

SHOW CHEER LEVEL 1 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, 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 TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a standing position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, Handstand Forward Rolls, Front/Back Walkovers, (exception: Round Offs are allowed). PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position, Kip Up, Dive Rolls.
RUNNING TUMBLING	<ul style="list-style-type: none"> All non-airborne skills and series of skills with hand support performed from a running or Hurdle entry 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: Cartwheels, and Front/Back Walkovers (exception: Round Offs are allowed). PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position, Kip Up, Dive Rolls.
STUNTS	<ul style="list-style-type: none"> Double leg stunts are allowed at prep level or below (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed). Single leg stunts are allowed below prep level. Bases may move/turn while in a load in position, during a ¼ transition, and/or once the building of a stunt is completed (exception: Bases may move during a traveling Double-Based T-Lift that does not exceed a 1/4 twist). Double Based Vertical T-Lifts may travel over a single Nugget provided the flyer steps on and then over the Nugget. Freestanding extended stunts are not allowed (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed). Extension Prep Hitches are allowed provided the flyer's foot (of the working leg) remains in contact with base's hands. Twisting during load in/stunt transition is limited to ¼ rotation by the flyer and/or bases combined. Non-release single based stunts are permitted provided they follow group stunt allowances. PROHIBITED stunts include, but are not limited to: Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, Front/Back/Side Tension Rolls, single based Split Stunts, Show and Go Stunts that travel while building or go above the permitted stunt level, Swing Dance, and Swing Up Stunts
INVERSIONS	<ul style="list-style-type: none"> ALL Inversions are PROHIBITED. PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.
DISMOUNTS	<ul style="list-style-type: none"> Step Off the Front/Back, Shove Wrap, Bump Down, Prep Level Assisted Pop Off and Prep Level Pop Off 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). PROHIBITED skills include, but are not limited to: Cradles from extended stunts, single trick non twisting alternate Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches and Fallbacks.
RELEASE MOVES	<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. PROHIBITED skills include, but are not limited to: Barrel Rolls, Helicopters, and single based tossed stunts.
TOSSES	<ul style="list-style-type: none"> ALL tosses are PROHIBITED.
PYRAMIDS	<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 double leg stunts are allowed provided they are EITHER: 1) braced on at least one side by a prep level two leg stunt – OR- 2) braced on both sides (by two separate participants) with hand/arm contact to prep level double 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. Extended double leg stunts MAY NOT brace any other extended two leg stunts. Single leg stunts are allowed at prep level provided they are braced on at least one side with hand/arm 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 are allowed 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 are allowed. PROHIBITED stunts include, but are not limited to: Collapsible/hanging/released Split Pyramids, braced flips, extended single leg pyramids.