



2010-11 Jr. High/Middle School/Youth Sports Teams **Show Cheer Division Limitations**

In addition to all rules covered in the “2010-11 AACCA School Cheerleading Safety Rules,” the following restrictions also apply to junior high/middle school/youth sports teams entering a “Show Cheer – Novice or Advanced” division.

Show Cheer – Novice Division Limitations

Tumbling

1. All tumbling, both standing and running must have both hands and/or feet on the performance surface at all times. Therefore, skills including, but not limited to the following are not permitted: aerials, back tucks, punch fronts, layouts, fulls, etc.

Stunts/Pyramids/Tosses

1. Extended freestanding one-legged stunts are limited to a liberty only.
2. All other extended one-legged stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced on at least one side by another top person who is at shoulder stand height or lower.
3. Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type are prohibited (i.e. full down/full twist cradles, single log rolls, etc.). Exception: ¼ dismounts to cradle are permitted.
4. Basket, sponge, elevator or similar type of tosses are **not permitted.**

Show Cheer -- Advanced Division Limitations

1. Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) are limited to **one** twist. Exception: 1¼ dismounts to cradle are permitted from side facing stunts.
2. Basket, sponge, elevator or similar type of tosses are **not permitted.**

Changes from 2009-10 are highlighted above.
Please note that changes for the 2011-12 season will be announced in Spring 2011.