



SCHOOL DIVISIONS

2017 - 2018 RULES AND RESTRICTIONS

NOVICE SKILLS RESTRICTIONS

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person. Exception: Log Rolls/Barrel rolls are allowed.

All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.

Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.

Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below.

Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversion in pyramids are not allowed with the

exceptions of the inversions allowed under Novice Stunts. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and ¼ turns are allowed.

TOSSES: The only body position allowed is a straight ride.

INTERMEDIATE SKILLS RESTRICTIONS

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed.

No twisting while airborne. (Exception: Aerial cartwheels are allowed.)

No tumbling is allowed after a flip or an aerial cartwheel.

Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two leg stunt.

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the AACCA Safety Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard AACCA Safety Guidelines with no other skill restrictions.



2017 - 2018 SCHOOL SCORING SYSTEM

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

ADVANCED DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3	2 - 3
Extension Preps or One Leg Variations Below Prep Level Extensions or One Leg Variations at Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level Pyramids involving Extended One Leg Stunts	Forward/ Backward Rolls or Standing BHS	Round-off BHS
3 - 4	3 - 4	3 - 4	3 - 4
Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a release pyramid transition and Multiple Extended Structures	Standing BHS Series or Jump/BHS Combinations	Round-off BHS Back Tucks or Round-off Tucks
4 - 5	4 - 5	4 - 5	4 - 5
Elite Skills* Single Twist from One Leg Stunts or Extended Stunt Sequence performed by a Single Base, Unassisted	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Braced Flip Transition/ Arm Braced Tick Tock and Multiple Extended Structures	Standing Back Tucks or Standing BHS Back Tucks	Layouts
ADVANCED MAX SCORE - 5.0	ADVANCED MAX SCORE - 5.0	ADVANCED MAX SCORE - 5.0	ADVANCED MAX SCORE - 5.0



2017 - 2018 SCHOOL SCORING SYSTEM ADVANCED DIVISIONS

TECHNIQUE	
3.5 - 4.0	Less than 50% of the athletes execute excellent precision and form
4.0 - 4.5	50% of the athletes execute excellent precision and form
4.5 - 5.0	75% of the athletes execute excellent precision and form
<p>A technique score will be given for the following categories: Stunts, Pyramids, Standing Tumbling, Running Tumbling, Jumps.</p> <p>Max score for each category will be 5.0</p>	

MOST / 75% OF TEAM CHART	
# OF ATHLETES	MOST
5 - 7	4
8 - 9	6
10 - 11	7
12 - 14	9
15 - 16	11
17 - 19	12
20 - 22	15
23 - 25	17
26 - 27	19
28 - 30	21

TOSSES

Tosses are not required, but may be rewarded in the "Pyramid" category.

STUNTS

ELITE STUNT SKILLS* INCLUDE (BUT ARE NOT LIMITED TO):

- Full up to extended position
- Release moves that land in an extended position
- Tick tock variations
- Toss extended stunts
- Other unique mounts and transitions of similar difficulty level

**Advanced Divisions only*

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

JUMP DIFFICULTY (4.0 - 5.0)

4.0 - Single jumps
 4.2 - Double jump combinations
 4.4 - Triple jump combinations with no variety
 4.6 - Triple jump combinations with variety
 4.8 - Quad jump combinations or triple jump combo and a single jump, no variety
 5.0 - Quad jump combo; or triple jump combo and a single jump, must include variety

ROUTINE COMPOSITION (9.0 - 10.0)

A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.

TIMING (9.0 - 10.0)

Synchronization and Uniformity

MOTIONS/DANCE (9.0 - 10.0)

A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of formation changes, partner work, footwork and floor-work. This includes technique, perfection, synchronization, pace and intricacy of dance levels, moves performed. Motion technique throughout the routine will also be considered. Motion technique throughout the routine will also be considered.



2017 - 2018 SCHOOL SCORING SYSTEM

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

INTERMEDIATE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3	2 - 3
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level	Forward/Backward Rolls	Cartwheels or Round-offs
3 - 4	3 - 4	3 - 4	3 - 4
Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving Extended One Leg Stunts	Stand BHS	Round-off BHS
4 - 5	4 - 5	4 - 5	4 - 5
Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a release pyramid transition and Multiple Extended Structures	Standing BHS Series or Jump/BHS Combinations	Round-off BHS Back Tucks or Round-off Tucks
INTERMEDIATE MAX SCORE - 5.0	INTERMEDIATE MAX SCORE - 5.0	INTERMEDIATE MAX SCORE - 5.0	INTERMEDIATE MAX SCORE - 5.0



2017 - 2018 SCHOOL SCORING SYSTEM INTERMEDIATE DIVISIONS

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JUMP DIFFICULTY (4.0 - 5.0)
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NOVICE DIVISIONS

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3 - 4	3 - 4	3 - 4	3 - 4
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level	Forward/Backward Rolls	Cartwheels or Round-offs
4 - 5	4 - 5	4 - 5	4 - 5
Extensions or One Leg Variations at Prep Level	Pyramids involving Extended One Leg Stunts	Standing BHS	Round-off BHS
NOVICE MAX SCORE - 5.0	NOVICE MAX SCORE - 5.0	NOVICE MAX SCORE - 5.0	NOVICE MAX SCORE - 5.0



2017 - 2018 SCHOOL SCORING SYSTEM NOVICE DIVISIONS

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TIMING (9.0 - 10.0)
Synchronization and Uniformity