



POP WARNER RULES & SCORING PACKET

2025-2026

(VALID UNTIL 5/31/2026)

TABLE OF CONTENTS

FIND WHAT YOU NEED BASED ON YOUR CATEGORY AND/OR LEVEL

YOUTH CHEER

Categories.....	pg 3
General Safety Rules.....	pgs 4-5
Penalty Info.....	pg 42
Penalty Deduction Sheet.....	pg 43
Coach's Cheat Sheet.....	pg 44
Scoring Criteria.....	pg 45
Glossary.....	pgs 46-51

LEVEL 1 LIMITED

Level 1 Limited Rules Grid.....	pg 6
Level 1 Limited Scoring Grid.....	pg 7
Level 1 Limited Score Sheets.....	pgs 8-10

LEVEL 1

Level 1 Rules Grid.....	pg 11
Level 1 Scoring Grid.....	pgs 12-13
Level 1 Score Sheets.....	pg 14-16

LEVEL 2

Level 2 Rules Grid.....	pg 17
Level 2 Scoring Grid.....	pgs 18-19
Level 2 Score Sheets.....	pgs 28-30

LEVEL 3

Level 3 Rules Grid.....	pg 20
Level 3 Scoring Grid.....	pgs 21-23
Level 3 Score Sheets.....	pgs 28-30

LEVEL 4

Level 4 Rules Grid.....	pg 24
Level 4 Scoring Grid.....	pgs 25-27
Level 4 Score Sheets.....	pgs 28-30

SIDELINE PERFORMANCE CHEER

Sideline Performance Cheer Rules Grid.....	pg 31
Sideline Performance Cheer Scoring Grid.....	pg 32
Sideline Performance Cheer Score Sheets.....	pgs 33-35

CORE CHEER

Tiny Mite Coach's 411.....	pg 36
Tiny Mite Core Cheer Scoring Grid.....	pg 37
Tiny Mite Core Cheer Score Sheet.....	pg 38
Mitey Mite, Jr. Pee Wee & Pee Wee Coach's 411.....	pg 39
Mitey Mite, Jr. Pee Wee & Pee Wee Core Cheer Scoring Grid.....	pg 40
Mitey Mite, Jr. Pee Wee & Pee Wee Core Cheer Score Sheet.....	pg 41

YOUTH DANCE

Categories.....	pg 52
Routine Guidelines.....	pg 53
General Rules.....	pg 54
Penalty Info.....	pg 61
Penalty Deduction Sheet.....	pg 43
Glossary.....	pgs 62-64

POM

Pom Scoring Grid.....	pg 55
Pom Score Sheet.....	pg 56

HIP HOP

Hip Hop Scoring Grid.....	pg 57
Hip Hop Score Sheet.....	pg 58

THEME DANCE

Theme Dance Scoring Grid.....	pg 59
Theme Dance Score Sheet.....	pg 60

YOUTH CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

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

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

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

Special Performance/Challenger routines are 1 min 30 sec.

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

CORE CHEER: (Time Limit: 1 min 45 sec) Performance of a compulsory style routine that focuses on the technical and athletic components of cheer with the goal of creating a strong cheer skills foundation. The Core Cheer routine is provided by YCADA and includes the following skill categories: group stunts, pyramids, group jumps and motions. The Core Cheer music is also provided by YCADA in partnership with Power Music. Teams are evaluated on execution of the provided choreography and specific skills of the routine within a scoring system designed to focus purely on technical execution. Please refer to the remainder of the cheer section for complete details on Core Cheer routine requirements and allowances **as well as the Pop Warner Rule Book**.

YOUTH CHEER GENERAL SAFETY RULES

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

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

Please be aware that all rules in this packet are in addition to any specific rules in the Pop Warner Rule Book.

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

YOUTH CHEER GENERAL SAFETY RULES

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

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

(l) Tumbling

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

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

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

(n) Tosses (Levels 2-4)

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

(o) Continuous Back Spotter

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

Back Spotter for Single Based Stunts

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

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

SHOW CHEER LEVEL 1 LIMITED RULES GRID

OPEN TO JR. TINY MITE/TINY MITE ONLY

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

STANDING & RUNNING TUMBLING	Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position providing at least one hand and/or foot remains in contact with the performance surface during all skill(s) execution including, but not limited to: • Front/Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Ground Up Bridges (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 • Dive Rolls.
STUNTS	Allowable Skills: • Two leg stunts at prep level and below • Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands) • Single leg stunts at knee stand level and below • Stunting on the back of the base(s) provided: 1. Required spotter (front, back, or side) is present 2. Spotter may hold the hands, arms, or torso of the flyer Prohibited Skills (include but are not limited to): • Thigh Stand Single Leg Stunts • Transitional stunts that involve changing bases • Swing Stunts • Show and Go Stunts • Extended V-Sits • Stunts that move or turn during any portion of the stunt sequence, including Sponge or load-in.
INVERSIONS	ALL INVERSIONS ARE PROHIBITED
DISMOUNTS	Allowable Skills: • Shove Wrap • Step Off the Front/Back • Bump Down • Pop Offs Prohibited Skills (include but are not limited to): • All Cradles
RELEASE MOVES	ALL RELEASE MOVES ARE PROHIBITED
TOSSES	ALL TOSSES ARE PROHIBITED
PYRAMIDS	Allowable Skills: • Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules • Allowed up to 2-high

YCADA Show Cheer Level 1 Limited



CHOREOGRAPHY - Max Score: 15.0

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

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

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

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

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

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

DANCE - Max Score: 10.0

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

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

MOTIONS - By MAJORITY of Team - Max Score: 16.0

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

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

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

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

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

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

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

STUNT DIFFICULTY - Max Score: 15.0

0	Zero skills performed.
10.0 - 10.9	Below knee level two leg stunts by majority of team.
11.0 - 11.9	Below prep level two leg stunts by LESS THAN majority of team.
12.0 - 12.9	• Prep Level two leg stunts by LESS THAN majority of team • Knee Level two leg stunts by majority of team
13.0 - 15.0	• Prep level two leg stunts by majority of team • Knee level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) by majority of team.

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

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

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

TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed.
6.0 - 6.9	Must perform at least <u>ONE</u> of the following by LESS THAN 25%: • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Must perform at least <u>ONE</u> of the following by AT LEAST 25%: • Forward Rolls • Backward Rolls • Handstands
8.0 - 8.9	Must perform at least <u>ONE</u> of the following by AT LEAST 25%: • Cartwheels • Ground Up Bridges
9.0 - 10.0	Round Offs by at least 25%

TOTAL MAX POINTS	TOTAL SCORE
22	



SHOW CHEER LEVEL 1 LIMITED
JUMPS & TUMBLING (J2)



SQUAD NAME: _____

DIVISION: JTM TM
(circle one)

SQUAD SIZE: S M L
(circle one)

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

TOTAL MAX POINTS	TOTAL SCORE
56	

SHOW CHEER LEVEL 1 RULES GRID

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

STANDING & RUNNING TUMBLING	Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to: • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls
STUNTS	Allowable Skills: • Two leg stunts at prep level or below • Single leg stunts below prep level • Stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position (classified as prep level stunts) • Extension Prep Hitches (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 1/4 rotation. • Non-release single based stunts (provided they follow group stunt allowances) • Prep Level Single Leg Stunts with hand/arm contact by a participant in the stunt group or a participant on the ground • Two leg stunt that passes through extended position Prohibited Skills (include but are not limited to): Extended stunts, Leap Frogs, Tension Rolls, Single based Split Stunts, transitional stunts that move to new bases, & twisting Superman transitions.
INVERSIONS	Allowable Skills: • Ground Level Inversion to Ground Level • A single Partner Cartwheel Inversion provided the flyer returns back to the ground and upright.
DISMOUNTS	Allowable Skills: • Step Off the Front/Back • Shove Wrap • Bump Down • Prep Level Pop Offs are limited to 1/4 Turn • Cradles from all group stunts are limited to Straight and 1/4 turn only. Prohibited Skills (include but are not limited to): Single trick non twisting Cradles, cradles to different bases, Fireman Catches, cradle from single based stunts
RELEASE MOVES	Allowable Skills: • Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position. Prohibited Skills (include but are not limited to): Barrel Rolls, Helicopters, & single based tossed stunts
TOSSES	ALL TOSSES ARE PROHIBITED
PYRAMIDS	Allowable Skills: <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i> • Extended two leg stunts that are braced on one or both sides with hand/arm contact to prep level two leg stunts or below prep level stunts or bracers standing on the ground. • Single leg stunts at prep level provided they are braced on at least one side with hand/arm contact with a two leg prep level, or below prep level stunt • Braced Release to a cradle position are limited to straight ride or 1/4 turn only if The flyer is continuously braced by a two leg prep level or below prep level stunt. Prohibited Skills (include but are not limited to): Extended single leg pyramids, connected extended 2 leg stunts.

YCADA Show Cheer Level 1



CHOREOGRAPHY - Max Score: 10.0

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

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

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

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

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

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

DANCE - Max Score: 4.0

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

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

MOTIONS - By MAJORITY of Team - Max Score: 16.0

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

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

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

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

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

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

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	• Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	• 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	• 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

YCADA Show Cheer Level 1



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

0	Zero skills performed
12.0 - 12.4	• Knee level two leg stunts • Knee level single leg stunts
12.5 - 12.9	• Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Extended V-Sits • Swedish Falls
13.0 - 13.4	• Shoulder Stands • Non-twisting prep level two leg stunt • Below prep level single leg stunts - multiple variations encouraged • Ground level inversion to ground level • Superman Transitions
13.5 - 15.0	1/4 twist variations are encouraged • Single based waist level single leg stunt • Prep level two leg stunts • Single based prep level two leg stunt • Prep level single leg stunt

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

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

0	Zero skills performed
12.0 - 12.4	Below prep level two leg stunts braced on both or one side
12.5 - 12.9	Below prep level single leg stunts braced on both or one side
13.0 - 13.4	• Prep level two leg stunts • Prep level single leg stunts braced on both sides • High range skills braced on both sides
13.5 - 15.0	Below Skills Braced on One Side. 1/4 Twist Variations are encouraged. • Braced Release Moves to Cradle • Prep level single leg stunts • Extended two leg stunts

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

0	Zero skills performed
2.0	Performed by LESS THAN Majority • Step Offs • Bump Downs • Shove Wraps • Pop Offs
3.0	• Step Offs • Bump Downs • Shove Wraps • Pop Offs
4.0	Straight Ride Cradles
5.0	1/4 Turn Cradles

TUMBLING DIFFICULTY - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	Skills performed by LESS THAN 25%: • Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	Skills performed by AT LEAST 25%: • Forward Rolls • Backward Rolls • Handstands
7.0 - 7.9	Cartwheels or Round Offs by at least 25%
8.0 - 8.9	• Back Limbers to Kickover by AT LEAST 25% • High Range Skills Performed by LESS THAN 25%
9.0 - 10.0	Skills performed by AT LEAST 25%: • Front/Back Walkovers • Switch Leg Walkovers • Valdezes



SHOW CHEER LEVEL 1
BUILDING (J1)



SQUAD NAME: _____ DIVISION: TM MM JPW PW JV V B SQUAD SIZE: S M L
(circle one) (circle one)

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
38		



SHOW CHEER LEVEL 1
JUMPS & TUMBLING (J2)



SQUAD NAME: _____

DIVISION: TM MM JPW PW JV V B
(circle one)

SQUAD SIZE: S M L
(circle one)

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

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



SHOW CHEER LEVEL 1
OVERALL (J3)



SQUAD NAME: _____ DIVISION: TM MM JPW PW JV V B SQUAD SIZE: S M L
(circle one) (circle one)

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

Comments:

TOTAL MAX POINTS	TOTAL SCORE
40	

SHOW CHEER LEVEL 2 RULES GRID

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

STANDING & RUNNING TUMBLING	Allowable Skills: All airborne skills with hand support are allowed. Including, but not limited to: • Single Front/Back Handspring • Single Back Handspring Step Out • Running Tumbling: Series Handsprings • Dive Rolls (provided they are not in a Swan or Laid Out position). Prohibited Skills (include but are not limited to): Standing Front/Back Handspring series, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).
STUNTS	Allowable Skills: • Two leg extended stunts. • Single leg stunts at prep level. • At least one base/continuous spotter must maintain contact with the flyer during transitions. • Twisting during transitions is limited to a 1/2 twist * 1/2 twist transitions from stunts to a cradle position require an additional back spotter to catch the cradle. * 1/2 twist transitions from below prep provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. • Leap Frogs (must return to original bases) • Single leg stunt that passes through extended position Prohibited Skills (include but are not limited to): Single based Split Stunts, twisting Superman transitions, and transitional stunts that involve changing bases.
INVERSIONS	Allowable Skills: • Inversions as an entry to a non-inverted upright load in or stunt below prep level provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. • Flyer must remain in contact with at least (1) stunt group member. • Back Walkover Inversion Exit from a cradle position Prohibited Skills (include but are not limited to): Forward & Backward Suspended Rolls & inversions to prep level and above.
DISMOUNTS	Allowable Skills: • Cradles are limited to Straight, 1/4 turn, or single trick non-twisting Cradles (Clarification: Arch position does not count as a trick.) • Group based Swedish Falls may perform a 1/2 twist Cradle. • Cradles from Single Based Stunts must be caught in a group cradle (2 bases and a back spotter). Prohibited Skills (include but are not limited to): Pop Offs from extended level, 1/2 twist Cradles, dismounts that land in prone position & dismounts to different bases.
RELEASE MOVES	Allowable Skills: • Single full twisting Barrel Rolls with a spotter at the head and neck of flyer that start and end in a Cradle position with no other trick during the skill • 1/2 twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. Prohibited Skills (include but are not limited to): • Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	Allowable Skills: • Flyer limited to a Straight Body position only. Prohibited Skills (include but are not limited to): Toe Touch, Ball-X, Pike Arch, twisting tosses
PYRAMIDS	Allowable Skills: <i>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i> • Flyers must maintain contact with at least one base at all times and may not lose contact with bracer during transitions. Flyer in a Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition. • Extended single leg stunts provided they are braced on at least one side with hand/arm contact with a prep level or below stunt. Contact must be made at or below prep level and prior to performing the extended single leg. • Braced release moves to a cradle provided (1) the flyer is continuously braced on one side by a prep level or below stunt, with hand/arm contact only, (2) flyer does not intentionally travel during the release move, (3) any trick performed does not include twisting. • Extended two leg stunts may brace other extended two leg stunts. Prohibited Skills (include but are not limited to): Full release braced Switch Ups, Ball Ups, and Tic Tocs, extended single leg stunts braced by hand/foot connection only, braced rolls, and braced flips.

YCADA Show Cheer Level 2



CHOREOGRAPHY - Max Score: 10.0

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

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

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

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

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

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

DANCE - Max Score: 4.0

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

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

MOTIONS - By MAJORITY of Team - Max Score: 10.0

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

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

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

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

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

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

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	- Basic jump(s) 1 advanced jump by LESS THAN majority of team
7.0	1 synchronized advanced jump by majority of team
8.0	2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority

YCADA Show Cheer Level 2



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

0	Zero skills performed
11.5 - 11.9	- Knee level two leg stunts - Knee level single leg stunts - Waist level two leg stunts - Thigh level two leg stunts
12.0 - 12.4	- Prep level two leg stunts - Below prep level single leg stunts (multiple variations encouraged) - Ground Level Inversion to Ground Level
12.5 - 12.9	- Single based waist level single leg stunt - Single twisting Barrel Rolls - Superman Transitions
13.0 - 13.4	- Single based prep level two leg stunt - Cradle Back Walkover Outs 1/2 twist to prep level two leg stunts - Leap Frogs
13.5 - 15.0	1/2 Twist Variations are encouraged - Ground level inversions to load-in/sponge/below prep level stunt - Prep level single leg stunt(s) - Extended level two leg stunts - Single based prep level single leg stunt

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

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

0	Zero skills performed
11.5 - 11.9	Below prep level two leg stunts braced on both or one side
12.0 - 12.4	Below prep level single leg stunts braced on both or one side
12.5 - 12.9	Below Skills Braced on Both Sides - Prep level two leg stunts - Prep level single leg stunts - Extended two leg stunts
13.0 - 13.4	Below Skills Braced on One Side - Braced release moves to Cradle (Straight Ride) - Prep level single leg stunts - Extended two leg stunts 1/4 twist pyramid transitions to prep level and above
13.5 - 15.0	1/2 twist pyramid transition to prep level two leg stunts - Braced release moves to Cradle (with tricks) - Extended single leg stunts braced on one side - Extended two leg stunts braced to other extended two leg stunts 1/2 twist pyramid transition to extended level stunt

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

0	Zero skills performed
2.0	- Bump Down - Shove Wrap - Pop Off
3.0	Straight Ride
4.0	1/4 Turn Cradles from prep level two leg stunts
5.0	Must perform (2) different skills: 1/4 twist Cradles from prep level single leg 1/4 twist Cradles from extended two leg stunt - Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.)

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

0	Zero skills performed.
5.0 - 5.9	- Forward Rolls - Backward Rolls - Handstands
6.0 - 6.9	Cartwheels or Roundoffs
7.0 - 7.9	Back Limber to Kickover
8.0 - 8.9	- Front/Back Walkovers - Switch Leg Walkovers - Valdezes
9.0 - 10.0	- Single Front/Back Handspring - Advanced Jump(s) to Single Handspring - Front Walkover through to Single Back Handspring - Running Handspring Series - Specialty through to Running Handspring Series (Example: Flyspring, Round Off Back Handspring Step Out, Round Off Back Handspring)

TOSSES DIFFICULTY - Max Score: 5.0

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

SHOW CHEER LEVEL 3 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1 & 2 are legal for Level 3. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	Allowable Skills: - Series Handsprings RUNNING TUMBLING Flips only in the following specified body positions with the following restrictions: - Side Aerial 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 - Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (clarification: tumbling out of/after a front tuck is allowed). Prohibited Skills (include but are not limited to): Standing flips in any body position, standing single/series Back Handsprings to a flip in any body position, running tumbling flips in any positions other than the allowable skills listed above, twisting in any flips, Cartwheel Step in Tucks.
STUNTS	Allowable Skills: - Single leg extended stunts. - Transitional stunts where one athlete on the performance surface remains in contact with the flyer. - Transitional stunts where the flyer moves to new bases - Twisting during the load in or stunt transition is limited to 1 full twist and can only occur at prep level or below. - Superman transitions are limited to 1/2 twist. Prohibited Skills (include but are not limited to): One full twist to extended level & Forward Flipping Leap Frogs.
INVERSIONS	Allowable Skills: - Inversions as an entry to a non-inverted prep level stunt provided: - The inversion occurs at ground level and the inverted participant is in contact with the performance surface - During the transition from the inversion, flyer must remain in contact with at least (1) stunt group member. Downward/Exit Inversions from waist level or below. - Non-twisting Forward Suspended Rolls provided: - The flyer begins in a non inverted position prep level or below - The flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter - The bases/back spotter/posts are not involved with any other choreography - The flyer lands in a double based Cradle to the original bases or on the performance surface (may not land in a load in position). Prohibited Skills (include but are not limited to): Backward suspended rolls
DISMOUNTS	Allowable Skills: - Pop Offs from extended level - Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation - Non-twisting two trick cradles only from Extension Prep. - Only Straight and 1/4 turn Cradles 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): Dismounts to different bases
RELEASE MOVES	Allowable Skills: - A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. - Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. Prohibited Skills (include but are not limited to): Bases may not free toss a flyer to all new bases.
TOSSES	Allowable Skills: Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). Prohibited Skills (include but are not limited to): Kick Full Twist tosses
PYRAMIDS	Allowable Skills: Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances: - Braced release moves to an upright extended body position or cradle position provided: - The flyer is continuously braced by hand/arm contact on one side by a prep level or below stunt - The flyer does not intentionally travel during the release move - It incorporates no more than a 1/2 twist by the flyer - Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer. - Extended single leg stunts braced to other extended two leg stunts - Braced Release moves to a non upright body position provided: - The flyer is continuously braced on BOTH sides by a prep level or below stunt, with hand/arm contact only. - Flyer does not intentionally travel during the release move - Does not twist or become inverted Braced Rolls originating from prep level or below and landing prep level or below A full twist transition by the flyer provided: - The flyer is not released from the base/spotter - The flyer is continuously braced by a prep level or below stunt with hand/arm contact only. Prohibited Skills (include but are not limited to): Release moves that travel over the legs and/or core of the bracer's body, braced front/back flips.

YCADA Show Cheer Level 3



CHOREOGRAPHY - Max Score: 10.0

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

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

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

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

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

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

DANCE - Max Score: 4.0

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

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

MOTIONS - By MAJORITY of Team - Max Score: 10.0

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

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

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

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

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

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

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	• Basic jump(s) • 1 advanced jump • 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	2 synchronized non-consecutive advanced jumps by majority of team
8.0	2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	• 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

YCADA Show Cheer Level 3



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

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	• Prep level two leg stunts • Below prep level single leg stunt(s) • Ground level inversions to Load-in/Sponge
12.0 - 12.4	• Single based waist level single leg stunt • Single twisting Barrel Rolls • Superman Transitions
12.5 - 12.9	• Single based prep level two leg stunt • 1/2 twist to prep level two leg stunts • Leap Frogs • Cradle Back Walkover Outs
13.0 - 13.4	1/2 Twist Variations are encouraged • Ground level inversions to load-in/sponge/below prep level stunts • Prep level single leg stunts • Extended level two leg stunts • Forward Suspended Rolls • Inversion exits from waist level • Single based prep level single leg stunts
13.5 - 15.0	• Extended single leg stunts • Free standing release moves that land at prep level • Full twist to prep level stunts • Ground level inversions directly to prep level stunts • 1/2 twist to extended single leg stunts

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

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

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	Below prep level single stunts braced on both or one side
12.0 - 12.4	Below Skills Braced on Both Sides • Prep level two leg stunts • Prep level single leg stunts • Extended two leg stunts
12.5 - 12.9	All Skills Braced on One Side • Braced Release Moves to Cradle (Straight Ride) • Prep level single leg stunts • Extended two leg stunts • 1/4 twist Pyramid transitions to prep level and above
13.0 - 13.4	• 1/2 twist pyramid transition to prep level two leg stunts • Braced release move with trick(s) • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt
13.5 - 15.0	• Braced release moves to an upright body position that land at the extended level • 1/2 twist release moves braced on both sides that land in prep level or above stunts • Braced Roll • Extended single leg stunts braced to other extended two leg stunts • Braced, Non-Released Full Twist Transition

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

0	Zero skills performed
2.0	• Bump Down • Shove Wrap • Pop Off • Straight Ride
3.0	• 1/4 twist Cradles from prep level • Non-twisting Alternate Cradles
4.0	Must Perform (2) Different Skills: • 1/4 twist Cradles from extended level • Single twist cradles from prep level two leg stunts
5.0	Must Perform (2) Different Skills: • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Non-twisting two trick cradles from Extension Prep

YCADA Show Cheer Level 3



TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands
6.0 - 6.9	• Cartwheels • Round Offs
7.0 - 7.9	• Walkovers • Round Off Back Handspring
8.0 - 8.9	• Single Standing Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back handspring • Running Handspring Series • Specialty through to Running Handspring Series
9.0 - 10.0	• Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tuck • Side Aerials • Round off Back Handspring Back Tuck

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
2.0	Straight Ride tosses (Basket or Sponge) by LESS THAN majority of team
3.0	Straight Ride tosses (Basket or Sponge)
4.0	Single trick non-twisting tosses by LESS THAN majority of team
5.0	• Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) • Single twist tosses

- GRID 3 OF 3 -

SHOW CHEER LEVEL 4 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1-3 are legal for Level 4. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	Allowable Skills: - Flips are allowed in any body position provided: - They do not exceed one flipping and one twisting rotation - There is no other tumbling skill(s) after the flip (exception: tumbling out of/after a front flip or Arabian is allowed) Prohibited Skills (include but are not limited to): Forward 3/4 Flips to the seat, Toe-Pitch Flips, Double Fulls, Whip Backs to Back Handsprings or Flips
STUNTS	Allowable Skills: 1 1/2 twists during load ins or stunt transitions (may change bases and at least one base/continuous spotter must remain with the flyer during transitions). - Superman transitions with up to 1 full twist Prohibited Skills (include but are not limited to): Double Ups
INVERSIONS	Allowable Skills: - Inversions as an entry to a transition up to an upright extended level position, provided: - The inversion occurs at ground level and the inverted participant is in contact with the performance surface - At least one base/spotter maintains contact with the flyer throughout the entire inversion - A spotter is placed both in front AND back of the flyer for inversions transitioning to extended level. - Forward Flipping Leap Frogs provided: - The post and flyer maintain hand/hand contact throughout the transition - The transition starts at or below prep level and is caught in a double based cradle - The skill does not twist - Forward Suspended Rolls with up to 1 full twist (must originate from prep level or below and be caught in a cradle by the original bases). Non-twisting backward suspended rolls Prohibited Skills (include but are not limited to): Stunt to Stunt Inversion
DISMOUNTS	Allowable Skills: 1 1/4 Twist Cradles - Non-twisting two trick cradles - Two Trick cradles that include a twist provided: - They originate from prep level stunts - Incorporates no more than 1 and 1/4 twist - Single based stunts are limited to straight and ¼ turn cradle from all single leg stunts and single twist cradle from two leg stunts, with the required spotter. - Cradle dismounts to different bases that originate from prep level (bases must be in place and not involved in other choreography prior to the start of the dismount). Prohibited Skills (include but are not limited to): Cradles that land in a prone position, and all 2 twist cradle dismounts.
RELEASE MOVES	Allowable Skills: - Freestanding release moves provided: - Does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) - Does not exceed 1 1/2 twists - Returns to a stunt/load in. - Non-twisting Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. Prohibited Skills (include but are not limited to): Twisting full release Helicopters
TOSSES	Allowable Skills: Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations Kick Full Basket Toss Prohibited Skills (include but are not limited to): Double Full Basket Tosses, flipping tosses (front or back), tosses that intentionally travel and bases may not free toss a flyer to all new bases.
PYRAMIDS	Allowable Skills: <i>Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:</i> - During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced between two Extension Preps. - Braced front and back flips provided: - The released flyer maintains hand/arm contact with two bracers in an Extension Prep or Below Prep Level Stunt. - The transition must be in continuous motion to and from original group - Transition is caught in a Cradle position - Flyer does not perform any other skill during the inversion - Extended Single Leg Stunts Braced to Other Extended Single Leg Stunts Prohibited Skills (include but are not limited to): Twisting front/back braced flips

YCADA Show Cheer Level 4



CHOREOGRAPHY - Max Score: 10.0

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

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

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

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

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

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

DANCE - Max Score: 4.0

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

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

MOTIONS - By MAJORITY of Team - Max Score: 10.0

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

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

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

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

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

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

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	- Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	2 synchronized non-consecutive advanced jumps by majority of team
8.0	2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

YCADA Show Cheer Level 4



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

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	• Single based prep level two leg stunt • Leap Frogs • 1/2 twist to prep level two leg stunts • Cradle Back Walkover Outs
12.0 - 12.4	• Ground level inversions to load-in/sponge/below prep level stunts • Prep level single leg stunts • Inversion exits from waist level
12.5 - 12.9	• Extended level two leg stunts • Single based prep level single leg stunts • 1/2 twist to extended single leg stunts • Forward Suspended Rolls • Ground level inversion to prep level two leg stunts
13.0 - 13.4	• Extended single leg stunts • Free standing release moves that land at prep level • Full twist to prep level stunts • Forward Flipping Leap Frogs • Full twist Superman transitions • Ground level inversions directly to prep level single leg stunts
13.5 - 15.0	• Full twist stunts/transitions to extended level stunt • Full Twisting Forward Suspended Roll • Ground level inversions directly to extended level stunt • Twisting Stunts to prep level greater than one full twist • Release moves to extended level (Tic Tocs, Switch Ups, Ball Ups, etc.)

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

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

0	Zero skills performed
11.0 - 11.4	Minimal skills performed
11.5 - 11.9	• Extended two leg stunts braced on one side • Extended single leg stunts braced on both sides
12.0 - 12.4	All Skills Braced on One Side • Braced Release Moves to Cradle (Straight Ride) • Prep level single leg stunts • 1/4 twist Pyramid transitions to prep level and above
12.5 - 12.9	• 1/2 twist pyramid transition to prep level two leg stunts • Extended single leg stunts braced on one side • Extended two leg stunts braced to other extended two leg stunts • 1/2 twist pyramid transition to extended level stunt
13.0 - 13.4	• Braced release moves to an upright body position that land at the extended level • 1/2 twist release moves braced on both sides that land in prep level or above stunts • Braced Roll • Extended single leg stunts braced to other extended two leg stunts • Braced, Non-Released Full Twist Transition
13.5 - 15.0	• Twisting release moves greater than half twist • Single leg extended stunts braced to other single leg extended stunts • Braced inversion transitions that roll up directly to Extension • Braced Flips braced on BOTH Sides

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

0	Zero skills performed
1.0	• Bump Downs • Shove Wraps • Pop Offs • Straight Ride
2.0	• 1/4 twist Cradles from prep level • Non-twisting Alternate Cradles
3.0	Must Perform (2) Different Skills: • 1/4 twist Cradles from extended level • Single twist cradles from prep level two leg stunts
4.0	Must Perform (2) Different Skills: • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Non-twisting two trick cradles from Extension Prep
5.0	Must Perform (2) Different Skills: • Non-twisting two trick cradles from Extension • Single twisting cradles from extended single leg stunts • Two Trick Cradles that include a Single Twist from Prep Level

YCADA Show Cheer Level 4



TUMBLING DIFFICULTY - By 25% - Max Score: 10.0

0	Zero skills performed
5.0 - 5.9	• Forward Rolls • Backward Rolls • Handstands • Cartwheels • Roundoffs
6.0 - 6.9	• Walkovers • Round Off Back Handspring
7.0 - 7.9	• Single Standing Handspring • Advanced Jump(s) to Single Handspring • Front Walkover through to Single Back handspring • Running Handspring Series • Specialty through to Running Handspring Series
8.0 - 8.9	• Standing Consecutive Handsprings Series • Advanced Jump(s) continuously to Back Handspring Series • Running Front Tuck • Round Off Back Tucks • Side Aerials • Round off Back Handspring Back Tuck
9.0 - 10.0	• Jump Continuously to Back Handspring Back Tuck • Standing Tuck • Jump Continuously to Back Tuck • Pike • Layout • X-Out • Front Aerial • Full Twist Flips

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed
1.0	Straight Ride tosses (Basket or Sponge) by LESS THAN majority of team
2.0	Straight Ride tosses (Basket or Sponge)
3.0	Single trick non-twisting toss
4.0	Non-twisting two trick toss or single twist toss
5.0	Two trick toss that includes a single twist (example: Kick Full)



SHOW CHEER LEVELS 2-4
BUILDING (J1)

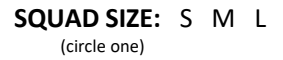


SQUAD NAME: _____

DIVISION: MM JPW PW JV V B
(circle one)

SQUAD SIZE: S M L
(circle one)

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
38		



Elements & Criteria	Max Points	Score
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	
Toss Difficulty	5	
Toss Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
28		



SHOW CHEER LEVELS 2-4
OVERALL (J3)



SQUAD NAME: _____ DIVISION: MM JPW PW JV V B SQUAD SIZE: S M L
(circle one) (circle one)

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

SIDELINE PERFORMANCE CHEER RULES GRID

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

STANDING & RUNNING TUMBLING	Allowable Skills: • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes • Single Back Handspring (Standing & Running) Prohibited Skills (include but are not limited to): Flips in any body position, Kip Ups & Dive Rolls
STUNTS	Allowable Skills: • Double leg stunts at prep level or below. Prohibited Skills (include but are not limited to): Extended stunts, all single leg stunts, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, & single based Split Stunts
INVERSIONS	ALL INVERSIONS ARE PROHIBITED
DISMOUNTS	Allowable Skills: • Step Off the Front/Back • Shove Wrap • Bump Down • Prep Level Assisted Pop Offs • Straight Cradles 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): All twisting and trick cradles
RELEASE MOVES	ALL RELEASE MOVES ARE PROHIBITED
TOSSES	ALL TOSSES ARE PROHIBITED
PYRAMIDS	Allowable Skills: <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed below prep level.</i> Prohibited Skills (include but are not limited to): Extended 2 leg stunts, prep level single leg stunts, connected stunts/pyramids prep level and above.
ADDITIONAL REQUIREMENTS & LIMITATIONS	Maximum Time - 1 min 30 sec 1. At least one of the following props is required: poms, banners, megaphones, flags, or signs. 2. Setting up props prior to the announcement of the team is prohibited 3. Teams will line up off the performance surface to uniformly run on as team to begin their spirited entrance onto the competition floor. Teams will be judged from the beginning of their spirited entrance onto the performance surface. 4. Your spirited entrance may incorporate jumps, running tumbling, flags, cheers and chants. 5. Your spirited entrance and crowd involvement will be judged 6. No amplified music is allowed.

YCADA Sideline Performance Cheer



CROWD EFFECTIVE MATERIAL - Max Score: 10.0

Crowd appeal, involvement and flow of cheer.

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

CROWD LEADING SKILLS - Max Score: 10.0

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

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

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

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

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

VOICE - Max Score: 10.0

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

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

MOTION PLACEMENT - Max Score: 10.0

Motion technique, motion control and placement.

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

MOTION STRENGTH - Max Score: 10.0

Motion sharpness and strength.

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

MOTION SYNCHRONIZATION - Max Score: 10.0

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

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

OVERALL CROWD APPEAL - Max Score: 10.0

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

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

OVERALL IMPRESSION - Max Score: 10.0

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

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

SPACING & FORMATIONS - Max Score: 10.0

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

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



SIDELINE PERFORMANCE
CROWD LEADING (J1)



SQUAD NAME: _____ DIVISION: TM MM JPW PW JV V B SQUAD SIZE: S M L
(circle one) (circle one)

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



SIDELINE PERFORMANCE MOTIONS (J2)



SQUAD NAME: _____

DIVISION: MM JPW PW JV V B
(circle one)

SQUAD SIZE: S M L
(circle one)

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Motion Placement	10	
Motion Strength	10	
Motion Synchronization	10	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
30	



SIDELINE PERFORMANCE
OVERALL (J3)



SQUAD NAME: _____ DIVISION: MM JPW PW JV V B SQUAD SIZE: S M L
(circle one) (circle one)

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

YCADA Core Cheer – Coach's 411

Tiny Mites

The YCADA Core Cheer routine 8 count sheet and Core Cheer Routine Demo Videos are designed to be a roadmap to the Core Cheer routine and give teams the tools necessary to successfully compete in Core Cheer. The YCADA Core Cheer Routine IS NOT limited to just 12 athletes nor are teams required to have at least 12 athletes on a team in order to compete in the Core Cheer Division.

What do I do if I have more or less than 12 athletes on my team?

Teams that have more than 12 athletes on their teams are required to incorporate every athlete on the performance floor in the execution of all motion sequences and jumps in order to avoid a 1-point Omission Penalty. Teams with less than 12 members on a team are REQUIRED to perform the listed number of stunts as listed in the Coach's Cheat Sheet in order to avoid a 1-point Omission Penalty. Once you have hit your required number of stunts in each section, the rest of your team members will perform the choreographed motions.

What do I do with the athletes who are not involved in the Stunts?

Based off the number of athletes and using the Coach's Cheat Sheet as a guide, if at any time there are athletes not involved (actively building) in a stunt, YCADA has provided motions during the stunt sections for those athletes to perform.

All core cheer materials (i.E. Routine, 8-count sheet, judging policies, etc.) can be found online at:
<https://www.ycada.org/core-cheer>

YCADA Core Cheer (Tiny Mite)



MOTIONS EXECUTION - Max Score: 25.0

0.0	Zero motions performed
21.0 - 21.9	MINIMAL/INCONSISTENT - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.
22.0 - 22.9	MODERATE - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.
23.0 - 23.9	GOOD - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.
24.0 - 25.0	EXCELLENT - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.

JUMPS EXECUTION - Max Score: 25.0

0.0	Zero jumps performed
21.0 - 21.9	MINIMAL/INCONSISTENT - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization
22.0 - 22.9	MODERATE - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization
23.0 - 23.9	GOOD - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization
24.0 - 25.0	EXCELLENT - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization

STUNTS EXECUTION - Max Score: 25.0

0.0	Zero stunts performed
21.0 - 21.9	MINIMAL/INCONSISTENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
22.0 - 22.9	MODERATE - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
23.0 - 23.9	GOOD - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
24.0 - 25.0	EXCELLENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization

DISMOUNTS EXECUTION - Max Score: 25.0

0.0	Zero dismounts performed
21.0 - 21.9	MINIMAL/INCONSISTENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
22.0 - 22.9	MODERATE - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
23.0 - 23.9	GOOD - technique technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
24.0 - 25.0	EXCELLENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization



CORE CHEER - TINY MITE



SQUAD NAME: _____

DIVISION: TM
(circle one)

SQUAD SIZE: S M L
(circle one)

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Motion Execution/Technique		25	
Jumps Execution/Technique		25	
Stunts Execution/Technique		25	
Dismounts Execution/Technique		25	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Core Cheer – Coach's 411

Mighty Mite, Jr Pee Wee, and Pee Wee

The YCADA Core Cheer routine 8 count sheet and Core Cheer Routine Demo Videos are designed to be a roadmap to the Core Cheer routine and give teams the tools necessary to successfully compete in Core Cheer. The YCADA Core Cheer Routine IS NOT limited to just 12 athletes nor are teams required to have at least 12 athletes on a team in order to compete in the Core Cheer Division.

What do I do if I have less than 7 Athletes on my team?

Teams with less than 7 members will be unable to perform the YCADA Core Routine Pyramid Section as choreographed in the Core Cheer 8 Count Sheet and the Core Cheer Routine Demo Videos. Therefore, YCADA is providing APPROVED modifications for the Pyramid Section for teams with less than 7 athletes; if an APPROVED modification is performed, as listed on the YCADA Core Routine Coaches Cheat Sheet, the team will receive an execution score out of 20 possible points based off of their actual technical execution of the approved modifications and will NOT result in a 1-point Omission Penalty. See the Coach's Cheat Sheet to find the only approved pyramid modifications and review the number of athletes required to perform in each skill section.

What do I do if I have more or less than 12 athletes on my team?

Teams that have more than 12 athletes on their teams are required to incorporate every athlete on the performance floor in the execution of all motion sequences and jumps in order to avoid a 1-point Omission Penalty. Teams with less than 12 members on a team are REQUIRED to perform the listed number of stunts as listed in the Coach's Cheat Sheet in order to avoid a 1-point Omission Penalty. Once you have hit your required number of stunts in each section, the rest of your team members will perform the choreographed motions.

What do I do with the athletes who are not involved in the Stunt/Pyramid sections?

Based off on the number of athletes and using the Coach's Cheat Sheet as a guide, if at any time there are athletes not involved (actively building) in a stunt or pyramid, YCADA has provided motions during the stunt and pyramid sections for those athletes to perform.

All core cheer materials (i.E. Routine, 8-count sheet, judging policies, etc.) can be found online at:
<https://www.ycada.org/core-cheer>

YCADA Core Cheer (Mitey Mite, Jr Pee Wee & Pee Wee)



MOTIONS EXECUTION - Max Score: 20.0

0.0	Zero motions performed
16.0 - 16.9	MINIMAL/INCONSISTENT - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.
17.0 - 17.9	MODERATE - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.
18.0 - 18.9	GOOD - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.
19.0 - 20.0	EXCELLENT - technique (placement, sharpness), on count from 8-count sheet, and synchronization. Motions include kneeling, squat, nugget positions, etc.

JUMPS EXECUTION - Max Score: 20.0

0.0	Zero jumps performed
16.0 - 16.9	MINIMAL/INCONSISTENT - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization
17.0 - 17.9	MODERATE - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization
18.0 - 18.9	GOOD - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization
19.0 - 20.0	EXCELLENT - technique (approch, height, placement, extension, landing), on count from 8-count sheet, and synchronization

STUNTS EXECUTION - Max Score: 20.0

0.0	Zero stunts performed
16.0 - 16.9	MINIMAL/INCONSISTENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
17.0 - 17.9	MODERATE - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
18.0 - 18.9	GOOD - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
19.0 - 20.0	EXCELLENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization

DISMOUNTS EXECUTION - Max Score: 20.0

0.0	Zero dismounts performed
16.0 - 16.9	MINIMAL/INCONSISTENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
17.0 - 17.9	MODERATE - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
18.0 - 18.9	GOOD - technique technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
19.0 - 20.0	EXCELLENT - technique (grips, posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization

PYRAMID EXECUTION - Max Score: 20.0

0.0	Zero pyramids performed
16.0 - 16.9	MINIMAL/INCONSISTENT - technique (grips [bracer/stunter], posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
17.0 - 17.9	MODERATE - technique (grips [bracer/stunter], posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
18.0 - 18.9	GOOD - technique (grips [bracer/stunter], posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization
19.0 - 20.0	EXCELLENT - technique (grips [bracer/stunter], posture, use of legs, drive, taking steps, lock out, etc.), on count from 8-count sheet, and synchronization



CORE CHEER

MITEY MITE | JR PEE WEE | PEE WEE



SQUAD NAME: _____

DIVISION: MM JPW PW
(circle one)

SQUAD SIZE: S M L
(circle one)

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Motion Execution/Technique		20	
Jumps Execution/Technique		20	
Stunts Execution/Technique		20	
Dismounts Execution/Technique		20	
Pyramids Execution/Technique		20	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YOUTH CHEER PENALTY INFO

RULES PENALTIES:

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

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

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

EXECUTION PENALTIES:

TUMBLING

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

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

STUNT SKILLS*

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

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

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

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

BOUNDARY PENALTY:

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

TIME LIMIT PENALTIES:

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

ADDITIONAL POP WARNER DEDUCTIONS:

Rules and violations of the Pop Warner Rule Book, which do not reside in the YCADA Rules & Scoring Packet would be subject to the deduction as listed in the Pop Warner Rules Book.



OFFICIAL LEGALITY/POINT DEDUCTION SCORE SHEET

CHEER & DANCE



SQUAD NAME:

CATEGORY: SC SPC CORE POM HH TD
(circle one)

DIVISION: JTM TM MM JPW PW JV V B
(circle one)

LEVEL: 1L 1 2 3 4
(circle one)

SQUAD SIZE: S M L
(circle one)

RULES PENALTIES:

	# of Occurrences x Penalty for Violation	Deductions
Boundary Violation	_____ x (0.1)	
Total Time of Routine: _____	OVERTIME ☐ 4+ seconds (0.4)	

Cheer General Safety/Dance Routine Guidelines/Pop Warner Exceptions

Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	

Cheer Levels Grid/Dance General Rules

Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	

EXECUTION PENALTIES (Cheer Divisions ONLY):

Skill Category	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
Tumbling	Touch on Tumbling Skills:	_____ x (0.2)	
Tumbling	Falls on Tumbling Skills:	_____ x (0.4)	
Stunts	Bobbles on Stunt Skills:	_____ x (0.2)	
Stunts	Falls on Stunt Skills:	_____ x (0.8)	
Stunts	Major Falls on Stunt Skills:	_____ x (1.0)	
Omissions	Core Cheer Level 1 ONLY (List element(s) modified/omitted)	_____ x (1.0)	

TOTAL POINTS DEDUCTED:

COACH'S CHEAT SHEET

YOUTH CHEER DIVISIONS

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

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

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

SCORING CRITERIA

YOUTH CHEER DIVISIONS

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

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

STUNTS DIFFICULTY:

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

STUNTS EXECUTION/TECHNIQUE:

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

DISMOUNTS DIFFICULTY:

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

DISMOUNTS EXECUTION/TECHNIQUE:

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

PYRAMIDS DIFFICULTY:

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

PYRAMIDS EXECUTION/TECHNIQUE:

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

STANDING/RUNNING TUMBLING DIFFICULTY:

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

STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:

Form
 Height of execution
 Landings
 Pace and speed of skills
 Perfection

JUMPS EXECUTION/TECHNIQUE:

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

TOSS EXECUTION/TECHNIQUE:

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

YOUTH CHEER GLOSSARY

[GO TO VIDEO GLOSSARY](#)

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

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

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

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

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

Aerial: See Front Aerial, Side Aerial

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

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

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

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

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

Assisted Tumbling: See Spotted Tumbling

Back Handspring: See Handspring

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

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

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

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

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

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

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

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

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

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

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

Building: See stunt

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

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

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

Consecutive Front/Back Handsprings: See Handspring series.

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

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

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

YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Forward Suspended Roll: See Suspended Roll

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

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

Front Handspring: See Handspring

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

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

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

Full Twist: A 360 degree twisting rotation.

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

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

Half: See Extension Prep

YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Limber: See Front Limber or Back Limber

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

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

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

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

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

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

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

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

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

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

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

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

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

Prep: See Extension Prep.

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

YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

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

Prone Position: A belly down, flat body position.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

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

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

Stunt Height Levels

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

Stunt Transition: See transitional stunt

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

Supine: Lying face upward

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

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

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

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

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

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

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

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

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

Top Person: See Flyer.

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

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

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

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

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

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

YOUTH CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

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

Twist Cradle(s): A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: 1/4 Twist, 1/2 Twist, 3/4 Twist, Single Twist/Full Down/Full Twist, 1 1/4 Twist, 1 1/2 Twist.

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

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

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

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

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

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

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

YOUTH DANCE CATEGORIES

CATEGORY is defined by the type of performance you select.

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

POM: (Time Limit: 2 min 30 sec) A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use of poms may negatively impact the panel judges overall impression and/or score of the routine.

- **POM:** The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.
- **JAZZ TECHNIQUE:** Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: (Time Limit: 2 min 30 sec) A Hip Hop routine is composed of 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 athleticism, footwork, jumps, stalls, etc. Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.

- **CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.
- **POPPING:** This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.
- **LOCKING:** This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.
- **BREAKING:** This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. ***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**
- **KRUMPING:** This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.
- **WAACKING:** This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.
- **TUTTING** - This style of dance combines body and arm movements that are based on geometrical angles and shapes.
- **URBAN:** This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

THEME DANCE: (Time Limit: 2 min 30 sec) The focus of this performance is audience entertainment. **With no spoken word by the athlete**, this routine develops a selected theme or era through music, costuming, dance choreography and/or props. This routine should encompass and express one predominate theme and/or era. A proper theme dance should incorporate creative and innovative movements and dance choreography that help shape the intended theme. Athletic and technical skills will be credited toward degree of difficulty. Costuming is required to reflect the routine's theme/era. Props are HIGHLY recommended and should be utilized throughout the routine to maximize score. 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.

YOUTH DANCE ROUTINE GUIDELINES

THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.

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

- (a) Time Limit: 2:30
- (b) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling or stunting while entering or exiting the floor is prohibited.
- (c) Timing will begin with the first organized word, movement or note of music following the team taking the floor. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!") Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
- (d) Timing will end with the last organized word, movement or note of music.
- (e) Theme dance participants may take no 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.
- (f) Only registered participants of a team are allowed on the performance surface (exception: See Theme Dance).
- (g) All participants with a hard cast (or full (medical) boot brace/walking boot) 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.
- (h) **Code of Conduct**
 - 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. 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.
 - 4. 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.
- (i) **Choreography, Music & Costuming**
 - 1. 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.
 - 2. Music is required throughout this performance. Choreographed artistic pauses are allowed.
 - 3. Soled dance shoes (jazz boots, dance sandals, jazz shoes) are acceptable when competing. Bare feet, wearing socks or footed tights only is prohibited.
 - 4. Costumes/Uniforms and make up should be age appropriate and suitable for family viewing. **All Costumes must be full coverage. Sheer material is not considered full coverage.** Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Jewels/rhinestones may not be adhered to the participant's body and/or face. Actions taken will be under the discretion of an event official.
- (j) **Props**
 - 1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
 - 2. Poms are required for at least half of the routine in the Pom category.
 - 3. Theme Props **ONLY**:
 - (i) Items that may damage the performance surface are prohibited.
 - (ii) Prop Size - Each prop section may be no larger than a standard room door (36" W x 80" H). Individual prop sections may be combined.
 - (iii) Any item(s) that bears the weight of the participant is considered a standing prop (examples: chairs, stools, benches, ladders, boxes, stairs, etc) and requires a soft covering over the feet or base of the standing prop (example: tennis balls, felt furniture pads).
 - 4. Mini-tramps, springboards, or the like are prohibited.

YOUTH DANCE GENERAL RULES

THE GENERAL SKILL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.

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

(a) Tumbling, Gymnastics & Tricks

- The following skills are the only gymnastic/tumbling skills permitted.

ALLOWED SKILLS:

Forward/Backward Rolls

Shoulder Rolls

Stalls

Handstands/Headstands

Cartwheels

Round Offs

Back Bends

Front/Back Walkover

Valdez

Kip Up/ Kick Up

Front/Back Handsprings

Headsprings

Windmills

Side Aerials

- Airborne skills are not allowed (exceptions: SIDE Aerials, Headsprings and handsprings are allowed).

- Tumbling while holding props is prohibited.

- ONLY the following Tumbling skills may be performed with poms: Forward and Backward Rolls, Shoulder rolls, and SIDE Aerials

- Athletes are permitted to tumble over another participants' appendages (foot, feet, hands, arms).

(b) Lifts & Partnering Skills

- The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.
- The supporting dancer must remain in constant contact with the elevated dancer when the skill is above the supporting dancer's waist.
- Hip over head rotation is allowed only if the elevated dancer's hips execute and complete the rotation at or below head level of the supporting dancer when the supporting dancer is standing upright on the performance surface. Supporting Dancer must maintain ultimate control over the hip over head elevated dancer.
- Jumping from or tossing one dancer to another dancer is prohibited.
- An elevated dancer may not be tossed to the performance surface by a supporting dancer.
- 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 shoulder level of the supporting dancer when the supporting dancer is standing upright on the performance surface.
- An elevated dancer's hips may go no higher than the supporting dancer's head in all dance lifts.

Please be aware that all rules in this packet are in addition to any specific Pop Warner rules.

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 10.0

Energy, showmanship, audience appeal, engaging performance, ownership of routine, confidence, and authentic emotion conveyed.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 9.0	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

Variety in style and movements, incorporation of creative and unique choreography,

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 9.0	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 12.0

Variety of formation changes, creative and seamless transitions, use of floor space with proper spacing, formations and transitions enhance overall visuals.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: VISUAL EFFECT - Max Score: 12.0

Incorporation of visual effects, variety of level changes, use of roll-offs, level changes and ground work to add to the visual appeal of the routine.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: SYNCHRONIZATION - Max Score: 12.0

Understanding and knowledge of proper timing and routine counts, uniformity, synchronization maintained throughout the entire routine.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: MOTION TECHNIQUE - PLACEMENT - Max Score: 12.0

Consistent execution of proper motion technique and placement.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: MOTION TECHNIQUE - SHARPNESS - Max Score: 12.0

Consistent execution of strong motion technique, placement and control.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

JAZZ: INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS - Max Score: 5.0

Variety of jazz skills/technique, solid combinations and team participation.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE
4.0 - 5.0	GREAT

JAZZ: EXECUTION OF JAZZ TECHNIQUE - Max Score: 5.0

Proper execution of jazz technique, body placement/extensions and appropriately-paced jazz skills.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE
4.0 - 5.0	GREAT

ROUTINE DEGREE OF DIFFICULTY - Max Score: 10.0

Level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Proper execution of technique and choreography. Age-appropriate routine difficulty level keeps audience engaged.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 9.0	GOOD
9.0 - 10.0	GREAT

SQUAD NAME: _____

DIVISION: (circle one) JTM TM MM JPW PW JV V B

SQUAD SIZE: (circle one) S M L

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		12	
Pom - Visual Effect		12	
Pom - Synchronization		12	
Pom - Motion Technique - Placement		12	
Pom - Motion Technique - Sharpness		12	
Jazz - Incorporation of Jazz Technique/Performance Skills		5	
Jazz - Execution of Jazz Technique		5	
Routine Degree of Difficulty		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Dance - Hip Hop



ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 5.0

Energy level, showmanship, routine flow, presentation, confidence, audience appeal.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE/GOOD
4.0 - 5.0	GREAT

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

Team uniformity, synchronization, timing, cleanliness and precision.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

Incorporation of creative choreography, unique personality, innovative style, diversity and variety.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0

Variety of formation changes, proper and consistent spacing throughout routine, use of floor space, and smooth transitions.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 5.0

Incorporation of visual effects, variety of level changes, roll-offs, group work, visually appealing, and entertaining.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE/GOOD
4.0 - 5.0	GREAT

CHOREOGRAPHY: DIFFICULTY - Max Score: 12.0

Consistent level of difficulty, intricate and innovative movements, athleticism, engaging and exciting performance.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: INTERPRETATION OF HIP HOP STYLES - Max Score: 12.0

Awareness and interpretation of hip hop styles, demonstrates total comprehension of all styles incorporated, clearly conveys each style.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: INCORPORATION OF HIP HOP STYLES - Max Score: 12.0

Variety in styles and movement, incorporation of diversity.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: EXECUTION OF HIP HOP STYLES - Max Score: 12.0

Proper execution of hip hop styles throughout performance, body control, intensity, rhythm, emotion and personality.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: MUSICALITY/RHYTHM/BODY ISOLATION - Max Score: 12.0

Demonstration of natural rhythm, musicality, intricate moves, body isolations, and routine fluidity.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT



DANCE - HIP-HOP



SQUAD NAME: _____

DIVISION: (circle one) JTM TM MM JPW PW JV V B

SQUAD SIZE: (circle one) S M L

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		5	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		5	
Choreography - Difficulty		12	
Hip Hop Fundamentals - Interpretation of Hip Hop Styles		12	
Hip Hop Fundamentals - Incorporation of Hip Hop Styles		12	
Hip Hop Fundamentals - Execution of Hip Hop Styles		12	
Hip Hop Fundamentals - Musicality/Rhythm/Body Isolation		12	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Dance - Theme



ROUTINE EXECUTION: OVERALL IMPRESSION - (Max Score: 10.0)

Energy, showmanship, engaging performance, audience appeal, consistent confidence, conveys authentic emotion from entire team.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

Proper timing, team synchronization, uniformity, clean and precise.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

Incorporation of creative choreography, personality, and diversity throughout the routine, variety of movements, and innovative style.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0

Variety of formations, use of floor space, tricky/creative transitions, proper spacing, and smooth transitions.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 10.0

Incorporation of visual effects, visually appealing choreography, variety of levels, roll-offs, group work. Engaging and entertaining for the audience.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

THEME COMPOSITION: MOVEMENTS - Max Score: 15.0

Incorporation of unique and creative choreography, sense of personality and expression complementing to theme. Entertaining and engaging for the audience.

8.5 - 8.9	MINIMAL/INCONSISTENT
9.0 - 9.9	FAIR
10.0 - 11.9	MODERATE
12.0 - 12.9	GOOD
13.0 - 15.0	GREAT

THEME COMPOSITION: COSTUMING AND PROPS - Max Score: 15.0

Incorporation and creative use of props, creative costuming that complement the intended theme.

8.5 - 8.9	MINIMAL/INCONSISTENT
9.0 - 9.9	FAIR
10.0 - 11.9	MODERATE
12.0 - 12.9	GOOD
13.0 - 15.0	GREAT

THEME COMPOSITION: MUSIC - Max Score: 15.0

Creative music that expresses and complements theme from start to finish, engaging and entertaining.

8.5 - 8.9	MINIMAL/INCONSISTENT
9.0 - 9.9	FAIR
10.0 - 11.9	MODERATE
12.0 - 12.9	GOOD
13.0 - 15.0	GREAT

ROUTINE EXECUTION: DEGREE OF DIFFICULTY - Max Score: 5.0

Level of routine difficulty includes innovative and tricky movements, challenging choreography with proper execution.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE
4.0 - 5.0	GREAT

SQUAD NAME: _____

DIVISION: (circle one) JTM TM MM JPW PW JV V B

SQUAD SIZE: (circle one) S M L

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		10	
Theme Composition - Movements		15	
Theme Composition - Costuming & Props		15	
Theme Composition - Music		15	
Routine Execution - Degree of Difficulty		5	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YOUTH DANCE PENALTY INFO

PROTECTING INTEGRITY AND PERFECTION OF ROUTINE EXECUTION.

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

RULES PENALTIES:

1.0 POINT deducted from your total possible score for each violation of any of the **YCADA Dance Routine Guidelines**.

1.0 POINT deducted from your total possible score for each violation of any of the **YCADA Dance General Rules**.

Please refer to the YCADA Dance Routine Guidelines & 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:

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

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

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

ADDITIONAL POP WARNER DEDUCTIONS:

Rules and violations of the Pop Warner Rule Book, which do not reside in the YCADA Rules & Scoring Packet would be subject to the deduction as listed in the Pop Warner Rules Book.

DANCE GLOSSARY

[GO TO VIDEO GLOSSARY](#)

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

Aerial: See Front Aerial/Side Aerial

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.

Calypso: A turning dance leap, originating from chainé turns, in which the working leg is swept and held straight, while the back leg is held in the attitude position.

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: See Lift

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

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.

DANCE GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

Headspring: A full rotation, acrobatic skill in which an athlete executes a flip from one's head on the ground while pushing off with their hands. The weight of the athlete is borne on the hands.

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.

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.

Lift/Partner Lift: A sequence of acrobatic movements in which a supporting dancer(s) lifts an elevated dancer and, in many cases, holds the elevated dancer off of the performance surface.

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.

Partner Lift: See Lift

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. **Poms are not considered props.**

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 à 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.

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

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).

DANCE GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

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.

Standing Prop: Any item(s) that bears the weight of the participant.

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.

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.

Trick: Dance skill that combines kicks with flips and twists from gymnastics, as well as, various dance moves and styles from breakdancing

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.

Whack Back – A vertical jump incorporating a backward rotating straddle jump or around the world jump as the performer lands on their hands at their sides and slightly behind their body.

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.