

SHOW CHEER LEVELS QUICK REFERENCE OVERVIEW

A BASIC OVERVIEW OF THE HIGHEST SKILLS ALLOWED IN EACH LEVEL

IMPORTANT! The Quick Reference Overview DOES NOT include all rules/skill restrictions. It is ONLY to be used as an overall summary of the highest skills allowed in each level. Teams must abide by all YCADA Youth Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info.

SHOW CHEER LEVEL 1	SHOW CHEER LEVEL 2
<p><u>Standing Tumbling:</u> Walkovers <u>Running Tumbling:</u> Walkovers <u>Stunts:</u> Two leg prep level stunts, single leg below prep level stunts, 1/4 twist load-in/stunt transition <u>Inversions:</u> Prohibited <u>Dismounts:</u> 1/4 turn Cradle <u>Release Moves:</u> Prohibited <u>Tosses:</u> Prohibited <u>Pyramids:</u> Two leg extended stunts braced on both or one side, single leg prep level stunts braced on one side by prep level or below stunts</p>	<p><u>Standing Tumbling:</u> Single Front/Back Handspring <u>Running Tumbling:</u> Single Front/Back Handspring <u>Stunts:</u> Two leg extended stunts, single leg prep level stunts, ½ twist load in <u>Inversions:</u> Ground level Handstand to upright load in <u>Dismounts:</u> Single trick non-twisting cradles, 1/4 turn cradles <u>Release Moves:</u> Barrel Roll <u>Tosses:</u> Straight Ride body position. Prohibited for Division 8 teams (age 8 & younger) <u>Pyramids:</u> Single leg extended stunts braced on one side by prep level or below stunts</p>
SHOW CHEER LEVEL 3	SHOW CHEER LEVEL 4
<p><u>Standing Tumbling:</u> Handspring series <u>Running Tumbling:</u> Back Handspring Back Tuck <u>Stunts:</u> Single leg extended level stunts, 1 full twist (360) stunt transition to or from prep level stunts <u>Inversions:</u> Ground level Handstand to prep level, Forward Suspended Roll, Back Walkover From Cradle <u>Dismounts:</u> Single twist from two leg extended stunts <u>Release Moves:</u> Limited release moves braced on both sides by prep level or below stunts <u>Tosses:</u> One trick non-twisting <u>Pyramids:</u> Braced release to upright position braced on one side, braced release to cradle braced on both sides</p>	<p><u>Standing Tumbling:</u> Standing Full <u>Running Tumbling:</u> Full from Handspring or Round Off entry <u>Stunts:</u> Single leg extended, 1½ twist load-in/stunt transition up to extended level, Tic Tocs <u>Inversions:</u> Ground level inversion to extended stunts, Front/Back Walkover out of Prone/Cradle, Forward Flipping Leap Frogs <u>Dismounts:</u> 1¼ twist cradles, two trick cradles that include a twist <u>Release Moves:</u> Must not surpass 18" <u>Tosses:</u> Two tricks and 1¼ twist <u>Pyramids:</u> Limited braced flips</p>