



2022 Southeast Region Hands-On Training Agenda



This training course is designed to teach you the basics of cheerleading/dance and is intended to be interactive and Hands-on. Participation is MANDATORY in order to receive certification.

(Times may vary)

8:00 – 8:30 am **REVIEW RISK MANAGEMENT / CODE OF CONDUCT AND COMMUNICATION**

(COACH SHOULD HAVE PRINTED AND REVIEWED PRIOR TO HANDS ON CLINIC).

8:30 – 8:45 **STRETCH AND WARM UP**

Coaches must be aware that proper stretching is key to avoiding athlete injuries and progression on skills. All coaches should be in appropriate attire and footwear.

8:45 – 9:15 **MOTIONS** – Teaching proper technique

Refer to YCADA Motions page

9:15 – 9:45 **JUMPS**

Refer to YCADA Jumps page

9:45 **EXPLAIN CHEER CATEGORIES:**

SHOW CHEER: Performance using music, cheer or any combination thereof. Music is required in this category (maximum of 2 min and 30 sec). Poms, megaphones, signs, and banners are allowed. Failure to perform required skills will result in a 0. Please refer to the remainder of the youth cheer section for complete details on Show Cheer routine requirements as well as the Pop Warner Rule Book. Difference between PW1 and Limited PW1.

SIDELINE PERFORMANCE CHEER: Cheer(s) of your choice (maximum of 1 min and 30 sec). 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 signs, poms, banners and crowd participation tools that a team would traditionally use on the sidelines at games. Audience participation, megaphones, signs, and banners, and poms are allowed and encouraged. Music or amplified sound is not allowed in this category. Failure to perform required skills will result in a 0. Please refer to the remainder of the youth cheer section for complete details on Sideline Performance Cheer routine requirements as well as the Pop Warner Rule Book. TINY MITE TEAMS ARE NOT ELIGIBLE TO PARTICIPATE IN SIDELINE PERFORMANCE CHEER (they may only perform one routine).

CORE CHEER: 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 and is 1 min and 45 sec in length. 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 youth cheer section for complete details on Sideline Performance Cheer

routine requirements as well as the Pop Warner Rule Book. Only allowed for Jr. Tiny Mite, Tiny Mite, Mitey Mite, Jr. Pee Wee and Pee Wee. Will not be subdivided into small, medium, and large.

10:00- 10:15 Break

10:15 LIMITED PW1 (JR TINY MITE AND TINY MITE ONLY)

1. STANDING AND RUNNING TUMBLING
2. STUNTS
3. DISMOUNTS
4. PYRAMIDS

10:45 PW1 (see YCADA handout) HANDS ON PARTICIPATION REQUIRED FOR CERTIFICATION

1. STANDING TUMBLING
2. RUNNING TUMBLING
3. STUNTS
4. INVERSIONS: not allowed
5. DISMOUNTS
6. TOSSES: Not allowed
7. RELEASE MOVES
8. PYRAMIDS

11:30 PW2 (see YCADA handout)

1. STANDING TUMBLING
2. RUNNING TUMBLING
3. STUNTS
4. INVERSIONS: not allowed
5. DISMOUNTS
6. TOSSES: Not allowed
7. RELEASE MOVES
8. PYRAMIDS

12:00 REVIEW PW3/PW4 AND DANCE CATEGORIES AS NEEDED

COMPLETE TEST / GIVE CERTIFICATE

MOTIONS ARE THE FUNDAMENTALS OF CHEER

Motions are an individuals' arm placements used in cheerleading and dance. There are fundamental motions that are the same no matter where you see cheerleading. These fundamentals have specific technique that is taught throughout the cheerleading world – meaning there is a right way and a wrong way to do these motions. You can use basic fundamental motions or more creative motion combinations when putting together cheers, chants, and routines. We will be discussing the following overall topics for motions:

- Proper Motion Technique
- Motion Progression
- Common Mistakes with Motions

MOTIONS - PROPER TECHNIQUE

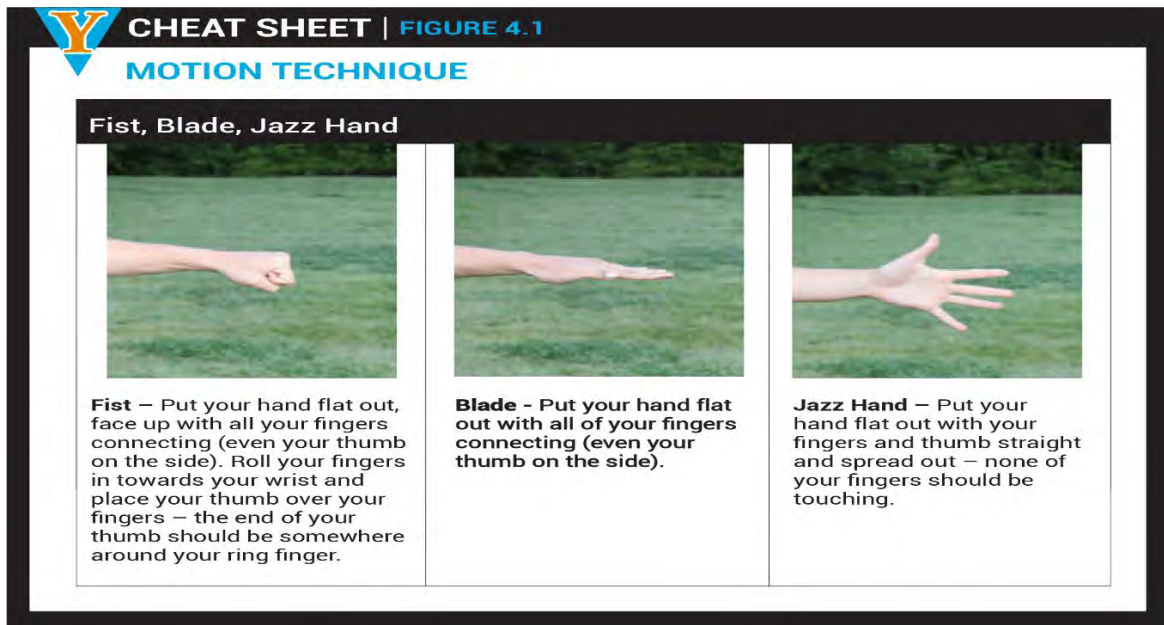
Let's review proper technique for hand placement, basic motion technique.

Before learning arm placement, a vital component to learning motions is the wrist/hand placement.

Although there is a wide variety of creative hand placements the three basic hand positions used are fists, blades, and jazz hands – with fists being the most common.

FIST VS. BLADE VS. JAZZ HAND

To better understand each hand placement, read below for descriptions on each.



When describing motions, you can refer to visuals that make the youngest team member remember. Go ahead and make a proper fist as described above. Now look at both sides of your fist. There is a side with the base of your thumb and a side where your pinky curls. These two shapes can be described as looking like a “jelly roll,” “spiral,” the letter “E,” etc., but we like to refer to them as “Cinnamon Rolls.” The pinky side is your “Little Cinnamon Roll” and the thumb side is your “Big Cinnamon Roll” (for obvious reasons). Knowing the difference between the two will come in handy when learning and teaching proper motions – because you will be using both sides.

For motion progression, it's very important to make sure your team has the fundamental motion building blocks mastered (High-V, Low-V, T, Inverted T). However, unlike other cheerleading skills your athletes won't hurt themselves trying new motions. When you feel your team has gotten body awareness and control down feel free to teach them new motions. After all, it will keep them excited and engaged when practicing motions and these will ultimately become YOUR tool as a coach when putting together choreography.

MOTION TECHNIQUE

Body Positions



Chant Stance

Hands on hips in fists with feet either together or shoulder-width apart.



Clap

Hands are together in blades right at or underneath the chin with elbows in.



Clasp

Hands are cupped together right at or underneath the chin with elbows in.

MOTIONS - COMMON MISTAKES

Below are some of the most common mistakes you will see when your team is performing motions.

- **Arms that are bent or not fully locked out**
- Example: when arms should be straight in High-V and they are not.
- **Wrists that are not in-line with the arm motion**
- also called "bent wrists," wrists are either bent down or bent up too far.
- **Arms too wide or too narrow** - This normally comes from how relaxed or tense the athlete's shoulders are.
- **Arms too in front or behind the body** - arms should be slightly in front of the cheerleader. To correct this, you can ask your cheerleaders to hit a high-v and make sure they can see their arms with both eyes at the same time while looking forward – through their peripheral vision.

Y FUN FACTS | FIGURE 4.2

HYPEREXTENDED JOINTS



Athletes with "hyper-extended" arms (where their arms bow out past the point of being straight) may have trouble getting motions looking 'perfect'.

When teaching these athletes motions, make sure you are aware of what you are asking them to do. Some coaches might say, "Straighten your arms" or "Lock out your arms," but if the athletes with hyper-extended arms lock their arms out completely they will not look uniform.

It's important to give these cheerleaders special instructions and to help them position their arms at the correct angle, so they get the body awareness they need.



BASIC MOTION TECHNIQUE

High-V Both arms up straight slightly in front of body, big cinnamon rolls face the front.	Low-V Both arms down straight slightly in front of body, big cinnamon rolls face the front.	T Both arms straight to each side slightly in front of body, big cinnamon rolls face the front.	Inverted T Both arms folded in towards chest from T position with little cinnamon rolls facing the front.	Cone Both arms up straight with hands clasping slightly in front of body.
Goal Post Both arms straight up close to ears slightly in front of body, little cinnamon rolls facing the front.	Left High V Left arm is in High V position. Right arm is in Chant Stance on hip.	Right High V Right arm is in High V position. Left arm is in Chant Stance on hip.	Left Low V Left arm is in Low V position. Right arm is in Chant Stance on hip.	Right Low V Right arm is in Low V position. Left arm is in Chant Stance on hip.
Left Punch Left arm is in Goal Post position. Right arm is in Chant Stance on hip.	Right Punch Right arm is in Goal Post position. Left arm is in Chant Stance on hip.	Left L Left arm is in T position. Right arm is in Goal Post position.	Right L Right arm is in T position. Left arm is in Goal Post position.	Left Diagonal Left arm is in High V position. Right arm is in Low V position.
Right Diagonal Right arm is in High V position. Left arm is in Low V position.	Buckets Both arms straight in front of body, hands in fists with big cinnamon rolls facing each other.	Candle Sticks Both arms straight in front of body, big cinnamon rolls facing up.		

JUMPS - PROPER TECHNIQUE

Jumps are individual skills where athletes use their own body power to hit airborne leg positions. They are also another fundamental skill of cheerleading.

There are four (4) main parts of a jump:


1. Approach
2. Lift
3. Execution
4. Landing.

Let's talk about these more in detail.

APPROACH


Before teaching what leg positions athletes can hit, it is important to teach the jump approach first (that way your athletes are better acquainted with their body awareness, control, timing and placement). We recommend the "Whip" approach – where arms give a whip motion to give the body more momentum. There are many different approaches that you can try with your team – there is not one "right" way to approach your jumps, just whatever works better for your team.

There are two different ways to execute the "Whip Approach."


 **CHEAT SHEET | FIGURE 4.5**

JUMP TECHNIQUE

The Whip Approach - Two Options



Whip Approach #1
Clasp 1, hold 2, High V 3, hold 4, Swing (arms cross in and around in front of body) 5, Execute jump position on 6, Land 7, hold 8, Clean 1 - Whip Approach #1 is performed by using counts of two (2) – meaning each move has an extra count in between for control. This approach is recommended for inexperienced jumpers and makes it easier for the whole team to hit on same count.



Whip Approach #2
Clasp 1, Cone 2, Swing (arms cross in and around in front of body) 3, Execute jump position on 4, Land 5, hold 6, Stand 7, hold 8, Clean 1. - Whip Approach #2 is performed by counts of one (1) – meaning each count has a move associated with it. This approach adds a creative motion element and is recommended for experienced jumpers because of the speed of the counts. This jump approach is more difficult to have the majority of your team hit on the same count because of the fast pace.

LIFT

With a quick arm swing and explosive jump off the ground, the lift will increase height and momentum giving the jumper more time in the air to execute the jump. Legs play a major part in the lift. Increasing vertical height and lift can be achieved with practice and by working major leg muscles (especially the calves). Timing is also a factor. Jumping quicker off the ground will help increase the lift. AVOID double bounces. The lift will be decreased if the jumper double bounces, over swings or drops the chest.

EXECUTION

The execution of a jump is the point at which the jump is fully extended to the desired position. The jumper should attempt to "snap" the executed position so the jump looks clean and dynamic. This is the most important part of the jump when it comes to technique. Make sure shoulders are down and arms are in the correct motion using proper technique. The jumper should be careful not to drop their chest as this decreases the height and changes the look of the jump. And last but not least... always, ALWAYS remember to point those toes!

Different type of jump positions that you can teach your team.

- Pencil Jump

- Tuck Jump
- X Jump (Spread Eagle)
- Toe Touch
- Side Hurdler
- Herkie
- Front Hurdler
- Pike
- Double Nine
- Double Toe Touch

LANDING

The landing is the final part of a jump, used to increase stability, uniformity and prevent injury. Feet should land together in toe, ball, heel order with both legs together and the jumper in a squatted position. For a more dynamic finish you can add a proper “Clean” or uniform motion after the jumper lands.

What is a “clean”? A clean is a simple, uniform motion that your whole team executes after a skill. You can get creative with your cleans but the most common clean is: hands in blades tight by sides with hands sliding up to hips and back down to legs on given count.

JUMPS - PROGRESSION

When thinking about jump progression it is important to remember the difficulty of the jump, the direction the jump is facing, and multiple combinations that show variety and continuity. When starting out (or with beginner jumpers), we suggest the following jumps to help your cheerleaders recognize their body control, height, and landing:

- Pencil Jump
- Spread Eagle Jump
- Tuck Jump

These jumps are all forward facing and do not require extreme flexibility or strength to execute. After practicing these beginning jumps, you can move on to the more advanced jump skills that require more athletic ability.

When creating a multiple jump sequence (where different jumps are performed with a clap/prep in between each), it is important to remember where the jumps are facing – it is more difficult to turn in between jumps than to stay in one direction.

When single jumps are mastered and you begin to combine them into multiple CONTINUOUS jump sequences (i.e. double jumps – where jumps are performed without prepping in between), difficulty of the jump as well as orientation are huge factors. Before turning athletes in different directions, make sure they understand the concept of a double jump and progress safely.

JUMPS - COMMON MISTAKES

Below are some of the most common mistakes you will see when your team is performing jumps.

- **Using improper technique or “cheating” technique to make jumps/ legs appear higher.** Often times this includes dropping chests downward, bending legs, etc. Make sure athletes are executing jumps with proper technique (even if they are low jumps, they will eventually get better and better with consistent practice).
- **Not swinging arms in a fluid motion** – By stopping the smooth motion of your arms you are ultimately stopping the momentum of your jump.
- **Hitting the wrong arm motion with jumps** – specific arm motions are put with jumps because it helps increase height of that specific jump or make the jump more fluid. (i.e. hitting a Low V in a Toe Touch would hurt jumpers momentum and height).
- **Landing incorrectly** – Landing with feet apart instead of together can increase chances of injury (and no coach wants that!). Make sure every member of your team is actively squeezing their ankles, knees, and thighs ALL together when landing jumps.



JUMP TECHNIQUE

**Pencil Jump**

This skill is used to "mark" a jump in a routine and perfect team timing. Using the whip approach, as the jumper leaves the ground the arms should hit a strong "T" motion keeping both legs together. This is the FIRST jump an athlete should try.

**Tuck Jump**

Legs must be together and tuck up to the chest (not behind to the seat). Toes should be pointed downward. Arms should be in a High V. **Common Mistake** - Knees downward and feet touching seat.

**Spread Eagle**

The body of the jumper hits an "X" or "Star" in the air. Knees and shoelaces face toward the crowd. Arms should be in a High V. **Common Mistake** - Bent Legs

**Toe Touch**

Hips and seat roll under to raise the legs. Shoelaces face upward (not forward). Keep chest lifted up and shoulders down. Arms should hit a "T" motion in fists slightly in front of the legs. This jump requires lots of flexibility and technique and will take some time to perfect. **Common Mistake** - Chest down and legs bent.

**Side Hurdler**

One leg mimicking the toe touch, the other has a bent knee facing to the side with the thigh up and pointed to the back (if possible). Bent leg should be level. Extended leg should be as high as the athlete can raise. Arms should be in a "T" motion. This jump is considered advanced because of the flexibility, control and body awareness needed. **Common Mistake** - Bent knee facing down

**Front Hurdler**

Body faces at a 45 degree angle (diagonally from front). One leg is straight one is bent. The bent knee faces toward the crowd as the thigh is lifted. The straight leg should be the one furthest away from the crowd and should be straight and lifted straight in front of the body. Arms hit a "Goal Post" position slightly in front of face. This jump is considered advanced because of the flexibility, control and body awareness needed. **Common Mistake** - Bent knee facing down and foot touching seat.

**Pike**

Body faces to the side. Legs are together, straight in front. Arms hit a "Goal Post" position reaching straight out in front (as if reaching for a wall). Legs and arms snap to meet in the middle. Chest should not reach down to meet legs, chest should have a stopping point and legs should come up to meet chest. This jump is considered advanced because of the flexibility, control and body awareness needed. **Common Mistake** - Dropping chest instead of raising legs.

PLANNING AHEAD -

List some jump combos you'd like your team to learn this year:

**Double Toe Touch**

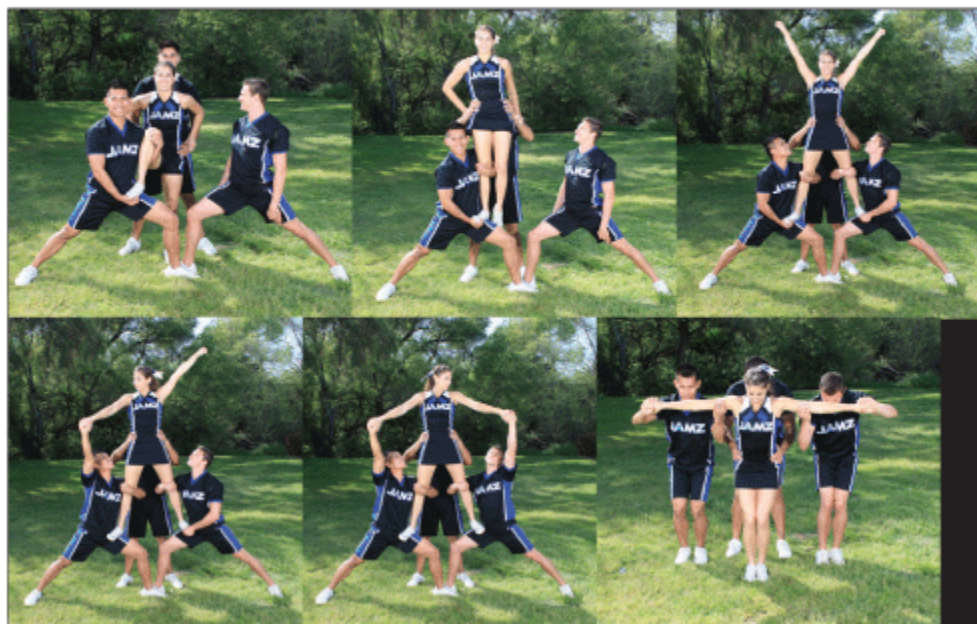
Perform a toe touch as described previously. On the way down, arms cross quickly in front of body in fluid motion as jumper lands toe, ball, heel. That bend and absorb is the prep/momentum to immediately jump for her second jump. Arms snap up strong and quickly to "T" motion again to gain height for the second Toe Touch. This jump is considered elite because of the flexibility, athleticism and endurance required to complete both jumps properly. Note: both jumps can be replaced with any other jump to create creative jump combos (i.e. Toe Touch to Side Hurdler, Double Side Hurdler, Front Hurdler to Pike) **Common Mistake** - Stopping in between jumps -stopping in between jumps will cause losing momentum.





CHEAT SHEET | FIGURE 4.10

Double Leg Thigh Stand

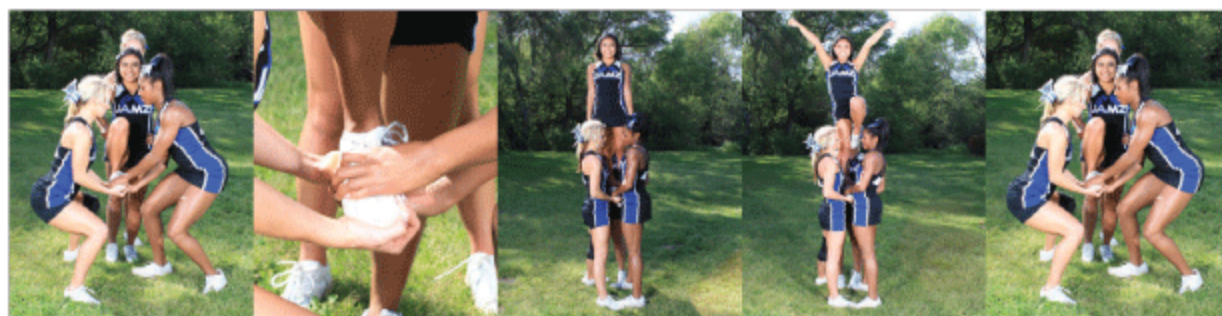


CHEAT SHEET | FIGURE 4.15

Single Leg - Thigh (Level) Stand



Single Leg - Waist Level Liberty



Extension Prep



Extension





Single Leg - Prep Level Liberty





Liberty



Torch



Arabesque



Heel Stretch



Scorpion



Scale



Bow N Arrow



Free Stretch



Cross Stretch





CHEAT SHEET | FIGURE 4.13

Shove Wrap Dismount



CHEAT SHEET | FIGURE 4.12

Step Off the Front Dismount



CHEAT SHEET | FIGURE 4.31

Straight Ride Tosses



Sponge Toss



Basket Toss



CODE OF CONDUCT



Expected Behavior from Coaches and Parents

1

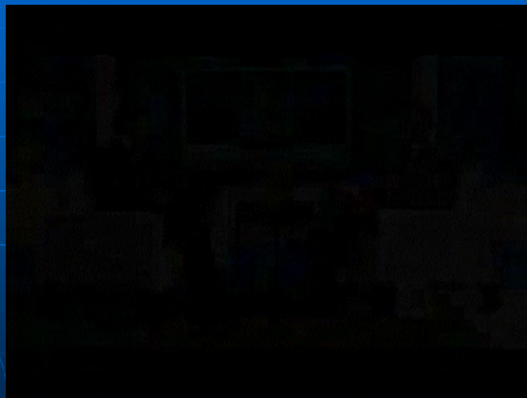
Examples of Misconduct

- The newspapers and TV are full of stories about youth coaches and parents ruining youth sports for the kids.



2

Examples of Poor Coach & Parent Conduct (video)



3

THE CONCERN

Pop Warner has been increasingly concerned about the numbers of incidents of parental violence and misbehavior of coaches.



As a member it is your responsibility to change this trend and harness the energy for a more positive result.

4

Another Example of Misconduct

(VIDEO)



5

Responsibility to Control Behavior

- As a Coach it is your responsibility to control your behavior and make sure your parents also know the Adult Code of Conduct
- Your League, as the governing body, will assist your Association in dealing with problem behaviors and disruptive individuals.



6



CHECKPOINT:

Potential Test Question

Young athletes are very observant and watch closely how coaches talk and behave towards which of the following?

- a) Game Officials
- b) Other coaches
- c) Opposing teams
- d) All of the above



7



CHECKPOINT:

Potential Test Question

Young athletes are very observant and watch closely how coaches talk and behave towards which of the following?

- a) Game Officials
- b) Other coaches
- c) Opposing teams
- d) **All of the above**



8

COACH/PARENTAL BEHAVIOR



- Your League, along with your Association, **MUST** have a zero tolerance for aggressive, disruptive, and disrespectful behavior.

9

PARENTAL BEHAVIOR

What do you do about parents who?:

- Uses Verbal Abuse
- Attempts to Intimidate
- Is Flagrantly Rude
- Cannot Control Their Language or Actions



Should This Individual
Be Removed From Pop Warner?

10

Adult Code of Conduct



11

Adult Code of Conduct

S1: ...all parents, guardians and other adults and attendees of Pop Warner events, ... must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.

12

Adult Code of Conduct

- Parents and fans may not:
 - Use alcohol, tobacco or nonprescription drugs and/or appears intoxicated
 - Be flagrantly rude
 - Attempt to intimidate
 - Be verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures
- Will be removed from a Pop Warner event!

13

Adult Code of Conduct

- **Multiple offenses:**
 - **Banned from any and all Pop Warner events for a period of one year from the date of the second offense**
 - **and their children may also be removed from the program(s) for that time period.**

14

COACH/PARENTAL BEHAVIOR

- Does a coach have the right to be belligerent?
- Does a winning coach have the right to be treated differently than a coach who does not have a good season?



15

OFFENSES w/ MANDATED PENALTIES

- Run-up Score
- Endangerment of Juveniles
- Teaching Prohibited Techniques
- Fighting/Cheating/Threatening/Gambling
- Lack of Cooperation/Obstruction
- Violation of Mandatory Play
- Falsification of Official Documentation

Other Actions Subject to Penalty:

- Use of Alcohol
- Illegal Practices
- Negative Attitude

16

Members Code of Conduct



17

Members Code of Conduct

- All Pop Warner volunteers and participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, the League, Region and/or National Pop Warner shall have the authority to impose a penalty including permanent removal from the program. MEMBERS SHALL:

18

Members Code of Conduct

- **S1: Not smoke and/or use smokeless tobacco on the field.**



19

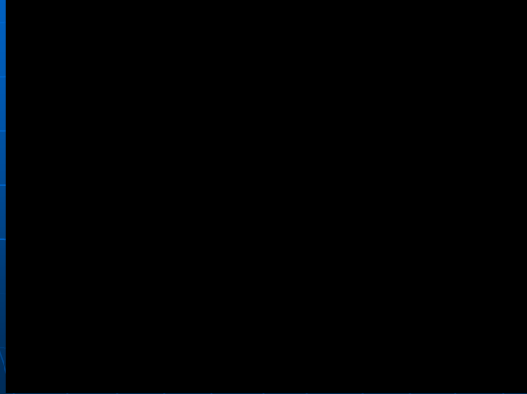
Members Code of Conduct

- **S2: Not criticize players/cheerleaders in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team/squad members if others might benefit.**
- **S3: Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.**



20

Examples of Poor Coach & Parent Conduct (VIDEO)



21

Members Code of Conduct

- S4: Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
- S5: Emphasize that good athletes strive to be good students and that both are physically and mentally alert.



22

Members Code of Conduct

- S6: Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.



23

Members Code of Conduct

- S7: Emphasize that winning is the result of good teamwork.
- S8: Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sideline.



24

Members Code of Conduct

- S9: Together with team officials, be jointly responsible for the conduct and control of team fans and spectators.

Any fan who becomes a nuisance and out of control will be asked to leave.



25

Members Code of Conduct

- Just like a mother Grizzly Bear, Pop Warner moms will protect their young.



- Coaches have to keep calm so the moms don't think the refs or other players are trying to hurt their babies.

26



CHECKPOINT:

Potential Test Question

Player criticism is acceptable if:

- a) The kid really needs it.
- b) You are trying your best to win the game.
- c) The kid keeps turning over the ball.
- d) It is constructive and in private.



27



CHECKPOINT:

Potential Test Question

Player criticism is acceptable if:

- a) The kid really needs it.
- b) You are trying your best to win the game.
- c) The kid keeps turning over the ball.
- d) **It is constructive and in private.**



28

Members Code of Conduct

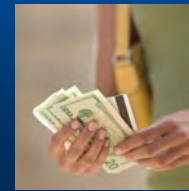
- S10: Not use abusive or profane language at any time.
- S11: Not “pile it on;” not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.



29

Members Code of Conduct

- S12: Not receive any payment, in cash or kind, for services as a coach in Pop Warner Football/ Cheerleading. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.



30

Members Code of Conduct

- S13: Not permit or encourage “sweating down” tactics in order for a player to make the team weight.
- Young kids should never be asked to lose weight unless they are under a doctor's care.
- Why get smaller to play Pop Warner when they just need to get bigger to play high school later on?
- Sweating down children can quickly cause heatstroke and DEATH!
- Coaches who violate this rule should be immediately suspended!

31

Members Code of Conduct

- S14: Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician.
- S15: Not permit an ineligible player to participate in a game.



32

Members Code of Conduct

- S16: Not deliberately incite unsportsmanlike conduct.
- S17: Not possess or drink alcoholic beverages and/or use illegal substance(s) on either the game or practice fields.



33

Members Code of Conduct

- S18: Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.



34

Members Code of Conduct

- S19: Uphold all rules and regulations, National, Regional & Local, regarding Pop Warner Football, Cheerleading, and Dance.



35

Members Code of Conduct

- S20: Refrain from engaging within or outside Pop Warner which in PWLS's sole and absolute discretion reflects negatively upon, or causes embarrassment to, the PW program.



36

COACHES ARE ROLE MODELS

- Lead by example.
- Make sure that you demonstrate respect for the game officials, your Association Officers, as well as Pop Warner Regional and National Staff.



37

LEAD BY EXAMPLE

- Coaches who constantly questions the calls of the game officials should not be surprised to find out that one of their players gets in trouble at home or at school for "back talk."



- Maybe they just want to be like their coach!

38

CHECKPOINT:

Potential Test Question

Whose responsibility is it to inform parents of the Code of Conduct?

- a) Pop Warner National Office
- b) The Coach
- c) The Team Mom/Dad
- d) President Biden



39

CHECKPOINT:

Potential Test Question

Whose responsibility is it to inform parents of the Code of Conduct?

- a) Pop Warner National Office
- b) **The Coach**
- c) The Team Mom/Dad
- d) President Biden



40

COACH-ATHLETE COMMUNICATION



Why Children Play Youth Sports

1

(Activity) Why Do We Coach: AUDIENCE PARTICIPATION



■ Why are you here?

■ What do you want to accomplish as a coach?

- Conference Championship
- Super Bowl & Trip to the Nat'l Championship
- Beat "So & So"
- Give back to the community
- Teach specific skills & strategies

2

AUDIENCE PARTICIPATION

WHY DO CHILDREN PLAY YOUTH SPORTS?

Including:

Cheerleading/Dance

&

Football



3

WHY CHILDREN PLAY SPORTS

SURVEY SAYS...

TOP 5 REASONS WHY YOUTH SAY THAT
THEY PLAY SPORTS



4

WHY CHILDREN PLAY SPORTS

SURVEY SAYS... TOP 5 REASONS WHY YOUTH SAY THAT THEY PLAY SPORTS

1. Have FUN!!!



5

WHY CHILDREN PLAY SPORTS

SURVEY SAYS... TOP 5 REASONS WHY YOUTH SAY THAT THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends



6

WHY CHILDREN PLAY SPORTS

SURVEY SAYS... TOP 5 REASONS WHY YOUTH SAY THAT THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends
3. Learn New Skills



7

WHY CHILDREN PLAY SPORTS

SURVEY SAYS... TOP 5 REASONS WHY YOUTH SAY THAT THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends
3. Learn New Skills
4. The Excitement of Competition



8

WHY CHILDREN PLAY SPORTS

SURVEY SAYS... TOP 5 REASONS WHY YOUTH SAY THAT THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends
3. Learn New Skills
4. The Excitement of Competition
5. **Get in Shape**



9

WHY DO WE COACH?

- **For the Kids?**
- **Which Kids?**
 - The ones we fathered or mothered?
 - The ones on our team?
 - The ones in our neighborhood?
- **What about the kids on other teams and in other neighborhoods?**



10

WHY KIDS STOP PLAYING SPORTS

Top 5 Reasons Why Youth Drop Out of Sports



1. Lost interest (boring.)
2. I was not having fun.
3. It took too much time.
4. Coach was a poor teacher (always hollering.)
5. Too much pressure (worrying about the coach getting mad.)

11



CHECKPOINT:

Potential Test Question

According to a survey of youth participants, which of the following is the main reason that athletes participate in Pop Warner?

- a) To become professional athlete
- b) To listen to coaches yell
- c) To have fun
- d) To get out of doing homework



12



CHECKPOINT:

Potential Test Question

According to a survey of youth participants, which of the following is the main reason that athletes participate in Pop Warner?

- a) To become professional athlete
- b) To listen to coaches yell
- c) **To have fun**
- d) To get out of doing homework



13

How to Keep Young Athletes Involved in Football & Cheerleading

1. **Emphasize Learning New Skills and Improving Existing Ones.**
2. **Have Fun.**
3. **Maintain a Safe Environment.**
4. **Challenge Athletes with Physical Exercises in a Creative Way.**
5. **Give participants a Sense of Belonging to a Team**



14

Benefits of Keeping Youth Involved in Team Sports

- Improves concentration
- Reduces stress & depression
- Boost self-confidence (self-esteem)
- Improves social skills
- Establishes leadership traits
- Encourage academic success
- Reduces risk of drug abuse,

15

Effective Communication

- Get to know your participants
- Communicate that you care
- Let them know that they matter to you
- Remember, communication includes both the words we use (verbal) and our body language and gestures (non-verbal)



16

Coach-Athlete Communication

Effective Communication

"ATHLETES DON'T CARE
WHAT YOU KNOW,
UNTIL THEY KNOW
THAT YOU CARE!"



17



CHECKPOINT:

Potential Test Question

Young people who play sports are less likely to smoke, drink, try drugs, or join gangs.

- a) True
- b) False



18



CHECKPOINT:


Potential Test Question

Young people who play sports are less likely to smoke, drink, try drugs, or join gangs.

- a) **True**
- b) False



19



**SOUTHEAST
REGION**
**POP
WARNER**
LITTLE SCHOLARS

**POP
WARNER**
LITTLE SCHOLARS


Football • Cheer & Dance • Scholastics
Florida - Georgia - Alabama - Mississippi

BASIC CHEER/DANCE COACHES EDUCATION PROGRAM

Risk Management

1

RISK MANAGEMENT DEFINITION



- Directing or controlling the interests and performance of your program by teaching, guiding, and inspiring others to provide a safe and healthy experience for its participants.

2

LAWSUITS IN YOUTH SPORTS


- Lawsuits are more and more common.
- How many newspaper stories have appeared lately regarding lawsuits and youth sports?



3

RISK MANAGEMENT

- The majority of litigation dealing with coaches involves negligence.
- Negligence: Defined as the failure to use reasonable and prudent care in a situation that may cause harm to someone or something.
- For example: teaching improper technique



4

5

COACHES ARE LIABLE

- Can a youth coach really be held liable for injuries to young athletes?
- In a court ruling in CA, their Supreme Court made it real clear that coaches can be held legally liable for injuries to young athletes.

http://usatoday30.usatoday.com/sports/2003-08-29-youth-sports-liability_x.htm

5

6

COACHES ARE LIABLE

Judge lets paralyzed player's claim against Pop Warner proceed

The coaches face a claim of gross negligence for allegedly teaching player to tackle with his head.

He is now a quadriplegic, with minimal use of his arms.

6

7

PROTECT YOURSELF

One key component of being a responsible coach is to learn the Pop Warner rules and the expectations set by your local board.

Coaches and administrators are responsible for all information contained in the National Rule Book and local publications.

Just knowing the rules and guidelines goes a long way toward avoiding litigation and being a responsible coach.

7

8

PROTECT YOURSELF

- All coaches MUST complete the Southeast Region Pop Warner trainings and USA Football Heads Up program
- Additional Training is also recommended
 - Youth football is constantly changing
 - There are always new things to learn



8



CHECKPOINT: POTENTIAL TEST QUESTION

The majority of litigation against youth coaches stems from:

- a) Coaches physically abusing players.
- b) Coaches not giving equitable playing time.
- c) Negligence.
- d) Coaches not providing adequate break time.



9



CHECKPOINT: POTENTIAL TEST QUESTION

The majority of litigation against youth coaches stems from:

c) Negligence.



10

TOP RESPONSIBILITIES OF A COACH

Responsibility 1 - Properly Plan Activities

Responsibility 2 - Provide Appropriate Supervision

Responsibility 3 – Provide a Safe Physical Environment

Responsibility 4 – Provide Adequate and Proper Equipment

11

TOP RESPONSIBILITIES OF A COACH

Responsibility 5 - Match Athletes Accordingly

Responsibility 6 - Warn of Inherent Dangers

Responsibility 7 -Provide Proper Instruction

Responsibility 8 -Evaluate for Injury and Incapacity

Responsibility 9 - Initiate Medical Response

12

PROPERLY PLAN ACTIVITY



Coaches are responsible to plan their practices.

Complete a Practice Plan Form for EACH practice.

- Identify the number of minutes for each activity and skill.

Each practice, evaluate and make comments on your Practice Plan Form.

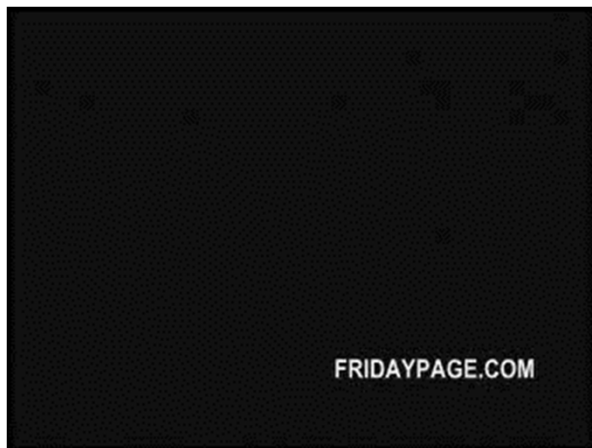
- Identifying any injuries or major concerns.

PROPERLY PLAN ACTIVITY

*We don't
plan to fail,
We fail to
plan.*



EVERY PLAN NEEDS A BACK-UP PLAN (VIDEO)



APPROPRIATE SUPERVISION

- Coaches must supervise specific drills and other components of the daily practice.
- Be sure to keep your eyes on the athletes at all times. Never leave an assistant coach or coach trainee in charge of an activity that they are not trained to supervise.
- Younger children need to be supervised more closely than older children.

APPROPRIATE SUPERVISION

- Coaches should avoid any situation where a single coach is alone with one or more minors (always have 2 or more coaches)
- Assistant Coaches, if the parents are late picking up their child:
 - Protect your head coach.
 - Volunteer to wait with him/her for the parents.



APPROPRIATE SUPERVISION

Here is a lawsuit against a coach, team, and league who did not follow the policy of "not being alone with a child."

Example from the headlines:

Soccer clubs, coaches sued over sexual abuse of girl

"The parents of a girl who was sexually abused by her soccer coach are suing the former coach, three local soccer clubs and three other coaches for negligence."

ARIZONA DAILY STAR



CHECKPOINT: POTENTIAL TEST QUESTION

Appropriate supervision includes:

- Supervising specific drills and other components of the daily practice.
- Not allowing an assistant coach or coach trainee to be in-charge of an activity that they are not trained to supervise.
- Avoiding any situation where a single coach is alone with one or more minors (always have 2 or more coaches present)
- All of the above .



CHECKPOINT: POTENTIAL TEST QUESTION

Appropriate supervision includes:

- All of the above .



PROVIDE SAFE PHYSICAL ENVIRONMENT

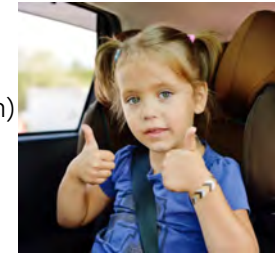
- BEFORE permitting your athletes to participate in practices or contests.
 - Inspect the field or facility
 - Look for pending dangers
 - Identify restricted areas
 - Make the area secure when appropriate.
 - Report any unsafe conditions

21

PROVIDE SAFE TRANSPORTATION

Safe Transportation of Participants:

- Drivers = Licensed Adult
- Vehicles should have seat belts
- Vehicles should be in proper working order (good/safe condition)
- **No open pick-up trucks**



22

PROVIDE ADEQUATE AND SAFE EQUIPMENT

- Inspected daily and maintained at all times.



Cheerleading Positions



23

MATCH ATHLETES APPROPRIATELY

- Participants should not be at a serious disadvantage during practices or competition.
- Match athletes by:
 - Skill & experience
 - Height & weight
 - Age & maturity
 - Injuries & mental state



24

WARN OF INHERENT RISKS

- Coaches must warn athletes of the risks of the skill, drill, or game.
- Participants should be encouraged to do drills properly and need to be informed of the risks if they use improper, dangerous and unethical techniques.



25

PROVIDE PROPER INSTRUCTION

- Employ the latest methods of proper instruction
- Use proper mechanics, sport strategies, and progression in skill development and conditioning
- Know how to implement them based on the readiness of the athlete to coordinate new levels of proficiency.

26

PROVIDE PROPER INSTRUCTION



- If an injury occurs while using improper instructional methods, negligence may be present.
- What is the number one law suit in youth sports?
 - NEGLIGENCE:
 - TEACHING IMPROPER TECHNIQUES
 - Inadequate Supervision

27

PROVIDE PROPER INSTRUCTION

- As a coach:
 - Improve your coaching skills
 - Take classes & go to clinics
 - Read books or watch videos
- Do not attempt to teach skills that YOU DO NOT know or understand.



28



CHECKPOINT: POTENTIAL TEST QUESTION

Most lawsuits against Youth Coaches result from:

- a) Violating the Mandatory Play Rule
- b) Having a losing season
- c) Coaches yelling at their athletes
- d) Coaches teaching improper technique/Negligence



29



CHECKPOINT: POTENTIAL TEST QUESTION

Most lawsuits against Youth Coaches result from:

- d) Coaches teaching improper technique/Negligence



30

EVALUATE FOR INJURY AND INCAPACITY³¹

- The severity of an injury or illness is not easily determined.
- Recovery time may be longer if proper care is delayed, and the athlete could experience increased or permanent damage.



31

EVALUATE FOR INJURY AND INCAPACITY³²

- If an injury has occurred, the coach must:
 - Assess the magnitude of the injury
 - Initiate appropriate care.
- When in doubt, sit them out!



32

INITIATE MEDICAL RESPONSE

- In Pop Warner, at least one coach certified in first aid and CPR or the P.R.E.P.A.R.E course by the National Center for Sport Safety must be present at ALL practices and competitions.



- If a first aid certified coach is not available, the practice or competition **cannot** take place.

INITIATE MEDICAL RESPONSE

When Providing Emergency Assistance.

1. Check the scene for safety.
2. Check the injured athlete.
 - Protect them from further harm.
 - Follow universal precautions when appropriate.
3. DO NOT MOVE THE ATHLETE.
4. Activate the "Emergency Action Plan" (Next Slide).
5. Care for the injured athlete until EMS Arrive.
6. Provide supervision to the non-injured athletes



INITIATE MEDICAL RESPONSE

The Emergency Action Plan

- Association Board should consult with their local EMT's when writing the plan.
- Share the plan with visiting teams.
 - Inform them of:
 - medical staff available
 - emergency numbers
 - directions to emergency medical facilities.

RETURN TO PLAY GUIDELINES

Pop Warner rules require:

1. Athletes who are removed from a game/performance because of injury may not re-enter without approval from attending medical personnel.
2. The absence of pain does not signify that the injury is not serious.

RETURN TO PLAY GUIDELINES

3. With pain, swelling, or redness, **DO NOT ASK THE ATHLETE TO TRY TO "WALK IT OFF."**

4. Do not let the athlete move at all with any suspected injury to the head, neck or back.

- Do not let others touch the athlete or roll him or her over.

- Call EMS immediately.



RETURN TO PLAY GUIDELINES

5. An athlete exhibiting any of the following signs needs immediate medical care:

- Deformity of limb.
- Any extreme localized pain.
- Joint pain.
- Altered level of consciousness, including drowsiness, disorientation, seizure, unconsciousness.
- Repeated vomiting or diarrhea.
- Unequal pupil size.
- Severe bleeding.
- Breathing difficulty or breathing irregularly.
- Fluid leaking from nose or ears.
- Any eye injury affecting vision.
- Chest pain.

RETURN TO PLAY GUIDELINES



6. If there are ANY symptoms or signs of a potential head or neck injury:

- Do not let the athlete return to play.

- When in doubt...

- **PLAY IT SAFE!**

RETURN TO PLAY GUIDELINES

7. Following a serious injury or illness, return to play should be guided by a physician's recommendation and release.



RETURN TO PLAY GUIDELINES

8. An athlete should be able to demonstrate a pain-free full range of motion in the injured areas before returning to play.
9. The Head Coach CANNOT decide "return to play" even if the injury is to his or her son or daughter!
10. The Head Coach should defer to an official licensed athletic trainer or other medical professional on site.
11. The medical official shall always have final authority and decide if the player is to be removed and when the athlete should return to play.

41

CONCUSSION GUIDELINES

If a participant is suspected of a concussion or a head injury that player must be removed from practice, game, or competition.

A concussion is considered to be an injury to the brain.



42

CONCUSSION GUIDELINES

If a participant is suspected of a concussion or a head injury that player must be removed from practice, game, or competition.

Participants removed due to a head injury or suspected concussion may **not** return to play until the participant has been:

- A. Evaluated by a currently licensed medical professional trained in the evaluation and management of concussions.
AND...
- B. Obtains **written clearance** to return to play from that licensed practitioner.

43



CHECKPOINT: POTENTIAL TEST QUESTION

What should a coach do when a concussion is suspected?

- a) Remove the athlete from play.
- b) Ensure athlete is evaluated right away by appropriate professional.
- c) Inform athlete's parents or guardian about possible concussion.
- d) Only allow athlete to return to play with permission from qualified health care professional.
- e) All of the above.



44



CHECKPOINT:

POTENTIAL TEST QUESTION

What should a coach do when a concussion is suspected?




e) All of the above.

45


INCLEMENT WEATHER

- Monitoring weather is the responsibility of:
 - The game official
 - Coaches
 - Association staff
 - League administrators
- Have procedures that you will follow if inclement weather becomes an issue.



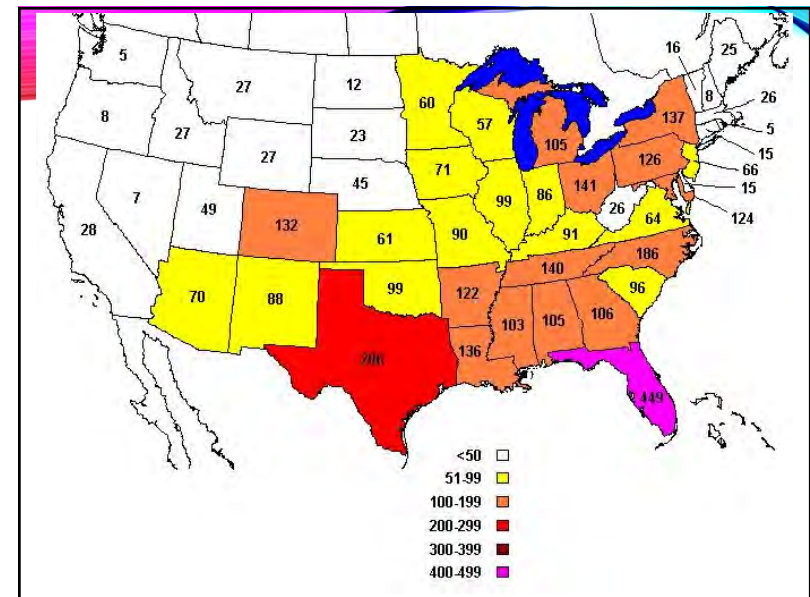
46

INCLEMENT WEATHER



- Lightning is the biggest weather concern in SE Pop Warner.
- In the U.S. 1000 people are hit by lightning each year.
 - One hundred of those are fatalities.
 - Most of them are in Florida.

47



48

LIGHTNING DEATHS IN FL⁴⁹

Deaths due to weather in Florida

- Lightning = 53.1%
- Drowning = 16.1%
- Tornadoes = 12.9%
- Hurricanes = 8.7%
- Wind = 4.2%
- Cold = 3.5%
- Others = 1.5%



49

THE EFFECTS OF LIGHTNING (VIDEO)⁵⁰



50

LIGHTNING SAFETY TIPS⁵¹

- Invest in a Lightning Detector
- Follow the 30/30 rule:
 - If the time between seeing the flash of lightning and hearing the thunder is less than 30 seconds, take shelter.
- **You are in a strike zone.**
- **Remain indoors or in a metal frame car for 30 minutes after the last flash of lightning.**

51

WARM WEATHER RULE⁵²



- "Hot Weather Conditions"
- The first official day of practice until Sept. 15th.
 - (In S. Fla. Hot weather conditions exist most of the season.)
- Remains in effect on any day that the official high daily temperature reaches or exceeds 90 degrees.

52

53

WARM WEATHER RULE

- Limit or Eliminate Laps
 - No Laps for Punishment
- Schedule Evening Practices
- Give Players Water Whenever Needed
 - (failure to do so is considered Child Endangerment)
 - & get you suspended from the program
- 15 Minute Break in the Middle of Practice
- Keep an Eye on Players for "Heat Related Illnesses"



53

54

HEAT RELATED ILLNESSES

Three stages of heat illness

- Heat Cramps
- Heat Exhaustion
- Heatstroke

→ If not treated = Death



54

55

HEAT RELATED ILLNESSES

Early stages of heat illness

- Profuse sweating
- Fatigue
- Thirst
- Muscle Cramps




55

56

HEAT RELATED ILLNESSES

Later symptoms of heat exhaustion:

- Headache
- Dizziness
- Weaknesses and light-headedness
- Cool, moist skin
- Nausea and vomiting
- Dark Urine



56

HEAT RELATED ILLNESSES

Symptoms of heatstroke:

- Fever (temperature above 104 degrees F)
- Irrational behavior
- Extreme confusion
- Dry, hot, and red skin
- Rapid, weak pulse
- Seizures
- Unconsciousness
- DEATH!



57

WRAP-UP CONCLUSION

- There are risk involved with youth cheer/dance
- Coaches have to manage those risk
- Learn the rules
- Use Common-Sense
- Know your 9 responsibilities as a coach
- DO THE RIGHT THING!

58



CHECKPOINT: POTENTIAL TEST QUESTION

Which is not considered
a Top Duty of a Coach?

- a) Properly Plan the Activity
- b) Initiate Medical Response
- c) Warn of Possible Dangers
- d) Match Athletes According to Age Only



59



CHECKPOINT: POTENTIAL TEST QUESTION

Which is not considered
a Top Duty of a Coach?

- d) Match Athletes According to Age Only



60

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 **1.5 point deduction**.

- (a) No jewelry (except medical/religious – taped down) or chewing gum will be allowed during performances. Jewels/rhinestones may not be adhered to the participant's body and/or face.
- (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. A deduction will be taken if the following occurs: 1) A participant loses a shoe and that lost shoe causes an execution error that directly endangers a participant 2) a base loses a shoe and stunts without a shoe on 3) a participant tumbles without a shoe on 4) a flyer flies without a shoe on. This deduction may only be taken once per team.
- (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) Formal entrances and exits are prohibited (i.e. crowd response chants or cheers, team huddles or stunts). 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, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniformed fashion to team's starting position is allowed. **Spirited entrances and exits are allowed but must not include tumbling or stunt skills.**
- (g) 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. Coaches may not delay the start of the routine in order to fix formations. 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).
- (h) All participants must be in contact with the performance surface at the start of the routine (exception: Flyers may start with both feet in bases' hands provided each of the bases have both hands in contact with the performance surface).
- (i) **Code of Conduct**
 - 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. Actions taken will be under the discretion of an event official.
 - 3. Tear away uniforms and/or removal of clothing is not allowed.
 - 4. Uniforms and make up should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Actions taken will be under the discretion of an event official.
 - 5. Items that may damage the performance surface are prohibited.
- (j) **Poms and Props**
 - 1. Props are limited to banners, flags, megaphones, and signs/light up signs.
 - 2. **All poms and props brought on the performing area must be used during the routine. Item must be off the mat to ensure it is not in the way of participants.**
 - 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 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once poms or props are no longer needed, **they must be safely discarded either within or outside of the performance area by an athlete who remains inside the performance area.**
 - 5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered **ILLEGAL**, performing a Cradle with poms would also be considered **ILLEGAL**.
 - 6. Once in a secure stunt, flyers may obtain and use poms/props/signs and then transition to another stunt that does not require the use of hand(s). Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer may then transition to an extension with poms in hand. Exceptions are not limited to this example.
 - 7. Bases/back spotters may not hold props in their hands if the hands are the primary support for the top person during stunting. Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
 - 8. Front spots may hand or be handed props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.

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 **1.5 point deduction**.

(k) Jumps

- Participants are permitted to jump over another participant on the performance surface **with or without contact**.
- Partner assisted jumps are allowed provided the supporting base controls the jump and maintains contact from start to finish. **These assisted jumps do not count toward jump difficulty.**
- Airborne skills that drop/transition directly to the performance surface and land in any of the following body positions are not allowed: supine (**face up**), prone position (i.e. push up), knee(s), or seated position. Prohibited skills include but are not limited to drops or Shushunovas directly to the positions listed above.

(l) Tumbling

- All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
- Spotted, assisted, or connected tumbling is prohibited. **Athletes must complete rotation/inversion independently with no assistance from another athlete.**
- Partner tumbling is prohibited.
- Participants may **ONLY** perform a Handstand that is in contact with individuals on the ground as choreography, provided the inverted participant initiates the handstand independently without contact from another athlete, until the participant is inverted.
- Tumbling oriented load-ins to stunts, dismounts, and transitions (such as Cartwheels, Round Offs, and Walkovers) are permitted and are not considered tumbling, but part of the stunt choreography, provided the following conditions are met:**
 - Must follow inversion rules
 - When transitioning to a load-in for a stunt/stunt transition, the flyer must complete the tumbling skill (athlete no longer inverted and has at least 1 foot in contact with the performance surface) prior to the bases grabbing the flyer's foot/feet/legs.
 - 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.
- 3/4 flips and 1 1/4 flips are prohibited.
- Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.**

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

- Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget **with or without contact to the Nugget**.)
- Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the performance surface.
- Single leg extended stunts (i.e. Liberty, Stretch) must never brace, connect or touch another flyer in any other type of extended stunt. (Please see the definition of an extended stunt for further detail).**
- In all dismounts, catching base(s) **MUST** physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
- (Levels 2, 3 & 4) Superman transitions cannot invert at any point, may not intentionally travel and may only originate from prep level or below stunts or the load in position.
- Pendulum transitions must start from prep level or below and return to an upright stunt/load-in/ground position.**
- Stunts transitions must never be released to the prone position (face-down/stomach).**
- 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).**
- Superman transitions may not be braced to any other stunt/transition.**
- May not cradle from any stunt in which the base(s) have a knee on the ground.**
- Release moves may not involve changing bases.
- In pyramids involving release moves that require a bracer for legality (**ball ups, braced flips, etc.**), contact between the flyer and the original bracer(s) must be maintained throughout the entire release move transition until the flyer makes contact with the original bases.
- In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire stunt/transition.**
- All downward inversions are **ILLEGAL** unless an exception is stated in the Level Rules Grid for that level. Example: Flyer in a ground level Handstand with contact on the performance surface is lifted upwards by the stunt group, temporarily losing contact with the performance surface, then returning their hands to the performance surface (i.e. double bounce) prior to executing the sponge/load-in = **ILLEGAL**.
- All inversions require 2 bases **and** 1 spotter. The spotter is responsible for protecting the head, neck and shoulder area of the flyer.
- Inversion skills where the flyer transitions from the inversion directly over the back spot to the load in position or directly from the inversion to a shoulder sit on the back spot, requires an additional spotter.

(n) Tosses (Levels 2-4)

- May never intentionally travel.**
- 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.
- Must never become inverted at any point during the toss.

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 **1.5 point deduction**.

(o) Types of Required Spotters

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

Continuous Back Spotter

2. Not required for Knee Stands, Thigh Stands, Shoulder Sits, Double-Based Non-Extended V-Sits, and Below Prep Level Stunts (exception: Required for single based stunts in which the flyer performs a Rebound entry).
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. **(Level 1 ONLY)** All Extended V-Sits and **Swedish Falls** require an additional spotter who is not connected to the stunt.
5. Required for all stunts, release moves and tosses prep level and above (exceptions: may transition from/to back spot of a group-based stunt to **Shoulder Sit, Flatbacks with at least 3 bases, vertical/horizontal T-Lifts**).
6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases).

Continuous Back Spotter

7. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer in prep level and below stunts.
8. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt).
9. (Levels 2-4) During 1/2 twist transitions from prep level **or below** to a cradle position, the flyer and at least one base or back spotter must maintain contact throughout the transition and an additional spotter is required at the **head and shoulders** of the flyer to catch the Cradle.
10. Must be positioned directly behind or to the side of the flyer when the flyer is facing the backspot and stops in or power presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep 180 to Extension Prep would require an additional spotter during the Reverse Extension Prep).
11. One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.

Spotter for Single Based Stunts

12. 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's shoes (exception: may place one hand under the foot with other hand on the ankle at prep level and below provided the spotter is positioned to the side of the flyer and they do not cradle).
13. **May not change roles between being a base and a continuous spotter.**
14. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

(p) Bases

1. Must be in direct contact with the performance surface.
2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
3. Two required (must remain stationary) plus two additional catchers (must remain stationary) 1 on each side of a Pendulum or stunt that moves away from the vertical axis (i.e. Shooting Star, Shoot Outs, etc.). Example: 2 bases under the feet of the flyer, 2 catchers one on each side of Pendulum. Pendulums falling in one direction (front or back) require a total of 6 participants. Pendulums falling in two directions (front and back) require 7 participants.
4. Two 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).
5. Two bases required in all Split Stunts.

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.

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

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 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>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:</p> <ul style="list-style-type: none"> • Front/Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Ground Up Bridges (provided the performer returns to the ground/laying position) <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • 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	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level and below (exception: Extended V-Sits are prohibited) • 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 • Stunts MAY NOT move/turn during any portion of the stunt sequence. This includes during a Sponge/load-in or once the stunt is complete. <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Transitional stunts that involve changing bases • Front/Back/Side Tension Rolls • Single based Split Stunts • Swing Up Stunts • Tumbling into a load in stunt • Show and Go Stunts • Extended V-Sits.
INVERSIONS	<p>ALL INVERSIONS ARE PROHIBITED</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Shove Wrap • Step Off the Front/Back • Bump Down <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • All Cradles
RELEASE MOVES	<p>ALL RELEASE MOVES ARE PROHIBITED</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 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 - By MAJORITY of Team - Max Score: 15.0

0.0	Zero skills performed
12.0 - 12.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
12.5 - 12.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
13.0 - 13.9	GOOD - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
14.0 - 15.0	EXCELLENT - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 15.0

0.0	Zero skills performed
12.0 - 12.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
12.5 - 12.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
13.0 - 13.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
14.0 - 15.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 15.0

0.0	Zero skills performed
12.0 - 12.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
12.5 - 12.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
13.0 - 13.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
14.0 - 15.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 16.0

0.0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes
13.5 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes

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

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

JUMPS DIFFICULTY - Max Score: 10.0

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Consecutive connected 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.

0.0	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

STUNTS DIFFICULTY - Max Score: 15.0

0.0 - 0.0	Zero skills performed.
10.0 - 10.9	Below prep level two leg stunts by LESS THAN majority of team.
11.0 - 11.9	Below prep level two leg stunts by MAJORITY of team.
12.0 - 12.9	Must perform at least ONE of the following: • Below Prep Level two leg stunts by majority of team • Below Knee Level single leg stunts
13.0 - 15.0	Must perform <u>BOTH</u> of the following: • 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.

DISMOUNTS DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed.
3.0 - 3.9	Must perform at least <u>ONE</u> of the following by LESS THAN majority of team: • Step Offs • Bump Downs • Shove Wraps • Pop Off
4.0 - 5.0	Must perform at least <u>ONE</u> of the following by MAJORITY of team: • Step Offs • Bump Downs • Shove Wraps • Pop Offs

TUMBLING DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed.
1.0 - 1.9	Must perform at least <u>ONE</u> of the following by LESS THAN 1/4 of team: • Forward Rolls • Backward Rolls • Handstands
2.0 - 2.9	Must perform at least <u>ONE</u> of the following by AT LEAST 1/4 of team: • Forward Rolls • Backward Rolls • Handstands
3.0 - 3.9	Must perform at least ONE of the following by AT LEAST 1/4 of team: • Cartwheels • Ground Up Bridges
4.0 - 5.0	Round Offs by at least 1/4 of team

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 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>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:</p> <ul style="list-style-type: none"> • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes <p>Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level or below • Single leg stunts below prep level • Bases may move/turn while in a load in position, during a ¼ transition, and/or once the building of a stunt is completed (exception: Bases may move during a traveling Double-Based T-Lift that does not exceed a 1/4 twist). • 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 (limited to ¼ rotation by the flyer and/or bases combined) • Non-release single based stunts (provided they follow group stunt allowances) <p>Prohibited Skills (include but are not limited to): Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, Superman transitions, Front/Back/Side Tension Rolls, Single based Split Stunts, Swing Dance & Swing Up Stunts</p>
INVERSIONS	<p>ALL INVERSIONS ARE PROHIBITED</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Step Off the Front/Back • Shove Wrap • Bump Down • Prep Level Pop Offs are limited to 1/4 Turn • Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only (exception: single based stunts may not cradle). <p>Prohibited Skills (include but are not limited to): Cradles from extended stunts, single trick non twisting Cradles, Cradles to different bases & Fireman Catches</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position. <p>Prohibited Skills (include but are not limited to): Barrel Rolls, Helicopters, & single based tossed stunts</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills:</p> <p>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> • 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. Contact must be made to the required bracer(s) PRIOR to the flyer passing above prep level. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. • 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, below prep level stunt, or a participant on the ground that is not involved in the prep level single leg stunt. • Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side provided they are braced on both sides (clarification: the hand/arm contact must be made to the required bracer(s) PRIOR to executing the single leg stunt at prep level. Contact must be maintained until the upward motion of a dismount, Retake/Sponge, or stunt returns to a prep level two leg or below stunt). • Moving/walking pyramids <p>Prohibited Skills (include but are not limited to): Extended single leg pyramids, extended two leg stunts that brace any other extended two leg stunts.</p>

YCADA Show Cheer Level 1



CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 9.0

0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 16.0

0.0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes
13.5 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes

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

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

JUMPS DIFFICULTY - Max Score: 10.0

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine

Consecutive connected 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.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	Must perform at least <u>ONE</u> of the following: • 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	Must perform at least <u>ONE</u> of the following: • 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

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

0.0	Zero skills performed
10.0 - 10.9	Knee level two leg stunts
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt • Below prep level single leg stunt (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged)
13.0 - 15.0	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s) Arabesque, Scorpion, Scale - multiple variations encouraged)- • 1/4 twist mount to below prep level single leg • 1/4 twist mount to prep level two leg stunt • Single based waist level single leg stunt

YCADA Show Cheer Level 1



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

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

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

A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).

0.0	Zero skills performed
10.0 - 10.9	Below prep level two leg stunts braced on both or one side
11.0 - 11.9	Below prep level single leg stunts braced on both or one side
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Prep level two leg stunts • Prep level single leg stunts braced on both sides
13.0 - 15.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members. Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> • Prep level single leg stunts braced on only one side • Extended two leg stunts braced on both or one side • 1/4 turn stunt transitions to prep level and above stunts braced on only one side

DISMOUNTS DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
1.0 - 1.9	Must perform at least <u>ONE</u> of the following by LESS THAN majority of team: <ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs
2.0 - 2.9	Must perform at least <u>ONE</u> of the following by MAJORITY of team: <ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs
3.0 - 3.9	Straight Ride Cradles by majority of team
4.0 - 5.0	1/4 Turn Cradles by majority of team

TUMBLING DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
0.5 - 0.9	Must perform at least <u>ONE</u> of the following by LESS THAN 1/4 of team: <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
1.0 - 1.9	Must perform at least <u>ONE</u> of the following by AT LEAST 1/4 of team: <ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
2.0 - 2.9	Cartwheels
3.0 - 3.9	Round Offs
4.0 - 5.0	Must perform at least ONE of the following by AT LEAST 1/4 of team: <ul style="list-style-type: none"> • Front/Back Walkovers • Valdezes • Back Limbers to Back Walkovers

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 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Single Front/Back Handspring Single Back Handspring Step Out <p>Prohibited Skills (include but are not limited to): Front/Back Handspring series, Dive Rolls, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Two leg extended stunts. Single leg stunts at prep level or below. At least one base/continuous spotter must maintain contact with the flyer during transitions. Stepping Stone transitions provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition. Twisting during transitions is limited to a 1/2 twist by the flyer and/or bases <ul style="list-style-type: none"> * During 1/2 twist transitions from stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle). * Stunt transitions from a upright stunt to a prone catch may not twist. * 1/2 twist transitions from a below prep level prone position to a cradle position do not require a spotter at the head/shoulders provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. * 1/2 twist transition from cradle to prone position do not require a spotter at the head/shoulders provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. <p>Prohibited Skills (include but are not limited to): Leap Frogs, Single based Split Stunts, Swing Up Stunts, and twisting Superman transitions.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Inversions as an entry to a non-inverted upright load in/stunt below prep level to group based Stunts (2 bases, 1 back spotter) provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. During transition from the inversion, at least 2 bases/spotter must have contact with the flyer with one at the head/shoulders. <p>Prohibited Skills (include but are not limited to): Forward Suspended Rolls & inversions to prep level and above.</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> 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. Single based stunts MUST be caught in a group cradle. <p>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, Fireman Catches, and single based dismounts.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Single full twisting Barrel Rolls with a spotter at the head/neck of flyer that start and end in a Cradle position with no other trick during the skill 1/2 twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Flyer limited to a Straight Body position only. <p>Prohibited Skills (include but are not limited to): Toe Touch, Ball-X, Pike Arch, or twisting tosses.</p>
PYRAMIDS	<p>Allowable Skills:</p> <p>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Flyers must maintain contact with at least one base at all times and may not lose contact with bracing prep level stunts during transitions. Flyer in a 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, or an individual on the ground. 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 both sides by a prep level or below stunt, with hand/arm contact only, (2) flyer does not intentionally travel during the release move, (3) does not twist. <p>Prohibited Skills (include but are not limited to): Full release braced Switch Ups, Ball Ups, and Tic Tocs, connected Superman stunts and single leg stunts braced by hand/foot connection only.</p>

YCADA Show Cheer Level 2



CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 9.0

0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes.
7.5 - 7.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes.
8.0 - 8.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes.
9.0 - 10.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes.

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

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

JUMPS DIFFICULTY - Max Score: 10.0

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Consecutive connected 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.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	Must perform at least ONE of the following: • 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	Must perform at least ONE of the following: • 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

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

0.0 - 0.0	Zero skills performed
9.0 - 9.9	Knee level two leg stunts
10.0 - 10.9	Must perform at least <u>ONE</u> of the following: • Thigh level two leg stunts • Single twisting Barrel Rolls • Shoulder Sits • Superman transitions • Swedish Falls
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged)
12.0 - 12.9	Must perform at least ONE of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mounts to prep level single leg stunts • 1/4 twist mounts to extended two leg stunts
13.0 - 15.0	Must perform at least <u>ONE</u> of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) AND extended two leg stunt • 1/2 twist mounts to prep level two leg stunts • Ground level inversions to load-in/sponge/below prep level stunt • 1/2 twist mounts to prep level single leg stunts • 1/2 twist mounts to extended level two leg stunts

YCADA Show Cheer Level 2



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

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

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

A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).

0.0 - 0.0	Zero skills performed
10.0 - 10.9	Below prep level stunts braced on both or one side
11.0 - 11.9	Prep level two leg stunts braced on both or one side
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> Extended two leg stunts braced on both or one side Prep level single leg stunts braced on both or one side
13.0 - 15.0	<ul style="list-style-type: none"> 1/2 twist pyramid transition to prep level two leg stunt Braced release move to cradle braced on both sides. Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt <p>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.</p>

DISMOUNTS DIFFICULTY - Max Score: 5.0

0.0 - 0.0	Zero skills performed
1.0 - 1.9	Must perform <u>ONE</u> of the following: • Bump Down • Shove Wrap • Pop Off
2.0 - 2.9	Straight Ride Cradles by majority of team
3.0 - 3.9	1/4 Turn Cradles from prep level two leg stunt by majority of team
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> 1/4 Turn Cradles from prep level single leg OR extended two leg stunt by majority of team Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) by majority of team

TUMBLING DIFFICULTY - Max Score: 5.0

0.0 - 0.0	Zero skills performed.
0.1 - 0.4	Must perform at least <u>ONE</u> of the following by LESS THAN 1/4 of team: • Forward/Backward Rolls • Handstands
0.5 - 0.9	Must perform at least <u>ONE</u> of the following by AT LEAST 1/4 of the team: • Forward/Backward Rolls • Handstands
1.0 - 1.9	Cartwheels by 1/4 of team
2.0 - 2.9	Round Offs by 1/4 of team
3.0 - 3.9	Front/Back Walkovers by 1/4 of team
4.0 - 5.0	Must perform at least <u>ONE</u> of the following by AT LEAST 1/4 of the team: <ul style="list-style-type: none"> Single Front/Back Handspring Advanced Jumps to Single Back Handspring Front Walkover through to Single Back handspring

TOSSES DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
3.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN 1/4 of team
4.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority but MORE THAN 1/4 of team
5.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by MAJORITY of team

YCADA Show Cheer Level 2 (Mitey Mite ONLY)



CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 9.0

0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 16.0

0.0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes
13.5 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes

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

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

JUMPS DIFFICULTY - Max Score: 10.0

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Consecutive connected 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.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	Must perform at least ONE of the following: • 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	Must perform at least ONE of the following: • 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

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

0.0 - 0.0	Zero skills performed
9.0 - 9.9	Knee level two leg stunts
10.0 - 10.9	Must perform at least <u>ONE</u> of the following: • Thigh level two leg stunts • Single twisting Barrel Rolls • Shoulder Sits • Superman transitions • Swedish Falls
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged)
12.0 - 12.9	Must perform at least ONE of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mounts to prep level single leg stunts • 1/4 twist mounts to extended two leg stunts
13.0 - 15.0	Must perform at least <u>ONE</u> of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) AND extended two leg stunt • 1/2 twist mounts to prep level two leg stunts • Ground level inversions to load-in/sponge/below prep level stunt • 1/2 twist mounts to prep level single leg stunts • 1/2 twist mounts to extended level two leg stunts

YCADA Show Cheer Level 2 (Mitey Mite ONLY)



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

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

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

A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).

0.0 - 0.0	Zero skills performed
10.0 - 10.9	Below prep level stunts braced on both or one side
11.0 - 11.9	Prep level two leg stunts braced on both or one side
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> Extended two leg stunts braced on both or one side Prep level single leg stunts braced on both or one side
13.0 - 15.0	<ul style="list-style-type: none"> 1/2 twist pyramid transition to prep level two leg stunt Braced release move to cradle braced on both sides. Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt <p>This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.</p>

DISMOUNTS DIFFICULTY - Max Score: 5.0

0.0 - 0.0	Zero skills performed
1.0 - 1.9	Must perform <u>ONE</u> of the following: • Bump Down • Shove Wrap • Pop Off
2.0 - 2.9	Straight Ride Cradles by majority of team
3.0 - 3.9	1/4 Turn Cradles from prep level two leg stunt by majority of team
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> 1/4 Turn Cradles from prep level single leg OR extended two leg stunt by majority of team Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) by majority of team

TUMBLING DIFFICULTY - Max Score: 5.0

0.0 - 0.0	Zero skills performed.
0.1 - 0.4	Must perform at least <u>ONE</u> of the following by LESS THAN 1/4 of team: • Forward/Backward Rolls • Handstands
0.5 - 0.9	Must perform at least <u>ONE</u> of the following by AT LEAST 1/4 of the team: • Forward/Backward Rolls • Handstands
1.0 - 1.9	Cartwheels by 1/4 of team
2.0 - 2.9	Round Offs by 1/4 of team
3.0 - 3.9	Front/Back Walkovers by 1/4 of team
4.0 - 5.0	Must perform at least <u>ONE</u> of the following by AT LEAST 1/4 of the team: <ul style="list-style-type: none"> Single Front/Back Handspring Advanced Jumps to Single Back Handspring Front Walkover through to Single Back handspring

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 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Series Handsprings Dive Rolls (provided they are not in a Swan or Laid Out position). RUNNING TUMBLING Flips only in the following specified body positions with the following restrictions: <ol style="list-style-type: none"> 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). <p>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.</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Single leg extended stunts. Transition stunts where at least one base/spotter maintains contact with the flyer. Transition stunts where the flyer moves to new bases Swing up Stunts provided the following: they begin below prep level, the flyer is face up and does not become inverted, two bases have contact with the flyer, and a spotter is in place. Twisting during the load in/stunt transition is limited to 1 full twist and can only occur to/from prep level or from prep to prep level. Superman transitions are limited to 1/2 twist. <p>Prohibited Skills (include but are not limited to): One full twist to extended level & Forward Flipping Leap Frogs.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Inversions as an entry to a non-inverted upright/prep level stunt provided: <ol style="list-style-type: none"> The inversion occurs at ground level and the inverted participant is in contact with the performance surface During the transition from the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Inversion exits to Back Walkover from a cradle position. Non-twisting Forward Suspended Rolls provided: <ol style="list-style-type: none"> 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). <p>Prohibited Skills (include but are not limited to): An inversion exit from a prone position (Front Walkover or Forward Roll)</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> 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. <p>Prohibited Skills (include but are not limited to): Dismounts to different bases</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> 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. Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Full release Helicopters and dismounts that land in prone position. Bases may not free toss a flyer to all new bases.</p>
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Flyer limited to single trick, non-twisting toss skills <p>Prohibited Skills (include but are not limited to): Full Twist tosses</p>
PYRAMIDS	<p>Allowable Skills:</p> <p>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Braced release moves to an upright body position provided: <ol style="list-style-type: none"> The flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only 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. Braced release moves to a cradle provided: <ol style="list-style-type: none"> The flyer is continuously braced on one side by a prep level or below stunt, with hand/arm contact only Flyer does not intentionally travel during the release move Does not twist. <p>Prohibited Skills (include but are not limited to): Ball back release moves, release moves that travel over the legs and/or core of the bracer's body, braced front/back flips, and connected Superman stunts.</p>

YCADA Show Cheer Level 3



CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 9.0

0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes.
7.5 - 7.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes.
8.0 - 8.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes.
9.0 - 10.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes.

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

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

JUMPS DIFFICULTY - Max Score: 10.0

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Consecutive connected 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.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> 2 synchronized non-consecutive advanced jumps by majority of team
8.0	Must perform at least <u>ONE</u> of the following: <ul style="list-style-type: none"> 2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	Must perform at least ONE of the following by majority of team: <ul style="list-style-type: none"> 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



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

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

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

0.0 - 0.0	Zero skills performed
8.0-8.9	Must perform at least <u>ONE</u> of the following: • Knee level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls • Non-twisting Superman transitions
9.0 - 9.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversions to load-in/Sponge
10.0 - 10.9	Must perform at least <u>ONE</u> of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mounts to prep level stunts • 1/4 twist mounts to extended level stunts
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Two leg extended stunts • 1/2 twist mounts to prep level stunts
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Extended Liberties • Ground level inversions directly to below prep level stunts • Cradle Back Walkover Outs • 1/2 twist Superman transitions • 1/2 twist mounts to two leg extended stunts • Forward Suspended Rolls
13.0 - 15.0	Must perform at least <u>ONE</u> of the following: • Extended single leg stunt(s) (i.e. Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Free standing release moves that land at prep level • Full twist mounts to prep level stunts • Ground level inversions directly to prep level stunts • 1/2 twist mounts to extended single leg stunts

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

A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).

0.0 - 0.0	Zero skills performed
8.0-8.9	Below prep level stunts braced on both or one side
9.0-9.9	Prep level stunts braced on both or one side
10.0-10.9	Extended two leg stunts braced on both or one side
11.0-11.9	Extended single leg stunts braced on both or one side
12.0-12.9	Release moves braced on both or one side that land in prep level or below stunts or land in load-in/sponge position
13.0 - 15.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 7 or less members Must perform at least <u>ONE</u> of the following: • Braced release moves to a cradle braced on one side • Braced release moves to an upright body position braced on both or one side that land at the extended level • 1/2 twist release moves braced on both sides that land in prep level or above stunts

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

0.0 - 0.0	Zero skills performed
0.5-0.9	Must perform at least <u>ONE</u> of the following: • Bump Downs • Shove Wraps • Pop Offs
1.0-1.9	Must perform at least <u>ONE</u> of the following: • Straight Ride Cradles from prep level or below stunts • 1/4 Turn Cradles from prep level or below stunts • Non-twisting Alternate Cradle (i.e. Toe Touch, Kick, Ball, Pike etc.)
2.0-2.9	Must perform at least <u>ONE</u> of the following: • Straight Ride Cradles from extended stunts • 1/4 Turn Cradles from extended stunts
3.0-3.9	Single twist cradles from prep level two leg stunts
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Two trick non-twisting cradles from Extension Prep

TUMBLING DIFFICULTY - By 1/4 of Team - Max Score: 5.0

0.0 - 0.0	Zero skills performed
0.5-0.9	Must perform at least <u>ONE</u> of the following: • Forward/Backward Rolls • Handstands
1.0 - 1.9	Must perform at least <u>ONE</u> of the following: • Cartwheels • Round Offs
2.0 - 2.9	Must perform at least <u>ONE</u> of the following: • Front Walkovers • Back Walkovers
3.0 - 3.9	Single non-consecutive Front/Back Handsprings
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: • Front Walkovers through to single Back Handspring • Round Off Back Tucks • Advanced Jumps continuously to Back Handspring Series • Running Front Tuck • Consecutive Handsprings Series • Round off Back Handspring Back Tuck • Side Aerials

TOSSES DIFFICULTY - Max Score: 5.0

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

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 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Flips are allowed in any body position provided: <ol style="list-style-type: none"> 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) Dive Rolls provided they are not in a Swan or Laid Out position. <p>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</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> 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 <p>Prohibited Skills (include but are not limited to): Double Ups</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Inversions as an entry to a transition up to an upright extended level position, provided: <ol style="list-style-type: none"> The inversion occurs at ground level 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. Downward inversions as an exit from a group Cradle or a waist level prone position provided: <ol style="list-style-type: none"> At least 2 of the original bases/back spotter assist the inversion The flyer has both hands in contact with the performance surface prior to the inversion being executed <ul style="list-style-type: none"> * Back Walkover out of a group Cradle * Forward Roll/Front Walkover from waist level prone position Forward Flipping Leap Frogs provided: <ol style="list-style-type: none"> The back spotter/post and flyer maintain hand/hand contact throughout the transition The inversion is in continuous motion from original bases to a NEW set of STATIONARY catchers (2 catchers minimum) who must be in place prior to the dip of the transition) The transition starts at or below prep level and is caught in a double based cradle The skill does not twist or travel 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). <p>Prohibited Skills (include but are not limited to): Skills where the flyer moves from a stunt to an inverted position.</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> 1 1/4 Twist Cradles Non-twisting two trick cradles only from an Extension or prep level stunts Two Trick cradles that include a twist provided: 1) They originate from prep level stunts 2) Incorporates no more than 1 full 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). <p>Prohibited Skills (include but are not limited to): Cradles that land in a prone position, and all 2 twist cradle dismounts.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Freestanding release moves provided: <ol style="list-style-type: none"> 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. Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Twisting full release Helicopters</p>
TOSSES	<p>Allowable Skills:</p> <p>Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations</p> <ul style="list-style-type: none"> Kick Full Basket Toss <p>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.</p>
PYRAMIDS	<p>Allowable Skills:</p> <p>Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:</p> <ul style="list-style-type: none"> During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced between two Extension Preps. A FLYER may pass through an inverted position during a pyramid transition provided: <ol style="list-style-type: none"> The flyer remains in contact with a base(s) that is in direct weight bearing contact with the performance surface A spotter is placed both in front AND back of the flyer for inversions transitioning to extended level <ul style="list-style-type: none"> (Example: Braced Roll) Braced front and back flips provided: <ol style="list-style-type: none"> The released flyer maintains hand/arm contact with two bracers in an Extension Prep 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 <p>Prohibited Skills (include but are not limited to): Twisting front/back braced flips</p>

YCADA Show Cheer Level 4



CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd

DANCE - By MAJORITY of Team - Max Score: 9.0

0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes, footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork

MOTIONS - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes.
7.5 - 7.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes.
8.0 - 8.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes.
9.0 - 10.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes.

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

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

JUMPS DIFFICULTY - Max Score: 10.0

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Consecutive connected 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.

0.0	Zero skills performed
6.0	Must perform at least <u>ONE</u> of the following: • Basic jump(s) • 1 advanced jump • 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	Must perform at least <u>ONE</u> of the following: • 2 synchronized non-consecutive advanced jumps by majority of team
8.0	Must perform at least <u>ONE</u> of the following: • 2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	Must perform at least ONE of the following by majority of team: • 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



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

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

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

0.0 - 0.0	Zero skills performed
8.0 - 8.9	Must perform at least <u>ONE</u> of the following: • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged)
9.0 - 9.9	Must perform <u>ONE</u> of the following: • Prep level two leg stunts • Inversion Exits • Ground level inversions to below prep level
10.0 - 10.9	Must perform at least <u>ONE</u> of the following: • 1/4 twist mounts to prep level stunts • 1/4 twist mounts to extended level stunts • 1/2 twist Superman transitions
11.0 - 11.9	Must perform at least <u>ONE</u> of the following: • Extended two leg stunts • Forward Suspended Rolls • 1/2 twist mounts/transitions to prep/extended level stunts • Inversion to prep Level 2 leg stunts
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Extended single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Full twist stunts/transitions to prep level stunts • Forward Flipping Leap Frogs • Full twist Superman transitions • Inversion to prep level 1 leg stunts
13.0-15.0	Must perform at least <u>ONE</u> of the following: • Full twist stunts/transitions to extended level stunt • 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.)

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

A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).

0.0 - 0.0	Zero skills performed
8.0 - 8.9	Pyramids involving prep level stunts or lower
9.0 - 9.9	Pyramids involving extended two leg stunts
10.0 - 10.9	Pyramids involving extended single leg stunts braced on both sides
11.0 - 11.9	Pyramids involving extended single leg stunts braced on only one side
12.0 - 12.9	Must perform at least <u>ONE</u> of the following: • Pyramids involving Tic-Tocs braced on BOTH sides • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Prep • Braced Roll to cradle position
13.0 - 15.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members. Must perform at least <u>ONE</u> of the following: • Non-released Full Twist to Extended Level • Release moves braced on ONE side to cradle • Twisting release moves greater than half twist • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Extension • Braced Flips braced on BOTH Sides

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

0.0 - 0.0	Zero skills performed
0.5 - 0.9	Must perform at least <u>ONE</u> of the following: • Bump Downs • Shove Wraps • Pop Offs
1.0 - 1.9	Must perform at least <u>ONE</u> of the following: • Straight Ride cradles • 1/4 turn cradles
2.0 - 2.9	Alternate non twisting cradles (i.e. Toe Touch, Pike Arch)
3.0 - 3.9	Single twist cradles from prep level single leg stunts or extended double leg stunts
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: • Non-twisting two trick cradles from Extension Prep • Single twisting cradles from extended single leg stunts • Two Trick Cradles that include a Single Twist from Prep Level

TUMBLING DIFFICULTY - By 1/4 of Team - Max Score: 5.0

0.0 - 0.0	Zero skills performed
0.5 - 0.9	Forward/Backward Rolls, Handstands, Cartwheel or Round Off
1.0 - 1.4	Front/back Walkovers
1.5 - 1.9	Single non-consecutive Front/Back Handsprings
2.0 - 2.9	Must perform at least <u>ONE</u> of the following: • Front walkover through to single Back Handspring • Consecutive Handspring Series • Jump continuously to Back Handspring
3.0 - 3.9	Must perform at least <u>ONE</u> of the following: • Running Tucks/Flips • Standing Handspring Back Tuck • Side Aerial • Jump continuously to Back Handspring Series
4.0 - 5.0	Must perform at least <u>ONE</u> of the following: • Full Twist Flips • Layout • X-Out • Pike • Standing Tuck • Front Aerial • Jump Continuously to Back Handspring Back Tuck • Jump Continuously to Back Tuck

TOSSES DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
1.0	Straight Ride tosses by less than majority of team
2.0	Straight Ride tosses by majority of team
3.0	Single trick non-twisting tosses by majority of team (examples: kick, pike, tuck, toe touch)
4.0	Non-twisting two trick toss by majority of team (examples: Pike-Star, Pretty Flyer-Kick)
5.0	Must perform at least <u>ONE</u> of the following by majority of team: • Single twisting toss • Two trick toss that includes a single twist (example: Kick Full)

SIDELINE PERFORMANCE 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 2.5 point deduction per occurrence.**

STANDING & RUNNING TUMBLING	<p>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:</p> <ul style="list-style-type: none"> • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes <p>Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Double leg stunts at prep level or below. • Single leg stunts below prep level in the Liberty body position ONLY. • Twisting during load in/stunt transition is limited to ¼ rotation. <p>Prohibited Skills (include but are not limited to): Extended stunts, prep level and above single leg stunts, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, single based Split Stunts, Show and Go Stunts that travel while building, below prep single leg stunts in any other body position (Heel Stretch, Arabesque, Scorpion, Scale)</p>
INVERSIONS	<p>ALL INVERSIONS ARE PROHIBITED</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 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. <p>Prohibited Skills (include but are not limited to): 1/4 turn cradles</p>
RELEASE MOVES	<p>ALL RELEASE MOVES ARE PROHIBITED</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed below prep level.</i></p> <p>Prohibited Skills (include but are not limited to): Extended 2 leg stunts, prep level single leg stunts, connected stunts/pyramids prep level and above.</p>

YCADA Sideline Performance Cheer Level 1



CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero Skills Performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation

PERFORMANCE - By MAJORITY of Team - Max Score: 10.0

0.0	Zero Skills Performed
7.0 - 7.4	MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal, execution of routine
7.5 - 7.9	MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal, execution of routine
8.0 - 8.9	GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal, execution of routine
9.0 - 10.0	EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal, execution of routine

CROWD EFFECTIVE MATERIAL/LEADING SKILLS - By MAJORITY of Team - Max Score: 12.0

0.0	Zero Skills Performed
9.0 - 9.4	MINIMAL/INCONSISTENT - eye contact, encouragement of crowd involvement. Cheer is difficult to follow
9.5 - 9.9	MODERATE - voice projection/inflection, eye contact, encouragement of crowd involvement, flow/tempo of cheer. Cheer is somewhat difficult to follow
10.0 - 10.9	GOOD - voice projection/inflection, eye contact, encouragement of crowd involvement, flow/tempo of cheer. Cheer is easy to follow
11.0 - 12.0	EXCELLENT - voice projection/inflection, eye contact, encouragement of crowd involvement, flow/tempo of cheer. Cheer is very easy to follow

SPACING/FORMATIONS/SYNCHRONIZATION - By MAJORITY of Team - Max Score: 10.0

0.0	Zero Skills Performed
7.0 - 7.4	MINIMAL/INCONSISTENT - formations, spacing, synchronization, cleanliness and uniformity
7.5 - 7.9	MODERATE - formations, spacing, synchronization, cleanliness and uniformity
8.0 - 8.9	GOOD - formations, spacing, synchronization, cleanliness and uniformity
9.0 - 10.0	EXCELLENT - formations, spacing, synchronization, cleanliness and uniformity

USE OF SIGNS/POMS/FLAGS/MEGAPHONES - By MAJORITY of Team - Max Score: 10.0

0.0	Zero Skills Performed
7.0 - 7.4	MINIMAL/INCONSISTENT - incorporation of, proper technique/etiquette, addition to words/cheer to encourage crowd response
7.5 - 7.9	MODERATE - incorporation of, proper technique/etiquette, addition to words/cheer to encourage crowd response
8.0 - 8.9	GOOD - incorporation of, proper technique/etiquette, addition to words/cheer to encourage crowd response
9.0 - 10.0	EXCELLENT - incorporation of, proper technique/etiquette, addition to words/cheer to encourage crowd response

VOICE/PACE - By MAJORITY of Team - Max Score: 10.0

0.0	Zero Skills Performed.
7.0 - 7.4	MINIMAL/INCONSISTENT - voice projection/inflection, voice control, flow/tempo of cheer/routine
7.5 - 7.9	MODERATE - voice projection/inflection, voice control, flow/tempo of cheer/routine
8.0 - 8.9	GOOD - voice projection/inflection, voice control, flow/tempo of cheer/routine
9.0 - 10.0	EXCELLENT - voice projection/inflection, voice control, flow/tempo of cheer/routine

MOTIONS - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes
7.5 - 7.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes
8.0 - 8.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes
9.0 - 10.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes

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

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

JUMPS DIFFICULTY - Max Score: 10.0

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine

Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump

Consecutive connected 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.

0.0	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

YCADA Sideline Performance Cheer Level 1



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

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

STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0.0	Zero skills performed
6.0 - 6.9	Knee level two leg stunt
7.0 - 7.9	• Thigh level two leg stunt
8.0 - 8.9	Must perform at least ONE of the following: • Waist level two leg stunt • Shoulder Sit
9.0 - 10.0	• Prep level two leg stunt

TUMBLING DIFFICULTY - Max Score: 5.0

0.0	Zero skills performed
0.5 - 0.9	Must perform at least <u>ONE</u> of the following: • Forward/Backward Rolls by LESS THAN 1/4 of team • Handstands by LESS THAN 1/4 of team
1.0 - 1.9	Must perform at least <u>ONE</u> of the following: • Forward Rolls, Backward Rolls • Handstands by at least 1/4 of team
2.0 - 2.9	Cartwheels by at least 1/4 of team
3.0 - 3.9	Round Offs by at least 1/4 of team
4.0 - 5.0	Must perform at least ONE of the following: • Front/Back Walkovers by at least 1/4 of team • Valdez by at least 1/4 of team • Back Limber to Back Walkover by at least 1/4 of team

- GRID 2 OF 2 -

YCADA Core Cheer Level 1 (Tiny Mite, Mighty 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

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of energy, audience appeal, showmanship, confidence, or emotion.
6.5 - 6.9	FAIR - Little energy and showmanship. Routine lacks confidence and audience appeal. Emotion is not properly conveyed or does not feel authentic.
7.0 - 7.9	MODERATE - Moderate energy and showmanship. Basic audience appeal. Confidence and emotion are inconsistent throughout performance.
8.0 - 8.9	GOOD - Good energy and showmanship, audience appeal and consistent confidence from majority. Emotion is present in majority of dancers.
9.0 - 10.0	GREAT - Great energy and showmanship, engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Emotion is authentically conveyed from entire team.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no variety in style. Choreography is without personality and creative movements.
6.5 - 6.9	FAIR - Lacks variety. Movements are repetitive and fall short of creativity.
7.0 - 7.9	MODERATE - Standard incorporation of creative choreography. Average variety displayed throughout routine
8.0 - 8.9	GOOD - Good variety in styles and movements. Choreography displays creativity.
9.0 - 10.0	GREAT - Great incorporation of variety, interpretation and variety in movements. Routine is creative and unique.

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

7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing
8.0 - 8.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are sometimes chaotic and lack in variety.
9.0 - 9.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
10.0 - 10.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth with some creativity displayed.
11.0 - 12.0	GREAT - Creative and seamless transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations. Formations and transitions enhance overall visuals.

POM: VISUAL EFFECT - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Complete lack in visual appeal. No incorporation of level changes, ground work, roll-offs etc.
8.0 - 8.9	FAIR - Few level changes, ground work and roll-offs. Routine lacks visual appeal.
9.0 - 9.9	MODERATE - Standard incorporation of visual effects. Moderate use of roll-offs, level changes and/or ground work.
10.0 - 10.9	GOOD - Good incorporation of visual movements throughout majority of routine. Level changes, ground work and/or roll-offs add to the visual appeal of routine
11.0 - 12.0	GREAT - Great visual effects and variety of level changes incorporated. Creative incorporation of ground work and/or roll-offs. Routine is visually appealing throughout performance.

POM: SYNCHRONIZATION - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Entire performance lacks proper timing and knowledge of routine synchronization
8.0 - 8.9	FAIR - Lacks knowledge of routine timing. Synchronization is off throughout majority of performance and makes it difficult to visually understand routine movements.
9.0 - 9.9	MODERATE - Average timing displayed throughout routine. Standard synchronization maintained. Areas of routine lack team uniformity and knowledge of proper counts.
10.0 - 10.9	GOOD - Good understanding and knowledge of proper timing and routine counts. Proper synchronization maintained throughout majority of routine. Minor timing errors.
11.0 - 12.0	GREAT - Great synchronization and timing. Uniformity and timing maintained throughout entire routine.

POM: MOTION TECHNIQUE - PLACEMENT - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Lacks complete knowledge of proper motion placement and technique
8.0 - 8.9	FAIR - Motions lack proper placement. Motions and movements not clear throughout routine
9.0 - 9.9	MODERATE - Average understanding of proper motion placement. Standard knowledge of placement maintained periodically throughout routine but inconsistent at times.
10.0 - 10.9	GOOD - Good motion technique. Majority of routine executed with proper placement of motions.
11.0 - 12.0	GREAT - Great motion technique. Movements and motions are executed with proper placement throughout entire routine

POM: MOTION TECHNIQUE - SHARPNESS - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Motions are executed without strength and proper technique. Slow paced, drawn out lengthy sections are executed throughout entire routine
8.0 - 8.9	FAIR - Motions do not maintain proper strength and technique. Lacking sharpness and control throughout majority of routine.
9.0 - 9.9	MODERATE - Basic technique performed at a moderate pace. Areas of routine lacking in motion strength
10.0 - 10.9	GOOD - Good technique and control. Sharp motions performed at a good pace. Majority of motion sequences include strength
11.0 - 12.0	GREAT - Great motion technique and placement. Strong sharp motions are consistently being executed throughout entire routine.

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

2.5 - 2.9	MINIMAL/INCONSISTENT - Little to no incorporation of skills. Minimal team participation in jazz technique throughout routine. Little to no variety in jazz skill
3.0 - 3.9	MODERATE - Moderate jazz skills/technique incorporated within routine. Jazz skills lack variety. Minimal team participation.
4.0 - 5.0	GREAT - Great incorporation of technique. Routine includes solid combinations. Great variety and team participation.

JAZZ: EXECUTION OF JAZZ TECHNIQUE - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Lacking proper technical execution. Poor body placement. Skills are too rushed/too slow and not being performed at proper pace
3.0 - 3.9	MODERATE - Basic knowledge of proper technique and execution. Few issues with incorrect body placement and timing of skills. Standard skills with some being performed at improper pace (too fast/too slow).
4.0 - 5.0	GREAT - Great execution and presentation. Minor timing errors. Great body placement/extensions. Appropriately paced jazz skills executed properly by majority.

ROUTINE DEGREE OF DIFFICULTY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.5 - 6.9	FAIR - Routine difficulty is not apparent throughout the routine. Routine difficulty is minimal or above team ability. Routine lacks dance technique and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	MODERATE - Routine difficulty is age appropriate. Average emphasis on technical skills and choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	GOOD - Good difficulty level and incorporation of challenging movements and technical dance skills. Routine difficulty level is age appropriate yet challenging. Majority of team executing routine correctly.
9.0 - 10.0	GREAT - High level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.

YCADA Dance - Hip Hop



ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
3.0 - 3.9	MODERATE - Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
4.0 - 5.0	GREAT - Great entertainment value, crowd appeal, energy and presentation. Routine performed with great execution, consistent confidence from majority and great flow throughout.

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.5 - 6.9	FAIR - Lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	MODERATE - Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	GOOD - Good team synchronization and uniformity. Minimal timing errors.
9.0 - 10.0	GREAT - Great team synchronization and team uniformity. Very clean and precise throughout. Team moves as one for majority of performance.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.5 - 6.9	FAIR - Lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	MODERATE - Average creativity displayed throughout routine. Choreography lacks innovative style and displays minor variety in movements.
8.0 - 8.9	GOOD - Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	GREAT - Great incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.

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

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.5 - 6.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and/or repetitive.
7.0 - 7.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth
9.0 - 10.0	GREAT - Tricky/creative transitions between formation changes. Great use of the floor with proper spacing and variety in formations.

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Little to no visually appealing choreography incorporated. Routine lacks level changes, roll-offs, group work, etc.
3.0 - 3.9	MODERATE - Moderate visual effects. Routine incorporates basic levels, roll-offs, group work, etc. Standard visual appeal.
4.0 - 5.0	GREAT - Great incorporation of visual movements, amount of level changes, roll-offs, group work, etc. Routine contains sections that are visually appealing and entertaining.

CHOREOGRAPHY: DIFFICULTY - Max Score: 12.0

7.0 - 7.9	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Displays a complete lack in knowledge of proper difficulty level.
8.0 - 8.9	FAIR - Minimal difficulty displayed throughout performance. Athletic elements are not present.
9.0 - 9.9	MODERATE - Standard level of difficulty in movements and choreography. Difficulty level maintained throughout majority of choreography. Athleticism is inconsistent throughout performance.
10.0 - 10.9	GOOD - Good difficulty level and incorporation of challenging movements. Difficulty level is age appropriate yet challenging. Athleticism is present through majority of performance.
11.0 - 12.0	GREAT - Great level of routine difficulty including intricate and innovative movements. Challenging choreography and athletic skills maintained throughout entire routine. Difficulty level keeps audience engaged and performance exciting.

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

7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no understanding of hip hop styles. Poor interpretation and knowledge of movements.
8.0 - 8.9	FAIR - Lacks knowledge of basic hip hop styles and is not properly conveying styles present in routine.
9.0 - 9.9	MODERATE - Average understanding of hip hop styles. Interpretation is inconsistently executed.
10.0 - 10.9	GOOD - Good awareness and interpretation of hip hop styles. Styles are clear and properly conveyed for majority of routine.
11.0 - 12.0	GREAT - Great knowledge and interpretation of hip hop styles. Team demonstrates total comprehension of all styles incorporated and clearly conveys each style for entire routine.

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

7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no diversity or style variety incorporated.
8.0 - 8.9	FAIR - Minimal style variety present. Routine style is largely repetitive.
9.0 - 9.9	MODERATE - Basic incorporation of style variety throughout routine. Movements are somewhat repetitive and lack in diversity.
10.0 - 10.9	GOOD - Good variety in styles. Diversity and variety maintained throughout majority of routine.
11.0 - 12.0	GREAT - Great variety in styles and movement. Routine incorporates diversity and demands attention through entire performance.

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

7.0 - 7.9	MINIMAL/INCONSISTENT - Majority of routine is executed improperly. Hip hop styles are lost throughout routine.
8.0 - 8.9	FAIR - Routine lacks proper execution of hip hop styles throughout performance. Majority of team lacking body control, intensity, and basic rhythm
9.0 - 9.9	MODERATE - Standard rhythm and body control demonstrated. Hip hop styles and movements are inconsistently executed throughout
10.0 - 10.9	GOOD - Good body control and rhythm demonstrated throughout routine. Most movements and styles are executed properly and with strength and intensity by majority
11.0 - 12.0	GREAT - Great execution of all incorporated movements. Variety of styles executed with strength, emotion and personality. Moves contain body control and natural rhythm.

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

7.0 - 7.9	MINIMAL/INCONSISTENT - Routine displays no musicality, natural rhythm and/or body isolations.
8.0 - 8.9	FAIR - Minimal musicality and body isolations present throughout routine. Majority of team lacking basic rhythm.
9.0 - 9.9	MODERATE - Standard rhythm demonstrated. Basic level of musicality and body isolations demonstrated.
10.0 - 10.9	GOOD - Good natural rhythm demonstrated throughout routine. Musicality is present throughout routine and body isolations are appropriately utilized.
11.0 - 12.0	GREAT - Great demonstration of natural rhythm and musicality. Moves display intricacy in relation to the music and choreo and body isolations maintain routine fluidity throughout.

YCADA Dance - Theme



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

6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of energy, audience appeal, showmanship, confidence, or emotion.
6.5 - 6.9	FAIR - Little energy and showmanship. Routine lacks confidence and audience appeal. Emotion is not properly conveyed or does not feel authentic.
7.0 - 7.9	MODERATE - Standard energy and showmanship. Basic audience appeal. Confidence and emotion are inconsistent throughout performance.
8.0 - 8.9	GOOD - Good energy, showmanship, audience appeal and consistent confidence from majority. Emotion is present in majority of dancers.
9.0 - 10.0	GREAT - Great energy, showmanship, engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Emotion is authentically conveyed from entire team.

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Lacks proper timing and knowledge of routine synchronization.
6.5 - 6.9	FAIR - Lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine
7.0 - 7.9	MODERATE - Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	GOOD - Good team synchronization, uniformity and sense of team style. Minimal timing errors.
9.0 - 10.0	GREAT - Great synchronization and team uniformity. Very clean and precise.

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Choreography lacks personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.5 - 6.9	FAIR - Lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	MODERATE - Average creativity displayed throughout routine. Choreography lacks innovative style and variety in movements.
8.0 - 8.9	GOOD - Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	GREAT - Great incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.

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

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.5 - 6.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	GREAT - Tricky/creative transitions between formation changes. Great use of the floor with proper spacing and variety in formations.

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 10.0

6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no visually appealing choreography incorporated. Lacking levels, roll offs, group work, etc.
6.5 - 6.9	FAIR - Minimal incorporation of visual movements. Routine lacks visual appeal.
7.0 - 7.9	MODERATE - Moderate visual effects. Routine incorporates basic levels, roll offs, group work, etc. Standard visual appeal.
8.0 - 8.9	GOOD - Good incorporation of visual movements, amount of level changes, roll offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
9.0 - 10.0	GREAT - Includes several visually effective sections. Routine grabs the attention of the audience with prominent and definite moves that are visually impressive. Very creative use of levels, roll offs, group work, etc. Routine visuals keep the choreography exciting and audience entertained.

THEME COMPOSITION: MOVEMENTS - Max Score: 15.0

8.5 - 8.9	MINIMAL/INCONSISTENT - Movements do not connect and have nothing to do with the theme.
9.0 - 9.9	FAIR - Lacks in expressive and interpretive movements. Story not understood. Repetitive moves.
10.0 - 11.9	MODERATE - Standard incorporation of expressive movements. Lacks in variety and originality.
12.0 - 12.9	GOOD - Incorporation of unique and creative moves. Has a good sense of personality and expression. Complementing to theme.
13.0 - 15.0	GREAT - Original and creative choreography. Movements express and create the illusion of the theme and story line. Very entertaining. Unique movements bring life to the performance.

THEME COMPOSITION: COSTUMING AND PROPS - Max Score: 15.0

8.5 - 8.9	MINIMAL/INCONSISTENT - No incorporation of costuming and/or props included.
9.0 - 9.9	FAIR - Minimal incorporation of costuming and/or props. Does not connect well with theme.
10.0 - 11.9	MODERATE - Standard incorporation of props and/or costuming. Does not convey full idea of theme.
12.0 - 12.9	GOOD - Good use of costuming and props. Fitting for theme and used appropriately.
13.0 - 15.0	GREAT - Great incorporation and creative use of props. Creative costuming. Both complement the intended theme and aid the overall

THEME COMPOSITION: MUSIC - Max Score: 15.0

8.5 - 8.9	MINIMAL/INCONSISTENT - Music does not connect or relate to the theme. Poor choice of music. Not appropriate.
9.0 - 9.9	FAIR - Theme is not fully expressed through music choice(s). Areas of music are not appropriate for theme.
10.0 - 11.9	MODERATE - Basic use of music to complement and highlight theme. Appropriate music choice(s) for performance.
12.0 - 12.9	GOOD - Good choice in music. Goes well with the theme and aids the story line. Fun and entertaining.
13.0 - 15.0	GREAT - Very creative music choice(s). Music expresses and complements theme from start to finish. Keeps the audience entertained and knowledgeable of the story.

ROUTINE EXECUTION: DEGREE OF DIFFICULTY - Max Score: 5.0

2.5 - 2.9	MINIMAL/INCONSISTENT - Difficulty level is too easy/too hard and causes confusion throughout routine. Displays complete lack in knowledge of proper difficulty level.
3.0 - 3.9	MODERATE - Routine difficulty is age appropriate. Average emphasis on difficult choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty
4.0 - 5.0	GREAT - Great level of routine difficulty including innovative and tricky movements. Challenging choreography maintained throughout routine with proper execution.