

SHOW CHEER LEVEL 3 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 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 TUMBLING	<ul style="list-style-type: none"> Series Handsprings Dive Rolls (provided they are not in a Swan or Laid Out position). PROHIBITED skills include, but not limited to: flips in any body position, standing single/series Back Handsprings to a flip in any body position, Forward 3/4 Flips to the seat.
RUNNING TUMBLING	<ul style="list-style-type: none"> Series Handsprings Dive Rolls (provided they are not in a Swan or Laid Out position). Flips are only allowed in the following specified body positions with the following restrictions: 1) Side Aerial provided no tumbling is performed after the flip 2) 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 (clarification: there is no limit to the number of Handsprings in the series) 3) 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). PROHIBITED skills include, but are not limited to: flipping in any positions other than the specified allowances in this section, twisting in any flips, Forward 3/4 Flips to the seat, Cartwheel Step in Tucks.
STUNTS	<ul style="list-style-type: none"> Single leg extended stunts. At least one base/continuous spotter must maintain contact with the flyer during transitions. Transitional stunts where the flyer moves to new bases (clarification: forward traveling Leap Frogs may be caught in a double cradle). Prep level single leg stunts are permitted to switch legs (back to prep level or to extended level) provided flyer maintains contact with at least one base or back spotter (example: Fake Tic Tocs). Swing up Stunts are allowed provided the following: they begin below prep level, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place. Twisting during the load in/stunt transition is limited to a combined total of 1 full twist by the flyer and/or bases, provided the transition occurs to/from prep level or from prep to prep level. Superman transitions are limited to 1/2 twist. PROHIBITED skills include, but are not limited to: Front, Back or Side Tension Rolls, single-based Split Stunts, Swing Dance Stunts, Superman transitions that intentionally travel, backward Leap Frogs that land prone, and one full twist to extended level.
INVERSIONS	<ul style="list-style-type: none"> Inversions are allowed as an entry to a non-inverted upright load in position, prep level or below stunt, provided: 1) the inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) 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 are limited to Back Walkover from a cradle position, provided: 1) the inverted participant makes contact with the performance surface with their hands during the Back Walkover out 2) During the transition to 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. Non-twisting Forward Suspended Rolls are allowed provided: (1) the flyer begins in a non inverted position from the performance surface or a stunt at prep level or below (2) the flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter (3) the bases/back spotter/posts are not involved with any other choreography (4) the flyer lands in a double based Cradle or on the performance surface (may not land in a load in position). All non-airborne tumbling skills (exception: Round Offs are allowed) may be used as an entrance to a stunt or a stunt transition. Limited inversions are allowed in Dismounts. Refer to the Dismounts Section. PROHIBITED skills include, but are not limited to: An inversion exit from a prone position.
DISMOUNTS	<ul style="list-style-type: none"> Assisted Pop Offs from extended level are allowed. 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 are permitted only from Extension Prep. Only Straight and 1/4 turn Cradles are allowed from extended single leg stunts. Single based stunts may perform Straight Cradles provided the required spotter is in place. Forward Suspended Rolls are allowed; see Inversions. PROHIBITED skills include, but are not limited to: Cradles that land in prone position, flipping Cradles, and Cradle dismounts to different bases.
RELEASE MOVES	<ul style="list-style-type: none"> Freestanding release moves are allowed provided: (1) does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) (2) does not exceed 1 full twist. 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. PROHIBITED skills include but are not limited to: full release Helicopters. Bases may not free toss a flyer to all new bases.
TOSSES	<ul style="list-style-type: none"> Flyer limited to single trick, non-twisting toss skills (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). PROHIBITED skills include, but are not limited to: tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back), full twist tosses (a full = ILLEGAL).
PYRAMIDS	<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 standing body position are permitted provided (1) the flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only, (2) the flyer does not intentionally travel during the release move, (3) it incorporates no more than a 1/2 twist by the flyer (Examples: Braced Tic Tocs, Switch Up release moves, Eagle ups, Pike Ups, and Ball Ups). Braced release moves to an upright standing 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 are permitted 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. PROHIBITED skills include, but are not limited to: release moves that do not land in upright body position or cradle, ball back release moves, release moves that travel over the legs and/or core of the bracer's body, collapsible pyramids, released Split Catches, braced front/back flips, connected Superman stunts.