**Section 1: Management**

The Valley Youth Football League (VYFL) cheerleading program is managed by a combination of VYFL officials and officials from each local area with the following chain of command:

A. Cheer Commissioner**:** The Cheer Commissioner is responsible for the day-to-day administration of the program developed by the Cheer Commissioner, and approved by the VYFL Board of Directors. The Cheer Commissioner answers to the VYFL Commissioner.

B. Deputy Cheer Commissioner (s):

1. A Deputy Cheer Commissioner acts as the Cheer Commissioner in the absence of the Cheer Commissioner and is appointed by the Cheer Commissioner. It is possible to have more than one Deputy Cheer Commissioner.

2. Each Deputy Cheer Commissioner is assigned a specific Local Area or group of Local Areas with the VYFL and duties include:

a. Enforce all VYFL Cheerleading Rules, and directives of the Cheer Commissioner.

b. Oversee all assigned games and activities pertaining to VYFL Cheerleading.

c. Assist the Cheer Commissioner in the physical and organizational operation of all Cheer Competitions, not to be involved in judging.

C. The local area Cheer Director is elected by each local area and is responsible to the local area President and area Board of Directors. They are both charged with responsibility for the day-to-day operation of the area cheerleading program.

D. The Team Coach: Each cheerleading squad must have an adult coach (18 years or older), responsible to the local area Cheer Director. The local area determines the selection method for coaches. All Head Coaches shall be CERTIFIED in CPR and First Aid. Copies of Certifications must accompany team rosters. A CPR/First Aid Certified adult must be present for cheerleaders to practice and or perform. PENALTY: Will be suspended from coaching until presentation of CPR/First Aid certificates. ALL Coaches, Head or Assistant must have a cleared background check annually. ALL head coaches must complete the mandatory Y101 Training course for YCADA (see stunting guidelines). It is highly recommended ALL COACHES head or assistant take this course but MANDATORY FOR HEAD.

E. Complaints must be handled at the local level chain of command FIRST. The VYFL officials will not interfere with the management or complaint resolution of a local area. However, VYFL officials may listen to local problems and offer advice. The VYFL Cheer Commissioner and/or Deputy Cheer Commissioner will enforce the cheerleading rules as outlined in this rule article.

**Section 2: Participation**

1. Application: Each cheerleader and mascot must fill out a VYFL Contract that includes the parents’ permission and signature. These contracts, copies of proof of age (as defined in Section 3: Squad Certification of this rule article) along with rosters, are to be present at all practices, performances, and games. When the squad is gathered as a whole (example . . . parades, cheering for the school, etc.), Cheer Director and Cheer Coaches must have copies of everything present at all times. Copies of everything must be presented to the VYFL Cheer Commissioner at the August VYFL Cheer Directors meeting.

B. Physical exams are required for all cheerleaders and mascots.

**NOTES:**

1. Minimum age (except mascots) is 5 years old or more as of August 1 of the season, 4 Year olds within three months of the age deadline may be accepted; if a Mascot division is not available – MUST HAVE COMISSIONERS APPROVAL.

2. Maximum age is no more than 14.

3. All cheerleaders must present acceptable proof of their age each season. Acceptable proof is an original document as listed in Section 3 Squad Certification. NOTE: The names on the proof of age must correspond with the names on the certification paperwork. If an adoption or name change has occurred, appropriate legal paperwork must be available to ensure both names are the same person.

4. Ninth graders may not participate in VYFL Cheerleading.

5. Cheerleaders must complete a VYFL Contract including a physical exam by an appropriate health care provider.

6. There will be no exceptions to these rules.

***VYFL Official -Exponent System 2017***

*Division Age as of August 1st*

*Freshman 5, 6 & 7 YEAR OLDS*

 *Sophomore 8, 9 & 10 YEAR OLDS*

 *Junior Varsity 11 & 12 YEAR OLDS*

 *Varsity 13 & 14 YEAR OLDS*

C. A participant will be permitted to participate in cheer programs outside VYFL jurisdiction. The practice hours and game times must not conflict with participation in the VYFL.

D. Mascots are left to the discretion of the local area Cheer Director/President. Mascots do not compete in the competition, but may perform in special, non-judged routines at competition. Mascot’s minimum age: none. Maximum age is 4 years old as of August 1st, of the current season. Mascot parents shall be present at all practices, performances, and games and may be asked to intervene if/when necessary.

E. Squad size: A squad shall consist of four or more cheerleaders. In the instance that an area has only three cheerleaders on a squad, the local area Cheer Director may ask the Cheer Commissioner to review the roster and move the cheerleaders up to the next level higher squad. MOVEMENT DOWN IS PROHIBITED

F. LIST ON CONTRACT EVERY KIND OF MEDICATION THE CHILD IS TAKING.

**Section 3: Squad Certification**

A. No cheerleader may compete in VYFL competition unless the cheerleader has been certified and the cheer squad’s certified roster includes that cheerleader.

B. Cheerleader squad rosters must be certified by FIRST SEASON GAME by the VYFL Cheer Commissioner.

C. NO parents, coaches, or anyone other than the Local Area President, Cheer Director or other authorized representative will be permitted in certification area. Commissioner will come to local areas during a practice to certify area cheerleaders. The Local Area Cheer Director must be present and provide a complete set of certification paperwork to the Cheer Commissioner for certification. For Each Cheerleader this will consist of:

1. A completed, signed VYFL contract

2. Clear evidence of a physical examination by a Medical Doctor or a Chiropractor certified to do sports physicals in the State of California. The Local Area must be able to produce this certification.

3. Verification of date of birth**:** Each cheerleader must present to the Local Area a copy of either a Certified Birth Certificate, Military ID, passport, letter from the player’s school on school letterhead signed by a school official, Student Data Printout, or other proof approved by the Cheer Commissioner.

4. Photos are required for Cheerleaders.

5. Commissioner will provide an example of how binders are to be set up for Certification. Any League not having paperwork in proper order will not be certified and will have to travel to the area of the Commissioner to be certified. AREAS MUST BE CERTIFIED TO COMPETE IN COMPETITION.

For Each Squad this will consist of:

1. Two (2) completed roster forms with required information. The forms must be typed or filled out neatly and legibly in ink.

E. Each Cheer Director will turn in a list of their squad colors and total number of cheerleaders on each squad to the VYFL Cheer Commissioner at the August meeting.

F. Residency requirements: To be eligible, cheerleaders must live within the boundaries of the Area for which they cheer. The Local Area President and his/her Area Board of Directors are responsible for complying with this requirement. Failure to comply with this requirement can result in severe penalties including expulsion of the Local Area from the VYFL. In the event of a question, the VYFL Cheer Commissioner shall resolve the question and may require documentation in the form of a school or other document acceptable to the Cheer Commissioner.

G. The VYFL Cheer Commissioner may grant a cheerleader permission to cheer for a squad in an Area other than the Local Area in which the cheerleader resides upon receipt of a written request from the parent or guardian of the cheerleader. Permission will be considered when at least one of the following conditions is met:

1. To cheer in the same Local Area as a sibling;

2. When there is no Local Area division in which the cheerleader qualifies within the VYFL.

3. The cheerleader has written permission from both Local Area Presidents.

4. The cheerleader has moved out of the VYFL Local Area in which the cheerleader lived when the cheerleader’s squad roster was certified. The cheerleader may continue to cheer for the cheerleader’s original squad if the cheerleader meets all the practice, attendance, and other participation requirements of that squad. In addition the parent must supply the VYFL with a letter from the cheerleader’s school verifying the change of address. Out of Area Cheerleaders are described as those cheerleaders who are found to be cheering for a VYFL Local Area other than the one in which they reside.

H. Changes to Certified Rosters -Any proposed changes to certified rosters must be approved by the Cheer Commissioner or a Deputy Cheer Commissioner in writing. Execution via fax or electronic transmission is acceptable for the purpose of updating. The updated roster must be immediately forwarded to the Cheer Commissioner. It is the responsibility of each Local Area President to ensure that the most updated version of their Area rosters is filed with the VYFL Cheer Commissioner.

1. Additions to Certified Rosters clearly marked as additions with date.

2. Deletions – Single line strike out only.

3. No white-out permitted.

4. No reproductive/retype of certified rosters will be permitted with the exception of photocopying for distribution at games for announcing reasons and competition.

I. The VYFL Cheer Commissioner, in consultation with the affected parties, may grant exceptions to this Section on a case-by­-case basis.

**Section 4: Appearance**

A. JEWELRY: NOT ALLOWED except medical bracelets or chains. These will be pre-wrapped and taped. NO EARRINGS, BRACELETS, WATCHES, RINGS, OR NECKLACES OR BODY PIERCINGS OF ANY TYPE.

B. MAKEUP: May be used in moderation and with local area Cheer Director’s discretion.

C. HAIR: Must be pulled out of the eyes, and bangs above the eyes.

D. There must be uniformity among the squads. Shoes must be white athletic shoes.

E. NO GLITTER of any kind on persons or signs (unless clear coat over glitter on signs).

**Section 5: Stunt Routine Guidelines**

1. VYFL will follow YCADA Guideline and Safety Rules. (SEE SECTION 10)
	1. For purpose of the stunting rules – VYFL will follow the guidelines as such

Freshman – Level 1

Sophomores – Level 2,

Junior Varsity & Varsity – LEVEL 3

B. Score sheets used for competition judging will be provided by the Cheer Commissioner; but are also available at end of YCADA Rules & Guidelines.

C. Stunting

YCADA RULES – there are no adjustments. Cheerleaders / Coaches will follow the YCADA Cheer Stunt Rules and Safety Rules – Provided in the back of this rule book.

BASKET TOSSES (for Divisions I and II) LAY-OUT POP-UPS, AERIAL FLIPS, and FORWARD FALLS are prohibited. See YCADA Rule Book for definitions.

D. SPOTTERS: A squad of 5 or less may have an adult spotter for all stunts. Squads consisting of 6 or more shall use a squad member as spotter. Spotters must be present at stunt until the squad member is on the ground.

E. Timing: YCADA RULES – SEE Rules and Guidelines

F. Props: The only props allowed will be hoops, pompoms, signs, and/or megaphones. Props are to be taken off the field by the Cheerleaders only (NO COACHES). After competing the squads will go to the designated areas with the exception of the mascots. Coaches can be with the mascots at all times.

G. No squad shall pay for a routine to be prepared by any professional organization including, but not limited to, NCAA, USA Cheer, etc.

H. A 10 point deduction will be assessed for any infractions of the VYFL and YCADA. In the case where a prohibited stunt is performed, that penalty is increased to a 15 point deduction.

**Section 6: Practice/Games**

A. During the first two weeks of practice, the maximum total practice time per week is 12 1/2 hours (2 1/2 hours each day, Monday through Friday). The third week of practice is limited to 10 hours (2 1/2 hours each day, on any four days during the third week). Starting the fourth week of practice there will be a maximum of 6 hours of practice per week with a 2-hour daily maximum unless there is no game. If there is no game there will be 8 hours of practice allowed for that week.

B. Preparation for Competition: There shall be NO increase in the maximum practice hours when preparing for Competition.

C. Location and schedule shall be distributed in time for parents to adjust their schedules.

D. Participants will meet in locations clearly covered by current insurance certificates only.

E. Mandatory 30-minute warm-up at all games and practices.

F. Routines shall be in accordance with YCADA RULES & Section 5 of this Article.

G. Areas with Cheer Squads wishing to participate in events outside of the VYFL season will be permitted to do so as long as those events fall within the current insurance coverage period and **all** practice guidelines are followed.

H. Mandatory Attendance: Attendance at the Kick Off Carnival, regular season games, and playoff games is mandatory for all cheer squads. Any area having a cheer squad that fails to attend an event scheduled for that squad will be subject to fines and may be suspended for the next scheduled game and/or the rest of the season in addition to placing their participation in competition in jeopardy. At the first Board of Directors meeting after the incident, a discussion will take place. All involved parties will be heard from and then a closed discussion/vote will take place. The area that represents the team/squad does not have a voting right in the suspension.

I. Squads who have a football team playing in a playoff game WILL cheer for that team. They are not to use that as a practice day for the competition. Squads not complying WILL be disqualified from competition.

J. Areas in the Super Bowl WILL have their cheerleaders present and cheering for their football teams.

K. All local area Cheer Directors and local area Head Cheer Coaches MUST attend the VYFL Cheer Coaches Clinic for technical training. (Once established) Date to be provided by Cheer Commissioner.

**Section 7: Sportsmanship**

A. Objective: The main objective of the Cheer Directors will be to promote goodwill within the Conference, setting a good example for their teams/squads. It is most important that we teach the meaning of real friendship and the ability to be a good sportsman.

B. Cheers: There shall be no cross cheers allowed. No cheers showing any distaste or derogatory remarks will be tolerated. Violation of this rule can result in the suspension of the offending squad for the rest of the season.

***Section 8: Competition (to be determined with the VYFL Conference Board and Cheer Directors input)***

*A*. Scheduling: Cheerleading Competitions will be scheduled to begin at 9:00 a.m. Check-in no earlier than 7:30 AM.

B. Competition shall be held indoors with approved cheer floor. Boundary lines shall be marked at 48’ x 48’. Stepping out of boundaries will be an infraction.

C. The last week of September a typed roster will be given to the President of the Area that is hosting the Super Bowl to be used for a program to be printed up with the team’s names and colors of all Football, Cheerleaders, and Coaches participating. It is recommended that this program be sold at Competition and the Super Bowl game.

D. Judges: Judges for competition shall preferably be USA judges. If USA judges are unavailable we will recruit from a college and or high school. VYFL shall follow YCADA Cheer rules for judging, adjusted to incorporate Section 5 – Stunt Routine Guidelines of this Article. The Cheer Commissioner shall make sure that the judges have been made aware of the information in Section 5.

E. Score Sheets: Copies of competition score sheets must be provided to local area cheer coaches in a timely manner either for information or to assist them in preparing for the next level of competition. The Cheer Commissioner will keep the originals for two years for information only.

 Upon completion of the Cheer Competition the VYFL Cheer Commissioner shall provide copies of the Cheer Competition score sheets to all local area Cheer Directors, including non-competing areas, regardless of placement in the competition results. This shall be accomplished no later than the next regularly scheduled VYFL Board of Directors meeting.

Local area Cheer Directors shall provide copies of the Cheer Competition score sheets to all of their local area Head Cheer Coaches. This shall be accomplished no later than one week after receiving the score sheets.

F. No squad shall pay for a routine to be prepared by any professional organization including, but not limited to, USA Cheer.

G. Coaching, in any form, by spectators or coaches during a cheer competition routine is not permitted. Any persons observed coaching a squad during a routine may be removed from the competition site or facility; however, the performing squad will not be penalized.

H. Reporting Competition Results: At Cheer Competition the results must be reported to the designated VYFL Scorekeeper no later than 9:00 p.m. the Saturday of the competition by the VYFL Cheer Commissioner or **assigned** Deputy Cheer Commissioner.

***Section 9: Insurance –***

1. VYFL Insurance must be in place for all practice areas and game locations. A copy of the local areas insurance needs to be provided to the commissioner at time of Certification.

***Section 10: YCADA RULES & GUIDELINES***

2017-2018

(VALID UNTIL 3/1/2018)

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YOUTH CHEER CATEGORIES

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

VYFL is cheering/competing under - SHOW CHEER: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment,

half, or the entire performance. Gymnastic skills are required as a component of the total team score; lack of tumbling in a Show Cheer routine will

result in a 0 in any tumbling category. **Stunts are required; omission of stunts in a Show Cheer routine will result in a 0.** Poms, megaphones, signs, and banners are **allowed**. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, team huddles, or stunts). Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.

Please refer to the remainder of the youth cheer section for complete details on Show Cheer routine requirements.

SHOW CHEER NON MOUNT: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be

positioned for a segment, half, or the entire performance. Gymnastic skills are required as a component of the total team score; lack of tumbling in a Show

Cheer routine will result in a 0 in any tumbling category. **Stunts are prohibited. Clarification: A partner jump, assisted Toe Touch, partner pick up, etc**

**would not be considered a stunt.** Poms, megaphones, signs, and banners are **allowed**. Tear away uniforms or removal of clothing is prohibited. Formal

entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, team huddles, or stunts). Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. **Non Mount division tumbling is limited to Level 3 tumbling skills**. Please refer to the remainder of the youth cheer section for complete details on Show Cheer Non Mount routine requirements.

SHOW CHEER LIMITED: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for

a segment, half, or the entire performance. Gymnastic skills are required as a component of the total team score. **Stunts are required; omission of stunts**

**in a Show Cheer routine will negatively affect score. Basket Tosses are not allowed in Show Cheer limited divisions. Single leg stunts are limited in the**

**limited divisions.** Poms, megaphones, signs, and banners are **allowed**. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, team huddles, or stunts). Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the youth cheer section for complete details on Show Cheer Limited

routine requirements.

SHOW CHEER NON-TUMBLING: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be

positioned for a segment, half, or the entire performance. **Gymnastic skills are PROHIBITED. Stunts are required; omission of stunts in a Show Cheer**

**routine will result in a 0. Stunts are limited to Level 3 skills.** Poms, megaphones, signs, and banners are **allowed**. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, team huddles, or stunts). Spirited

entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the youth cheer section for complete details on Show Cheer routine requirements.

PERFORMANCE CHEER: Cheer(s) of your choice. Audience participation, megaphones, signs, and banners are **allowed**. **Music or amplified sound is**

**not allowed in this category.** Gymnastic skills are required as a component of the total team score; lack of tumbling in a Performance Cheer routine will

result in a 0 in any tumbling category. **Stunts are required; omission of stunts in a Performance Cheer routine will result in a 0.** Tear away uniforms or

removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, team huddles, or

stunts). Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the youth cheer section for complete details on Performance Cheer routine requirements.

PERFORMANCE CHEER NON MOUNT: Cheer(s) of your choice. Audience participation, megaphones, signs, and banners are **allowed**. **Music or**

**amplified sound is not allowed in this category.** Gymnastic skills are required as a component of the total team score; lack of tumbling in a Performance

Cheer routine will result in a 0 in any tumbling category. **Stunts, dismounts and cradles are prohibited. Clarification: A partner jump, assisted Toe Touch,**

**partner pick up, etc would not be considered a stunt.** Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e.

crowd response chants or cheers, choreographed marching, team huddles, or stunts). Spirited entrances are allowed; teams should take no longer than

10 seconds to set for their routine. **Non Mount division tumbling is limited to Level 3 tumbling skills**. Please refer to the remainder of the youth cheer

section for complete details on Performance Cheer Non Mount routine requirements.

PERFORMANCE CHEER LIMITED: Cheer(s) of your choice. Audience participation, megaphones, signs, and banners are **allowed**. **Music or**

**amplified sound is not allowed in this category.** Gymnastic skills are required as a component of the total team score. **Stunts are required; omission of**

**stunts in a Performance Cheer routine will negatively affect score. Basket Tosses are not allowed in the Performance Cheer Limited divisions. Single leg**

**stunts are LIMITED in the limited divisions.** Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response

chants or cheers, choreographed marching, team huddles, or stunts). Spirited entrances are allowed; teams should take no longer than 10 seconds to set

for their routine. Please refer to the remainder of the youth cheer section for complete details on Performance Cheer routine requirements.

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YCADA LEVEL 1

**HIGHEST SKILLS ALLOWED:**

***Standing Tumbling*:** Walkovers

***Running Tumbling:*** Walkovers

***Stunts*:** Two leg prep level stunts, single leg below prep

level stunts, 1/4 twist load-in/stunt transition

***Inversions*:** Prohibited

***Dismounts:*** 1/4 turn Cradle

***Release Moves:*** Prohibited

***Tosses*:** Prohibited

***Pyramids*:** Two leg extended stunts braced on both

sides, single leg prep level stunts braced on one side by

prep level or below stunts

YCADA LEVEL 2

**HIGHEST SKILLS ALLOWED:**

***Standing Tumbling:*** Single Front/Back Handspring

***Running Tumbling***: Single Front/Back Handspring

***Stunts***: Two leg extended stunts, single leg prep level

stunts, ½ twist load in

***Inversions***: Prohibited

***Dismounts***: Single trick, non-twisting alternate cradles

***Release Moves***: Barrel Roll

***Tosses***: Straight Ride body position

***Pyramids:*** Single leg extended stunts braced on one

side by prep level or below stunts

YOUTH CHEER LEVELS QUICK REFERENCE OVERVIEW

A BASIC OVERVIEW OF THE HIGHEST SKILLS ALLOWED IN EACH LEVEL.

YCADA LEVEL 3

**HIGHEST SKILLS ALLOWED:**

***Standing Tumbling*:** Handspring series

***Running Tumbling:*** Back Tuck from Handspring or

Round Off entry

***Stunts*:** Single leg extended level stunts, 1 full twist

(360) stunt transition to or from an Extension Prep

***Inversions*:** From ground level as entry to upright load

in/waist level stunt

***Dismounts:*** Single twist from two leg extended stunts

**Release Moves:** Tic tocs braced on both sides by prep

level or below stunts

**Tosses:** One trick non-twisting

***Pyramids*:** Single leg extended stunts braced on one

side, upright landing non twisting release moves braced

on both sides by prep level or below stunts

YCADA LEVEL 4

**HIGHEST SKILLS ALLOWED:**

***Standing Tumbling*:** Standing Full

***Running Tumbling*:** Full twisting Layout from

Handspring or Round Off entry

**Stunts:** Single leg extended, 1½ twist load-in/stunt

transition up to extended level, Tic Tocs

***Inversions*:** Ground level Handstand to prep level,

Forward Suspended Roll, Back Walkover/Forward Roll

out of a Cradle.

***Dismounts:*** 1¼ twist from any single leg stunt, 2¼ twist

from any two leg stunt

***Release Moves:*** Must not surpass 18”

***Tosses*:** Two tricks and 1¼ twist

***Pyramids*:** Single leg extended stunts braced on one

side, braced release moves, 2½ high transitions, limited

braced inversions

**IMPORTANT! The Quick Reference Overview DOES NOT include all rules and skill restrictions. It is ONLY to be used as an overall summary of the**

**highest skills allowed in each level. Teams must abide by all YCADA Youth Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories,**

**and Penalty Info.**

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YCADA LEVEL 1 LIMITED

**HIGHEST SKILLS ALLOWED:**

***Standing Tumbling*:** Round Off

***Running Tumbling:*** Round Off

***Stunts*:** Two leg prep level stunts, single leg knee level

stunts

***Inversions*:** Prohibited

***Dismounts:*** Shove wraps, step offs, bump downs

***Release Moves:*** Prohibited

***Tosses*:** Prohibited

***Pyramids*:** Two leg stunts prep level stunts braced on

one side, single leg stunts knee stand level and below

braced on one side

YOUTH CHEER LEVELS QUICK REFERENCE OVERVIEW

A BASIC OVERVIEW OF THE HIGHEST SKILLS ALLOWED IN EACH LEVEL.

**IMPORTANT! The Quick Reference Overview DOES NOT include all rules and skill restrictions. It is ONLY to be used as an overall summary of the**

**highest skills allowed in each level. Teams must abide by all YCADA Youth Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories,**

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YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. When selecting the level in which their team will compete,

coaches must consider the team’s overall skill abilities, with particular attention to stunting and tumbling. **Coaches must review all Cheer Levels Grids, General Safety Rules,**

**Routine Guidelines, Categories, and Penalty Info. Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence.**

**Any NEW rule changes are marked in RED. Refer to the Youth Cheer Glossary for clarification of terms.**

**YCADA LEVEL 1**

**STANDING**

**TUMBLING**

• All non-airborne skills and series of skills performed from a standing position with **at least one** hand and/or foot in contact with the performance surface are

allowed; including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, Handstand Forward Rolls, and Front/Back Walkovers (exception: Round Offs

are allowed).

• PROHIBITED skills include, but are not limited to: Front and/or Back Handsprings, flips in any body position and Dive Rolls.

**RUNNING**

**TUMBLING**

• All non-airborne skills and series of skills with hand support performed from a running or Hurdle entry are allowed, including, but not limited to: Cartwheels,

and Front/Back Walkovers (exception: Round Offs are allowed). **At least one** hand and/or foot must remain in contact with the performance surface during skill(s)

execution.

• PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position and Dive Rolls.

**STUNTS**

• Double leg stunts are allowed at prep level or below.

• Single leg stunts are allowed below prep level.

• Bases may move/turn while in a load in position, during a ¼ transition, and/or once the building of a stunt is completed (exception: Bases may move during a

traveling Double-Based T-Lift).

• Freestanding extended stunts are not allowed (clarification: stunts where the arms of the bases are fully extended, but the flyer’s body is horizontal or in a seated

position are classified prep level stunts and are allowed).

• Extension Prep Hitches are allowed provided the flyer’s foot (of the working leg) remains in contact with base’s hands.

• Twisting during load in/stunt transition is limited to ¼ rotation by the flyer and/or bases combined.

• Non-release single based stunts are permitted provided they follow group stunt allowances.

• PROHIBITED stunts include, but are not limited to: Leap Frogs, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions,

Front/Back/Side Tension Rolls, single based Split Stunts, Show and Go Stunts that travel while building or go above the permitted stunt level, Swing Dance, and

Swing Up Stunts.

**INVERSIONS**

• ALL Inversions are PROHIBITED.

• PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.

**DISMOUNTS**

• Anything other than a Step Off the Front/Back, Shove Wrap, Bump Down or prep level assisted Pop Off must be caught in a Cradle (exception: single based stunts

may not cradle).

• Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only. Original bases MUST physically assist (re-catch the flyer to control/slow

down descent) the flyer during any dismount to the performance surface.

• PROHIBITED skills include, but are not limited to: Cradles from extended stunts, single trick non twisting alternate Cradles, Cradles that land in prone position,

Cradles to different bases, Fireman Catches and Fallbacks.

**RELEASE**

**MOVES**

• Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position, provided the flyer does not go above 12”

from the bases’ hands.

• PROHIBITED skills include, but are not limited to: Barrel Rolls, Helicopters, and single based tossed stunts.

**TOSSES**

• ALL tosses are PROHIBITED.

**PYRAMIDS**

**Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:**

• Extended double leg stunts are allowed provided they are braced on **both sides (by two separate participants)** with **hand/arm** connection to prep level or

below stunts OR bracers standing on the ground (clarification: the connection must be made **at prep level or below and prior** to the flyer passing above prep level.

Connection may not be lost until the extended stunt is returned to prep level two leg stunt or below. Extended double leg stunts MAY NOT brace any other extended

two leg stunts).

• Single leg stunts are allowed at prep level provided they are braced on **at least** one side with hand/arm connection by a two leg prep level, below prep level stunt, or

a participant on the ground. Single leg stunts are allowed hand/arm connection on one side and hand/foot connection on the other side provided they are braced

on **both** sides (clarification: the hand/arm connection must be made at **prep level or below and prior** to executing the single leg stunt. Connection may not be lost

until the upward motion of a dismount, Retake/Sponge, or returned to prep level two leg stunt or below).

• Moving/walking pyramids are allowed.

• PROHIBITED stunts include, but are not limited to: Collapsible/hanging/released Split Pyramids, braced flips, extended single leg pyramids.

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YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. Coaches must consider the teams overall skill abilities, with

extra attention to stunting and tumbling, when selecting the level in which their team will compete. **Coaches must review all Cheer Levels Grids, General Safety Rules,**

**Routine Guidelines, Categories, and Penalty Info. Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence. Any NEW rule changes**

**are marked in RED. Refer to the Youth Cheer Glossary for clarification of terms used throughout this guide.**

**YCADA LEVEL 1 LIMITED**

**STANDING**

**TUMBLING**

• All non-airborne skills and series of skills with hand support performed from a standing position are allowed, including, but not limited to: Front Rolls, Back

Rolls, Cartwheels, Handstands, and Handstand Forward Rolls (exception: Round Offs are allowed). **At least one** hand and/or foot must remain in contact with the

performance surface during all skill(s) execution. A Ground Up Bridge is allowed, provided the performer returns to the ground/laying position.

• PROHIBITED skills include, but are not limited to: Handstands that fall to Bridge position, One Arm Cartwheels, Front/Back Walkovers, Front/Back Handsprings,

flips in any body position, tumbling into a load in stunt, and Dive Rolls.

**RUNNING**

**TUMBLING**

• All non-airborne skills and series of skills with hand support performed from a running or Hurdle position are allowed, including, but not limited to: Cartwheels

(exceptions: Round Offs are allowed). **At least one** hand and/or foot must remain in contact with the floor during skill/s execution.

• PROHIBITED skills include, but are not limited to: Front and/or Back Walkovers, Front and/or Back Handsprings, Handstands that fall to Bridge position, One Arm

Cartwheels, flips in any body position, tumbling into a load in stunt, and Dive Rolls.

**STUNTS**

• Double leg stunts are limited to prep level and below.

• Extension Prep Hitches are allowed provided the flyer’s foot (of the working leg) remains in contact with base’s hands.

• Single leg stunts are limited to knee stand level and below.

• Bases may not turn/move while the flyer is in an upward/downward motion, in a Sponge/Load In, or once the stunt is completed.

• Twisting is limited to a ¼ turn by the flyer only during a load In/mount/transition.

• PROHIBITED stunts include, but are not limited to: transitions stunts that involve changing bases, Front/Back/Side Tension Rolls, single based Split Stunts,

Swing Up Stunts, moving stunts, single leg stunts above knee stand level, prep level Cupies, and tumbling into a load in stunt, and Show and Go Stunts that travel

above allowed stunt level.

**INVERSIONS**

• ALL Inversions are PROHIBITED.

• PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load In/Sponge position.

**DISMOUNTS**

• Only Shove Wrap, Step Off the Front/Back, and Bump Down dismounts are allowed.

• PROHIBITED skills include, but are not limited to: ALL Cradles, single trick non twisting alternate Cradles, and dismounts that land in prone position.

**RELEASE**

**MOVES**

• All release moves are PROHIBITED.

• PROHIBITED skills include, but are not limited to: Helicopters, Barrel Rolls.

**TOSSES**

• All tosses are PROHIBITED.

**PYRAMIDS**

• Pyramids must follow stunts, release moves, dismounts, and inversion rules and are allowed up to 2-high with the following allowances: connected stunts are limited

to hand/arm connection (exception: if braced on both sides, connections to below prep level stunts, may be hand/arm one side and hand/foot on the other).

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YOUTH CHEER LEVELS GRID

The following levels have been created to provide safety by limiting performers to ability level appropriate skills. When selecting the level in which their team will compete,

coaches must consider the teams overall skill abilities, with particular attention to stunting and tumbling. **Coaches must review all Cheer Levels Grids, General Safety Rules,**

**Routine Guidelines, Categories, and Penalty Info. Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence. Any NEW rule changes**

**are marked in RED. Refer to the Youth Cheer Glossary for clarification of terms. All skills allowed in Level 1 are legal for Level 2.**

**YCADA LEVEL 2**

**STANDING**

**TUMBLING**

• Handstands that fall to Bridge, a single Front/Back Handspring (provided both hands are used).

• PROHIBITED skills include, but are not limited to: Front/Back Handspring series, flips in any body position, and Dive Rolls.

**RUNNING**

**TUMBLING**

• Single Front/Back Handspring (example: Round Off Back Handspring = LEGAL. Round Off Back Handspring Step Out Round Off Back Handspring = LEGAL. Round Off

into two Back Handspring series = ILLEGAL).

• PROHIBITED skills include, but are not limited to: Front/Back Handspring series, flips in any body position, and Dive Rolls.

**STUNTS**

• Double leg extended stunts.

• Single leg stunts are allowed at prep level or below.

• Bases may move/turn while in a load In position, building a stunt, during a stunt transition and/or once the building of the stunt is complete (exception: Superman

transitions may not travel).

• At least one base/continuous spotter must maintain contact with the flyer during transitions (example: Fake Tic Tocs may switch legs at prep level). Stepping Stone

transitions are permitted provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition. Non-twisting Superman

transitions are only allowed from prep level.

• Twisting during load in/stunt transition is limited to a combined total of a ½ twist by the flyer and/or bases (bases move ¼ turn + flyer simultaneously twists ¼ = ½

twist total. exception: Superman transitions may not twist).

• Non-released single based stunts must follow double leg and single leg group stunt limitations and require a continuous spotter.

• PROHIBITED skills include, but are not limited to: Leap Frogs, transitional stunts that involve changing bases, Front/Side/Back Tension Rolls, single based Split

Stunts, Swing Up Stunts, and Swing Dance Stunts.

**INVERSIONS**

• ALL Inversions are PROHIBITED.

• PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load In/Sponge position.

**DISMOUNTS**

• Cradles are limited to Straight, ¼ turn, or single trick non-twisting Cradles (clarification: single non-twisting skills that require the flyer to open to an Arch position

following the skill are allowed). (Example: Tuck Arch Cradle = LEGAL, Hitch Kick Cradle = ILLEGAL).

• Group based Swedish Falls (2 bases, 1 flyer, 1 spotter at head/neck) may perform a ½ twist Cradle.

• Single based stunts may be caught in a group cradle (2 bases, 1 back spotter, 1 flyer).

• PROHIBITED skills include, but are not limited to: Pop Offs from extended level, ½ twist Cradles, Cradles that land in prone position, Cradles to different bases,

Fireman Catches, Fallbacks, and single based Cradles.

**RELEASE**

**MOVES**

• Flyers may be released during a transition from a Cradle position to a Reload/Sponge position and a transition up to Swedish Falls or Flatback; provided the flyer does

not go above 12” from the bases’ hands.

• Single full twisting Barrel Rolls with a spotter at the head/neck of flyer that start and end in a Cradle position with no other trick during the skill (example: Kick Full

Barrel Roll would = ILLEGAL). ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill.

• PROHIBITED skills include, but are not limited to: ½ twist Cradles, single based Cradles, and full release Helicopters.

**TOSSES**

• Flyer limited to a Straight Body position only.

• PROHIBITED skills include, but are not limited to: Tosses that intentionally travel, Toe Touch, Ball-X, Pike Arch, twisting or flipping tosses.

**PYRAMIDS**

**Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:**

• Flyers must maintain contact with at least one base at all times and may not lose contact with bracing prep level stunts during transitions. Flyer in a Cradle/Flatback

position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition.

• Extended single leg stunts are allowed, provided they are braced on at least one side with hand/arm connection to a prep level or below stunt, or an individual on

the ground. The connection must be made at or below prep level and prior to performing the extended single leg. Hand/arm connection must be maintained until

the upward motion for a dismount or downward transition to a prep level or below stunt. Braced Fake Tic Tocs are allowed from prep level to extended level

provided at least one base/back spotter maintains continuous contact with the flyer’s foot/ankle and the flyer maintains continuous contact with the required

bracer.

• PROHIBITED skills include, but are not limited to: Collapsible/hanging/released split pyramids, braced flips, full release braced Tic Tocs and connected Superman

stunts.

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YOUTH CHEER LEVELS GRID

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**compete, coaches must consider the teams overall skill abilities, with particular attention to stunting and tumbling. Coaches must review all Cheer Levels Grids, General**

**Safety Rules, Routine Guidelines, Categories, and Penalty Info. Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence. Any NEW**

**rule changes are marked in RED. Refer to Youth Cheer Glossary for clarification of terms. All skills allowed in Levels 1 & 2 are legal for Level 3.**

**YCADA LEVEL 3**

**STANDING**

**TUMBLING**

• Series Handsprings

• PROHIBITED skills include, but are not limited to: flips in any body position, standing single/series Back Handsprings to a flip in any body position, Forward 3/4 Flips to

the seat.

**RUNNING**

**TUMBLING**

• Series Handsprings

• Flips are only allowed in the following specified body positions with the following restrictions: Aerial Cartwheel provided no tumbling is performed after the flip. Back

Tucks provided no tumbling is performed after the flip and they originate directly from a Round Off, Round Off Back Handspring, or Round Off Back Handspring Series

(there is no limit to the number of Handsprings in the series). Front Tucks are allowed provided they originate directly from a running entry and are the first skill in

the tumbling pass (tumbling out of/after a front tuck is allowed).

• PROHIBITED skills include, but are not limited to: flipping in any body positions other than the specified allowances in this section, twisting in any flips, Forward 3/4

Flips to the seat, Cartwheel Step in Tucks.

**STUNTS**

• Single leg extended stunts.

• At least one base/continuous spotter must maintain contact with the flyer during transitions. Transitional stunts where the flyer moves to new bases (clarification:

forward traveling Leap Frogs may be caught in a double cradle). Prep level single leg stunts are permitted to switch legs (back to prep level or to extended level)

provided flyer maintains contact with at least one base or back spotter (example: Fake Tic Tocs). Superman transitions are only allowed from prep level and may

incorporate ½ twist by the flyer only. Swing up Stunts are allowed provided the following: they begin below prep level, the flyer is face up and does not become

inverted, two bases have contact with both of the flyer’s hands/arms and at least one foot/ankle/leg, and a spotter is in place.

• Twisting during the load in/stunt transition is limited to a combined total of 1 full twist by the flyer and/or bases and only to or from prep level (bases move ½ turn

+ flyer simultaneously twists ½ = 1 full twist. Bases may extend their arms during the twist transition, provided they do not stop at the extended level).

• PROHIBITED skills include, but are not limited to: Front, Back or Side Tension Rolls, single-based Split Stunts, Swing Dance Stunts, Superman transitions that

intentionally travel, backward Leap Frogs that land prone, and one full twist to Extension.

**INVERSIONS**

• Inversions are allowed as an entry to a non-inverted upright load in position or a waist level or below stunt provided the inversion occurs at ground level and the

inverted participant is in contact with the performance surface (example: flyer in a ground level handstand with contact to the performance surface transitions to

a sponge = LEGAL).

• During transition from inversion, at least 2 bases/spotter must maintain contact with the flyer with one of the bases/spotter at the head/shoulder

area of the flyer during the inversion.

• All non-airborne tumbling skills (exception: Round Offs are allowed) may be used as an entrance to a stunt or a stunt transition.

• PROHIBITED skills include, but are not limited to: A flyer must never move to an inverted position from a stunt.

**DISMOUNTS**

• Assisted Pop Offs from extended level are allowed.

• Cradles from Extension Prep, Extensions, and any prep level leg single leg group stunts are limited to 1¼ twisting rotation.

• Only Straight and ¼ turn Cradles are allowed from extended single leg stunts.

• Single based stunts may perform Straight Cradles provided the required spotter is in place.

• PROHIBITED skills include, but are not limited to: Cradles that land in prone position, flipping Cradles, and Cradle dismounts to different bases.

**RELEASE**

**MOVES**

• Bases may release flyer during a transition from a Cradle position to a Reload position and during a transition up to Swedish Falls or Flatback, provided the flyer does

not go above 12” from the base’s hands.

• Limited braced release moves are allowed; see Level 3 Pyramids Section for allowances.

• Single Based released toss stunts are allowed, but require a spotter for stunts prep level and above.

• PROHIBITED skills include but are not limited to: Released Helicopters, and any other full release stunt transitions other than those outlined in Level 3 release moves.

**TOSSES**

• Flyer limited to single trick, non-twisting toss skills (clarification: single trick non-twisting skills that require the flyer to open to an Arch position following the skill are

allowed).

• PROHIBITED skills include, but are not limited to: tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back), full twist tosses (a full = ILLEGAL).

**PYRAMIDS**

**Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:**

• Flyer must maintain contact with at least one base at all times (exception: braced Tic Tocs, Switch Up release moves, Eagle ups, Pike Ups, and Ball Ups are allowed

only if the flyer is continuously braced between two prep level or below stunts with hand/arm connection only and the flyer lands in an upright standing

body position). Braced release moves may incorporate up to a ½ twist. The flyer may be released no more than 18” above extended arm level of the bases that are

in direct contact with the ground.

• PROHIBITED skills include, but are not limited to: Any other full release pyramid or stunt transitions other than those outline in Level 3 Pyramids, release moves that

do not land in upright body position, collapsible pyramids, released Split Catches, braced flips, connected Superman stunts.

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YOUTH CHEER LEVELS GRID

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**Safety Rules, Routine Guidelines, Categories, and Penalty Info. Performing skills from a more advanced level will result in a 5.0 point deduction per occurrence. Any NEW**

**rule changes are marked in RED. Refer to Youth Cheer Glossary for clarification of terms. All skills allowed in Levels 1,2 & 3 are legal for Level 4.**

**YCADA LEVEL 4**

**STANDING**

**TUMBLING**

• Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) performed after the

flip (exception: tumbling after/out of a front flip is allowed).

• PROHIBITED skills include, but are not limited to: Forward 3/4 flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.

**RUNNING**

**TUMBLING**

• Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) after the flip

(tumbling out of/after a front tuck is allowed).

• PROHIBITED skills include, but are not limited to: Forward 3/4 Flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.

**STUNTS**

• Transitional stunts may change bases and may include up to 1½ twist. During transitions at least one base/continuous spotter must remain with the

flyer. Forward traveling Leap Frogs may land in a double based Cradle. Superman transitions are allowed from prep level and may incorporate a 3/4 twist by the flyer

and/or bases. Swing Up Stunts are allowed provided the following: they begin at prep level or below, the flyer is face up and does not become inverted, two bases

have contact with both of the flyer’s hands/arms and at least one foot/ankle/leg, and a spotter is in place to protect the flyer’s head/neck/shoulders.

• Twisting during the load in/stunt transition is limited to a combined total of 1½ twist by the flyer and/or bases (clarification: bases move ½ turn + flyer simultaneously

twists 1 full rotation (360 degrees) = 1½ twist).

• PROHIBITED skills include, but are not limited to: Swing Dance Stunts, Front, Back, or Side Tension rolls, connected Superman stunts, Superman transitions that

intentionally travel, and Backward leap frogs may not land in prone position.

**INVERSIONS**

• Inversions are allowed as an entry to a non-inverted upright load in position or a prep level or below stunt provided the inversion occur at ground level and the

inverted participant is in contact with the performance surface (example: flyer in a ground level Handstand with contact to the performance surface transitions to an

Extension Prep = legal).

• Limited inversions are allowed as an exit from a group Cradle or a waist level prone position provided at least 2 of the original bases/back spotter assist the inversion

and the flyer has both hands in contact with the performance surface prior to the inversion being executed; permitted skills are limited to a Back Walkover out of a

group Cradle or Forward Roll/Front Walkover from waist level prone position.

• A single standing Back Handspring to a double based prone catch is allowed provided the flyer performs the Handspring unassisted by the bases.

• PROHIBITED skills include, but are not limited to: skills where the flyer moves from a stunt to an inverted position.

**DISMOUNTS**

• Anything other than a Step Off the Front/Back, Shove Wrap, Bump Down, or Assisted Pop Off must be caught in a Cradle.

• Cradles from all two-leg stunts are limited to 2¼ twists. Cradles from all single leg stunts are limited to 1¼ twists.

• Single based stunts may straight and ¼ turn cradle from all single leg stunts and single twist cradle from two leg stunts, with the required spotter.

• Suspended Forward Rolls are allowed provided the following: The top person begins in a non- inverted position from the performance surface or a stunt at prep level

or below. The top person has continuous hand/arm connection with two primary bases or with two posts who are controlling the top person (top person cannot

have contact with one base and one post or with bracers). The bases or posts cannot be involved in any other skill or choreography during the Suspended Forward

Roll. The top person lands in a double based cradle or on the performance surface (may not land in a load in position).

• Cradle dismounts to different bases are allowed provided they originate from prep level or below (bases must be in place and not involved in any other choreography

prior to the start of the dismount).

• PROHIBITED skills include, but are not limited to: any other flip/flipping dismount other than other than those allowed in Level 4 release moves and cradles that land

in a prone position.

**RELEASE**

**MOVES**

• Release moves are allowed but must not exceed 18” above the hands of the bases at the extended level (example: Tic Tocs) and may incorporate up to 1½ twists.

• Full release non-twisting Half Helicopters provided there are separate spotters at the flyer’s head and shoulders at both the start and end of the stunt.

• Single based released toss stunts are allowed, but require a separate spotter for stunts shoulder height and above.

• PROHIBITED skills include but are not limited to: full release Helicopters. Bases may not free toss a flyer to all new bases.

**TOSSES**

• Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations (example: Kick Full basket toss = legal; Double Full basket toss = illegal).

• PROHIBITED skills include but are not limited to: Flipping tosses (front or back), tosses that intentionally travel.

**PYRAMIDS**

**Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:**

• During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced between two Extension Preps.

• Moving/walking, split and hanging pyramids are allowed.

• A FLYER may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact

with the performance surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts at prep level or

below. Examples: A Flat Back Split which rolls to a load in position would be legal; a Flat Back Split which rolls to an extended position would also be legal.

• PROHIBITED skills include but are not limited to: Collapsible pyramids, braced flips.

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YOUTH CHEER GENERAL SAFETY RULES

THESE RULES MUST BE USED IN ADDITION TO THE YOUTH CHEER LEVELS GRID.

**(Any violations from this section will be a 2.5 point deduction)**

**New rule changes are marked in RED.**

(a) A qualified advisor/coach should supervise all teams during all official functions.

(b) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while

participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.

(c) No jewelry (except medical/religious – taped down) or chewing gum will be allowed during performances.

d) Casts and Braces

1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be 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.

(e1) Athletic closed-toe shoes are required for all participants.

(e2) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.

(f) Proper warm-up and stretching exercises should be performed prior to performance.

(g) All teams, coaches and advisors should have an emergency response plan in the event of injury.

(h) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).

(i) Knee, seat, thigh 3/4 flips to a sitting position and jump-split drops are prohibited if the performer jumps into the air and lands directly in the positions

listed.

**(j) Poms and Props**

1. Props are limited to banners, flags, megaphones, and signs/light up signs.

2. All poms and props brought on the performing area must be used during the routine.

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 regards to pom rules.

4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for

retrieving poms or props outside the performing area. Once poms or props are no longer needed, they may be placed or dropped outside the

performing area by a performer who remains inside the performing area.

5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require

the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered ILLEGAL, performing a Cradle with

poms would also be considered ILLEGAL.

6. Once in a secure stunt, flyers may obtain and use poms/props/signs and then transition to another stunt that does not require the use of hands.

Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer may then transition to an extension with poms in hand.

Exceptions are not limited to this example.

7. Bases/back spotters may not hold props in their hands if the hands are the primary support for the top person 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 props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand

off.

9. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.

**(k) Jumps:**

1. Individuals are permitted to jump over other participants on the performance surface.

2. Assisted Toe Touches are allowed provided the supporting base controls the jump and maintains contact from start to finish.

3. Shushunovas are NOT allowed.

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THESE RULES MUST BE USED IN ADDITION TO THE YOUTH CHEER LEVELS GRID.

**(Any violations from this section will be a 2.5 point deduction)**

**New rule changes are marked in RED.**

**(l) Tumbling:**

1. All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants

are prohibited from any form of tumbling over/under individuals.

2. Spotted, assisted, or connected tumbling is prohibited.

3. Partner tumbling is prohibited.

4. Participants may perform a Handstand that is connected to individuals on the ground as choreography, provided the inverted participant is

stationary in Handstand prior to the connection. Connection can be hand/arm or foot, and can be connected to multiple participants; for

example:

(1) Participant A is in a Handstand, participant B is standing on the ground and grabs participant A’s legs and looks through them.

(2) Two participants standing on the ground interlock arms and connect to a participant in a Handstand.

(3) Two participants in Handstands connect feet.

5. Tumbling oriented load ins/mounts, dismounts, and transitions such as Cartwheels, Round Offs, and Walkovers are not considered tumbling but

are considered part of the stunt/choreography provided they follow inversion rules. Physical contact is allowed when tumbling into a Rebound

which transitions to a stunt.

6. Rebounding (from feet) from tumbling skills into stunts/stunt transitions is allowed but is limited to the following stunts/stunt transitions: Cradle,

load in, or a below prep level stunt. Non-rebounding tumbling skills may transition to a load in for a stunt/stunt transition provided the tumbling

participant/flyer completes the tumbling skill unassisted prior to the bases grabbing the tumbling participant’s/flyer’s foot/feet (bases may not grab

the foot/arm to assist the flyer up from the tumbling skill or reach under the flyer’s back to assist them to the upright position).

**(m) Stunts**

1. Stunts may not travel over another individual and/or stunt.

2. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.

**(n) Tosses**

1. (Levels 2-4): Must be caught in a Cradle by the original bases and are limited to 1 flyer and 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.

**(o) Types of Required Spotters:**

1. Must be in direct contact with the performance surface.

***Continuous Back Spotter***

2. Not required for Thigh Stands, Shoulder Sits, and Double-Based Non-Extended V-Sits.

3. Required at head/shoulder area for all Barrel Rolls

4. Required for a Triple-Based Extended V-Sit (stunt contains 3 bases, 1 flyer and a continuous back spotter). If the back spotter is holding the flyer’s

waist and is not under the flyer’s seat OR under the stunt with their torso, an additional spotter is not required.

5. (Level 1) Required for all stunts prep level and above. During transitional group stunts, continuous back spotter may change roles to become the

base of a Shoulder Sit.

6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing

on the backs of the bases); however, a continuous back spotter is not required for stunts where the flyer is in a seated position supported at the

seat by the base(s) hand/arm; these types of stunts are classified as waist level stunts.

7. Required for all release moves, tosses, and stunts at shoulder level and above, including Shoulder Stands (exceptions: Chair, Double Based T-lifts).

8. 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 and below stunts.

9. 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 (example: walk

under and/or through a stunt).

***Spotter for Group Based Stunts***

10. Required for all stunts at prep level and above. **Must be positioned directly behind or to the side of the flyer** when the flyer stops in or power

presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep 180 to Extension Prep would require an additional

spotter during the Reverse Extension Prep). Must not step underneath the stunt to hold the feet (soles) of the flyer’s shoes.

11. Flat Back stunts require a spotter at the head/shoulders of the flyer.

12. Swedish Falls (spotter needs to be at the head and shoulder area, facing the flyer, with direct physical contact with the flyer. If facing away from the

flyer/stunt, another back spotter is required). One required in front of the bases during a back half pendulum; one required behind the bases in a

front half pendulum.

13. Inversions from ground level require a spotter at the head and shoulder area of the flyer.

14. 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 (example: walk

under and/or through a stunt).

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YOUTH CHEER GENERAL SAFETY RULES

THESE RULES MUST BE USED IN ADDITION TO THE YOUTH CHEER LEVELS GRID.

**(Any violations from this section will be a 2.5 point deduction)**

**New rule changes are marked in RED.**

**(o) Types of Required Spotters (continued)**

***Spotter for Single Based Stunts***

15. Required for a single-based partner stunts at prep level and above. **Must be positioned directly behind or to the side of the flyer** when the flyer

stops in or power presses at a prep level or above stunt/stunt transition. (Example: Walk in Reverse Hands would require an additional spotter

during the Reverse Hands). Must not step underneath the stunt to hold the feet (soles) of the flyer’s shoes (exception: may place one hand under

the toe with other hand on the ankle at prep level and below provided the spotter is positioned to the side of the flyer and they do not cradle).

16. May not change roles between being a base and a continuous spotter.

17. May transition from the side to the back of the stunt or from the back to the side of a stunt as long as continuous visual contact with the flyer is

maintained and the spotter remains close enough to catch the head and shoulders of the flyer.

18. 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 (example: may

not walk under and or through the stunt).

19. (Level 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

**(p) Bases:**

1. Must be in direct contact with the performance surface.

2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.

3. Two required (4 max including 1 in the front) for a multi-based group stunt and/or toss.

4. Two required (must remain stationary) plus two additional catchers (must remain stationary) 1 on each side of a Pendulum or stunt that moves

away from the vertical axis (i.e. Shooting Star, Shoot Outs, etc.). Example: 2 bases under the feet of the flyer, 2 catchers one on each side of

Pendulum; one spotter in front or behind Pendulum on opposite side of the direction the flyer is falling. If the flyer is falling backward, the spotter

needs to be in front of the stunt. If the flyer is falling forward, the spotter needs to be behind the stunt. Pendulums falling in one direction (front or

back) require a total of 6 participants. Pendulums falling in two directions (front and back) require 7 participants.

5. Two required (must remain stationary) plus one back spotter during the transitioning from a prep level stunt to a Flatback, Fallback, Swedish Falls or

Fireman Catch that end at prep or extended level. An additional spotter at the head of the flyer is recommended but not required.

6. Two required plus a spotter during a pyramid transition when the flyer is completely released by the bases while remaining braced between two

prep level stunts (exception: a single based Tic Toc is allowed if the flyer remains vertical).

7. Two bases required in all Split Stunts.

**(q) Flyer:**

1. Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the

performance surface.

2. Must never vault over another individual unless the flyer maintains constant physical contact with the base during the stunt and a spotter follows

the flyer during the stunt (also known as Leap Frog or Up & Over stunts). Vaulting will refer to the flyer using their hands to get up and over

another individual.

3. A flyer in a single leg extended stunt (i.e. Liberty, Stretch) must never brace, connect or touch another flyer in any other type of extended stunt.

(Please see the definition of an extended stunt for further detail). Double-leg extended stunts MAY brace other double leg extended stunts. Stunts

where the flyer is not at a complete extended level, but the arms of the bases are extended (i.e. Chair, Russian Lift, Triple-Based Dead Man Lift, Flat

Back, Swedish Falls, Triple-Based V-Sit and Double-Based Vertical T-Lift) may brace each other.

4. Must perform a Pendulum ONLY from shoulder-height (prep level) or below; may end in an extended stunt from a Pendulum. Flyers in Pendulum

must return to an upright position in a stunt/load in (if caught in a cradle position will be considered a Fireman’s Cradle/Cradle to new bases and

would be illegal).

5. Must never be released to the prone position (face-down/stomach) unless the flyer is being braced between two stunts (exceptions: flyers may land

in the prone position when transitioning to a Flat Back/Swedish Falls, during a Pendulum).

6. 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).

7. May not brace any other flyer during simultaneous Superman transitions.

8. May not cradle from any stunt in which the base(s) have a knee on the ground.

**r) 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.**

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YOUTH CHEER ROUTINE GUIDELINES

THE GENERAL REQUIREMENTS FOR THE FORMAT OF YOUR ROUTINE.

**(Any violations from this section will be a 2.5 point deduction).**

**New rule changes are marked in RED.**

1) Each team will perform a choreographed performance not to exceed:

a. **Show Cheer (Mount and Non Mount):** 2 minute 30 seconds

b. **Performance Cheer (Mount and Non Mount):** 2 minutes

b. **Special Performances/Challenger:** 1 minute 30 seconds

c. **Mascot:** 1 minute 30 seconds

2) Formal entrances and exits are prohibited (i.e. crowd response chants or cheers, team huddles or stunts). **All teams should enter and go directly**

**to their starting position immediately upon taking the floor.** A quick team huddle (performed off the performance surface) prior to performance

or walking directly in uniformed fashion to team’s starting position is allowed. Spirited entrances are allowed to include kicks and/or jumps. Any

tumbling and/or stunting while entering or exiting the floor is not allowed.

3) Timing will begin with the first organized word, movement, or note of music following the teams’ announcement to take the floor. Timing will

end with the last organized word, note of music, or movement by the team. Clarification: Anything other than a quick formation set is not

allowed. **Coaches may not delay the start of the routine in order to fix formations.**

4) All participants must begin with at least one foot on the ground. **Flyers may begin with both feet in bases’ hands provided that each of the**

**bases have both hands on the performance surface.**

5) **Performance of tumbling or stunting skills after the completion of a teams routine/performance or during the teams entrance or exit of the**

**floor is forbidden.**

**6) Only registered participants of a team are allowed on the performance surface. CLARIFICATION: Coaches may NOT set up signs, poms, etc. for**

**the team.**

7) No tear away uniforms or removal of clothing is allowed. Items that may damage the performance surface are prohibited.

8) Routines must be appropriate for family viewing. 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. Actions taken will be under the discretion of an event

official.

9) Make up should be age appropriate and suitable for family viewing. Actions taken will be under the discretion of an event official.

10) For the categories mentioned below, violations of the following will result in a forfeiture of scores (team receives a overall team score of 0):

a. **Show Cheer Mount/Show Cheer Non Mount:** Music must be incorporated into the performance.

b. **Performance Cheer Mount/Performance Cheer Non Mount:** Music is prohibited.

c. **Show Cheer Non Mount/Performance Cheer Non Mount:** Stunts, dismounts, cradles, lifts, release moves, tosses and pyramids are prohibited.

d. **Show Cheer Mount/Performance Cheer Mount:** Stunts are required (some require tosses).

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YOUTH CHEER PENALTY INFO

RULES PENALTIES:

**2.5 points** (per occurrence) deducted from your total possible score for each violation of any of the following:

• Youth Cheer Routine Guidelines OR • Youth Cheer General Safety Rules

**5.0 points** (per occurrence) 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 Routine Guidelines, 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 - 0.5 point** (per occurrence) deducted from your total possible score for hands/knees down on flipping or other head over heels tumbling

skills following the landing or during execution. This includes back handsprings where the knees make contact with the floor.

**TUMBLING FALL - 1.0 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 - 0.5 point** (per occurrence) deducted from your total possible score for each obvious BOBBLE on a stunt/toss skill. Bobbles that precede

a fall will not be counted in the total deduction. The largest deduction will supercede the total number of bobble deductions.

**STUNT FALL - 1.0 point** (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill by any member of the stunt group.

**MAJOR STUNT FALL - 1.5 points (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 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 stunt deduction. (i.e. any member of the stunt group falling to the ground

would be considered a fall).

BOUNDARY PENALTY:

**0.5 point** (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body.

TIME LIMIT PENALTIES:

**1.0 point** deducted from your total possible score if your routine goes 4 – 7 SECONDS OVER time requirements.

**2.0 points** deducted from your total possible score if your routine goes 8 - 10 SECONDS OVER time requirements.

**3.0 points** deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the Youth Cheer Routine Guidelines.

**YCADA Show Cheer Level 1**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography/Overall Impression 15**

**Performance/Showmanship/Use of Cheer 10**

**Dance 10**

**Motions 15**

**Jumps Difficulty 10**

**Jumps Execution 1**

**Stunts Difficulty 10**

**Stunts Execution 1**

**Pyramids Difficulty 10**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tumbling Difficulty 5**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Show Cheer Level 1 Limited**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography/Overall Impression 15**

**Performance/Showmanship/Use of Cheer 10**

**Dance Difficulty 15**

**Dance Execution 1**

**Motions Difficulty 15**

**Motions Execution 1**

**Jumps Difficulty 15**

**Jumps Execution 1**

**Stunts Difficulty 15**

**Stunts Execution 1**

**Tumbling Difficulty 10**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**YCADA Show Cheer Level 2**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography/Overall Impression 15**

**Performance/Showmanship/Use of Cheer 10**

**Dance 10**

**Motions 12**

**Jumps Difficulty 10**

**Jumps Execution 1**

**Stunts Difficulty 10**

**Stunts Execution 1**

**Pyramids Difficulty 10**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tumbling Difficulty 5**

**Tumbling Execution 1**

**Tosses Difficulty 2**

**Tosses Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**YCADA Show Cheer Level 3**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography/Overall Impression 15**

**Performance/Showmanship/Use of Cheer 10**

**Dance 10**

**Motions 10**

**Jumps 10**

**Stunts Difficulty 10**

**Stunts Execution 1**

**Pyramids Difficulty 10**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tosses Difficulty 5**

**Tosses Execution 1**

**Tumbling Difficulty 5**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**YCADA Show Cheer Level 4**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography/Overall Impression 15**

**Performance/Showmanship/Use of Cheer 10**

**Dance 10**

**Motions 10**

**Jumps 10**

**Stunts Difficulty 10**

**Stunts Execution 1**

**Pyramids Difficulty 10**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tosses Difficulty 5**

**Tosses Execution 1**

**Tumbling Difficulty 5**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Show Cheer Non-Mount**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Routine Choreography 15**

**Performance/Showmanship/Use of Cheer 11**

**Overall Impression 15**

**Dance Difficulty 15**

**Dance Execution 1**

**Motions Difficulty 15**

**Motions Execution 1**

**Jumps Difficulty 15**

**Jumps Execution 1**

**Tumbling Difficulty 10**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Show Cheer Non Tumbling**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography/Overall Impression 15**

**Performance/Showmanship/Use of Cheer 10**

**Dance 10**

**Motions 15**

**Jumps 5**

**Stunts Difficulty 13**

**Stunts Execution 1**

**Pyramids Difficulty 13**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tosses Difficulty 5**

**Tosses Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Performance Cheer Level 1 Limited**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Voice Projection/Crowd Leading 20**

**Overall Impression 10**

**Motions Difficulty 20**

**Motions Execution 1**

**Jumps Difficulty 15**

**Jumps Execution 1**

**Stunts Difficulty 15**

**Stunts Execution 1**

**Dismounts Difficulty 5**

**Dismounts Execution 1**

**Tumbling Difficulty 10**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Performance Cheer Level 2**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Voice Projection/Crowd Leading 15**

**Overall Impression 15**

**Motions 15**

**Jumps Difficulty 10**

**Jumps Execution 1**

**Stunts Difficulty 10**

**Stunts Execution 1**

**Pyramids Difficulty 10**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tumbling Difficulty 7**

**Tumbling Execution 1**

**Tosses Difficulty 2**

**Tosses Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Performance Cheer Level 3**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Voice Projection/Crowd Leading 15**

**Overall Impression 15**

**Motions 15**

**Jumps 10**

**Stunts Difficulty 10**

**Stunts Execution 1**

**Pyramids Difficulty 10**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tosses Difficulty 5**

**Tosses Execution 1**

**Tumbling Difficulty 5**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Performance Cheer Level 4**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Voice Projection/Crowd Leading 15**

**Overall Impression 15**

**Motions 15**

**Jumps 10**

**Stunts Difficulty 10**

**Stunts Execution 1**

**Pyramids Difficulty 10**

**Pyramids Execution 1**

**Dismounts Difficulty 10**

**Dismounts Execution 1**

**Tosses Difficulty 5**

**Tosses Execution 1**

**Tumbling Difficulty 5**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Performance Cheer Non-Mount**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Routine Choreography 15**

**Performance/Showmanship 12**

**Voice Projection/Crowd Leading 15**

**Overall Impression 15**

**Motions Difficulty 15**

**Motions Execution 1**

**Jumps Difficulty 15**

**Jumps Execution 1**

**Tumbling Difficulty 10**

**Tumbling Execution 1**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

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YOUTH CHEER GLOSSARY

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

1/4 Turn Cradle: After the flyer is released for the Cradle dismount, the bases and back spotter step to turn the stunt group (¼ turn) while simultaneously the

flyer twists in the same direction as the bases/back spotter (making a ¼ turn) before the catch in the Cradle position occurs (example: stunt group is facing to the

participant’s right in a prep level Arabesque; after the flyer is released for the dismount, the bases and back spotter ¼ turn to face the stunt group to the front while

the flyer squares her body (making a ¼ twist) to the front before the catch in the Cradle position occurs.

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

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees and is commonly performed to a Sponge or Extension Prep. 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 and is commonly performed to a Sponge or Extension Prep. Other

related terms include Full Up or Full Around.

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

Airborne: To be free of contact with a person or performance surface.

Airborne Tumbling Skill: An aerial maneuver involving hip over head rotation in which a participant uses their body and the performance surface to propel himself/

herself away from the performance surface.

Alternate Cradles: Dismount variations in which the flyer executes a trick/body position at the highest point in the ride of the of the toss for a Cradle. Alternate

Cradle skills are as follows in order of difficulty least to greatest: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. 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.

Alternate Non-Twisting Cradles: Skills are as follows in order of difficulty least to greatest: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. 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.

Arabesque: A stunt in which the working leg is extended behind (close to 90 degrees) while the supporting leg is in the hands of the base(s). The flyer’s chest is up

with one leg directly behind her. Hips should be in line with the floor.

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 Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. No other skill is performed during

the Pop Off. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

Awesome**:** A stunt where a top person has both feet together in the hand(s) of the base(s). Also referred as a “Cupie”.

Back Dismount: 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.

Back Handspring: See Handspring

Back Spotter: Person in stunt responsible for the head/neck/shoulder area of the flyer. Usually positioned directly behind the stunt, but can be on the side as well.

This position/responsibility may change from person to person during creative stunt transitions.

Back Walkover: A non-aerial tumbling skill where one 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/leg at a time.

Barrel Roll: A release move whereby the top person’s body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted Barrel

Roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition.

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 4 bases, 2 of which 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.

Below Level Jumps: Jumps where the feet and/or legs of the jumper are below perpendicular.

Bobble: An error during a technical skill. Obvious missed skills: hand(s) down on a tumbling skill/shaky stunts/pyramids/baskets, incomplete or obvious errors in

regards to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motions and dance execution.

Bow N’ Arrow: A single leg stunt in which the Flyer grabs the foot of the working with the opposite hand/arm pulling it tight the their torso. The flyer’s working leg is

kept straight while reaching their free arm to a Half T motion through the space between their working leg and gripping arm, making the shape of a bow and arrow.

Brace: A physical connection that helps to provide stability to a top person. A top person’s hair and/or uniform is not an appropriate or legal body part to use while

bracing a pyramid or pyramid transition. Bracers may not be a base.

Braced Flip: A stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s).

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

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YOUTH CHEER GLOSSARY

(CONTINUED)

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.

Catcher: One of the person(s) responsible for the safe landing of a top person during stunt entry, transition and/or dismount. Catchers do not have to make contact

with the flyer, but must be in a position to minimize risk should the flyer fall.

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.

Continuous Combination Jumps: The execution of two or more jumps in constant movement without stoppage of movement.

Continuous Spotter/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.

Cradle: A release move (DISMOUNT) in which the bases catch the top person 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.

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. Also referred as an

Awesome.

Dead Man Lift: A type of flat back (see below). When the arms of the bases are extended, **a** Dead Man Lift requires two bases **and an additional**

**spotter**.

Dismount: A stunt skill, originated by the Spotter/Bases as the final part of a stunt/stunt transition. A skill in which the flyer is released to a Cradle, released and

assisted to the performance surface, or transitioned to a sponge/retake 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 your feet leave the ground before your hands reach the ground.

Double Based: In reference to a stunt/stunt transition or dismount in which two bases are supporting the flyer.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performance surface from an airborne position or inverted position without first

bearing most of the weight on the hands/feet which breaks the impact of the drop.

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. If the flyer is in a vertical position the lowest position of the flyer is the feet with the legs fully extended. If the flyer is in a horizontal position, the lowest

position is the lowest visible position of the flyer.

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). Stunts in which the entire body of the Flyer is not over the Base(s) head/heads but the Base(s) arm(s) are fully extended do

not classify as extended level stunts. Extensions and Extended Liberties are examples of Extended Level stunts. Extended Flatbacks and Extended V-sits are not

Extended Level stunts and are classified as prep level stunts. \*Delete Stunts, add Level for uniformity with grid and Prep Level definition.

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. Therefore, true show and goes would be considered an extended position.

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

Extension Prep or Prep (Half): A two leg, prep level stunt in which the flyer’s feet are being held/gripped at shoulder level by the base(s).

Extension Prep Hitch (Two Leg 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 the their leg on the extended side. The flyer’s foot (of working leg) remains in contact with the base’s hands. Extension Prep Hitches/Two Leg

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.

Fireman Catch: See Fallback.

Flat Back: A waist level stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by two or more bases and

one continuous back spotter. Flatbacks can be performed with the bases’ arms in the Extended Position; these are called Extended Flatbacks and are classified as

prep level stunts. Flatback variations include, Double Based Extended Flatbacks and Triple Based Extended Flatbacks. Also referred to as a Deadman Lift.

- **Double Based Flatbacks** contain 2 Bases, 1 Flyer, and 1 Back Spotter.

- **Triple Based V-sits** contains 3 Bases, 1 Flyer and 1 Back Spotter.

Flip (stunt): See Braced Flip.

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.

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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.

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

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 to create a motion similar to a ball “rolling” across the floor.

Forward Suspended Roll: The top person begins in a non inverted position from the performance surface or a stunt. The top person has continuous hand to hand

contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with

bracers. The bases or posts cannot be involved in any other skill during the suspended roll. The top person lands in a double based cradle or the performance

surface. They may not land in a loading position for a stunt.

Front Handspring: See Handspring

Front Limber: Returning to a standing position from a Back Bend or Back Arch position.

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 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.

Half: See “Extension Prep”.

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. Example: A participant in an Extension Prep uses their

hand and forearm to brace a participant in an Extension who uses their hand and forearm to connect to the participant in the Extension Prep.

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.

Handstand Fall to Bridge: When a participant front limbers to a Bridge position from a Handstand.

Heel Stretch: A single leg stunt in which the flyer grips the foot of the working with the same side hand/arm pulling to the leg to mirror the Half High V motion of

the opposite arm while keeping the working leg straight.

Helicopter: Flyer in a horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases. With the

exception of a ½ Helicopter (see levels grid for exact levels where it’s allowed), released Helicopters are prohibited.

Hyperextended Jumps : Jumps where the feet and/or legs of the jumper are above perpendicular.

Inversion/Inverted: When the athlete’s shoulders are below his/her waist and/or both feet are above his/her head (clarification: when in an upright body position,

feet may go above head).

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.

Knee (Body) Drop: Dropping to the knees, seat, thigh or splits from an airborne position without first bearing majority of the weight on the hands/feet.

Knee Stand Level: The execution of a stunt where the base is in a knee stand (one knee of the base must be in contact with the performance surface) and the flyer

is on the other leg of the base.

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 braced flyer is transitioned from one set of bases to another or back to the original bases by in direct hand/hand contact of a base/back spotter. The

flyer must remain upright and stay in continuous contact with the base/back spotter while transitioning. Flyers in a forward Leap Frog may land in a Double Based

Cradle. Backward traveling Leap Frogs may NOT be caught prone.

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Level Jumps: Jumps where the feet and/or legs of the jumper are perpendicular.

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: A forward or backward gymnastics flexibility skill that is similar to a Walkover except the legs remain together through the entire skill.

Load in: A stunt position in which the flyer’s foot/feet are in the hands of the base(s), base(s) hands are at waist level, and is typically in preparation to build a stunt

or skill in between stunts. Common positions/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.

Non-Consecutive (Tumbling): A tumbling term used to describe a participant’s performance of no more than one Handspring during standing tumbling or

incorporated into a running passing with or without other tumbling skills.

Non-Released single based stunt: Example: a Step Into Hands would be allowed with 1 flyer, 1 base, and 1 continuous spotter. Single based release stunt example:

Toss Hands.

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

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.

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.

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. Most

commonly the bases’ hands are at shoulder level, however their hands/arms may be in the Extended Position when the flyer is in a seated or horizontal position.

Extension Preps, Extended Flatbacks and Extended V-sits are examples of Extended Level Stunts. Other terms for Prep Level include Shoulder Level.

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, poms, megaphones, and pieces of cloth.

Pyramid: Multiple stunts connected by hand to hand (arm over arm), hand to foot or other physical touching connections. Individuals standing at ground level may

be incorporated as a part of the connection. In order to be a pyramid, physical connection in a grouping of individuals or multiple stunts is required.

Quarter Turn Cradle: See ¼ Turn Cradle.

Quarter Up Stunt: See ¼ Up Stunt.

Release Move: A stunt transition or skill in which the flyer becomes free of contact with the base(s) (i.e. Tic Toc, Switch Up, Ball Up, Tic Up, Toss Hands).

Reload: Return to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

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 is facing 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 in a side stretch with the knee facing the crowd.

Scorpion: A single leg stunt typically performed with the stunt is facing the side while the Flyer grips their foot/ankle with both hands pulling their working leg to

behind their body to create a position that mimic a Scorpion’s tail.

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

Shooting Star: See Pendulum.

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Shove Wrap: A stunt dismount in which the Flyer’s feet are together in a Cupie position, released and re-caught for a slow decent 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.

Shushunova: A straddle jump or toe touch landing on the performance surface in a prone/pushup position.

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.

Single Leg Stunt: A stunt where the flyer is free from contact from all bases on one of their feet. (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, Heal Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.

Single Trick Non-Twisting Cradles: Dismount variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss for a

Cradle. Single Trick Non-Twisting Cradles skills are as follows in progression of difficulty: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. 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/body position at the highest point in the ride of the toss. Single

trick non-twisting toss skills are as follows in progression of difficulty: Pretty Lady, Toe Touch, Tuck, Kick, and Pike. 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/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 stunt with multiple bases, which have their hands gripping the top person’s feet prior to the toss.

Spotter\*: **Person responsible for the head/shoulders of the flyer during a stunt. This person is not a base and should be able to let go of the stunt and it remain**

**in the air.**

Standing Tumbling: A tumbling skill (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.

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 move from a stunt to a catching 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.

Stunt: Any skill encompassing a mount/load in, stunt transition and/or dismount. Tosses, pyramids, inversions and release moves are considered types/ variations

of stunts for overall category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt. Clarification: A

partner jump, assisted toe touch, partner pick up, etc would not be considered a stunt. Other terms for stunt include: mount

Stunt Transition: See transitional stunt

Superman transiton**:** The back spotter grips the flyer’s ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves

from a prep level stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter during this transition.

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). Most commonly used in reference to single leg stunts.

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by two or more bases and one back spotter. The backspotter should be in a

position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer), and the two bases should be facing each other.

Swing Stunts: Swing dance style lifts and movements, usually done between two people.

Swing Up Stunts: A stunt using swinging motions and moves that usually uses the flyer’s body in a “jump rope” movement and swings up into a new stunt

position.

T-Lift: A waist Level stunt in which the flyer with arms in a T motion is supported on either side by 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, vertical position while being supported in the stunt.

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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.

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.

Toe/Leg Pitch: A single or multi based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person’s height.

Top Person: The person(s) on top of a stunt or toss. Also referred to as the flyer or partner. Commonly used when referencing the flyer positioned at the highest

level of a pyramid.

Torch: A single leg body position in which the flyer hits a Liberty position to the side while their chest/face are toward the crowd. The same thing as doing a

Liberty, except executed with the torso facing to the side. Torch performed at the extended level is referred to as a High Torch.

Toss: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases. Tosses are limited to 1

flyer and up to 4 bases (including back and front spotters; example: 1 main base, 1 secondary base, 1 back spotter and 1 front spotter). Terms for tosses include but

are not limited to Basket tosses, sponge tosses, squishy, scrunch toss, shotgun.

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

Tuck (Stunt): A body position in which the knees and hips are bent and drawn into the chest used during stunt skills/transitions. This may or may not involve hips

over head rotation, however with hips over head rotation there is no contact to the performance surface or base(s) as the body passes through the inverted

position.

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.

Tuck Body Position: A position in which the knees and hips are bent and drawn into the chest; body is bent at waist.

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

Two High Pyramid: All flyers, individuals in the pyramid/mount 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.

Two and One Half (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. Two and one half high pyramids are prohibited in the youth cheer divisions, however, passing

through a two and a half high pyramid position is allowed in Level 4.

Twist: Participant rotating around their body’s vertical axis.

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 ¼ Twist, Double Full.

Up & Over: See Leap Frog.

Upright: When a participant is vertical with their chest and head in an upright position.

V-Sit: A waist Level 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: Double Based Extended V-Sits and Triple Based

Extended V-Sits.

- **Extended Double Based V-Sits** contain 2 bases, 1 flyer, and 1 back spotter.

- **Extended Triple Based V-Sits** contains 3 bases, 1 flyer and 1 continuous back spotter.

Vault/Vaulting: A flyer using their hands as a means to get their body up and over another individual.

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. Other terms for Waist Level include Stomach Level and Belly Level.

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.

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YCADA DANCE CATEGORIES

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

POM: This performance must consist of three dance styles (Pom, Jazz, Cheer Funk) with the majority of emphasis on Pom. See the scoring section for

details on point distribution. Poms are recommended for the majority of the routine but required for half.

**POM:** The most important characteristic of this style is synchronization and visual effect. Cheer style motions should emphasize uniformity, motion

sharpness, technique and placement. A visually effective routine should include ground work, level changes, group work, and roll offs.

**JAZZ TECHNIQUE:** This style includes kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating

these skills, it is very important to make sure proper technique is maintained (for example, leaps demonstrating height, extended legs, correct arm

placement, and pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on relevé). **Improper execution of**

**technique may negatively affect your score.**

**CHEER FUNK:** This dance style emphasizes on uniformity, rhythm, body isolation, creativity, and execution yet, still incorporates the basic

fundamentals of cheer such as sharp precise movements and visual effect. **This style of dance does NOT include pop and lock, street or excessive**

**vibrating. Incorporating these skills may negatively affect your score.**

HIP HOP: A routine focusing on street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and

musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athletic tricks, footwork, jumps, stalls,

etc. When incorporating these skills it is very important to make sure proper technique is maintained. **Improper execution of any trick, stall, etc. may**

**negatively affect your score.**

**CHEER FUNK:** This dance style with an emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic

fundamentals of cheer such as sharp precise movements and visual effect.

**STREET:** This urban style of dance is often improvisational or raw and social in nature. This style of dance can also encourage interaction between

performers such as battling and/or partner work.

**POP AND LOCK:** This dance style emphasizes body isolation that implements “popping” (muscle flexes) and locking (short pauses or freezes within

movement).

**BREAK DANCE:** This is a very athletic style of skills, combining forms and maneuvers from activities such as gymnastics**\***, hip hop, and martial arts. Use of

cheer style tumbling sections may negatively affect your score.**\*See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**

**KRUMPING:** This is an evolving new style of dance that involves fast, expressive, and highly energetic movements.

JAZZ: This performance demonstrates various elements of jazz technique and performance skills. This routine should focus on a mixture of difficulty,

creativity, and technique. Technical elements should be included in this category (see below):

**JAZZ TECHNIQUE:** Kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating these skills it is

very important to make sure proper technique is maintained (for example, leaps demonstrated with height, extended legs, correct arm placement, and

pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on Relevé.) **Improper execution of technique may**

**negatively affect your score.**

THEME DANCE: The focus of this performance is audience entertainment. With no spoken word, this routine tells the story of the selected theme or era.

Through the selection of music, costuming and dance the audience is drawn into your theme. This routine should encompass and express one predominate

theme and/or era. Theme dance incorporates novelty movements into elegant, athletic theatre capable of captivating audiences. This performance should

additionally focus on athletic skills such as jumps, combo jumps, tricks, trick variations and/or illusions. Technical skills (i.e. pirouettes/ leaps) will be

credited toward degree of difficulty. Dance style must emphasize uniformity, rhythm, creativity, and execution. Costuming is required to reflect the routine’s

theme/era. Props are highly recommended, however not mandatory. See Youth General Dance Routine Guidelines for prop specifics.

**Please refer to the remainder of the YCADA Dance section for complete details on dance routine requirements and scoring.**

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YCADA DANCE GENERAL RULES

THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE

GENERAL GUIDELINES

1) During an official function all teams should be supervised by a qualified advisor/coach.

2) All participants, coaches and spectators agree to conduct themselves in a positive manner. The coach/director/advisor is responsible for ensuring all

team member and team affiliates display good sportsmanship throughout the event. Severe demonstrations of unsportsmanlike conduct are grounds for

disqualification.

3) All directors, advisors and coaches should have an emergency response plan in the event of an injury.

4) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over the counter medications while

participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.

**5) All participants with a hard cast must not be involved in tumbling and/or partner lifts of any kind. Braces with metal parts and/or sharp edges must**

**be covered to properly protect other participants.**

6) Coaches and advisors should only have dancers perform skills that they have mastered through proper progression and practice even though a division

and/or category may allow a skill that is more advanced than the capabilities of an individual or group. Coaches must consider the skill level of an

individual and/or team prior to skill progression.

7) Proper warm up and stretching exercises should be performed prior to performance.

8) 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.

9) Performance of tumbling skills after the completion of a teams routine/performance or during the teams entrance or exit of the

floor is forbidden.

ROUTINE GUIDELINES

1) Time Limit: 2:30

2) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling and/or stunting while entering or exiting the

floor is not allowed.

3) Timing will begin with the first organized word, movement or note of music following the team taking the floor. **Coaches may not delay the start of the**

**routine to fix formations/direct participants to move on the floor.**

4) Timing will end with the last organized word, movement or note of music.

**5) Theme dance participants may not take any longer than two (2) minutes to enter and set props for performances. Coaches may assist in setting up**

**props but must exit the floor before the 2-min setup period has expired. Timing for the 2-min setup period begins at the time the team is called to**

**the floor.**

**6) Only registered participants of a team are allowed on the performance surface. EXCEPTION: See Theme Dance**

**7) Items that may damage the performance surface are prohibited.**

**8) Routines must be appropriate for family viewing. 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. Actions taken will be under the discretion of an event official.**

**9) Make up should be age appropriate and suitable for family viewing. Actions taken will be under the discretion of an event official.**

TUMBLING, GYMNASTICS AND TRICKS

1) Limited tumbling is allowed in all dance divisions as long as one hand, foot or body part remains in constant contact with the performance surface at

all times. The following skills are the only gymnastic/tumbling skills permitted and may only be incorporated in to a routine as a dance maneuver. These

skills are permitted in all youth dance categories. Any variations to the basic skills listed below are not allowed. However, skills allowed can be

performed individually or in combination with other allowed skills.

**ALLOWED:**

Forward/Backward Rolls Front/Back Walkover

Shoulder Rolls Kip Up/ Kick Up

Cartwheels Windmills

Handstands/Headstands Stalls

Back bends Round Off

2) Airborne skills are not allowed. EXCEPTION: a participant may transition from an inverted position on the performing surface to a non-inverted position.

Example: a headspring from a static headstand position would be allowed.

3) Tumbling while holding poms or props in hand (s) is not allowed in any category. Exception: Forward and Backward Rolls may be performed while holding

poms in hand(s).

4) Weight must first be borne on the hands or feet when dropping to the knee, thigh, seat, front, back, jazz split (hurdle) or split position when originating

from a jump, airborne, or inverted position.

5) When originating from a standing position, lowering to the knee, thigh, seat, front, back, jazz split (hurdle), or split position does not call for hands to

first touch the performance surface.

**6) A dancer or athlete may never tumble over or under another dancer or athlete.**

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YCADA DANCE GENERAL RULES

(CONTINUED)

LIFTS AND PARTNERING SKILLS

1) The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.

2) The supporting dancer must remain in constant contact with the elevated dancer through hand/arm body contact throughout the duration of the lift/

partnering skill. CLARIFICATION: the lifting partner must use their hands/arms, but does not have to always touch the hands/arms of the lifted partner.

**EXCEPTION: Pyramids where the bases are on hands/knees are allowed two levels high. If the top layer is not on their hands/knees (i.e. standing on**

**the backs of the bases, another supporting dancer is required to assist the top layer).**

3) The supporting dancer must maintain ultimate control over the elevated dancer (including body weight, body position, momentum and change of body

position) throughout the duration of the lift/partnering skill.

4) Hip over head rotation is allowed only if the elevated dancer’s hips execute and complete the rotation at or below shoulder level of the supporting dancer

when the supporting dancer is standing upright on the performance surface. CLARIFICATION: Partner/backpack style inversions are only allowed with a

forward momentum and limited to one rotation (i.e. the lifting partner may not bend backward during the skill).

5) Jumping from or tossing one dancer to another dancer is prohibited.

6) An elevated dancer may not be tossed to the performance surface by a supporting dancer.

7) An elevated dancer may not jump off of a supporting dancer to the performance surface. Exception: A dancer may jump off of a supporting dancer to

the performance surface only if the jump is executed at or below hip level of the supporting dancer when the supporting dancer is standing upright on the

performance surface.

8) All cheerleading stunts and/or pyramids are prohibited. Exception : Pony Sits, Thigh Stands, and Shoulder Sits are allowed only when incorporated into

routine as a dance maneuver and must follow all Dance Lifts and Partnering Guidelines. Clarification: Cheer style stunt sections are not allowed (i.e. a

group claps, sets, dips, builds stunt, and dismounts).

CHOREOGRAPHY, MUSIC AND COSTUMING

1) Routines must be appropriate for family viewing. Appropriate choreography, costuming and music MUST be used. Teams using excessive vulgar or

suggestive movements, words, costuming or music will be penalized, forced to forfeit or disqualified.

2) Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as

hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be

secured to the body with tape.

3) Music is required throughout this performance. Teams performing without music will result in a forfeiture of scores (teams receive an overall team score

of 0). Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on the dance skills

outlined in the routine specifics.

4) Soled dance shoes (jazz boots, dance sandals, jazz shoes) or bare feet are acceptable when competing. Wearing socks and/or footed tights only is

prohibited.

5) All costuming and make up should be age appropriate and acceptable for family viewing.

PROPS

1) Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.

2) Standing props are only allowed in the Theme Dance category. Any item(s) that bears the weight of the participant is considered a standing prop.

(Examples- chairs, stools, benches, ladders, boxes, stairs, etc).

3) Items that may damage the performance surface are prohibited.

4) Poms are required for at least half of the routine in the Pom category.

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YCADA DANCE PENALTY INFO

PROTECTING INTEGRITY AND PERFECTION OF ROUTINE EXECUTION.

RULES PENALTIES:

**2.5 POINTS** (per occurrence) deducted from your total possible score for each violation of any of the **YCADA Dance General Rules.**

Please refer to the YCADA Dance General Rules for specific allowances and restrictions. **A rules judge may never take a rules deduction where**

**no rule is being violated.**

TIME LIMIT PENALTIES:

**1.0 POINTS** deducted from your total possible score if your routine goes 4 – 7 SECONDS OVER time requirements.

**2.0 POINTS** deducted from your total possible score if your routine goes 8 - 10 SECONDS OVER time requirements.

**3.0 POINTS** deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography, costuming and music must be used. Penalties will be assessed under the **YCADA Dance General Rules.**

**YCADA Pom**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography - Creativity And Variety 10**

**Choreography - Formations- Variety, Spacing and Transitions 10**

**Routine Execution - Performance Presentation and Execution 10**

**Pom - Motion Technique- Placement 10**

**Pom - Motion Technique- Sharpness 10**

**Pom - Visual Effect 10**

**Pom - Synchronization 10**

**Cheer Funk - Incorporation of Cheer Funk Skills 5**

**Cheer Funk - Execution of Cheer Funk Skills 5**

**Jazz - Incorporation of Jazz Technique 5**

**Jazz - Execution of Jazz Technique 5**

**Routine Execution - Degree of Difficulty 10**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Hip-Hop**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography - Creativity and Variety 10**

**Choreography - Visual Effect 10**

**Choreography - Formations-Variety, Spacing and Transitions 10**

**Choreography - Difficulty 5**

**Hip Hop Fundamentals - Interpretation and Incorporation of Hip Hop Styles 20**

**Hip Hop Fundamentals - Execution of Hip Hop Styles 20**

**Hip Hop Fundamentals - Incorporation of Athleticism and Tricks 5**

**Routine Execution - Team Uniformity 10**

**Routine Execution - Performance Presentation and Execution 10**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**Youth Jazz**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography - Creativity and Variety 10**

**Choreography - Formations-Variety, Spacing and Transitions 10**

**Choreography - Visual Effect 10**

**Jazz Fundamentals - Incorporation of Jazz Technique/Performance Skills 20**

**Jazz Fundamentals - Execution of Jazz Technique 20**

**Routine Execution - Degree of Difficulty 10**

**Routine Execution - Team Uniformity 10**

**Routine Execution - Performance Presentation and Execution 10**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

**YCADA Theme Dance**

**SCORING ELEMENTS MAX**

**POINTS YOUR SCORE**

**Scoring Criteria**

**Choreography - Creativity and Variety 10**

**Choreography - Formations-Variety, Spacing and Transitions 10**

**Choreography - Visual Effect 10**

**Theme Composition - Movements 15**

**Theme Composition - Costuming and Props 15**

**Theme Composition - Music 15**

**Routine Execution - Degree of Difficulty 5**

**Routine Execution - Team Uniformity 10**

**Routine Execution - Performance Presentation and Execution 10**

**Comment: POSSIBLE:**

**100**

**YOUR TOTAL:**

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YCADA DANCE GLOSSARY

REFERENCE GUIDE FOR ALL SKILLS MENTIONED IN THE GENERAL SAFETY RULES.

Aerial: Cartwheel executed without placing hands on the ground.

Airborne: To be in air and free of contact from the performance surface and/or another dancer.

A la Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level

with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second

position.

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out

so that the knee is level with the foot.

Axle: The working leg kicks out from a low chainé and around through second position, where it meets the other leg in a tucked position while completing

a full rotation in mid air.

Back Walkover: A non aerial tumbling skill where one 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/leg at a time.

Backward Roll: A non airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface

and lifting the hips over head through an inverted position.

Break Dancing: A rhythmic style of dancing involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the

performance surface.

Cartwheel: A non airborne gymnastic skill where a dancer uses the support of their arms to pass through a sideways inverted position while kicking one

leg up at a time and landing one foot at a time.

Chainé Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn,

repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a

leap or other aerial skill.

Chorus Line Flips: A skill in which a dancer back or front flips between two other dancer whose arms and/or wrists are interlocked. The dancer flips with

or without hand/arm contact.

Dance Lifts: An action in which a dancer(s) (the elevated dancer) is elevated from the performance surface by one or more dancers (the supporting dancers)

and set down.

Elevated: Raising a dancer to a higher position.

Elevated Dancer: A dancer who is lifted by supporting dancers.

Flying Squirrel: A jump using forward momentum while the dancers arms and legs are extended creating an “X” position in the air.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second

position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde

turns but instead of the leg staying in second position it whips in to passé.

Forward Roll: A non airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Walkover: A non airborne tumbling skill where the dancer rotates forward with his/her hands on the performance surface while passing through an

inverted position, then kicks the legs over to rotate hips over head landing one foot at a time.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid air.

Hand/Arm Contact: The physical contact between two or more dancers through the hand(s)/arm(s).

Handstand: A position in which the dancer is in a straight bodied, inverted position while the arms are placed on the performance surface extended by the

head supporting his/her body weight.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the arms to aid in rotation and speed. The legs can be held in a

variety of positions.

Headstand: A position in which a dancer is inverted on one’s head while the hands are also on the performance surface to support his/her body weight.

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Heel Stretch: When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.

Hip Over Head Rotation: A movement where hips move over the head. Examples: Forward roll, back walkover

Inverted: When the dancers shoulders are below her/his waist with at least one foot above his/her head

Jump: An airborne position not involving hip over head rotation that is executed by pushing off of the performance surface with the power from one’s

feet and legs.

Kick and Hold: When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.

Kip Up: Originating from a laying down position (on back, stomach up) the dancer bends knees into chest and kicks up to land on his/her feet.

Krumping: This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.

Lifting Dancer: A dancer (s) who lifts and bears the weight of an elevated dancer during a dance lift.

Liquid Dancing: Liquid like movements and gestured dancing that can sometimes involve pantomime.

Passé (pah-say): A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the

arch of the foot to the knee of the supporting leg.

Piqué Turns (pee-kay): A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while

completing a full rotation, repeat.

Pirouette Turns (pir-o-et): A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

Plié (plee-ay): A bending of the knee or knees.

Pony Sit: The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.

Pop & Lock: Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic

movements that can create the image of a strobe light, “snap shot effect”.

Prop: An object that a dancer can control and utilize throughout a performance.

Pyramid: A grouping of connected stunts.

Relevé (reh-la-vay): A rising of the body on the balls of the feet.

Round Off: The dancer places hands on the performance surface while kicking legs up into an inverted position then snaps the feet and legs together to

land at the same time.

Scale: When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an

arabesque, but the dancer uses his/her hand to stretch it to a higher point.

Shoulder Roll: Similar to a forward or backward roll, although the back of the shoulder is the contact with the floor and the head is tilted to the side to

avoid direct contact with the performance surface.

Shoulder Sit: The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer’s

back.

Side Leap/Jeté a la Seconde: A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing

the same on the opposite side to meet in a straddle position in mid air before landing.

Spotting: A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a

spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will

prevent dizziness and help the dancer to not fall out or travel during the turn(s).

Stall: A hip hop maneuver that halts all body motion. This skill uses the dancers strength and balance to freeze in a pose that is usually creative in leg

variations or done on one or both hands in the inverted position.

Street Dancing: This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

Supporting Dancer: A dancer (s) who bears the weight of the elevated dancer.

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Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a

leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg

position in mid air to end with both legs extended at each side (straddle position).

Thigh Stand: The supporting dancers are in a lunge position while the elevated dancer places their feet in the pockets of the supporting dancer’s thighs.

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s).

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chainé that leads into a leap starting in one direction and then switches leg position (like a

switch leap) while body rotates in mid air before completing the skill.

Weight Bearing: A skill in which the dancers weight is supported by another dancer

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her

body in a v-shape. The leg motion gives the majority of the power, allowing the body to “flip” from a position on the back to a position with the chest to

the ground.