



AMERICAN CHEER POWER SCHOOL DIVISIONS

2016 - 2017



	NOVICE	INTERMEDIATE	ADVANCED	GAME TIME
HIGH SCHOOL DIVISIONS	SMALL NOVICE HS 5 - 15 Members 9th - 12th Grade Female/Male	SMALL INTERMEDIATE HS 5 - 15 Members 9th - 12th Grade Female	SMALL ADVANCED HS 5 - 15 Members 9th - 12th Grade Female	TIME OUT CHEER HS 5 - 30 Members 9th - 12th Grade Female/Male
	LARGE NOVICE HS 16 - 30 Members 9th - 12th Grade Female/Male	LARGE INTERMEDIATE HS 16 - 30 Members 9th - 12th Grade Female	LARGE ADVANCED HS 16 - 30 Members 9th - 12th Grade Female	FIGHT SONG HS 5 - 30 Members 9th - 12th Grade Female/Male
		COED INTERMEDIATE HS 5 - 30 Members 9th - 12th Grade Female/Male	COED ADVANCED HS 5 - 30 Members 9th - 12th Grade Female/Male	TIME OUT DANCE HS 5 - 30 Members 9th - 12th Grade Female/Male
		INTERMEDIATE HS OPEN 5 - 30 Members 12th Grade & Below* Female/Male	ADVANCED HS OPEN 5 - 30 Members 12th Grade and Below* Female/Male	
		NON-TUMBLING INTERMEDIATE HS <u>No Tumbling Allowed</u> 5 - 30 Members 9th - 12th Grade Female/Male	NON-TUMBLING ADVANCED HS <u>No Tumbling Allowed</u> 5 - 30 Members 9th - 12th Grade Female/Male	
				NON-BUILDING ADVANCED HS <u>No Building Allowed</u> 5 - 30 Members 9th - 12th Grade Female/Male
JV/FRESHMAN DIVISIONS	NOVICE JV/FRESHMAN 5 - 30 Members 9th - 11th Grade Female/Male	INTERMEDIATE JV/FRESHMAN 5 - 30 Members 9th - 11th Grade Female/Male		
JUNIOR HIGH / MIDDLE SCHOOL DIVISIONS	NOVICE JH/MS 5 - 30 Members 9th Grade and Below Female/Male	INTERMEDIATE JH/MS 5 - 30 Members 9th Grade and Below Female/Male	ADVANCED JH/MS 5 - 30 Members 9th Grade and Below Female/Male	TIME OUT CHEER JH/MS 5 - 30 Members 9th Grade and Below Female/Male
			NON-TUMBLING ADVANCED JH/MS <u>No Tumbling Allowed</u> 5 - 30 Members 9th Grade and Below Female/Male	FIGHT SONG JH/MS 5 - 30 Members 9th Grade and Below Female/Male
			NON-BUILDING ADVANCED JH/MS <u>No Building Allowed</u> 5 - 30 Members 9th Grade and Below Female/Male	TIME OUT DANCE JH/MS 5 - 30 Members 9th Grade and Below Female/Male
ELEMENTARY SCHOOL DIVISIONS	NOVICE ELEMENTARY 5 - 30 Members 6th Grade and Below Female/Male	INTERMEDIATE ELEMENTARY 5 - 30 Members 6th Grade and Below Female/Male		

ADDITIONAL GUIDELINES

- The Athlete's 2016 - 2017 School Grade will be the determining factor for age divisions.
 - American Cheer Power reserves the right to split, combine and/or omit any division listed based on enrollment prior to events.
 - JV/Freshman teams must officially represent their JV or Freshman teams at their School.
 - Teams comprised exclusively of 9th Graders must compete in the JV/Freshman or a High School Division.
 - Elementary Teams must represent an Elementary School and not a Junior High or Middle School.
- *Athlete's younger than 9th grade will be allowed to participate in the High School Open Division if they are enrolled in the School they are representing, are recognized as full time cheerleaders for that school and receive written permission from ACP prior to the competition



AMERICAN CHEER POWER SCHOOL DIVISIONS

2016 - 2017 RULES AND RESTRICTIONS



NOVICE SKILL RESTRICTIONS

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

TIME LIMIT: Max Time allowed is 2:30. Music may be used for the entire routine or just a portion of it.

STANDING TUMBLING: Standing Tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running Tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a 1/2 twist by the top person. **Exception:** Log Rolls/Barrel Rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing a single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during the transition and must land in a cradle. Inversions/Release Moves in pyramids are not allowed with the exception of the inversions/release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and 1/4 turns are allowed.

TOSSES: The only body position allowed is a straight ride. *Basket Tosses, Elevator/Sponge Tosses and/or Toe Pitch Tosses are prohibited in Elementary and Junior High/Middle School Divisions.

INTERMEDIATE SKILL RESTRICTIONS

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

TIME LIMIT: Max Time allowed is 2:30. Music may be used for entire routine or just a portion of it.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Back flips may ONLY be performed in tuck position and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. No twisting while airborne. **Exception:** Aerial cartwheels are allowed. No Tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel - back handspring(s) - tucks are not allowed.

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

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

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

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation. *Basket Tosses, Elevator/Sponge Tosses and/or Toe Pitch Tosses are prohibited in Elementary and Junior High/Middle School Divisions.

ADVANCED SKILL RESTRICTIONS

*Advanced teams will follow AACCA Safety Guidelines with no additional skill restrictions. *Basket Tosses, Elevator/Sponge Tosses and/or Toe Pitch Tosses are prohibited in Junior High/Middle School Divisions. Max Time Limit is 2:30. Music may be used for entire routine or just a portion of it.*

GAME TIME RULES AND RESTRICTIONS

TIME OUT CHEER

Showcase your best sideline crowd-leading material.

The use of sign, poms, flags and/or megaphones is encouraged.

- 1 minute time limit
- Emphasis on crowd involvement
- At least 2 components required from the following: cheers, chants, traditional yells and/or drum cadences
- No music permitted, drum cadence can be used (CD or Live Drummer)
- No baskets, sponge, elevator or similar type tosses permitted
- No inversions
- No twisting dismounts
- Single leg extended stunts are limited to liberties and liberty hitches
- No running tumbling
- Standing tumbling is limited to standing back handsprings and standing back tucks

FIGHT SONG

Perform your favorite school fight song.

- 1 minute time limit
- Up to three consecutive eight counts may be incorporated with stunts, tumbling and/or jumps - if repeated, incorporation must repeat as initially performed
- Same skill restrictions as listed in Time Out Cheer Rules and Restrictions

TIME OUT DANCE

Perform your favorite school Time-Out Dance

- 1 minute time limit
- Traditional sideline uniforms required
- Emphasis on crowd entertainment
- No stunts or tumbling permitted

Visit www.aacca.org for detailed 2016 - 2017 AACCA School Cheer Safety Rules/Guidelines