

# OCYCA 2025 Division Chart

| Division                         | Novice                                                                                                                                                                                                                                                                                                                                                                       | Beginner                                                                                                                                                                                                    | Intermediate                                                                                                          | Advanced                                                                                                  | Elite                                                                                                                                    |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Level                            | Mighty Mite and Mite                                                                                                                                                                                                                                                                                                                                                         | Mighty Mite, Mite, Pee Wee, Midget, Mixed                                                                                                                                                                   | Mite, Pee Wee, Midget, Mixed                                                                                          | Mite, Pee Wee, Midget, Mixed                                                                              | Mite, Pee Wee, Midget, Mixed                                                                                                             |
| Stunts                           | 2 leg stunts at thigh or waist level and 1 leg stunts with bases on their knees or nuggeting                                                                                                                                                                                                                                                                                 | Prep level on 2 feet                                                                                                                                                                                        | Extensions on 2 feet                                                                                                  | Extensions on 2 feet                                                                                      | Any legal skills outlined in the NFHS Spirit Rule Book                                                                                   |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | Waist level on 1 foot                                                                                                                                                                                       | Prep level on 1 foot                                                                                                  | Prep level on 1 foot                                                                                      |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | Shoulder sits                                                                                                                                                                                               | Shoulder sits                                                                                                         | Shoulder stands                                                                                           |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No inversions                                                                                                                                                                                               | Inversions to waist level                                                                                             | Inversions to prep                                                                                        |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No half ups                                                                                                                                                                                                 | Half ups to prep                                                                                                      | Half ups to 2 leg extension                                                                               |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No full ups                                                                                                                                                                                                 | No full ups                                                                                                           | Full ups to prep                                                                                          |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | Releases allowed at waist or below with at least 1 spotter.                                                                                                                                                 | Releases allowed at prep with post                                                                                    | Releases allowed at prep level                                                                            |                                                                                                                                          |
| Pyramids                         | 2 leg stunts at thigh waist level and 1 leg stunts with bases on their knees or nuggeting                                                                                                                                                                                                                                                                                    | No flips                                                                                                                                                                                                    | No flips                                                                                                              | Flips (no twisting flips) allowed beginning and ending at prep                                            | Any legal skills outlined in the NFHS Spirit Rule Book                                                                                   |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | Extended 2 leg stunts with 1 hand/arm connected bracer                                                                                                                                                      | Extended 2 leg stunts with 1 hand/arm connected bracer                                                                | Extended 2 leg stunts with 1 hand/arm connected bracer                                                    |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | 1 leg stunts at prep level allowed with 1 hand/arm connected bracer                                                                                                                                         | Extended 1 leg stunts with 1 hand/arm connected bracer                                                                | Extended 1 leg stunts with 1 hand/arm connected bracer                                                    |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No Releases                                                                                                                                                                                                 | Releases at prep level allowed with 1 hand/arm connected bracer and may pass through extension                        | Releases at extension allowed with 1 hand/arm connected bracer                                            |                                                                                                                                          |
| Dismounts                        | No cradles                                                                                                                                                                                                                                                                                                                                                                   | Straight cradle from 2 legs at prep                                                                                                                                                                         | Straight cradle from 2 legs at prep                                                                                   | Straight cradle from 2 legs at extension                                                                  | Any legal skills outlined in the NFHS Spirit Rule Book                                                                                   |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No cradles from 1 leg at waist                                                                                                                                                                              | Straight cradle from 1 leg at prep                                                                                    | Straight cradle from 1 leg at prep                                                                        |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No twisting                                                                                                                                                                                                 | Single twist from 2 legs at prep                                                                                      | Single twist from 2 legs at extension                                                                     |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No flips                                                                                                                                                                                                    | No flips                                                                                                              | Flips (no twisting flips) allowed beginning and ending at prep                                            |                                                                                                                                          |
|                                  |                                                                                                                                                                                                                                                                                                                                                                              | No waterfalls                                                                                                                                                                                               | No waterfalls                                                                                                         | Waterfalls allowed at prep with 2 feet                                                                    |                                                                                                                                          |
| Tumbling                         | Novice Tumbling                                                                                                                                                                                                                                                                                                                                                              | Beginner, Intermediate, Advanced and Elite Division Tumbling                                                                                                                                                |                                                                                                                       |                                                                                                           |                                                                                                                                          |
|                                  | Novice tumbling limited to Forward/Backward Rolls, Cartwheels and Roundoffs.                                                                                                                                                                                                                                                                                                 | Pick your Tumbling Division from the right (A, B or C) and add it to your Skill Division (Stunt/Pyramid) from above:<br> | Division A<br><br>Tucks or better and all tumbling in Divisions B and C (airborne skills i.e layouts, fulls, aerials) | Division B<br><br>Back/Front Handsprings and all tumbling in Division C (no airborne skills i.e. aerials) | Division C<br><br>Forward/back Rolls, Cartwheels, Roundoffs, front/back walkovers, handstand, back extension roll, one handed cartwheels |
| Jumps                            | Novice Jumps                                                                                                                                                                                                                                                                                                                                                                 | Beginner, Intermediate, Advanced and Elite Division Jumps                                                                                                                                                   |                                                                                                                       |                                                                                                           |                                                                                                                                          |
|                                  | Max of Two single jumps or two jumps connected                                                                                                                                                                                                                                                                                                                               | Any single jump(s) or combination of jumps                                                                                                                                                                  |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| MISCELLANEOUS                    |                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 1                                | The above chart represents the " <i>maximum</i> " that can be done at each level.                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 2                                | Tumbling excluded are axles and dive rolls.                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 3                                | Basket Tosses are not allowed at any level.                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 4                                | Hitches, Show and Go's, Teddys and Supermans allowed at any level except Novice                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 5                                | Flips are defined as any rotation where head goes over heels.                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 6                                | A release move is defined as both feet of a flyer are airborne or released from their base(s) at the same time.                                                                                                                                                                                                                                                              |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 7                                | An inversion is when a flyers head drops below their own waist. Example: Handstand, backwalk over out of a cradle.                                                                                                                                                                                                                                                           |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 8                                | A post is defined as an athlete is not bracing or in a weight bearing position. Both feet of the post must be on the mat.                                                                                                                                                                                                                                                    |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| ADDITIONAL RULES AND REGULATIONS |                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 9                                | Competition teams are based on level roster NOT field roster. Level consists of Flag, Mighty Mite, Mite, Pee Wee, Midget and Mixed. Towns that have 25 or less athletes registered in their Midget and Pee Wee levels without tryouts or turning away athletes can combine these levels and compete in a separate division called Mixed.                                     |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 10                               | No minimum or maximum team members or maximum stunt groups excluding Mixed which has team member limits.                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 11                               | Routine time parameters: Novice routines can't exceed 2 minutes. Beginner, Intermediate, Advanced and Elite routines can't exceed 2.5 minutes. All routines must have a minimum of 2 counts of a voice/cheer required and it must be over the music or before the music. Music and fans must not say these words or risk low voice score because Judges can't hear the team. |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 12                               | Time will begin on the start of the first word, motion or beat of music and will end on last word, beat of music or motion.                                                                                                                                                                                                                                                  |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 13                               | All teams must adhere to the National Federation Guidelines - Spirit Rules and all OCYCA rules set forth written here and Rules and Regs Handbook.                                                                                                                                                                                                                           |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 14                               | All coaches must sit in the designated seats. Only spectator style cheering from coaching seats. NO COACHING and NO COUNTING unless the music shuts off.                                                                                                                                                                                                                     |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 15                               | No town can enter two or more teams in same division.                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 16                               | Up to 2 Mighty Mite Coaches are allowed to kneel in front of the mat to help their team.                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |
| 17                               | Only 5 coaches and one music handler allowed per team in all team areas.                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                             |                                                                                                                       |                                                                                                           |                                                                                                                                          |