

SHOW CHEER LEVEL 4 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 1-3 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 TUMBLING	<ul style="list-style-type: none"> Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) performed after the flip (exception: tumbling after/out of a front flip is allowed). Dive Rolls (provided they are not in a Swan or Laid Out position). PROHIBITED skills include, but are not limited to: Forward 3/4 flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.
RUNNING TUMBLING	<ul style="list-style-type: none"> Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) after the flip (exception: tumbling out of/after a front tuck or Arabian is allowed). Dive Rolls provided they are not in a Swan or Laid Out position. PROHIBITED skills include, but are not limited to: Forward 3/4 Flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.
STUNTS	<ul style="list-style-type: none"> Transitional stunts may change bases and may include up to 1 1/2 twist. During transitions at least one base/continuous spotter must remain with the flyer. Forward traveling Leap Frogs may land in a double based Cradle. Swing Up Stunts are allowed provided the following: they begin at prep level or below, 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 to protect the flyer's head/neck/shoulders. Twisting during the load in/stunt transition is limited to a combined total of 1 1/2 twist by the flyer and/or bases. Superman transitions are limited to 3/4 twist by the flyer and/or bases. PROHIBITED skills include, but are not limited to: Swing Dance Stunts, Front, Back, or Side Tension rolls, connected Superman stunts and Backward leap frogs may not land in prone position.
INVERSIONS	<ul style="list-style-type: none"> Inversions are allowed as an entry to a transition into an upright load-in position or an extended level or below stunt, provided (1) the inversion occurs at ground level (2) the inverted participant is in contact with the performance surface (3) at least one base/spotter maintains contact with the flyer throughout the entire inversion (4) a spotter is placed both in front AND back of the flyer for inversions transitioning to extended level. (Exception: may transition from a cradle or prone position to a ground level inversion). Limited inversions are allowed as an exit from a group Cradle or a waist level prone position provided at least 2 of the original bases/back spotter assist the inversion and the flyer has both hands in contact with the performance surface prior to the inversion being executed; permitted skills are limited to a Back Walkover out of a group Cradle or Forward Roll/Front Walkover from waist level prone position. Forward flipping Leap Frogs are allowed provided the following: the back spotter 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, and the skill does not twist or travel. A single standing Back Handspring to a double based prone catch is allowed provided the flyer performs the Handspring unassisted by the bases. PROHIBITED skills include, but are not limited to: skills where the flyer moves from a stunt to an inverted position.
DISMOUNTS	<ul style="list-style-type: none"> Extended two leg stunts, extended single leg stunts, and prep level single leg stunts are limited to 1 and ¼ twists cradle. Non-twisting two trick cradles are permitted only from an Extension or prep level stunts Two Trick cradles that include a twist are allowed 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 are allowed provided they originate from prep level or below (bases must be in place and not involved in any other choreography prior to the start of the dismount). PROHIBITED skills include, but are not limited to: any other flip/flipping dismount other than those allowed in Level 4 release moves, cradles that land in a prone position, and all 2 twist cradle dismounts.
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 1/2 twists (3) 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. PROHIBITED skills include but are not limited to: twisting full release Helicopters, Helicopters that turn more than 1/2, Bases may not free toss a flyer to all new bases.
TOSSES	<ul style="list-style-type: none"> Flyer limited to perform two tricks and may not exceed 1¼ twisting rotations (example: Kick Full basket toss = legal; Double Full basket toss = illegal). PROHIBITED skills include but are not limited to: Flipping tosses (front or back), tosses that intentionally travel.
PYRAMIDS	<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. Moving/walking, split and hanging pyramids are allowed. A FLYER may pass through an inverted position during a pyramid transition provided: 1) the flyer remains in contact with a base(s) that is in direct weight bearing contact with the performance surface 2) a spotter is placed both in front AND back of the flyer for inversions transitioning to extended level (clarification: the base that remains in contact with the flyer may extend their arms during the transition, if the skill starts at prep level or below. examples: A Flat Back Split which rolls to a load in position would be legal; a Flat Back Split which rolls to an extended position would also be legal). Braced front and back flips are allowed provided: 1) the released flyer maintains hand/arm contact with two bracers in an Extension Prep 2) the transition must be in continuous motion to and from original group (2 bases and 1 spotter) 3) transition is caught in a face up Cradle position and 4) flyer does not perform any other skill during the inversion (clarification: Flyer may be in a Tuck or Pike position with legs together. Layouts, Kick, etc are not allowed). PROHIBITED skills include but are not limited to: Collapsible pyramids, connected Superman transitions.