



SKILL RULES AND RESTRICTIONS



NON-TUMBLING SKILLS RESTRICTIONS: School teams only

Non-tumbling teams will follow AACCA Intermediate/Advanced Safety Guidelines with the below restrictions.

The Non-Tumbling division will prohibit all tumbling, except for inversions into or from load in positions, stunts and pyramids. Tumbling is defined as any skill with feet over head rotation.

INTERMEDIATE SKILLS RESTRICTIONS: School teams only

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

Standing Tumbling: Flips are not allowed. No standing back tucks or back handspring back tucks.

Running Tumbling: Back Flips may ONLY be performed in a tuck position ONLY and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed.

Example: Front handsprings and front walkovers through to round off back handspring(s) back tucks are allowed.

No tumbling is allowed after the flip. No twisting while airborne. **Exception: Aerial cartwheels are allowed.** No tumbling after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel – back handspring(s)-tucks are not allowed.

Stunts: Twisting transitions to and from an extended position may not exceed 1/2 twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

Pyramids: During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below. **Braced flips are not allowed.**

Dismounts: Only straight pop downs, basic straight rides, and 1/4 turns are allowed from any single leg stunt. Up to 1 1/4 twists are allowed from any two leg stunt.

Tosses: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the AACCA Safety Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow AACCA Safety Guidelines with no other skill restrictions.

RECREATION SKILLS RESTRICTIONS

Recreation teams will follow AACCA Safety Guidelines with no other skill restrictions.

* Rules and Restrictions will take effect for the 2017 - 2018 Season.



2017-2018 SCA SCHOOL JUDGING RANGES

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

ADVANCED DIVISIONS

| STUNT DIFFICULTY | PYRAMID DIFFICULTY | TUMBLING DIFFICULTY |
|---|---|--|
| 2 - 3 | 2 - 3 | 2 - 3 |
| Extension Preps or One Leg Variations Below Prep Level Extensions or One Leg Variations at Prep Level | Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level Pyramids involving Extended One Leg Stunts | Cartwheels or Round-offs or Forward/Backward Rolls Round-off BHS or Standing BHS |
| 3 - 4 | 3 - 4 | 3 - 4 |
| Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts | Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a release pyramid transition and Multiple Extended Structures | Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations |
| 4 - 5 | 4 - 5 | 4 - 5 |
| Elite Skills* Single Twist from One Leg Stunts or Extended Stunt Sequence performed by a Single Base, Unassisted ADVANCED MAX SCORE - 5.0 | Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Braced Flip Transition/Arm Braced Tick Tock and Multiple Extended Structures ADVANCED MAX SCORE - 5.0 | Layouts or Standing Back Tucks or Standing BHS Back Tucks ADVANCED MAX SCORE - 5.0 |

STUNTS

ELITE STUNT SKILLS* INCLUDE (BUT ARE NOT LIMITED TO):

- Full up to extended position
- Release moves that land in an extended position
- Tick tock variations
- Toss extended stunts
- Other unique mounts and transitions of similar difficulty level

*Advanced Divisions only

TOSSES

Tosses are not required, but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0)

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

BHS = Back Handspring

NOTE: Elementary & Junior High/Middle School Teams must follow the additional AACCA Restrictions located in the NCA Rule Book.

TIMING (9.0 - 10.0)

Synchronization and uniformity

ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement and patterns, execution of formations

VOICE/INFLECTION (9.0 - 10.0)

Pace of cheer is practical, flow of words is easy to understand

MOTIONS/GIRLS DANCE (9.0 - 10.0)

This category will be judged based on a team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

Image, sportsmanship, performance integrity



2017-2018 SCA SCHOOL JUDGING RANGES

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INTERMEDIATE DIVISIONS

| STUNT DIFFICULTY | PYRAMID DIFFICULTY | TUMBLING DIFFICULTY |
|---|---|--|
| 2 - 3 | 2 - 3 | 2 - 3 |
| Extension Preps or One Leg Variations Below Prep Level | Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level | Cartwheels or Round-offs or Forward/Backward Rolls |
| 3 - 4 | 3 - 4 | 3 - 4 |
| Extensions or One Leg Variations at Prep Level | Pyramids involving Extended One Leg Stunts | Round-off BHS or Stand BHS |
| 4 - 5 | 4 - 5 | 4 - 5 |
| Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts INTERMEDIATE MAX SCORE - 5.0 | Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a release pyramid transition and Multiple Extended Structures INTERMEDIATE MAX SCORE - 5.0 | Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations INTERMEDIATE MAX SCORE - 5.0 |

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