by the age of the oldest athlete.

**LEVEL** is defined by the degree of skill difficulty you select.

New changes from last year's packet are marked in **RED**.

Not all categories/divisions/levels will be offered at every championship. Teams should check events directly for what's offered.

### **DIVISIONS:**

Division 6 Level 1 Limited  
Division 6 Level 1  
Division 8 Level 1 Limited  
Division 8 Level 1  
**Division 9 Level 1 Limited**  
**Division 9 Level 1**  
Division 10 Level 1 Limited  
Division 10 Level 1  
Division 10 Level 2  
Division 11 Level 1  
Division 11 Level 2  
Division 12 Level 1  
Division 12 Level 2  
Division 12 Level 3  
Division 13 Level 3 Non-Tumbling  
Division 13 Level 1  
Division 13 Level 2  
Division 13 Level 3  
Division 15 Level 3 Non-Tumbling  
Division 15 Level 1  
Division 15 Level 2  
Division 15 Level 3  
Division 15 Level 4  
Division 17 Level 1  
Division 17 Level 2  
Division 17 Level 3  
Division 17 Level 4

### **AGE AS OF JULY 31, 2025:**

6 years and younger  
6 years and younger  
8 years and younger  
8 years and younger  
**9 years and younger**  
**9 years and younger**  
10 years and younger  
10 years and younger  
10 years and younger  
11 years and younger  
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15 years and younger  
15 years and younger  
17 years and younger  
17 years and younger  
17 years and younger  
17 years and younger

### **ATHLETES:**

5-36 members, male and/or female  
5-36 members, male and/or female  
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5-36 members, male and/or female  
5-36 members, male and/or female

## YOUTH

# SIDELINE PERFORMANCE DIVISIONS

SIDELINE PERFORMANCE CHEER - MUSIC IS NOT ALLOWED - TIME LIMIT: 1 min 30 sec

**DIVISION** is defined by the age of the oldest athlete.

**LEVEL** is defined by the degree of skill difficulty you select.

New changes from last year's packet are marked in **RED**.

Not all categories/divisions/levels will be offered at every championship. Teams should check events directly for what's offered.

### **DIVISIONS:**

Division 6  
Division 8  
**Division 9**  
Division 10  
**Division 11**  
Division 12  
Division 13  
Division 15

### **AGE AS OF JULY 31, 2025:**

6 years and younger  
8 years and younger  
**9 years and younger**  
10 years and younger  
**11 years and younger**  
12 years and younger  
13 years and younger  
15 years and younger

### **ATHLETES:**

5-36 members, male and/or female  
5-36 members, male and/or female  
**5-36 members, male and/or female**  
5-36 members, male and/or female  
**5-36 members, male and/or female**  
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5-36 members, male and/or female