



AMERICAN CHEER POWER YOUTH LEAGUE DIVISIONS

2016 - 2017 RULES AND RESTRICTIONS



	NOVICE	INTERMEDIATE	ADVANCED
SENIOR	NOVICE SENIOR 5 - 36 Members 18 yrs and Younger Female/Male	INTERMEDIATE SENIOR 5 - 36 Members 18 yrs and Younger Female/Male	ADVANCED SENIOR 5 - 36 Members 18 yrs and Younger Female/Male
JUNIOR	NOVICE JUNIOR 5 - 36 Members 14 yrs and Younger Female/Male	INTERMEDIATE JUNIOR 5 - 36 Members 14 yrs and Younger Female/Male	
YOUTH	NOVICE YOUTH 5 - 36 Members 11 yrs and Younger Female/Male	INTERMEDIATE YOUTH 5 - 36 Members 11 yrs and Younger Female/Male	
MINI	NOVICE MINI 5 - 36 Members 8 yrs and Younger Female/Male		

ADDITIONAL AGE/DIVISION GUIDELINES

- The Athlete's Age as of August 31, 2016 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.

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 (full ups are not allowed). **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 Mini, Youth and Junior 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 Youth and Junior Divisions.

ADVANCED SKILL RESTRICTIONS

Advanced teams will follow AACCA Safety Guidelines with no additional skill restrictions. Max Time Limit is 2:30. Music may be used for entire routine or just a portion of it.

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