

# SHOW CHEER LEVEL 2 RULES GRID

**Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, 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.**

<b>STANDING TUMBLING</b>	<ul style="list-style-type: none"> <li>Handstands that fall to Bridge, single Front/Back Handspring, <b>single Back Handspring Step Out, a single Front Handspring Step Out.</b></li> <li>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).</li> </ul>
<b>RUNNING TUMBLING</b>	<ul style="list-style-type: none"> <li>Single Front/Back Handspring, <b>single Back Handspring Step Out, single Front Handspring Step Out.</b></li> <li>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)</li> </ul>
<b>STUNTS</b>	<ul style="list-style-type: none"> <li>Double leg extended stunts.</li> <li>Single leg stunts are allowed at prep level or below.</li> <li>Bases may move/turn while in a load In position, building a stunt, during a stunt transition and/or once the building of the stunt is complete (exception: transitions to the prone or cradle position may not intentionally travel).</li> <li>At least one base/continuous spotter must maintain contact with the flyer during transitions. Stepping Stone transitions are permitted provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition.</li> <li>Twisting during load in/transition is limited to a combined total of a 1/2 twist by the flyer and/or bases (clarification: during 1/2 twist transitions from prep level 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). Exceptions: 1) stunt transitions from a upright stunt to a prone catch may not twist. 2) ½ 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.</li> <li>Non-released single based stunts must follow double leg and single leg group stunt limitations and require a continuous spotter.</li> <li>PROHIBITED skills include, but are not limited to: Leap Frogs, transitional stunts that involve changing bases, Front/Side/Back Tension Rolls, single based Split Stunts, Toss Stunts, Swing Up Stunts, and Swing Dance Stunts, 1/2 twist transitions from cradle position to prone position, and twisting Superman transitions.</li> </ul>
<b>INVERSIONS</b>	<ul style="list-style-type: none"> <li>Inversions are allowed as an entry to a non-inverted upright load in or Sponge position to group based Stunts (2 bases, 1 back spotter, and 1 flyer) provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. (Example: Flyer in a ground level Handstand with contact to the performance surface transitions to a Sponge = LEGAL).</li> <li>During transition from the inversion, at least 2 bases/spotter must have contact with the flyer with one at the head/shoulders.</li> <li>PROHIBITED skills include, but are not limited to: Forward Suspended Rolls</li> </ul>
<b>DISMOUNTS</b>	<ul style="list-style-type: none"> <li>Cradles are limited to Straight, ¼ turn, or single trick non-twisting Cradles (clarification: single non-twisting skills that require the flyer to open to an Arch position following the skill are allowed). (Example: Tuck Arch Cradle = LEGAL, Hitch Kick Cradle = ILLEGAL).</li> <li>Group based Swedish Falls (2 bases, 1 flyer, 1 spotter at head/neck) may perform a ½ twist Cradle.</li> <li>Single based stunts may be caught in a group cradle (2 bases, 1 back spotter, 1 flyer).</li> <li>PROHIBITED skills include, but are not limited to: Pop Offs from extended level, ½ twist Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches, Fallbacks, and single based Cradles.</li> </ul>
<b>RELEASE MOVES</b>	<ul style="list-style-type: none"> <li>Flyers may be released during a transition from a Cradle position to a Reload/Sponge position and a transition up to Swedish Falls or Flatback.</li> <li>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 (example: Kick Full Barrel Roll would = ILLEGAL). ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill.</li> <li>PROHIBITED skills include, but are not limited to: Toss stunts, ½ twist Cradles, single based Cradles, and full release Helicopters.</li> </ul>
<b>TOSSES</b>	<ul style="list-style-type: none"> <li>Flyer limited to a Straight Body position only.</li> <li>PROHIBITED skills include, but are not limited to: Tosses that intentionally travel, Toe Touch, Ball-X, Pike Arch, twisting or flipping tosses.</li> </ul> <p style="color: red; text-align: center;"><b>ALL TOSSES ARE PROHIBITED FOR DIVISION 8 TEAMS (AGE 8 &amp; YOUNGER).</b></p>
<b>PYRAMIDS</b>	<p><b>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</b></p> <ul style="list-style-type: none"> <li>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 Cradle/Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition.</li> <li>Extended single leg stunts are allowed, 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. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt.</li> <li>PROHIBITED skills include, but are not limited to: Collapsible/hanging/released split pyramids, braced flips, full release braced Tic Tocs and connected Superman stunts.</li> </ul>