YOUTH NON-AFFILIATED (NA^{x}) RULES & SCORING PACKET

NOTES:
New changes from last year's Youth-affiliated packet are marked in **RED**
All skills listed in **ORANGE** refer to those additional allowances for NA^{x} that differ from the Youth-affiliated packet

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YOUTH AFFILIATED vs. YOUTH NON-AFFILIATED

USE THE FOLLOWING TO CONFIRM YOUR TEAM'S "NA" STATUS.

New changes from last year's Youth-affiliated packet are marked in RED.

YOUTH-AFFILIATED DIVISIONS:

Divisions identified as 'Youth' will provide competition for the majority of youth teams who have competed with YCADA in past years; however, the wording has been clarified to exclude teams who have left an organized program to form competition only teams, or join a program (i.e. city parks and rec. league) which has youth sports teams, but no formal cheerleading program – as defined below.

Definition of Youth Team: City/Mascot (i.e. Starbucks) + Division/Age of Play (i.e. Pee Wee).
EXAMPLE: Starbucks Pee Wee

YOUTH-AFFILIATED DIVISION GUIDELINES:

- Team is affiliated with a governing youth football organization (i.e. Pop Warner Football, American Youth Football, AAU, P.A.L., Junior All American, etc.). The youth league must include cheerleading bylaws and cheerleading safety rules as part of their charter. Team supports, is affiliated with, and is required to "cheer for" all scheduled football games in their organization during the regular season. A public game schedule must be available for review.
- Teams affiliated with any sport other than football (i.e. baseball, basketball, soccer) must compete in the Youth Non Affiliated "NA" Divisions.
- Coaches MUST bring copies of their league/team 'books' containing copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, or league affiliation disputed, a YCADA event official will require this documentation. Not having this information available at the event may result in disqualification.
- Youth divisions are determined by the age of oldest team member.
- The participant's age on July 31, 2021 shall be the participant's age through May 31, 2022.

YOUTH NON-AFFILIATED DIVISIONS (NA):

Divisions identified as 'Youth Non-Affiliated' will provide competition for youth cheer teams who are not associated with a youth football organization (as defined above), or representatives of an all-star cheer gym, dance studio or registered team with USASF. This type of youth team is sometimes also referred to as 'Performance Rec'.

YOUTH NON-AFFILIATED DIVISION GUIDELINES:

- Team is NOT affiliated with a youth football organization that includes cheer safety rules or cheer bylaws as part of its franchise.
- Organizations or Teams may not be registered with USASF at the time of competition and not have had any teams in their organization compete in any competition under any "All Star" identified divisions.
- It is not mandatory that this team supports, affiliates with, or "cheers for" an organized sport (i.e. football, basketball, etc.).
- No Official Team Roster is required in NA Divisions.
- Coaches must bring copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, a YCADA event official will require this documentation. **Not having proof of athletes' ages at a YCADA event may result in disqualification.**
- Youth Non-Affiliated divisions are determined by the age of oldest team member.
- The participant's age on July 31, 2021 shall be the participant's age through May 31, 2022.
- To identify a Youth Non-Affiliated division in the registration portal and competition schedule, Youth Non-Affiliated divisions will be referred to as NA (Non-Affiliated) followed by the Level (i.e.: NA - Division 12 Level 2^x). The example indicates: A Youth Non-Affiliated team, age 12 and under, selecting Level 2^x (NA^x) skills.

To maintain the integrity of a fair and competitive Youth NA Division, YCADA reserves the right to evaluate a team's status to ensure compliance to the letter and the spirit of the above policies.

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NA^{X} CHEER ROUTINE GUIDELINES

THE GENERAL REQUIREMENTS FOR THE FORMAT OF YOUR ROUTINE.

New changes from last year's Youth-affiliated packet are marked in RED

CHEER: **(Time Limit: 2 min 30 sec)** **This category is offered for the following levels: 1^{x} Limited, 1^{x}, 2^{x}, 3^{x} and 4^{x}.** Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms, megaphones, signs, flags and banners are allowed. Please refer to the remainder of the cheer section for complete details on Cheer routine requirements and allowances.

1) Each team will perform a choreographed performance not to exceed:
   a. Cheer (Mount): 2 minute 30 seconds
   b. Special Performances: 1 minute 30 seconds *(This category is reserved for teams with athletes with disabilities)*
2) Formal entrances and exits are prohibited (i.e. crowd response chants or cheers, team huddles or stunts). Teams should take no longer than 20 seconds to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniformed fashion to team's starting position is allowed. Spirited entrances and exits are allowed but must not include tumbling or stunt skills.
3) Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface. Coaches may not delay the start of the routine in order to fix formations.
4) All participants must be in contact with the performance surface at the start of the routine (exception: Flyers may start with both feet in bases' hands provided each of the bases have both hands in contact with the performance surface).
5) Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Challenger).
6) Tear away uniforms and/or removal of clothing is not allowed. Items that may damage the performance surface are prohibited.
7) Routines must be appropriate for family viewing. Appropriate choreography and music MUST be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
8) Uniforms and make up should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Actions taken will be under the discretion of an event official.
9) For the categories mentioned below, violations of the following will result in a forfeiture of scores (team receives a final score of 0):
   a. Cheer Mount: Music must be incorporated into the performance.
   b. Cheer Mount: Required skills are listed on the score sheet.

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NA^{x} 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 NA^{x} Levels Grids, General Safety Rules, Routine Guidelines, Categories, and Penalty Info. New changes from last year's Youth-affiliated packet are marked in **RED** All skills listed in **ORANGE** refer to those additional allowances for NA^{x} that differ from the Youth-affiliated packet.

NA LEVEL 1^{x} LIMITED

Standing Tumbling: Round Off
Running Tumbling: Round Off
Stunts: Two leg prep level stunts, single leg knee level stunts
Inversions: Prohibited
Release Moves: Prohibited
Tosses: Prohibited
Pyramids: Two leg prep level stunts braced on one side. Pyramids are permitted, but not required.

NA LEVEL 1^{x}

Standing Tumbling: Walkovers
Running Tumbling: Walkovers
Stunts: Two leg prep level stunts, single leg below prep level stunts, 1/4 twist load-in/stunt transition
Inversions: Prohibited
Dismounts: 1/4 turn Cradle
Release Moves: Prohibited
Tosses: Prohibited
Pyramids: 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

NA LEVEL 2^{x}

Standing Tumbling: Advanced Jump to Single Handspring/Step Out
Running Tumbling: Series Handsprings
Stunts: Two leg extended stunts, single leg prep level stunts, ½ twist load in, Leap Frogs
Inversions: Ground level Handstand to upright double leg stunt at prep level or single leg stunt below prep level
Dismounts: Single trick non-twisting cradles, 1/4 turn cradles
Release Moves: Barrel Roll
Tosses: Straight Ride body position.
Pyramids: Single leg extended stunts braced on one side by prep level or below stunts, inversions from ground level braced on one side by double leg prep level or below stunt, braced released dismounts to a cradle continuously braced on one side by a double leg prep level or below stunt

NA LEVEL 3^{x}

Standing Tumbling: Handspring series
Running Tumbling: Back Handspring Back Tuck
Stunts: Single leg extended level stunts, 1 full twist (360) stunt transition to or from prep level stunts and 1/2 twist to/from extended level.
Inversions: Ground level Handstand to double leg extended stunt or single leg prep level stunt, Forward Suspended Roll, exit from waist level from a cradle or prone position (including but not limited to a Back Walkover from Cradle).
Dismounts: Single twist from two leg extended stunts
Release Moves: Limited release moves braced on both sides by prep level or below stunts
Tosses: One trick non-twisting
Pyramids: Braced release to upright position braced on one side, braced release to cradle braced on one side, 1 full twists by flyer, braced release to non-upright non-inverted position (i.e. ball back) braced on both sides by prep level or below stunts

NA LEVEL 4^{x}

Standing Tumbling: Standing Full
Running Tumbling: Full from Handspring or Round Off entry
Stunts: Single leg extended, 1½ twist load-in/stunt transition up to extended level, Tic Tocs
Inversions: Full twist inversions to extended stunts, downward inversions (i.e. Cartwheel out of prep level)
Dismounts: 2¼ twist cradles, two trick cradles that include a twist
Release Moves: Must not surpass 18"
Tosses: Two tricks and 2¼ twist
Pyramids: Limited braced flips

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NA LEVEL 1^{x} LIMITED RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the teams overall skill abilities, with extra attention to stunting and tumbling, when selecting a level.

STANDING TUMBLING	• All non-airborne skills and series of skills with hand support performed from a standing position are allowed, including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, and Handstand Forward Rolls (exception: Round Offs are allowed). **At least one** hand and/or foot must remain in contact with the performance surface during all skill(s) execution. A Ground Up Bridge is allowed, provided the performer returns to the ground/laying position. • PROHIBITED skills include, but are not limited to: Handstands that fall to Bridge position, One Arm Cartwheels, Front/Back Walkovers, Front/Back Handsprings, flips in any body position, tumbling into a load in stunt, and Dive Rolls.
RUNNING TUMBLING	• All non-airborne skills and series of skills with hand support performed from a running or Hurdle position are allowed, including, but not limited to: Cartwheels (exceptions: Round Offs are allowed). **At least one** hand and/or foot must remain in contact with the floor during skill/s execution. • PROHIBITED skills include, but are not limited to: Handstands that fall to Bridge position, One Arm Cartwheels, Front/Back Walkovers, Front/Back Handsprings, flips in any body position, tumbling into a load in stunt, and Dive Rolls.
STUNTS	• Double leg stunts are limited to prep level and below. Exception: Extended V-Sits are prohibited. • Extension Prep Hitches are allowed provided the flyer's foot (of the working leg) remains in contact with base's hands. • Single leg stunts are limited to knee stand level and below. • Bases may not turn/move while the flyer is in an upward/downward motion, in a Sponge/Load In, or once the stunt is completed. • PROHIBITED stunts include, but are not limited to: transitional stunts that involve changing bases, Front/Back/Side Tension Rolls, single based Split Stunts, Swing Up Stunts, moving stunts, single leg stunts above knee stand level, prep level Cupies, and tumbling into a load in stunt, and Show and Go Stunts that travel above allowed stunt level, Extended V-Sits, All Twisting Stunts.
INVERSIONS	• ALL Inversions are PROHIBITED. • PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load In/Sponge position.
DISMOUNTS	• Only Shove Wrap, Step Off the Front/Back, and Bump Down dismounts are allowed. • PROHIBITED skills include, but are not limited to: ALL Cradles, single trick non twisting alternate Cradles, and dismounts that land in prone position.
RELEASE MOVES	• All release moves are PROHIBITED. • PROHIBITED skills include, but are not limited to: Helicopters, Barrel Rolls.
TOSSES	• All tosses are PROHIBITED.
PYRAMIDS	• Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules and are allowed up to 2-high.

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NA LEVEL 1X RULES GRID

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STANDING TUMBLING	• All non-airborne skills and series of skills with hand support performed from a standing postion are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, Handstand Forward Rolls, Front/Back Walkovers, (exception: Round Offs are allowed). • PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position, Kip Up, Dive Rolls.
RUNNING TUMBLING	• All non-airborne skills and series of skills with hand support performed from a running or Hurdle entry are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to: Cartwheels, and Front/Back Walkovers (exception: Round Offs are allowed). • PROHIBITED skills include, but are not limited to: Front/Back Handsprings, flips in any body position, Kip Up, Dive Rolls.
STUNTS	• Double leg stunts are allowed at prep level or below (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed). • Single leg stunts are allowed below prep level. • Double Based Vertical T-Lifts may travel over a single Nugget provided the flyer steps on and then over the Nugget. • Freestanding extended stunts are not allowed (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed). • Extension Prep Hitches are allowed provided the flyer's foot (of the working leg) remains in contact with base's hands. • Twisting during load in/stunt transition is limited to ¼ rotation by the flyer and/or bases combined. • Non-release single based stunts are permitted provided they follow group stunt allowances. • PROHIBITED stunts include, but are not limited to: Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, Front/Back/Side Tension Rolls, single based Split Stunts, Show and Go Stunts that travel while building or go above the permitted stunt level, Swing Dance, and Swing Up Stunts
INVERSIONS	• ALL Inversions are PROHIBITED. • PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.
DISMOUNTS	• Step Off the Front/Back, Shove Wrap, Bump Down, Prep Level Assisted Pop Off and Prep Level Pop Off are limited to 1/4 Turn. • Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only (exception: single based stunts may not cradle). • PROHIBITED skills include, but are not limited to: Cradles from extended stunts, single trick non twisting alternate Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches and Fallbacks.
RELEASE MOVES	• Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position. • PROHIBITED skills include, but are not limited to: Barrel Rolls, Helicopters, and single based tossed stunts.
TOSSES	• ALL tosses are PROHIBITED.
PYRAMIDS	**Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:** • Extended double leg stunts are allowed provided they are braced on both or one side with hand/arm contact to prep level double leg stunts or below prep level stunts or bracers standing on the ground. Contact must be made to the required bracer(s) PRIOR to the flyer passing above prep level. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. Extended double leg stunts MAY NOT brace any other extended two leg stunts. • Single leg stunts are allowed at prep level provided they are braced on **at least** one side with hand/arm contact with a two leg prep level, below prep level stunt, or a participant on the ground that is not a required base or spotter in the prep level single leg stunt. Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side are allowed provided they are braced on **both** sides (clarification: the hand/arm contact must be made to the required bracer(s) **PRIOR** to executing the single leg stunt at prep level. Contact must be maintained until the upward motion of a dismount, Retake/Sponge, or stunt returns to a prep level two leg or below stunt). • Moving/walking pyramids are allowed. • PROHIBITED stunts include, but are not limited to: Collapsible/hanging/released Split Pyramids, braced flips, extended single leg pyramids.

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NA LEVEL 2X 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 Level 1x are legal for Level 2x. 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.

STANDING TUMBLING	• Handstands that fall to Bridge, single Front/Back Handspring, single Back Handspring Step Out, a single Front Handspring Step Out. • Dive Rolls • Advanced Jump to Single Handspring/Handspring Step Out • PROHIBITED skills include, but are not limited to: Front/Back Handspring series, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).
RUNNING TUMBLING	• Series Handsprings, single Back Handspring Step Out, single Front Handspring Step Out. • PROHIBITED skills include, but are not limited to: Dive Rolls, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips)
STUNTS	• Double leg extended stunts. • Single leg stunts are allowed at prep level or below. • Leap Frogs • Bases may move/turn while in a load In position, building a stunt, during a stunt transition and/or once the building of the stunt is complete (exception: transitions to the prone or cradle position may not intentionally travel). • At least one base/continuous spotter must maintain contact with the flyer during transitions. Stepping Stone transitions are permitted provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition. • Twisting during load in/transition is limited to a combined total of a 1⁄2 twist by the flyer and/or bases (clarification: during 1⁄2 twist transitions from prep level stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle). Exceptions: 1) stunt transitions from a upright stunt to a prone catch may not twist. 2) ½ twist transitions from a below prep level prone position to a cradle position do not require a spotter at the head/shoulders provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. • Non-released single based stunts must follow double leg and single leg group stunt limitations and require a continuous spotter. • PROHIBITED skills include, but are not limited to: Transitional stunts that involve changing bases, Front/Side/Back Tension Rolls, single based Split Stunts, Toss Stunts, Swing Up Stunts, and Swing Dance Stunts, 1⁄2 twist transitions from cradle position to prone position, and twisting Superman transitions.
INVERSIONS	• Inversions are allowed as an entry to a non-inverted upright double leg stunt at prep level and below or single leg stunt below prep level to group based Stunts (2 bases, 1 back spotter, and 1 flyer) provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. (Example: Flyer in a ground level Handstand with contact to the performance surface transitions to a double leg prep level stunt = LEGAL). • During transition from the inversion, at least 2 bases/spotter must have contact with the flyer with one at the head/shoulders. • PROHIBITED skills include, but are not limited to: Forward Suspended Rolls, Downward Inversions
DISMOUNTS	• Cradles are limited to Straight, ¼ turn, or single trick non-twisting Cradles (clarification: single non-twisting skills that require the flyer to open to an Arch position following the skill are allowed). (Example: Tuck Arch Cradle = LEGAL, Hitch Kick Cradle = ILLEGAL). • Group based Swedish Falls (2 bases, 1 flyer, 1 spotter at head/neck) may perform a ½ twist Cradle. • Single based stunts may be caught in a group cradle (2 bases, 1 back spotter, 1 flyer). • PROHIBITED skills include, but are not limited to: Pop Offs from extended level, ½ twist Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches, Fallbacks, and single based Cradles.
RELEASE MOVES	• Flyers may be released during a transition from a Cradle position to a Reload/Sponge position and a transition up to Swedish Falls or Flatback. • Single full twisting Barrel Rolls with a spotter at the head/neck of flyer that start and end in a Cradle position with no other trick during the skill (example: Kick Full Barrel Roll would = ILLEGAL). ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. • PROHIBITED skills include, but are not limited to: Toss stunts, ½ twist Cradles, single based Cradles, and full release Helicopters.
TOSSES	• Flyer limited to a Straight Body position only. • PROHIBITED skills include, but are not limited to: Tosses that intentionally travel, Toe Touch, Ball-X, Pike Arch, twisting or flipping tosses.
PYRAMIDS	**Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:** • Flyers must maintain contact with at least one base at all times and may not lose contact with bracing prep level stunts during transitions. Flyer in a Cradle/Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition. • Extended single leg stunts are allowed, provided they are braced on at least one side with hand/arm contact with a prep level or below stunt, or an individual on the ground. Contact must be made at or below prep level and prior to performing the extended single leg. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. • Pyramid inversions are allowed and may start at ground level and end at extended level provided they are braced on one side by double leg stunt that may begin in the load-in position and transition up to prep level or below during the inversion transition. • Braced release dismounts to a cradle are allowed provided they are continuously braced on one side by a double leg prep level or below stunt or a shoulder sit, which requires an additional spotter. No other skills may be included during the release and flyer must begin release transition in an upright body position and remain in an upright, straight body position throughout the release. • PROHIBITED skills include, but are not limited to: Collapsible/hanging/released split pyramids, braced flips, full release braced Tic Tocs and connected Superman stunts.

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NA LEVEL 3ˣ 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 1ˣ & 2ˣ are legal for Level 3ˣ. 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.

STANDING TUMBLING	• Series Handsprings • Dive Rolls (provided they are not in a Swan or Laid Out position). • Side Aerial provided no tumbling is performed after the flip • 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 seat.
RUNNING TUMBLING	• 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	• Single leg extended stunts. • At least one base/continuous spotter must maintain contact with the flyer during transitions. 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 and 1/2 twist to/from extended 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	• Inversions are allowed as an entry to a non-inverted upright double leg extended stunt or single leg prep level stunt or below, 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 are limited to 1/2 twist to extended level and 1 twist to prep level or below. • Inversion exits are allowed and limited to waist level from a cradle or prone 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). • Downward inversions are only allowed from waist level, and must be assisted by 2 catchers, who remain in contact with the flyer between the waist and shoulder until the flyer makes contact with the performance surface. Ex. Cartwheel out of sponge, Back Walkover out of cradle, Forward roll from prone. • Forward Suspended Rolls with 1 twisting rotation are allowed provided the flyer maintains hand/hand contact with the back spotter and lands in a cradle. • Backward Suspended Rolls may not twist and must land in the following: Floor, Sponge, Load-in or Cradle. • A flyer may be in an inverted position at prep level or below. Ex. Cartwheel inversion at waist level, Needle at prep. Inversions at prep level may not have weight primarily borne on hands alone • A single standing Back Handspring to a double based prone catch is allowed provided the flyer performs the Handspring unassisted by the bases. • 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: Handstand at Prep Level
DISMOUNTS	• 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	• A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. • 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	• Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). (example: Toe Touch Toss, Single Twist toss) • PROHIBITED skills include, but are not limited to: tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back).
PYRAMIDS	**Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:** • 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 one side 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. • Braced release moves that do not land in a non-inverted upright body position (ex. ball-back) are permitted provided (1) the flyer is continuously braced on both sides by a prep level or below stunt, with hand/arm contact on both sides or hand/arm on one side and hand/foot on the other, (2) flyer does not intentionally travel during the release move, (3) does not twist. • A braced suspended roll in a pyramid is allowed provided (1) the skill starts and ends at prep level or below, (2) finishes in a non-inverted position, (3) the flyer remains in contact with a base and a bracer at prep level or below throughout the transition. • 1 full twist is allowed by the flyer to/at/from extended level or below provided the flyer is not released from the base. If the flyer is full or ¾ twisting to or from extended level, the flyer must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition. (and the grip must not change during the transition.) • PROHIBITED skills include, but are not limited to: 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.

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NA LEVEL 4x 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 1x-3x are legal for Level 4x**. 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.

STANDING TUMBLING	• 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). • Forward 3/4 flips to the seat • PROHIBITED skills include, but are not limited to: Toe-Pitch Flips, tumbling directly out of an Arabian.
RUNNING TUMBLING	• 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.
STUNTS	• 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 1 full 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	• Inversions are limited to 1 full twist to extended level and 1 1/2 twist to prep level or below. • Downward inversions are only allowed from prep level or below, and must be assisted by 3 catchers, 2 of whom must remain in contact with the flyer between the waist and shoulder until the flyer is touching the performance surface. Ex. Cartwheel out of prep level (with 3 catchers). Exception: A 2 leg pancake is allowed. • PROHIBITED skills include, but are not limited to: Inversion exit from extended level
DISMOUNTS	• Extended double leg stunts, and prep level double leg stunts are limited to 2 and ¼ twists cradle. • Extended single leg stunts and prep level single leg stunts are limited to 1 1/4 twists • 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). • Dismounts from an inverted position may not twist. • 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.
RELEASE MOVES	• 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	• Flyer limited to perform two tricks and may not exceed 2¼ twisting rotations (example: Kick Full basket toss = legal; Double Full basket toss = legal). • PROHIBITED skills include but are not limited to: Flipping tosses (front or back), tosses that intentionally travel.
PYRAMIDS	**Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:** • During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced on one side by a double leg prep level stunt. • 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). • A flyer may begin at extended level and pass through an inverted position, provided the flyer remains in contact with a base and 2 different bracers at prep level or below on 2 different sides of the flyer, and lands in a non-inverted position. A flyer may NOT remain in an inverted position and travel downwards towards the performance surface from extended level. Ex: Extended Braced Non-Released Forward Suspended Roll • 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). • A flyer MAY move over another flyer at prep level or below if they are connected to that flyer and remain in a non-inverted position. Clarification: Released non-inverted flyer may transition to new bases, provided the transitioning flyer is caught by 2 catchers who are stationary and visually attentive to the flyer that is being released. The catchers cannot be involved in additional choreography when the bases begin to dip for the release. • All released transitions must be continuous, and the weight of the released flyer may not be directly borne on another flyer. • Extended single leg stunts MAY be braced to another Extended single leg stunt. • PROHIBITED skills include but are not limited to: Collapsible pyramids, connected Superman transitions.

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NA^{x} CHEER GENERAL SAFETY RULES

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms.

(a) A qualified advisor/coach should supervise all teams during all official functions.

(b) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.

(c) No jewelry (except medical/religious – taped down) or chewing gum will be allowed during performances. Jewels/rhinestones may not be adhered to the participant's body and/or face.

d) Casts and Braces
1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
2. Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.
3. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.

(e) Athletic closed-toe shoes are required for all participants.

(f) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.

(g) Proper warm-up and stretching exercises should be performed prior to performance.

(h) All teams, coaches and advisors should have an emergency response plan in the event of injury.

(i) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).

(j) Poms and Props
1. Props other than banners, flags, megaphones, and signs/light up signs must be submitted to YCADA for approval to ensure athlete's safety.
2. All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark center. Item must be off the mat to ensure it is not in the way of participants.
3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once poms or props are no longer needed, they may be placed or dropped outside the performing area by a performer who remains inside the performing area.
5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered ILLEGAL, performing a Cradle with poms would also be considered ILLEGAL.
6. Once in a secure stunt, flyers may obtain and use poms/props/signs and then transition to another stunt that does not require the use of hands. Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer may then transition to an extension with poms in hand. Exceptions are not limited to this example.
7. Bases/back spotters may not hold props in their hands if the hands are the primary support for the top person during stunting. Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
8. Front spots may hand or be handed props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.
9. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.

(k) Jumps:
1. Participants are permitted to jump over, with or without contact with, another participant on the performance surface.
2. Partner assisted jumps are allowed provided the supporting base controls the jump and maintains contact from start to finish.
3. Airborne skills that drop/transition directly to the performance surface and land in any of the following body positions are not allowed: supine, prone postion (i.e. push up), knee(s), or seated position. Prohibited skills include but are not limited to drops or Shushunovas directly to the positions listed above.

(l) Tumbling:
1. All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
2. Spotted, assisted, or connected tumbling is prohibited.
3. Partner tumbling is prohibited.
4. Participants may perform a Handstand that is in contact with individuals on the ground as choreography, provided the inverted participant initiates the handstand independently without contact from another athlete, until the participant is inverted.
5. Tumbling oriented load ins/mounts, dismounts, and transitions such as Cartwheels, Round Offs, and Walkovers are not considered tumbling but are considered part of the stunt/choreography provided they follow inversion rules. Physical contact is allowed when tumbling into a Rebound which transitions to a stunt.
6. 3/4 flips and 1 1/4 flips are prohibited, unless an exception is listed in the level rules grid.

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(l) Tumbling: (continued)

7. Tumbling skills may transition to a non-inverted position or load in for a stunt/stunt transition provided the tumbling flyer completes the tumbling skill (participant is no longer inverted and has at least 1 hand/foot in contact with the performance surface) prior to the bases grabbing the tumbling flyer's foot/feet/legs (bases may not grab/touch any body part of the flyer to assist them during the tumbling skill execution before completion).
8. Rebounding (from feet) from tumbling skills into stunts/stunt transitions is allowed but is limited to the following stunts/stunt transitions: Cradle, load in, or a below prep level stunt. (Clarification: Rebounding into a single based below prep level stunt requires the use of an additional spotter)

(m) Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. The following skills must only be performed on a soft/matted surface: Forward Suspended Rolls, Forward Flipping Leap Frogs, single based cradles, and braced front flips in pyramids.
2. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget provided the flyer steps on and then over the Nugget.
3. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
4. (Levels 2, 3 & 4) Superman transitions cannot invert at any point, may not intentionally travel and may only originate from extended level or below stunts or the load in position. Connected Flyers in a Superman transition are prohibited.
5. Release moves may not involve changing bases.
6. In pyramids involving release moves that require a bracer for legality, contact between the flyer and the original bracer(s) must be maintained throughout the entire release move transition until the flyer makes contact with the original bases.
7. In pyramids involving braced flips, contact between the flyer and the original bracers must be maintained throughout the entire braced flip transition until the flyer makes contact with the original bases.
8. All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid for that level. Example: Flyer in a ground level Handstand with contact on the performance surface is lifted upwards by the stunt group, temporarily losing contact with the performance surface, then returning their hands to the performance surface (i.e. double bounce) prior to executing the sponge/load-in = ILLEGAL.
9. All inversions require 2 bases, 1 spotter and 1 flyer. The spotter is responsible for protecting the head, neck and shoulder area of the flyer.
10. Inversion skills where the flyer transitions from the inversion directly over the back spot to the load in position or directly from the inversion to a shoulder sit on the back spot, requires an additional spotter.
11. If a flyer is released from a single based stunt and lands in a horizontal, non-cradle position, 2 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 1 catcher/base. If a flyer is released from a multi-based stunt and lands in a horizontal, non-cradle position, 3 catchers/bases are required. If they land in an upright position (ex. tic-toc), they require 2 catchers/bases.
12. LEVEL 4 ONLY: A separate person MAY move under a stunt, as long as they remain in a non-inverted position.

(n) Tosses (Levels 2-4)

1. All tosses must be performed only on a soft/matted surface.
2. Must be caught in a Cradle by the original bases and are limited to 1 flyer and up to 4 bases (total base count includes back and front spotters). Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.
3. Must never become inverted at any point during the toss.

(o) Types of Required Spotters:

1. Must be in direct contact with the performance surface and cannot be a required spotter for 2 different flyers. Each flyer requires a separate spotter.

Continuous Back Spotter

2. Not required for Knee Stands, Thigh Stands, Shoulder Sits, Double-Based Non-Extended V-Sits, and Below Prep Level Stunts (exception: Required for single based stunts in which the flyer performs a Rebound entry).
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls.
4. (Level 1) - All Extended V-sits require an additional spotter who is not connected to the stunt. Levels 2-4 Extended V-Sits will follow the normal rules.
5. (Levels 2-4) - A spotter is NOT required if a flyer is at prep level or below. A spotter is required if a flyer is passing through or stopping at extended level.
6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases); however, a continuous back spotter is not required for stunts where the flyer is in a seated position supported at the seat by the base(s) hand/arm; these types of stunts are classified as waist level stunts. Exception - spotter not required for Nugget stunts, where the flyer's foot is not in the hand of the bases.
7. Required for all release moves, tosses, and stunts at prep level and above, including Shoulder Stands (exceptions: Chair, Double Based T-lifts).
8. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer in prep level and below stunts.
9. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt).
10. (Levels 2-4) During 1⁄2 twist transitions from prep level stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle.
11. Must be positioned directly behind or to the side of the flyer when the flyer is facing the backspot and stops in or power presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep 180 to Extension Prep would require an additional spotter during the Reverse Extension Prep).

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NA^X CHEER GENERAL SAFETY RULES

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(o) Types of Required Spotters (continued)

Spotter for Group Based Stunts

12. Level 1 - All Swedish Falls require a front spotter who is not connected to the stunt. Levels 2-4 Swedish Falls will follow the regular rules of spotting for group based stunts.
13. Flat Back stunts require a spotter at the head/shoulders of the flyer.
14. One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.
15. Required for stunt transitions that start at waist level or above and end in cradle postion.
16. Inversions from ground level require a spotter at the head and shoulder area of the flyer.
17. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt). (Exception: Flyer may pass over the spotter while in direct contact in allowed level appropriate skills. Ex. Leap Frog)

Spotter for Single Based Stunts

18. Required for a single-based partner stunts at prep level and above. **Must be positioned directly behind or to the side of the flyer** when the flyer stops in or power presses at a prep level or above stunt/stunt transition. (Example: Walk in Reverse Hands would require an additional spotter during the Reverse Hands). Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes (exception: may place one hand under the foot with other hand on the ankle at prep level and below provided the spotter is positioned to the side of the flyer and they do not cradle).
19. May not change roles between being a base and a continuous spotter.
20. May transition from the side to the back of the stunt or from the back to the side of a stunt as long as continuous visual contact with the flyer is maintained and the spotter remains close enough to catch the head and shoulders of the flyer.
21. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: may not walk under and or through the stunt).
22. (Level 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

(p) Bases:

1. Must be in direct contact with the performance surface.
2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
3. Two required (4 max including 1 in the front) for a multi-based group stunt and/or toss.
4. Two required (must remain stationary) plus two additional catchers (must remain stationary) 1 on each side of a Pendulum or stunt that moves away from the vertical axis (i.e. Shooting Star, Shoot Outs, etc.). Example: 2 bases under the feet of the flyer, 2 catchers one on each side of Pendulum; one spotter in front or behind Pendulum on opposite side of the direction the flyer is falling. If the flyer is falling backward, the spotter needs to be in front of the stunt. If the flyer is falling forward, the spotter needs to be behind the stunt. Pendulums falling in one direction (front or back) require a total of 6 participants. Pendulums falling in two directions (front and back) require 7 participants.
5. Two required (must remain stationary) plus one back spotter during the transitioning from a prep level OR ABOVE stunt to a Flatback, Fallback, or Fireman Catch that end at prep or extended level. An additional spotter at the head of the flyer is recommended but not required.
6. Two required plus a spotter during a pyramid transition when the flyer is completely released by the bases while remaining braced (Level 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
7. Two bases required in all Split Stunts.
8. If a base is supporting a flyer at prep level and kneels or squats, the flyer will still be considered to be at prep level. If the base is supporting a flyer in an extended position and kneels or squats, the flyer will still be considered to be at an extended level.

(q) Flyer:

1. Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the performance surface.
2. Must never vault over another individual unless the flyer maintains constant physical contact with the base during the stunt and a spotter follows the flyer during the stunt (also known as Leap Frog or Up & Over stunts). Vaulting will refer to the flyer using their hands to get up and over another individual.
3. A flyer in a single leg extended stunt (i.e. Liberty, Stretch) must never brace, connect or touch another flyer in any other type of extended stunt. (Please see the definition of an extended stunt for further detail). Double-leg extended stunts MAY brace other double leg extended stunts. Stunts where the flyer is not at a complete extended level, but the arms of the bases are extended (i.e. Chair, Russian Lift, Triple-Based Dead Man Lift, Flat Back, Swedish Falls, Triple-Based V-Sit and Double-Based Vertical T-Lift) may brace each other. See Level 3&4 Exceptions in the Rules Grid
4. May perform Pendulum transitions provided they start from prep level or below and return to an upright stunt/load-in/ground position.
5. Must never be released or transitioned to the prone position (face-down/stomach) (exceptions: Pendulums and Superman transitions from prep level or below stunts that at no point invert).
6. May not brace/touch any other flyer while simultaneously released from the bases (ex. two flyers performing Tic Tocs next to one another may not brace during the release move).
7. May not brace any other flyer during simultaneous Superman transitions.
8. May not cradle from any stunt in which the base(s) have a knee on the ground.
9. A flyer may NOT be in contact with a person who is in an inverted position or in a backbend.
10. When a flyer is lifted off of the performance surface by another athlete to an elevated position and the skill is performed ground level to ground level, this skill will not be considered a stunt and therefore exempt from any twisting limitations.

r) YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.

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NA^{x} CHEER PENALTY INFO

RULES PENALTIES:

2.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the following:

- NA^{x} Cheer Routine Guidelines OR • NA^{x} Cheer General Safety Rules

5.0 POINTS (per occurrence) deducted from your total possible score for each violation of any of the requirements in the NA^{x} Cheer Levels Grid.

Please refer to the NA^{x} Cheer Routine Guidelines, General Safety Rules, and Levels Grid for specific skill allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

EXECUTION PENALTIES:

TUMBLING

TUMBLING TOUCH - 0.5 POINT (per occurrence) deducted from your total possible score for any touch to the performance surface during execution of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee and leg.

TUMBLING FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumbler's body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.

STUNT SKILLS*

STUNT BOBBLE - 0.5 POINT (per occurrence) deducted from your total possible score for each obvious Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following: (1) obvious breaks in bodyline and/or body positions of the flyer (2) excessive movement by bases greater than the width of one panel mat (3) stunts that almost fall but recover (4) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). Stunt Bobbles that precede a Stunt Fall will not be counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.

STUNT FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill and is lowered or dropped below its intended level and the flyers legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/ partner stunt other than the flyer falls to the performance surface.

MAJOR STUNT FALL - 1.5 POINTS (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

** The category "stunt/toss skills" will include stunts, dismounts, inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. Each member of the stunt group will be considered part of the stunt in relation to a fall. (i.e. any member of the stunt group falling to the ground would be considered a fall).*

BOUNDARY PENALTY:

0.5 POINT (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body. Boundary will be defined as the performance surface and any immediate adjacent safety border.

TIME LIMIT PENALTIES:

1.0 POINT deducted from your total possible score if your routine goes 4 - 7 SECONDS OVER time requirements.
2.0 POINTS deducted from your total possible score if your routine goes 8 - 10 SECONDS OVER time requirements.
3.0 POINTS deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the NA^{x} Cheer Routine Guidelines.

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NA^{X} CHEER & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: _____

CHEER CATEGORY: C CNM **LEVEL:** 1^{X} Limited 1^{X} 2^{X} 3^{X} 4^{X}
(circle one) (circle one)

DANCE CATEGORY: DPM DHH DTH
(circle one)

DIVISION: _____ **TEAM SIZE:** S M L

RULES PENALTIES:

General Guideline		# of Occurrences x Penalty for Violation	Deductions
	Boundary Violation	_____ x (0.5)	
	Total Time of Routine: _____	OVERTIME ☐ 4-7 seconds (1.0) ☐ 8-10 seconds (2.0) ☐ 11+ seconds (3.0)	
Routine Guideline/ General Safety/Section #	**Deduction Description**	**# of Occurrences x Penalty for Violation**	**Deductions**
		_____ x (2.5)	
		_____ x (2.5)	
		_____ x (2.5)	
		_____ x (2.5)	
		_____ x (2.5)	
Levels Grid/Section #	**Deduction Description**	**# of Occurrences x Penalty for Violation**	**Deductions**
		_____ x (5.0)	
		_____ x (5.0)	
		_____ x (5.0)	
		_____ x (5.0)	
		_____ x (5.0)	

EXECUTION PENALTIES:

Skill Category	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
Tumbling	Touch on Tumbling Skills:	_____ x (0.5)	
Tumbling	Falls on Tumbling Skills:	_____ x (1.0)	
Stunts	Bobbles on Stunt Skills:	_____ x (0.5)	
Stunts	Falls on Stunt Skills:	_____ x (1.0)	
Stunts	Major Falls on Stunt Skills:	_____ x (1.5)	
		TOTAL POINTS DEDUCTED:	

NA^{x} SCORE SYSTEM 411

NA^{x} CHEER DIVISIONS

We take scoring to the next level! We challenge teams to "perform smarter". By understanding YCADA's scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, Levels Grid, Routine Guidelines & General Safety Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

HOW IS A ROUTINE SCORED?... THIS IS OUR FAVORITE PART!

YCADA has created separate scoring grids, criteria and score sheets for EVERY level of cheer! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? 'Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. For example, if a Level 1^{x} team performs a Front Walkover, that point value of the Front Walkover will be higher than if the Front Walkover were performed in Level 2^{x}. YCADA not only believes in the purpose of skill levels, but also carries this mission throughout the scoring process. If the number of tumbling skills allowed at lower levels is limited, so too should be the percentage of points allocated to tumbling versus other parts of the routine. We get it!

WHAT ARE SCORING GRIDS AND CRITERIA?

SCORING GRIDS show coaches what point ranges certain skills may achieve depending on whether skills were performed by a partial or majority of the team, and the amount of Scoring Criteria met within a point range the team executes or lack thereof.

SCORING CRITERIA will determine the team's score within the listed scoring difficulty ranges. The following percentages equal the minimum number of athletes or groups required to score within a particular scoring range.

TUMBLING = 1/4 OF THE TEAM - CUMULATIVE SCORING

JUMPS = MAJORITY (50% + 1) - NON-CUMULATIVE SCORING

STUNTS, DISMOUNTS AND TOSSES = MAJORITY (50% + 1) - CUMULATIVE SCORING
Stunt groups will be calculated based on a total of 5 athletes.

PYRAMIDS = Teams will qualify for a particular pyramid range by performing any of the listed skills in a particular scoring range ONCE.

Example Of Cumulative Scoring: 9 athletes performing the same skill twice = 18 times performed

HOW ARE TOTAL SCORES CALCULATED?... LET'S DO SOME MATH. C'MON, IT WILL BE FUN!

Your Total Possible Score from each judge will be 100 possible points. Scores from all panel judges are added together, and then divided by the total number of panel judges to find the average score. Any penalties and deductions received are then deducted to provide the Final Score. The Final Score is used to determine awards/ranking at that specific championship and Nationals Qualification.

For example:

Total Possible Score per Judge: 100 points
The team receives the following scores:
Judge 1: 72.1
Judge 2: 75.3
Judge 3: 74.1
These scores added together (72.1 + 75.3 + 74.1) = 221.5
Then divided by the number of judges (221.5 / 3) = 73.83
Average Score: 73.83 points
The team also received a penalty of 2.5 points.
The Average Score minus the penalty points (73.83 - 2.5) = 71.33
Final Score = 71.33 [used for awards/ranking & Nationals Qualification]

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NA^{X} COACH'S CHEAT SHEET

NA^{X} CHEER DIVISIONS

HOW DO YOU USE YCADA SCORING GRIDS?... DON'T WORRY, WE'LL WALK YOU THROUGH IT

1. FIND YOUR TEAM'S SCORING GRID.

What is your Category & Level (if applicable)?

Example:

→ *If you are:* *CHEER - LEVEL 1^{x} (YL1^{x})*
→ *Then select:* *YOUTH LEVEL 1^{x} - CHEER SCORING GRID*

2. LOOK AT EACH SKILL ELEMENT ON THE SCORING GRID. (ACTUAL NUMBERS MAY VARY)

Scoring grids are consistent with YCADA's score sheets and display point ranges teams may earn (scoring guidelines = score sheets).

For all skill elements, except tumbling, the performing team must perform/execute the listed skills by a MAJORITY of the team in order to score in the corresponding score range. For tumbling a team must perform/execute the listed skills by 1/4 of the team in order to score in the corresponding score range.

Example 1: One element on the Cheer Level 1^{x} scoring guideline is MOTIONS

→ *Determine where your team falls*

- If the ***MAJORITY*** of your team executes MODERATE motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes. **Then you can expect to receive a score in the 13.5-13.9 range. (**Remember the key word is *majority* - majority means executed by over half of the team).
- If the ***MAJORITY*** of your team executes EXCELLENT motion technique and placements. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes. **Then you can expect to receive a score in the 15.0-16.0 range.**

Example 2: Another element on the Cheer scoring GUIDELINE is TUMBLING- **Tumbling skills must be performed by at least 1/4 or 25% of team members in order for a team to score in the corresponding scoring range**

→ *What is the most advanced tumbling skill your team can perform?*

- Let's say it is a Back Walkover.
  - Is 1/4 of your team able to perform and execute this skill sequence?
  - If YES - by looking at the *YOUTH LEVEL 1^{x} - CHEER SCORING GUIDELINE* you can expect your tumbling score to fall within the 4.0-5.0 range
  - If over 1/4 or 25% of your team performs a Forward Roll and only 10% of team members are able to execute the Back Walkover, then your team could fall in a range of 1.0 - 1.9.

WHAT ARE JUDGES LOOKING FOR?... HERE'S A QUICK CHECKLIST

- ☐ Were skills performed 'legal' for the level selected?
- ☐ Within the element range, what were the most advanced skills performed?
- ☐ Did the majority (50% +1 OR over half) of the team perform/execute (not attempt) the skill(s) or for tumbling did 1/4 of your team execute skill?
- ☐ Did the routine include variety?

  Examples:

  → Two or more tumbling sequences with different tumbling skills
  → Pyramids containing pyramid transitions
  → Different stunts - not the same stunt repeated
  → Was choreography varied to hold audience attention? OR did the routine become repetitive & monotonous?
- ☐ How did the team *execute* the skills?

  → Strong level = higher score (mastery of skill, excellence of performance/skill, confidence in performance)
  → Weak level = lower score (inconsistent in skill, needs polish, lacks self confidence)
- ☐ Were there mistakes, falls, bobbles, etc.? Any mistakes in a technical category will effect the one point available for execution.

  → Strong level = higher execution score
  → Weak level = lower execution score

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NA^{X} COACH'S CHEAT SHEET

NA^{X} CHEER DIVISIONS

This chart lists the MINIMUM number of skills a team must perform to score in any given range. Performing ONLY these quantities without additional skills, would score at the BOTTOM of any range. Team scores in any difficulty category are based on comparative scoring to other teams in their division. A team performing more than the minimum number of skills required will result in that team scoring higher than teams that perform closer to the minimum number of skills. All skill categories (with the exception of JUMPS) allow cumulative/recycled skills (example: 9 athletes performing the same skill twice = 18).

- The **# of Athletes column** is how many athletes are on the competition floor for your team.
- The **Standing and Running Tumbling column** is how many athletes must perform the listed tumbling skills in the scoring rubric to qualify for any given range.
- The **Jumps & Motions column** is how many athletes must perform the same jumps or motions to qualify for any given range.
- The **Stunts & Tosses column** is how many stunt/toss groups (made up of 5 athletes) must perform the stunt, dismount or toss to qualify for any given range.
- **Pyramid Difficulty:** Teams will qualify for a particular pyramid difficulty range by performing any of the listed skills in a particular scoring range ONCE.

# OF ATHLETES	25% STANDING/RUNNING TUMBLING	50% +1 JUMPS & MOTIONS	50% +1 (GROUPS OF 5) STUNTS & TOSSES
6	1+	4+	1+
7	1+	4+	1+
8	2+	5+	1+
9	2+	5+	1+
10	2+	6+	2+
11	2+	6+	2+
12	3+	7+	2+
13	3+	7+	2+
14	3+	8+	2+
15	3+	8+	2+
16	4+	9+	2+
17	4+	9+	2+
18	4+	10+	2+
19	4+	10+	2+
20	5+	11+	3+
21	5+	11+	3+
22	5+	12+	3+
23	5+	12+	3+
24	6+	13+	3+
25	6+	13+	3+
26	6+	14+	3+
27	6+	14+	3+
28	7+	15+	3+
29	7+	15+	3+
30	7+	16+	4+
31	7+	16+	4+
32	8+	17+	4+
33	8+	17+	4+
34	8+	18+	4+
35	8+	18+	4+
36	9+	19+	4+

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NA^{X} SCORING GRIDS & SCORE SHEETS

NA^{X} CHEER DIVISIONS

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition. Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

SCORING CRITERIA FOR EACH POINT RANGE... MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION!

STUNTS DIFFICULTY:
Percentage of team participation (number of stunts in air simultaneously
Body positions displayed
Minimal use of bases (use of front spots)
Degree of difficulty
Creativity and variety
Pace of skills

STUNTS EXECUTION/TECHNIQUE:
Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique

DISMOUNTS DIFFICULTY:
Percentage of team participation
Minimal use of bases
Degree of difficulty of dismounts
Creativity & variety

DISMOUNTS EXECUTION/TECHNIQUE:
Pointed toes by flyer at landing
Legs together and uncrossed on landings
Sharpness of landing (how tight are bases catching and set out)
Execution of cradle
Completion of rotation
Height of dismounts
Perfection

PYRAMIDS DIFFICULTY:
Percentage of team participation
Pace of pyramid skills
Body positions and control
Minimal use of bases
Degree of difficulty Level of execution
Creativity & variety
Transitions speed and variety
Height of pyramid skills executed
Combination of skills

PYRAMIDS EXECUTION/TECHNIQUE:
Body positions and control
Height of pyramid skills executed
Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique
Base and spotter technique
Top person technique
Perfection

STANDING/RUNNING TUMBLING DIFFICULTY:
Percentage of team participation
Combinations of skill creativity & variety
Synchronization
Pace and speed of skills
Approach
Landings (clean with feet together)
Degree of difficulty of skills performed

STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:
Form
Height of execution
Landings
Pace and speed of skills
Perfection

JUMPS EXECUTION/TECHNIQUE:
Landings
Arm movements
Pointed toes
Level of jumps
Technique, timing, landing
Synchronization

TOSS EXECUTION/TECHNIQUE:
Height of toss
Movement of bases or flyer
Execution of tricks while airborne
Completion of rotations or skills
Perfection
Synchronization

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YCADA® YOUTH CHEER & DANCE ALLIANCE

NA LEVEL 1X LIMITED

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		15	
Performance of Routine and/or Use of Cheer (if included)		15	
Dance		15	
Motions		16	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA® YOUTH CHEER & DANCE ALLIANCE

NA LEVEL 1[X]

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		10	
Performance of Routine and/or Use of Cheer (if included)		10	
Dance		9	
Motions		16	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA® YOUTH CHEER & DANCE ALLIANCE

NA LEVEL 2X

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		10	
Performance of Routine and/or Use of Cheer (if included)		10	
Dance		9	
Motions		10	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
Tosses Difficulty		5	
Tosses Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA® YOUTH CHEER & DANCE ALLIANCE

NA LEVEL 3X

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		10	
Performance of Routine and/or Use of Cheer (if included)		10	
Dance		9	
Motions		10	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
Tosses Difficulty		5	
Tosses Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA® YOUTH CHEER & DANCE ALLIANCE

NA LEVEL 4X

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography		10	
Performance of Routine and/or Use of Cheer (if included)		10	
Dance		9	
Motions		10	
Jumps Difficulty		10	
Jumps Execution/Technique		1	
Stunts Difficulty		15	
Stunts Execution/Technique		1	
Pyramids Difficulty		15	
Pyramids Execution/Technique		1	
Dismounts Difficulty		5	
Dismounts Execution/Technique		1	
Tumbling Difficulty		5	
Tumbling Execution/Technique		1	
Tosses Difficulty		5	
Tosses Execution/Technique		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA NA Level 1^{x} Limited

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 15.0	
0.0	Zero skills performed
12.0 - 12.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
12.5 - 12.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll off, creativity, percent of team incorporation
13.0 - 13.9	GOOD - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
14.0 - 15.0	EXCELLENT - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 15.0	
0.0	Zero skills performed
12.0 - 12.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
12.5 - 12.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
13.0 - 13.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
14.0 - 15.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
DANCE - By MAJORITY of Team - Max Score: 15.0	
0.0	Zero skills performed
12.0 - 12.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes , footwork and floorwork
12.5 - 12.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
13.0 - 13.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and loorwork
14.0 - 15.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork
MOTIONS - By MAJORITY of Team - Max Score: 16.0	
0.0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes
13.5 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
JUMPS DIFFICULTY - Max Score: 10.0 **Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine** **Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump** **Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.** **Variety will be defined as 2 or more different jumps.**	
0.0	Zero skills performed.
7.0	1 synchronized basic jump performed by less than majority of team
8.0	1 synchronized basic jump performed by majority of team
9.0	1 synchronized advanced jump performed by less than majority of team
10.0	1 synchronized advanced jump performed by majority of team
STUNTS DIFFICULTY - Max Score: 15.0	
0.0 - 0.0	Zero skills performed.
10.0 - 10.9	Below prep level two leg stunts by LESS THAN majority of team.
11.0 - 11.9	Below prep level two leg stunts by MAJORITY of team.
12.0 - 12.9	Must perform at least ONE of the following: • Prep level two leg stunts by majority of team • Knee level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) by majority of team.
13.0 - 15.0	Must perform BOTH of the following: • Prep level two leg stunts by majority of team • Knee level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) by majority of team.
DISMOUNTS DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed.
3.0 - 3.9	Must perform at least ONE of the following by LESS THAN majority of team: • Step Offs • Bump Downs • Shove Wraps • Pop Off
4.0 – 5.0	Must perform at least ONE of the following by MAJORITY of team: • Step Offs • Bump Downs • Shove Wraps • Pop Offs
TUMBLING DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed.
1.0 - 1.9	Must perform at least ONE of the following by LESS THAN 1/4 of team: • Forward Rolls • Backward Rolls • Handstands
2.0 - 2.9	Must perform at least ONE of the following by AT LEAST 1/4 of team: • Forward Rolls • Backward Rolls • Handstands
3.0 - 3.9	Cartwheels by at least 1/4 of team
4.0 - 5.0	Round Offs by at least 1/4 of team

YCADA NA Level 1[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
DANCE - By MAJORITY of Team - Max Score: 9.0	
0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes , footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and floorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork
MOTIONS - By MAJORITY of Team - Max Score: 16.0	
0.0	Zero skills performed
13.0 - 13.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes
13.5 - 13.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes
14.0 - 14.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes
15.0 - 16.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
JUMPS DIFFICULTY - Max Score: 10.0 **Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump** **Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine** **Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.** **Variety will be defined as 2 or more different jumps.**	
0.0	Zero skills performed
6.0	Must perform at least ONE of the following: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	Must perform at least ONE of the following: • 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	Must perform at least ONE of the following: • 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority
STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0.0	Zero skills performed
10.0 - 10.9	Knee level two leg stunts
11.0 - 11.9	Must perform at least ONE of the following: • Waist level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls
12.0 - 12.9	Must perform at least ONE of the following: • Prep level two leg stunt • Below prep level single leg stunt (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged)
13.0 - 15.0	Must perform at least ONE of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s) Arabesque, Scorpion, Scale - multiple variations encouraged)- • 1/4 twist mount to below prep level single leg • 1/4 twist mount to prep level two leg stunt • Single based waist level single leg stunt

YCADA NA Level 1[x]

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0 **A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).**	
0.0	Zero skills performed
10.0 - 10.9	Below prep level two leg stunts braced on both or one side
11.0 - 11.9	Below prep level single leg stunts braced on both or one side
12.0 - 12.9	Must perform at least ONE of the following: • Prep level two leg stunts • Prep level single leg stunts braced on both sides
13.0 - 15.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members. Must perform at least ONE of the following: • Prep level single leg stunts braced on only one side • Extended two leg stunts braced on both or one side • 1/4 turn stunt transitions to prep level and above stunts braced on only one side
DISMOUNTS DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
1.0 - 1.9	Must perform at least ONE of the following by LESS THAN majority of team: • Step Offs • Bump Downs • Shove Wraps • Pop Offs
2.0 - 2.9	Must perform at least ONE of the following by MAJORITY of team: • Step Offs • Bump Downs • Shove Wraps • Pop Offs
3.0 - 3.9	Straight Ride Cradles by majority of team
4.0 – 5.0	1/4 Turn Cradles by majority of team
TUMBLING DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
0.5 - 0.9	Must perform at least ONE of the following by LESS THAN 1/4 of team: • Forward Rolls • Backward Rolls • Handstands
1.0 - 1.9	Must perform at least ONE of the following by AT LEAST 1/4 of team: • Forward Rolls • Backward Rolls • Handstands
2.0 - 2.9	Cartwheels
3.0 - 3.9	Round Offs
4.0 - 5.0	Must perform at least ONE of the following by AT LEAST 1/4 of team: • Front/Back Walkovers • Valdezes • Back Limbers to Back Walkovers

YCADA NA Level 2[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
DANCE - By MAJORITY of Team - Max Score: 9.0	
0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes , footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and loorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes.
7.5 - 7.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes.
8.0 - 8.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes.
9.0 - 10.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes.
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
JUMPS DIFFICULTY - Max Score: 10.0 **Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine** **Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump** **Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.** **Variety will be defined as 2 or more different jumps.**	
0.0	Zero skills performed
6.0	Must perform at least ONE of the following: • Basic jump(s) • 1 advanced jump by LESS THAN majority of team
7.0	• 1 synchronized advanced jump by majority of team
8.0	Must perform at least ONE of the following: • 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section • 2 synchronized non-consecutive advanced jumps by majority of team performed in DIFFERENT sequences/sections
9.0	Must perform at least ONE of the following: • 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 synchronized consecutive connected advanced jumps with NO VARIETY by majority of team
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority
STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0.0 - 0.0	Zero skills performed
9.0 - 9.9	Knee level two leg stunts
10.0 - 10.9	Must perform at least ONE of the following: • Thigh level two leg stunts • Single twisting Barrel Rolls • Shoulder Sits • Superman transitions • Swedish Falls
11.0 - 11.9	Must perform at least ONE of the following: • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversions to load-in/sponge
12.0 - 12.9	Must perform at least ONE of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mounts to prep level single leg stunts • 1/4 twist mounts to extended two leg stunts • Ground Level inversion to below prep level 1 leg stunts
13.0 - 15.0	Must perform at least ONE of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - one variation required but multiple encouraged) AND extended two leg stunt • 1/2 twist mounts to prep level two leg stunts • 1/2 twist mounts to prep level single leg stunts • 1/2 twist mounts to extended level two leg stunts • Leap Frogs • Ground Level inversion to prep level 2 leg stunts

YCADA NA Level 2[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0 **A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).**	
0.0 - 0.0	Zero skills performed
10.0 - 10.9	Below prep level stunts braced on both or one side
11.0 - 11.9	Prep level two leg stunts braced on both or one side
12.0 - 12.9	Must perform at least ONE of the following: • Extended two leg stunts braced on both or one side • Prep level single leg stunts braced on both or one side
13.0 - 15.0	• 1/2 twist pyramid transition to prep level two leg stunt • Extended single leg stunts braced on both or one side • 1/2 twist pyramid transition to prep level single leg stunt • 1/2 twist pyramid transition to extended level stunt • Braced Release Dismounts to cradle • Ground Level Braced Pyramid inversion to prep level • Extended Double Leg Stunt Braced to other Extended Double Leg Stunts This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members.
DISMOUNTS DIFFICULTY - Max Score: 5.0	
0.0 - 0.0	Zero skills performed
1.0 - 1.9	Must perform ONE of the following: • Bump Down • Shove Wrap • Pop Off
2.0 -2.9	Straight Ride Cradles by majority of team
3.0 - 3.9	1/4 Turn Cradles from prep level two leg stunt by majority of team
4.0 - 5.0	Must perform at least ONE of the following: • 1/4 Turn Cradles from prep level single leg OR extended two leg stunt by majority of team • Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) by majority of team
TUMBLING DIFFICULTY - Max Score: 5.0	
0.0 - 0.0	Zero skills performed.
0.1 - 0.4	Must perform at least ONE of the following by LESS THAN 1/4 of team: • Forward/Backward Rolls • Handstands
0.5 - 0.9	Must perform at least ONE of the following by AT LEAST 1/4 of the team: • Forward/Backward Rolls • Handstands
1.0 - 1.9	Cartwheels by 1/4 of team
2.0 - 2.9	Round Offs by 1/4 of team
3.0 - 3.9	Front/Back Walkovers by 1/4 of team
4.0 - 5.0	Must perform at least ONE of the following by AT LEAST 1/4 of the team: • Running/Standing Single Front/Back Handsprings/Handspring Step Out • Advanced Jumps to Back Handsprings • Running with Series Back Handsprings
TOSSES DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
3.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN 1/4 of team
4.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority but MORE THAN 1/4 of team
5.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by MAJORITY of team

YCADA NA Level 3[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
DANCE - By MAJORITY of Team - Max Score: 9.0	
0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes , footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and loorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes.
7.5 - 7.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes.
8.0 - 8.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes.
9.0 - 10.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes.
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
JUMPS DIFFICULTY - Max Score: 10.0 **Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine** **Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump** **Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.** **Variety will be defined as 2 or more different jumps.**	
0.0	Zero skills performed
6.0	Must perform at least ONE of the following: • Basic jump(s) • 1 advanced jump • 2 or more synchronized non-consecutive advanced jumps performed in DIFFERENT sequences/sections
7.0	Must perform at least ONE of the following: • 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 3 synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section
8.0	Must perform at least ONE of the following: • 3 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 or 3 synchronized consecutive connected advanced jumps by LESS THAN majority of team
9.0	Must perform at least ONE of the following by majority of team: • 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY • 2 synchronized consecutive connected advanced jumps with VARIETY
10.0	3 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team

YCADA NA Level 3[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0.0 - 0.0	Zero skills performed
8.0-8.9	Must perform at least ONE of the following: • Knee level two leg stunts • Thigh level two leg stunts • Shoulder Sits • Swedish Falls • Downward Inversions from waist level • Non-twisting Superman transitions
9.0 - 9.9	Must perform at least ONE of the following: • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversions to load-in/Sponge
10.0 - 10.9	Must perform at least ONE of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mounts to prep level stunts • 1/4 twist mounts to extended level stunts
11.0 - 11.9	Must perform at least ONE of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Two leg extended stunts • 1/2 twist mounts to prep level stunts • Ground level inversions directly to below prep level stunts
12.0 -12.9	Must perform at least ONE of the following: • Extended Liberties • 1/2 twist Superman transitions • 1/2 twist mounts to two leg extended stunts • Forward Suspended Rolls • Ground level inversions directly to prep level stunts
13.0 - 15.0	Must perform at least ONE of the following: • Extended single leg stunt(s) (i.e. Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Free standing release moves that land at prep level • Full twist mounts to prep level stunts • Ground level inversions directly to extended double leg stunts • Ground level inversion 1/2 twist to prep level • 1/2 twist mounts to extended single leg stunts • Forward Suspended Rolls with one full twist rotation
PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0 **A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).**	
0.0 - 0.0	Zero skills performed
8.0-8.9	Below prep level stunts braced on both or one side
9.0-9.9	Prep level stunts braced on both or one side
10.0-10.9	Extended two leg stunts braced on both or one side
11.0-11.9	Extended single leg stunts braced on both or one side
12.0-12.9	Must perform at least ONE of the following: • Braced release moves to cradle braced on both sides • Braced release moves to an upright standing body position that land at prep level or below stunts/load-in/sponge position • Braced release moves to cradle braced on one side with no tricks
13.0 - 15.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 7 or less members Must perform at least ONE of the following: • Braced release moves to an upright standing body position that land at the extended level • Braced release moves to cradle braced on one side with one or more tricks • Braced release moves to a non-upright body position braced on both sides • 3/4 twist or greater non-release transitions to extended level • Extended double leg stunt braced to other extended single leg stunts • 1/2 twist release moves that land in prep level or above stunts
DISMOUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0.0 - 0.0	Zero skills performed
0.5-0.9	Must perform at least ONE of the following: • Bump Downs • Shove Wraps • Pop Offs
1.0-1.9	Must perform at least ONE of the following: • Straight Ride Cradles from prep level or below stunts • 1/4 Turn Cradles from prep level or below stunts • Non-twisting Alternate Cradle (i.e. Toe Touch, Kick, Ball, Pike etc.)
2.0-2.9	Must perform at least ONE of the following: • Straight Ride Cradles from extended stunts • 1/4 Turn Cradles from extended stunts
3.0-3.9	Single twist cradles from prep level two leg stunts
4.0 - 5.0	Must perform at least ONE of the following: • Single twist cradles from extended two leg stunts • Single twist cradles from prep level single leg stunts • Two trick non-twisting cradles from Extension Prep
TUMBLING DIFFICULTY - By 1/4 of Team - Max Score: 5.0	
0.0 - 0.0	Zero skills performed
0.5-0.9	Must perform at least ONE of the following: • Forward/Backward Rolls • Handstands
1.0 - 1.9	Must perform at least ONE of the following: • Cartwheels • Round Offs
2.0 - 2.9	Must perform at least ONE of the following: • Front Walkovers • Back Walkovers
3.0 - 3.9	Single non-consecutive Front/Back Handsprings
4.0 - 5.0	Must perform at least ONE of the following: • Front Walkovers through to single Back Handsprings • Round Off Back Tucks • Jumps continuously to Back Handsprings • Running Front Tuck • Consecutive Handsprings Series • Round off Back Handspring Back Tucks • Side Aerials
TOSSES DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
2.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by LESS THAN majority of team
3.0	Straight Ride tosses (i.e. Sponge, Basket, Squishy, or Scrunch) by majority of team
4.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by LESS THAN majority of team
5.0	Must perform at least ONE of the following: • Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by majority of team • Single twisting toss

YCADA NA Level 4[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - pace/flow of routine, transitions, visual effects, level changes, roll offs, creativity, percent of team incorporation
7.5 - 7.9	MODERATE - pace/flow of routine, transitions, visual effects, level changes, roll off, creativity, percent of team incorporation
8.0 - 8.9	GOOD - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
9.0 - 10.0	EXCELLENT - pace and flow of routine, transitions,visual effects, level changes, roll offs, creativity, percent of team incorporation
PERFORMANCE OF ROUTINE AND/OR USE OF CHEER (IF INCLUDED) - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	PERFORMANCE OF ROUTINE: MINIMAL/INCONSISTENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MINIMAL/INCONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
7.5 - 7.9	PERFORMANCE OF ROUTINE: MODERATE - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): MODERATE/CONSISTENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
8.0 - 8.9	PERFORMANCE OF ROUTINE: GOOD - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): GOOD - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
9.0 - 10.0	PERFORMANCE OF ROUTINE: EXCELLENT - quality of presentation, synchronization, enthusiasm, showmanship, routine attitude/ownership, confidence, crowd appeal CHEER (if included): EXCELLENT - incorporation of cheer, crowd effective material/props, crowd leading skills, voice projection/inflection, ability to lead crowd
DANCE - By MAJORITY of Team - Max Score: 9.0	
0.0	Zero skills performed
6.0 - 6.4	MINIMAL/INCONSISTENT - dance technique and placement. Lacking sharpness and overall motion control. Low energy/slow paced. Lacking creativity/variety in dance. Weak incorporation of dance visuals, transitions, level changes , footwork and floorwork
6.5 - 6.9	MODERATE - dance technique and placement. Moderate motion strength and sharpness in dance. Moderate energy/pace. Moderate creativity/variety in dance. Moderate incorporation of dance visuals, transitions, level changes, footwork and floorwork
7.0 - 7.9	GOOD - dance technique and placement. Good motion strength and sharpness in dance. Good energy/pace. Good creativity/variety in dance. Good incorporation of dance visuals, transitions, level changes, footwork and loorwork
8.0 - 9.0	EXCELLENT - dance technique and placement. Strong sharp dance. Excellent energy/pace. Excellent creativity/variety in dance. Excellent incorporation of dance visuals, transitions, level changes, footwork and floorwork
MOTIONS - By MAJORITY of Team - Max Score: 10.0	
0.0	Zero skills performed
7.0 - 7.4	MINIMAL/INCONSISTENT - motion technique. Lacking sharpness and controlled placement, pace and energy. Lacking variety with minimal to zero transitions and level changes.
7.5 - 7.9	MODERATE - motion technique. Moderate sharpness and controlled placement, pace and energy. Moderate variety with minimal transitions and level changes.
8.0 - 8.9	GOOD - motion technique. Good sharpness and controlled placement, pace and energy. Included variety and visuals with some transitions and level changes.
9.0 - 10.0	EXCELLENT - motion technique. Strong and sharp motions with excellent, controlled placement, pace and energy. Excellent variety and visuals with multiple transitions and level changes.
SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
JUMPS DIFFICULTY - Max Score: 10.0 **Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine** **Basic Jumps include: pencil jump, tuck jump, spread eagle/X jump** **Consecutive connected jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.** **Variety will be defined as 2 or more different jumps.**	
0.0	Zero skills performed
6.0	Must perform at least ONE of the following: • Basic jump(s) • 1 advanced jump • 2 or more synchronized non-consecutive advanced jumps performed in DIFFERENT sequences/sections
7.0	Must perform at least ONE of the following: • 2 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 3 synchronized non-consecutive advanced jumps by LESS THAN majority of team performed in the SAME sequence/section
8.0	Must perform at least ONE of the following: • 3 synchronized non-consecutive advanced jumps by majority of team performed in the SAME sequence/section • 2 or 3 synchronized consecutive connected advanced jumps by LESS THAN majority of team
9.0	Must perform at least ONE of the following by majority of team: • 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY • 2 synchronized consecutive connected advanced jumps with VARIETY
10.0	3 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team

YCADA NA Level 4[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
STUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 15.0	
0.0 - 0.0	Zero skills performed
8.0 - 8.9	Must perform at least ONE of the following: • Knee level two leg stunts OR thigh level two leg stunts • Shoulder Sits • Swedish Falls
9.0 - 9.9	Must perform ONE of the following: • Prep level two leg stunts • Below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Ground level inversions to load-in/sponges
10.0 - 10.9	Must perform at least ONE of the following: • Prep level two leg stunt AND below prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • 1/4 twist mounts to prep level stunts • 1/4 twist mounts to extended level stunts • 1/2 twist Superman transitions
11.0 - 11.9	Must perform at least ONE of the following: • Prep level single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Extended two leg stunts • Forward Suspended Rolls • 1/2 twist mounts/transitions to prep/extended level stunts
12.0 - 12.9	Must perform at least ONE of the following: • Extended single leg stunt(s) (i.e. Liberty, Torch, Stretch(s), Arabesque, Scorpion, Scale - multiple variations encouraged) • Free standing release moves that land at prep level • Full twist mounts/transitions to prep level stunts • Ground level inversions directly to extended 2 leg stunts • 1/2 twist mounts to extended single leg stunts • Ground level inversion 1/2 twist to prep level • Forward Suspended Rolls with one full twist rotation
13.0-15.0	Must perform at least ONE of the following: • Full twist mounts/transitions to extended level stunt • Ground level inversions directly to extended level stunt • Twisting Stunts to prep level greater than one full twist • Release moves to extended level (Tic Tocs, Switch Ups, Ball Ups, etc.) • Ground level inversion to prep level with full twist or greater • Ground level inversion to extended level with 1/2 twist or greater
PYRAMIDS DIFFICULTY - Must Perform Skill at Least Once - Max Score: 15.0 **A pyramid will be defined as stunt(s) connected to other stunt(s) OR ground level individual(s).**	
0.0 - 0.0	Zero skills performed
8.0 - 8.9	Pyramids involving prep level stunts or lower
9.0 - 9.9	Pyramids involving extended two leg stunts
10.0 - 10.9	Pyramids involving extended single leg stunts braced on both sides
11.0 - 11.9	Pyramids involving extended single leg stunts braced on only one side
12.0 - 12.9	Must perform at least ONE of the following: • Pyramids involving Tic-Tocs braced on BOTH sides • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Prep • Braced release moves to cradle braced on one side with one or more tricks • Braced release moves to a non-upright body position braced on both sides • 3/4 twist or greater non-release transitions to extended level • Extended double leg stunt braced to other extended double leg stunts • 1/2 twist release moves braced on both sides that land in prep level or above stunts
13.0 - 15.0	This point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to teams with 5 or less members. Must perform at least ONE of the following: •Non-released Full Twist to Extended Leg • Release moves braced on ONE side that start at prep level or above and lands at extended level • Twisting release moves greater than half twist that land at extended level • Full Twisting release moves that land at prep level • Extended single leg stunts braced to other Extended single leg stunts (Paper Dolls) • Braced inversion transitions (Flat Back, Roll Up) that roll up directly to Extension • Braced Flips braced on BOTH Sides
DISMOUNTS DIFFICULTY - By MAJORITY of Team - Max Score: 5.0	
0.0 - 0.0	Zero skills performed
0.5 -0.9	Must perform at least ONE of the following: • Bump Downs • Shove Wraps • Pop Offs
1.0 - 1.9	Must perform at least ONE of the following: • Straight Ride cradles • 1/4 turn cradles
2.0 -2.9	Alternate non twisting cradles (i.e. Toe Touch, Pike Arch)
3.0 - 3.9	Single twist cradles from prep level single leg stunts or extended double leg stunts
4.0 - 5.0	Must perform at least ONE of the following: • Non-twisting two trick cradles from Extension Prep • Single twisting cradles from extended single leg stunts • Two Trick Cradles that include a Single Twist from Prep Level • Double twist cradle from double leg prep level and above

YCADA NA Level 4[x]

YCADA® YOUTH CHEER & DANCE ALLIANCE

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)	
0.0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT
TUMBLING DIFFICULTY - By 1/4 of Team - Max Score: 5.0	
0.0 - 0.0	Zero skills performed
0.5 - 0.9	Forward/Backward Rolls, Handstands, Cartwheel or Round Off
1.0 - 1.4	Front/back Walkovers
1.5 - 1.9	Single non-consecutive Front/Back Handsprings
2.0 - 2.9	Must perform at least ONE of the following: • Front walkover through to single Back Handspring • Consecutive Handspring Series • Jump continuously to Back Handspring
3.0 - 3.9	Must perform at least ONE of the following: • Running Tucks/Flips • Standing Handspring Back Tuck • Side Aerial • Jump continuously to Back Handspring Series
4.0 - 5.0	Must perform at least ONE of the following: • Full Twist Flips • Layout • X-Out • Pike • Standing Tuck • Front Aerial • Jump Continuously to Back Handspring Back Tuck • Jump Continuously to Back Tuck
TOSSES DIFFICULTY - Max Score: 5.0	
0.0	Zero skills performed
1.0	Straight Ride tosses by less than majority of team
2.0	Straight Ride tosses by majority of team
3.0	Single trick non-twisting tosses by majority of team (examples: kick, pike, tuck, toe touch)
4.0	Must perform at least ONE of the following by majority of team: • Non-twisting two trick toss by majority of team (examples: Pike-Star, Pretty Flyer-Kick) • Single twisting toss
5.0	Must perform at least ONE of the following by majority of team: • Two Trick non-twisting toss • Two trick toss that includes a single twist (example: Kick Full) • Double twisting toss

NA^{X} CHEER GLOSSARY

GO TO VIDEO GLOSSARY

REFERENCE GUIDE FOR SKILLS MENTIONED IN THE NA^{X} CHEER LEVELS GRID & GENERAL SAFETY RULES.

1/4 Turn Cradle: After the flyer is released for the Cradle dismount, the bases and back spotter step to turn the stunt group (¼ turn) while simultaneously the flyer twists in the same direction as the bases/back spotter (making a ¼ turn) before the catch in the Cradle position occurs (example: stunt group is facing to the participant's right in a prep level Arabesque; after the flyer is released for the dismount, the bases and back spotter ¼ turn to face the stunt group to the front while the flyer squares her body (making a ¼ twist) to the front before the catch in the Cradle position occurs.

1/4 Up (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotates 90 degrees. Other terms include Presto.

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees and is commonly performed to a Sponge or Extension Prep. Other related terms include Half Up, 1/2 Twist Load in.

360 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees and is commonly performed to a Sponge or Extension Prep. Other related terms include Full Up or Full Around.

Aerial: See Front Aerial, Side Aerial

Airborne: To be free of contact with a person or performance surface.

Airborne Tumbling Skill: An aerial maneuver involving hip over head rotation in which a participant uses their body and the performance surface to propel himself/herself away from the performance surface.

Alternate Cradles: Dismount variations in which the flyer executes a trick/body position at the highest point in the ride of the of the toss for a Cradle. Examples include: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. Clarification: the Arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Alternate Flipping Body Positions (Tumbling): X-Out, Layout, Pike, Step Out, and Whip.

Alternate Non-Twisting Cradles: Dismount variations that do not include any twisting skills. Examples include: Toe Touch Cradle, Tuck Cradle, Kick Cradle, Pike Cradle. Clarification: the arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Arabesque: A stunt in which the working leg is extended behind (close to 90 degrees) while the supporting leg is in the hands of the base(s). The flyer's chest is up with one leg directly behind her. Hips should be in line with the floor.

Arabian: A tumbling skill in which a participant performs a 1/2 twist into a Front Flip. The twist is complete before the rotation of the flip begins and is commonly performed out of a rebound.

Assisted Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. No other skill is performed during the Pop Off. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

Assisted Tumbling: A participant performing a tumbling skill on the performance surface that is supported at any point/time by a non-inverted participant who is also on the performance surface before the completion of the tumbling skill. Completion of a tumbling skill is defined as, participant is no longer inverted and has at least 1 foot in contact with the performance surface.

Awesome: A stunt where a top person has both feet together in the hand(s) of the base(s). Also referred as a "Cupie".

Back Dismount: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Back Handspring: See Handspring

Back Limber: Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

Back Limber to Back Walkover: Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

Back Spotter: Person in stunt responsible for the head/neck/shoulder area of the flyer. Usually positioned directly behind the stunt, but can be on the side as well. This position/responsibility may change from person to person during creative stunt transitions.

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot/leg at a time.

Ball Up: A release move of the flyer from the performance surface, bringing knees to chest and landing in an upright, standing position.

Barrel Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted Barrel Roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition.

Base: A person who is in direct weight bearing contact with the performance surface and provides primary support for another person.

Basket Toss: A type of toss with no more than 4 bases, 2 of which use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

Below Level Jumps: Jumps where the feet and/or legs of the jumper are below perpendicular.

Bobble: An error during a technical skill. Obvious missed skills: hand(s) down on a tumbling skill/shaky stunts/pyramids/baskets, incomplete or obvious errors in regards to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motions and dance execution.

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NAˣ CHEER GLOSSARY
(CONTINUED)

GO TO VIDEO GLOSSARY

Bow N' Arrow: A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the torso. The flyer's working leg is kept straight while reaching their free arm to a Half T motion through the space between their working leg and gripping arm, making the shape of a bow and arrow.

Brace/Bracer: A physical connection that helps to provide stability to a top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition. Bracers may not be a base or continuous spotter.

Braced Flip: A stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). Types of Braced Flips include Braced Front Flip and Braced Back Flip. Some of the body postions for the flipping top person of a braced flip include a Tuck and Pike.

Building: See stunt

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/retake position in order to return the flyer to the performance surface.

Cartwheel: A non aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

Catcher: One of the person(s) responsible for the safe landing of a top person during stunt entry, transition and/or dismount. Catchers do not have to make contact with the flyer, but must be in a position to minimize risk should the flyer fall.

Chair: Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

Consecutive Front/Back Handsprings: See Handspring series.

Continuous Combination Jumps: The execution of two or more jumps in constant movement without stoppage of movement.

Continuous Spotter/Back Spotter: The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt.

Cradle: A dismount in which the bases catch the top person with palms up, by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a Pike position.

Cupie: A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight. Also referred as an Awesome.

Dead Man Lift: A type of flat back (see below). When the arms of the bases are extended, **a** Dead Man Lift requires two bases **and an additional spotter**.

Dismount: A stunt skill, originated by the Spotter/Bases as the final part of a stunt/stunt transition. A skill in which the flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge/retake position in order to return the flyer to the performance surface. Examples of dismounts: Step Off Front/Back, Shove Wrap, Bump Down, and Cradle.

Dive Roll: A Forward Roll where your feet leave the ground before your hands reach the ground.

Double Based: In reference to a stunt/stunt transition or dismount in which two bases are supporting the flyer.

Downward Inversion: A stunt or pyramid in which an inverted person's momentum is moving towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performance surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Eighteen Inches above Extended Arm /Level: Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer. If the flyer is in a vertical position the lowest position of the flyer is the feet with the legs fully extended. If the flyer is in a horizontal position, the lowest position is the lowest visible position of the flyer.

Extended Level Stunts: A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads, supported by the Base(s) fully extended arm(s). Stunts in which the entire body of the Flyer is not over the Base(s) head/heads but the Base(s) arm(s) are fully extended do not classify as extended level stunts. Extensions and Extended Liberties are examples of Extended Level stunts. Extended Flatbacks and Extended V-sits are not Extended Level stunts and are classified as prep level stunts. .

Extended Position: A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position. Therefore, a true show and go would be considered an extended position.

Extension: A two leg, extended level stunt in which the flyer's feet are being held/griped by the base(s) in the extended position.

Extension Prep: A two leg, prep level stunt in which the flyer's feet are being held/gripped at shoulder level by the bases.

Extension Prep Hitch (Two Leg Hitch): A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of working leg) remains in contact with the base's hands. Extension Prep Hitches/Two Leg Hitches) are not considered single leg stunts.

Fallback: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Fireman Catch: See Fallback.

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NAˣ CHEER GLOSSARY
(CONTINUED)

GO TO VIDEO GLOSSARY

Flat Back: A waist level stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by two or more bases and one continuous back spotter. Flatbacks can be performed with the bases' arms in the Extended Position; these are called Extended Flatbacks and are classified as prep level stunts. Flatback variations include, Double Based Extended Flatbacks and Triple Based Extended Flatbacks. Also referred to as a Deadman Lift.
- **Double Based Flatbacks** contain 2 Bases, 1 Flyer, and 1 Back Spotter.
- **Triple Based V-sits** contains 3 Bases, 1 Flyer and 1 Back Spotter.

Flip (stunt): See Braced Flip.

Flip (Tumbling): An airborne tumbling skill in which a participant rotates hips over head with no contact to the performance surface as the body passes through the inverted position.

Flip Body Positions: Common body forms for flips are as follows: Aerial, Tuck, Pike, and Layout. For alternative body positions see Alternative Flipping Body Positions.

Floorwork: Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

Footwork: The activity of moving from place to place, with full body movement, to create visual effects.

Flyer: A person who receives primary support from another person.

Forward Roll: A non airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Forward Suspended Roll: A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot and lands in a cradle or the performace surface.

Front Aerial: An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.

Front Base (Spotter): A person located in front of the stunt, facing the stunt and added to help control the stunt for the additional safety of the flyer.

Front Handspring: See Handspring

Front Limber: Gymnastic, non-aerial flexibility skill that originates on the hands (front), keeping both legs together and landing in a back bridge position.

Front Tuck: A flipping tumbling skill performed from a run or forward moving skill in which the participant springs upward and forward in a stretched position and tucks their knees as the body begins to rotate forward.

Front Flipping Leap Frog: Stunt transition in which the flyer performs a front flipping inversion from original bases to new bases, while remaining connected to a post by hand/hand contact. Usually performed from a Sponge position.

Front Walkover: A non aerial tumbling skill where one rotates forward through an inverted position to a non inverted position by arching the legs and hips over the head and down to the performance surface landing one foot/leg at a time.

Full Twist: A 360 degree twisting rotation.

Full Up: A stunt/stunt transition in which the flyer rotations 360 degrees during the accent to a prep level or higher stunt.

Group Based Stunts: A stunt using multiple bases for support.

Half: See Extension Prep

Hand Support (Tumbling): When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

Hand/Arm Connection: The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist. Example: A participant in an Extension Prep uses their hand and forearm to brace a participant in an Extension who uses their hand and forearm to connect to the participant in the Extension Prep.

Handspring: A forward or backward airborne tumbling skill that starts from a standing or running entry in which the participant jumps or rebounds in order to rotate into an inverted position then blocks off the hands to return upright and land on their feet. To block off the hands is to put weight on the arms when in the handstand position and using a strong push from the shoulders to complete the rotation and land on the feet.

Handspring Series: A tumbling term used to describe a participant's performance of two or more consecutive handsprings

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Handstand Fall to Bridge: When a participant front limbers to a Bridge position from a Handstand.

Hanging Pyramid: A pyramid in which the flyer's weight is primarily supported by more than one flyer in any stunt. The "hanging" flyer does not have contact with any athlete on the performance surface.

Heel Stretch: A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg to mirror the Half High V motion of the opposite arm while keeping the working leg straight.

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NAˣ CHEER GLOSSARY
(CONTINUED)

GO TO VIDEO GLOSSARY

Helicopter: Flyer in a supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

Horizontal T-Lift: A stunt in which the top person is supported by bases in a face up or face down horizontal position with the arms in a T-Motion. Two bases are present at the head/armpits of the flyer (one on each armpit), and are responsible for the flyer's head/shoulder area. The additional base/s support the legs/lower body of flyer.

Hyperextended Jumps: Jumps where the feet and/or legs of the jumper are above perpendicular.

Inversion/Inverted: When the athlete's shoulders are below his/her waist and/or both feet are above his/her head (clarification: when in an upright body position, feet may go above head).

Inversion Entry: Inversion skill/stunt which originates from the performance surface.

Inversion Exit: Inversion skill/stunt which transitions to the performance surface.

Jump: An airborne position not involving hip over head rotation created by using one's own feet and lower body power to push off the performance surface.

Knee Stand Level: The execution of a stunt where the base is in a knee stand (one knee of the base must be in contact with the performance surface) and the flyer is on the other leg of the base.

Layout: (Tumbling): An airborne tumbling skill that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position in a stretched and hollow body.

Leap Frog: A braced flyer is transitioned from one set of bases to another or back to the original bases by in direct hand/hand contact of a base/back spotter. The flyer must remain upright and stay in continuous contact with the base/back spotter while transitioning.

Level Jumps: Jumps where the feet and/or legs of the jumper are perpendicular.

Liberty: A single leg stunt in which the flyer bends and lifts the working leg so that the instep is at or near the standing leg's knee.

Limber: See Front Limber or Back Limber

Load in: A stunt position in which the flyer's foot/feet are in the hands of the base(s), base(s) hands are below prep level, and is typically in preparation to build a stunt or skill in between stunts. Common positions/terms: Sponge, One Foot Load In, Two Foot Load in.

Mount: See Stunt

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Non-Consecutive (Tumbling): A tumbling term used to describe a participant's performance of no more than one Handspring during standing tumbling or incorporated into a running pass with or without other tumbling skills.

Non-Released Single Based Stunt: Example: a Step Into Hands would be allowed with 1 flyer, 1 base, and 1 continuous spotter. Single based release stunt example: Toss Hands.

Nugget: A position in which a participant is kneeling/crouching on the performance floor in a Ball position. May be performed face forward on the feet and hands or face down on the shins and forearms.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Partner Assisted Jumps: See Partner Pick Up

Partner Pick Up: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations. Partner Pick Up Skills include but are not limited to: partner assisted jumps.

Pendulum: A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder level stunt and above.

Post: A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then re extend.

Prep: See Extension Prep.

Prep Level: A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position. Most commonly the bases' hands are at shoulder level, however their hands/arms may be in the Extended Position when the flyer is in a seated or horizontal position. Extension Preps, Extended Flatbacks and Extended V-sits are examples of Prep Level Stunts. Other terms for Prep Level include Shoulder Level.

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NAˣ CHEER GLOSSARY
(CONTINUED)

GO TO VIDEO GLOSSARY

Pretty Flyer: Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee.

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A belly down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, poms, megaphones, and pieces of cloth.

Pyramid: Any type of physical contact between a stunt group to an individual standing on the performance surface OR a stunt group(s). The type of physical contact may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body. This physical contact may be made between flyers, between bases, flyer to base, flyer to individual on performance surface, base to individual on performance surface.

Quarter Turn Cradle: See ¼ Turn Cradle.

Quarter Up Stunt: See ¼ Up Stunt.

Release Move: A stunt transition or skill in which the flyer becomes free of contact with the base(s) (i.e. Tic Toc, Switch Up, Ball Up, Tic Up, Toss Hands).

Reload: Return to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Round Off: The tumbler, with a push off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scale: A single leg stunt typically performed with the stunt facing to the side while the Flyer's chest/face are toward the crowd. With the same side hand/arm, the Flyer grips around the back of the straight working leg at the knee/calf/ankle area in a side stretch with the knee facing the crowd.

Scorpion: A single leg stunt typically performed with the stunt facing to the side while the Flyer grips their foot/ankle with both hands pulling their working leg behind their body to create a position that mimics a Scorpion's tail.

Seated Position: Anytime a participant is bearing the majority of their weight on their seat.

Shooting Star: See Pendulum.

Shove Wrap: A stunt dismount in which the Flyer's feet are together in a Cupie position, released and re-caught for a slow descent to the performance surface.

Show and Go: A transitional stunt where a stunt passes through an elevated level and lands into a loading position or non extended stunt.

Shushunova: A straddle jump or toe touch landing on the performance surface in a prone/pushup position.

Side Aerial: An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

Single Front/Back Handspring: A tumbling term used to describe a participant's performance of one handspring.

Single Based Stunt: A stunt using a single base for support. Other terms include: partner stunt.

Single Leg Stunt: A stunt where the flyer is free from contact from all bases on one of their feet. (Extension Prep Hitches/Two leg Hitches) are not considered single leg stunt because the foot of the flyers working leg remains in contact with the bases hands.

Single Leg Stunt Variations: Liberty, High Torch, Heel Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.

Single Trick Non-Twisting Cradles: Dismount variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss for a Cradle. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Single Trick Non-Twisting Toss Skills: Toss skill variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Split Stunts: Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

Sponge: A stunt/stunt transition in which the Base(s) bring the flyer from a stunt to the load In position (the Sponge) in transition to another skill. Also know as Smush.

Sponge Toss: A stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.

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NAˣ CHEER GLOSSARY
(CONTINUED)

GO TO VIDEO GLOSSARY

Spotter: **Person responsible for the head/shoulders of the flyer during a stunt. This person is not a base. They are able to let go of the stunt and it remain in the air.**

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Step Off the Front/Back: A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

Step Out (tumbling): A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

Stepping Stone Transition: Transition in which a participant uses teammates as "stepping stones" to walk. Usually using the backs to step on. OR Transition in which a participant walks across fellow participants.

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the flyer to reach and obtain maximum height in toss.

Stunt: Any skill encompassing a mount/load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions and release moves are considered types/ variations of stunts for overall category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt). Other terms for stunt include: mount, building, stunt elevation

Stunt Elevation/Stunt Building: The degree in which the flyer's foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

Stunt Transition: See transitional stunt

Superman transiton: The back spotter grips the flyer's ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter during this transition.

Supine: Lying face upward

Supporting Leg: A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg). Most commonly used in reference to single leg stunts.

Suspended Roll/Braced Roll: **See Forward Suspended Roll**

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by two or more bases and one back spotter. The backspotter should be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer), and the two bases should be facing each other.

Swing Dance Stunts: Swing dance style lifts and movements, usually done between two people.

Swing Up Stunts: A stunt using swinging motions and moves that usually uses the flyer's body in a "jump rope" movement and swings up into a new stunt position.

Switch Up: A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on one or both feet.

T-Lift: A waist Level stunt in which the flyer with arms in a T motion is supported on either side by two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop: A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

Thigh Stand Level: The execution of a stunt where the base(s) is in a lunge or lunge like position and both knees are off the ground.

Tic Toc: A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

Toe/Leg Pitch: A single or multi based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

Top Person: The person(s) on top of a stunt or toss. Also referred to as the flyer or partner. Commonly used when referencing the flyer positioned at the highest level of a pyramid.

Torch: A single leg body position in which the flyer hits a Liberty position to the side while their chest/face are toward the crowd. The same thing as doing a Liberty, except executed with the torso facing to the side. Torch performed at the extended level is referred to as a High Torch.

Toss: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases. Tosses are limited to 1 flyer and up to 4 bases (including back and front spotters; example: 1 main base, 1 secondary base, 1 back spotter and 1 front spotter). Terms for tosses include but are not limited to Basket tosses, sponge tosses, squishy, scrunch toss, shotgun.

Transitional Stunt: Top person(s) moving from one stunt to another thereby changing the configuration of the beginning stunt.

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NAˣ CHEER GLOSSARY
(CONTINUED)

GO TO VIDEO GLOSSARY

Tuck (Stunt): A body position in which the knees and hips are bent and drawn into the chest used during stunt skills/transitions. This may or may not involve hips over head rotation, however with hips over head rotation there is no contact to the performance surface or base(s) as the body passes through the inverted position.

Tuck (Tumbling): A body position in which the knees and hips are bent and drawn into the chest; Most commonly performed during front/back tucks which are airborne tumbling skills that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position.

Tuck Body Position: A position in which the knees and hips are bent and drawn into the chest; body is bent at waist.

Tumbling: Any gymnastic or acrobatic skill that begins and ends on the performance surface.

Turn: Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

Two High Pyramid: All flyers, individuals in the pyramid/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

Two and One Half (1/2) High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt. Two and one half high pyramids are prohibited in the youth cheer divisions, however, passing through a two and a half high pyramid position is allowed in Level 4.

Twist: Participant rotating around their body's vertical axis.

Twist Cradle(s): A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: ¼ Twist, ½ Twist, ¾ Twist, Single Twist/Full Down/Full Twist, 1 ¼ Twist, 1 ½ Twist.

Twist (stunt): Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first movement by the bases or flyer during the simultaneous twisting or buidling of a stunt inclusive of any bounces/dips that preceed or follow the twisting stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

Up & Over: See Leap Frog.

Upright: When a participant is vertical with their chest and head in an upright position. Ex. Ball Up, Switch Up.

V-Sit: A waist Level stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Double Based Extended V-Sits and Triple Based Extended V-Sits.

- **Extended Double Based V-Sits** contain 2 bases, 1 flyer, and 1 back spotter.
- **Extended Triple Based V-Sits** contains 3 bases, 1 flyer and 1 continuous back spotter.

Valdez: Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

Vault/Vaulting: A flyer using their hands as a means to get their body up and over another individual.

Waist Level: A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing. Other terms for Waist Level include Stomach Level and Belly Level.

Walkover: A non airborne, tumbling skill in which the performer passes through a Handstand position to complete a Front or Back Limber.

Working Leg: A stunt term referring to the leg of the flyer that is being lifted or gripped by the flyer in order to perform a skill variation while the other leg is weight bearing. Most commonly used in reference to single leg stunts.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.

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NAˣ DANCE CATEGORIES

New changes from last year's Youth-affiliated packet are marked in RED

CATEGORY is defined by the type of performance you select.

POM: **(Time Limit: 2 min 30 sec)** A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use of poms may negatively impact the panel judges overall impression and/or score of the routine.

- **POM:** The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.
- **JAZZ TECHNIQUE:** Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: **(Time Limit: 2 min 30 sec)** A Hip Hop routine is composed of street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athleticism, footwork, jumps, stalls, etc. Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.

- **CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect. This style of dance does NOT include pop and lock, street or excessive vibrating. Incorporating these skills may negatively affect your score.
- **POPPING:** This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.
- **LOCKING:** This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.
- **BREAKING:** This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. .***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**
- **KRUMPING:** This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.
- **WAACKING:** This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.
- **TUTTING -** This style of dance combines body and arm movements that are based on geometrical angles and shapes.
- **URBAN:** This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

THEME DANCE: **(Time Limit: 2 min 30 sec)** The focus of this performance is audience entertainment. **With no spoken word by the athlete,** this routine develops a selected theme or era through music, costuming, dance choreography and/or props. This routine should encompass and express one predominate theme and/or era. A proper theme dance should incorporate creative and novelty movements and dance choreography that help shape the intended theme. Athletic and tecnical skills will be credited toward degree of difficulty. Costuming is required to reflect the routine's theme/era. Props are HIGHLY recommended. See Youth General Dance Routine Guidelines for prop specifics.

Please refer to the remainder of the YCADA Dance section for complete details on dance routine requirements and scoring.

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NA^{X} DANCE GENERAL RULES

THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE

New changes from last year's Youth-affiliated packet are marked in RED

NA^{X} DANCE GENERAL GUIDELINES

1) During an official function all teams should be supervised by a qualified advisor/coach.
2) All participants, coaches and spectators agree to conduct themselves in a positive manner. The coach/director/advisor is responsible for ensuring all team member and team affiliates display good sportsmanship throughout the event. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
3) All directors, advisors and coaches should have an emergency response plan in the event of an injury.
4) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over the counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5) All participants with a hard cast (or full (medical) boot brace/walking boot) must not be involved in tumbling and/or partner lifts of any kind. Braces with metal parts and/or sharp edges must be covered to properly protect other participants.
6) Coaches and advisors should only have dancers perform skills that they have mastered through proper progression and practice even though a division and/or category may allow a skill that is more advanced than the capabilities of an individual or group. Coaches must consider the skill level of an individual and/or team prior to skill progression.
7) Proper warm up and stretching exercises should be performed prior to performance.
8) YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.
9) Performance of tumbling skills after the completion of a teams routine/performance or during the teams entrance or exit of the floor is forbidden.

NA^{X} DANCE ROUTINE GUIDELINES

1) Time Limit: 2:30
2) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling and/or stunting while entering or exiting the floor is not allowed.
3) Timing will begin with the first organized word, movement or note of music following the team taking the floor. Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
4) Timing will end with the last organized word, movement or note of music.
5) Theme dance participants may not take any longer than two (2) minutes to enter and set props for performances. Coaches may assist in setting up props but must exit the floor before the 2-min setup period has expired. Timing for the 2-min setup period begins at the time the team is called to the floor.
6) Only registered participants of a team are allowed on the performance surface (exception: See Theme Dance).
7) Routines must be appropriate for family viewing. Appropriate choreography and music MUST be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.

NA^{X} DANCE TUMBLING, GYMNASTICS AND TRICKS

1) The following skills are the only gymnastic/tumbling skills permitted and may only be incorporated in to a routine as a dance maneuver.

ALLOWED SKILLS:

Forward/Backward Rolls	Round Offs	Front Handsprings
Shoulder Rolls	Back Bends	Headsprings
Stalls	Front/Back Walkover	Windmills
Handstands/Headstands	Valdez	Side Aerials
Cartwheels	Kip Up/ Kick Up	

2) Airborne skills are not allowed (exceptions: SIDE Aerials, Headsprings and FRONT handsprings are allowed).
3) Tumbling while holding poms or props in hand(s) is not allowed in any category. Poms must be discarded from the athlete's hand(s)/body before any tumbling is executed. Exception: Forward and Backward Rolls may be performed while holding poms in hand(s).
4) Weight must first be borne on the hands or feet when dropping to the knee, thigh, seat, front, back, jazz split (hurdle) or split position when originating from a jump, airborne, or inverted position.
5) When originating from a standing position, lowering to the knee, thigh, seat, front, back, jazz split (hurdle), or split position does not call for hands to first touch the performance surface.
6) Athletes are permitted to tumble over another participants' appendages (foot, feet, hands, arms).

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NAˣ DANCE GENERAL RULES
(CONTINUED)

NAˣ DANCE LIFTS AND PARTNERING SKILLS

1) The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.

2) The supporting dancer must remain in constant contact with the elevated dancer through hand/arm/body contact throughout the duration of the lift/partnering skill. Clarification: the lifting partner is not required to touch the hands/arms of the lifted partner.
Exception: Pyramids where the bases are on hands/knees are allowed two levels high. If the top layer is not on their hands/knees (i.e. standing on the backs of the bases, another supporting dancer is required to assist the top layer).

3) The supporting dancer must maintain ultimate control over the elevated dancer (including but not limited to body position, momentum and change of body position) throughout the duration of the lift/partnering skill.

4) Hip over head rotation is allowed only if the elevated dancer's hips execute and complete the rotation at or below head level of the supporting dancer when the supporting dancer is standing upright on the performance surface (Clarification: Partner/back-to-back inversions are only allowed with a forward momentum, the lifting partner may not bend backward during the skill, and limited to one rotation).

5) Jumping from or tossing one dancer to another dancer is prohibited.

6) An elevated dancer may not be tossed to the performance surface by a supporting dancer.

7) An elevated dancer may not jump off of a supporting dancer to the performance surface. Exception: A dancer may jump off of a supporting dancer to the performance surface only if the jump is executed at or below hip level of the supporting dancer when the supporting dancer is standing upright on the performance surface.

8) All cheerleading stunts and/or pyramids are prohibited. Exceptions: Pony Sits, Thigh Stands, Shoulder Sits and V-Sits are allowed only when incorporated into routine as a dance maneuver and must follow all Dance Lifts and Partnering Guidelines. An elevated dancer's hips may go no higher than the supporting dancer's head in all cheer style stunts. Exception: Extended V-Sit Lifts are allowed and require an additional spotter that is not in contact with the lift.

NAˣ DANCE CHOREOGRAPHY, MUSIC AND COSTUMING

1) Routines must be appropriate for family viewing. Appropriate choreography, costuming and music MUST be used. Teams using excessive vulgar or suggestive movements, words, costuming or music will be penalized, forced to forfeit or disqualified.

2) Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.

3) Music is required throughout this performance. Teams performing without music will result in a forfeiture of scores (teams receive an overall team score of 0). Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on the dance skills outlined in the routine specifics.

4) Soled dance shoes (jazz boots, dance sandals, jazz shoes) or bare feet are acceptable when competing. Wearing socks and/or footed tights only is prohibited.

5) Costumes/Uniforms and make up should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Jewels/rhinestones may not be adhered to the participant's body and/or face. Actions taken will be under the discretion of an event official.

NAˣ DANCE PROPS

1) Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.

2) Poms are required for at least half of the routine in the Pom category.

3) Items that may damage the performance surface are prohibited.

4) Prop Size - Each prop section may be no larger than a standard room door (36" W x 80" H). Individual prop sections may be combined.

5) Standing props are only allowed in the Theme Dance category. Any item(s) that bears the weight of the participant is considered a standing prop (examples: chairs, stools, benches, ladders, boxes, stairs, etc) and requires a soft covering over the feet or base of the standing prop (example: tennis balls, felt furniture pads).

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NAˣ DANCE PENALTY INFO

PROTECTING INTEGRITY AND PERFECTION OF ROUTINE EXECUTION.

RULES PENALTIES:

2.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the **YCADA Dance General Rules.**

Please refer to the YCADA Dance General Rules for specific allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

TIME LIMIT PENALTIES:

1.0 POINTS deducted from your total possible score if your routine goes 4 – 7 SECONDS OVER time requirements.

2.0 POINTS deducted from your total possible score if your routine goes 8 - 10 SECONDS OVER time requirements.

3.0 POINTS deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography, costuming and music must be used. Penalties will be assessed under the **YCADA Dance General Rules.**

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NA^{X} DANCE SCORE SYSTEM 411

YOUTH DANCE DIVISIONS

YCADA's scoring system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter." By understanding YCADA's scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, General Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

HOW IS A ROUTINE SCORED?... *THIS IS OUR FAVORITE PART!*

YCADA has created separate scoring criteria for EVERY style of dance! What does this mean? Points are allocated differently for each routine style! Why would we go to such great lengths to tailor our score sheets to each style? 'Cause we know that each style of dance demands different skill levels. For example, a Theme Dance demands different skills and a different performance than a Pom Performance routine. Theme Dance does not call for jazz skills/technique but it does call for a routine based on theme and entertainment. Therefore the score sheets for Theme Dance have a higher point value for the Performance Presentation while Pom score sheets have a higher value point value for difficulty. YCADA not only believes in the purpose of skills/performance levels, but also carries this mission throughout the scoring process. If the routine isn't demanding a certain skill or style, then fewer points will be allocated for this versus other parts of the routine. We get it!

WHAT ARE SCORING GRIDS?

SCORING GRIDS show coaches what point ranges certain skills may achieve depending on whether skills were performed by a partial or majority of the team, at what difficulty level the majority of the skills were performed, and the perfection of execution of the skills. For example in Pom Performance, having one participant execute a single pirouette while the rest of the members perform a front kick does NOT guarantee a scoring in the range of 4 - 5 in Incorporation of Jazz Technique /Performance Skills. Other factors must be considered. When entering a category that specifically calls for mandatory skills/styles, YCADA must ensure that the difference is recognized between teams who perform a sufficient amount of the required skills/styles vs. teams that have only included a limited amount. With perfection of execution and creative incorporation, that team may be able to achieve a score in the range of 4 - 5. As you can see, YCADA takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking.

HOW ARE TOTAL SCORES CALCULATED?... *LET'S DO SOME MATH. C'MON, IT WILL BE FUN!*

Your Total Possible Score from each judge will be 100 possible points. Scores from all panel judges are added together, and then divided by the total number of panel judge to find the average score. Any penalties and deductions received are then deducted to provide the Final Score. The Final Score is used to determine awards/ranking at that specific championship and Nationals Qualification.

For example:

Total Possible Score per Judge: 100 points
The team receives the following scores:
- Judge 1: 72.1
- Judge 2: 75.3
- Judge 3: 74.1

These scores added together (72.1 + 75.3 + 74.1) = 221.5
Then divided by the number of judges (221.5 / 3) = 73.83
Average Score: 73.83 points
The Average Score minus the penalty points (73.83 - 2.5) = 71.33
Final Score = 71.33 [used for awards/ranking & Nationals Qualification]

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NAˣ DANCE COACH'S CHEAT SHEET

YOUTH DANCE DIVISIONS

HOW DO YOU USE YCADA SCORING GRIDS?... *DON'T WORRY, WE'LL WALK YOU THROUGH IT*

1. FIND YOUR TEAM'S SCORING GRID.

What is your Category?

Example:

→ *If you are:* *POM*
→ *Then select:* *YOUTH - POM SCORING GRID*

2. LOOK AT EACH ELEMENT ON THE SCORING GRID.

- *Your* team will be judged and scored on the criteria specified in *your* category and dance style scoring grid. Each scoring grid has its own point distribution and allotment.

- Scoring elements are judged based on a level of execution, perfection & creative incorporation. Elements with a strong level of execution, perfection and creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of execution, perfection & creative incorporation lack technique, show inconsistency, need to be polished and lack self confidence. Strong level = higher score.

- Scoring elements are judged based on majority vs. partial team execution. Teams will earn more points if the *majority* (over half of the team) executes (not attempts) the elements than teams who have partial (less than half of the team) execution.

- **Scoring Example:** An element on the YOUTH - POM SCORING GRID is CHOREOGRAPHY FORMATIONS - Variety, Spacing and Transitions
  - ▶ If the majority of the routine contains creative and seamless transitions between formation changes, great use of the floor with proper spacing, great variety in formations, formations and transitions enhance overall visuals. etc.
    - Then you can expect to receive a score in the 11.0 - 12.0 range
  - ▶ If the majority of the routine contains basic incorporation of formation changes, standard transitions, inconsistent spacing throughout routine, etc.
    - Then you can expect to receive a score in the 9.0 - 9.9 range

WHAT ARE JUDGES LOOKING FOR?... *HERE'S A QUICK CHECKLIST*

- ☐ Were all skills performed 'legally'?
- ☐ Did the majority (over half) of the team perform/execute (not attempt) the skill(s)?
- ☐ Did the routine include variety?
- ☐ Was the routine executed with proper presentation and level of energy?
- ☐ Was it clean & exciting? Were there many timing errors?

  Examples:

  → Was choreography varied to hold audience attention? OR did the routine become repetitive & monotonous?
  → Did the performance have consistent energy throughout the entire routine? Or did the confidence and energy level drop half way through or towards the end?
- ☐ How did the team *execute* the skills?

  → Strong Level = Higher Score
  - Mastery of skill
  - Excellence of performance/skill
  - Confidence in performance

  → Weak Level = Lower Score
  - Inconsistent in skill
  - Needs polish
  - Lacks self confidence
- ☐ Were there mistakes, improper execution of technique/tricks/styles, timing errors, etc.?

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YCADA® YOUTH CHEER & DANCE ALLIANCE

DANCE - POM

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		12	
Pom - Visual Effect		12	
Pom - Synchronization		12	
Pom - Motion Technique - Placement		12	
Pom - Motion Technique - Sharpness		12	
Jazz - Incorporation of Jazz Technique/Performance Skills		5	
Jazz - Execution of Jazz Technique		5	
Routine Degree of Difficulty		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA® YOUTH CHEER & DANCE ALLIANCE

DANCE - HIP-HOP

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		5	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		5	
Choreography - Difficulty		12	
Hip Hop Fundamentals - Interpretation of Hip Hop Styles		12	
Hip Hop Fundamentals - Incorporation of Hip Hop Styles		12	
Hip Hop Fundamentals - Execution of Hip Hop Styles		12	
Hip Hop Fundamentals - Musicality/Rhythm/Body Isolation		12	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

DANCE - THEME

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		10	
Theme Composition - Movements		15	
Theme Composition - Costuming & Props		15	
Theme Composition - Music		15	
Routine Execution - Degree of Difficulty		5	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Dance - Pom

YCADA® YOUTH CHEER & DANCE ALLIANCE

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of energy, audience appeal, showmanship, confidence, or emotion.
6.5 - 6.9	FAIR - Little energy and showmanship. Routine lacks confidence and audience appeal. Emotion is not properly conveyed or does not feel authentic.
7.0 - 7.9	MODERATE - Moderate energy and showmanship. Basic audience appeal. Confidence and emotion are inconsistent throughout performance.
8.0 - 8.9	GOOD - Good energy and showmanship, audience appeal and consistent confidence from majority. Emotion is present in majority of dancers.
9.0 - 10.0	GREAT - Great energy and showmanship, engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Emotion is authentically conveyed from entire team.
CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no variety in style. Choreography is without personality and creative movements.
6.5 - 6.9	FAIR - Lacks variety. Movements are repetitive and fall short of creativity.
7.0 - 7.9	MODERATE - Standard incorporation of creative choreography. Average variety displayed throughout routine
8.0 - 8.9	GOOD - Good variety in styles and movements. Choreography displays creativity.
9.0 - 10.0	GREAT - Great incorporation of variety, interpretation and variety in movements. Routine is creative and unique.
CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing
8.0 - 8.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are sometimes chaotic and lack in variety.
9.0 - 9.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
10.0 - 10.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth with some creativity displayed.
11.0 - 12.0	GREAT - Creative and seamless transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations. Formations and transitions enhance overall visuals.
POM: VISUAL EFFECT - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Complete lack in visual appeal. No incorporation of level changes, ground work, roll-offs etc.
8.0 - 8.9	FAIR - Few level changes, ground work and roll-offs. Routine lacks visual appeal.
9.0 - 9.9	MODERATE - Standard incorporation of visual effects. Moderate use of roll-offs, level changes and/or ground work.
10.0 - 10.9	GOOD - Good incorporation of visual movements throughout majority of routine. Level changes, ground work and/or roll-offs add to the visual appeal of routine
11.0 - 12.0	GREAT - Great visual effects and variety of level changes incorporated. Creative incorporation of ground work and/or roll-offs. Routine is visually appealing throughout performance.
POM: SYNCHRONIZATION - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Entire performance lacks proper timing and knowledge of routine synchronization
8.0 - 8.9	FAIR - Lacks knowledge of routine timing. Synchronization is off throughout majority of performance and makes it difficult to visually understand routine movements.
9.0 - 9.9	MODERATE - Average timing displayed throughout routine. Standard synchronization maintained. Areas of routine lack team uniformity and knowledge of proper counts.
10.0 - 10.9	GOOD - Good understanding and knowledge of proper timing and routine counts. Proper synchronization maintained throughout majority of routine. Minor timing errors.
11.0 - 12.0	GREAT - Great synchronization and timing. Uniformity and timing maintained throughout entire routine.
POM: MOTION TECHNIQUE - PLACEMENT - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Lacks complete knowledge of proper motion placement and technique
8.0 - 8.9	FAIR - Motions lack proper placement. Motions and movements not clear throughout routine
9.0 - 9.9	MODERATE - Average understanding of proper motion placement. Standard knowledge of placement maintained periodically throughout routine but inconsistent at times.
10.0 - 10.9	GOOD - Good motion technique. Majority of routine executed with proper placement of motions.
11.0 - 12.0	GREAT - Great motion technique. Movements and motions are executed with proper placement throughout entire routine
POM: MOTION TECHNIQUE - SHARPNESS - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Motions are executed without strength and proper technique. Slow paced, drawn out lengthy sections are executed throughout entire routine
8.0 - 8.9	FAIR - Motions do not maintain proper strength and technique. Lacking sharpness and control throughout majority of routine.
9.0 - 9.9	MODERATE - Basic technique performed at a moderate pace. Areas of routine lacking in motion strength
10.0 - 10.9	GOOD - Good technique and control. Sharp motions performed at a good pace. Majority of motion sequences include strength
11.0 - 12.0	GREAT - Great motion technique and placement. Strong sharp motions are consistently being executed throughout entire routine.
JAZZ: INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS - Max Score: 5.0	
2.5 - 2.9	MINIMAL/INCONSISTENT - Little to no incorporation of skills. Minimal team participation in jazz technique throughout routine. Little to no variety in jazz skill
3.0 - 3.9	MODERATE - Moderate jazz skills/technique incorporated within routine. Jazz skills lack variety. Minimal team participation.
4.0 - 5.0	GREAT - Great incorporation of technique. Routine includes solid combinations. Great variety and team participation.
JAZZ: EXECUTION OF JAZZ TECHNIQUE - Max Score: 5.0	
2.5 - 2.9	MINIMAL/INCONSISTENT - Lacking proper technical execution. Poor body placement. Skills are too rushed/too slow and not being performed at proper pace
3.0 - 3.9	MODERATE - Basic knowledge of proper technique and execution. Few issues with incorrect body placement and timing of skills. Standard skills with some being performed at improper pace (too fast/too slow).
4.0 - 5.0	GREAT - Great execution and presentation. Minor timing errors. Great body placement/extensions. Appropriately paced jazz skills executed properly by majority.
ROUTINE DEGREE OF DIFFICULTY - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.5 - 6.9	FAIR - Routine difficulty is not apparent throughout the routine. Routine difficulty is minimal or above team ability. Routine lacks dance technique and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	MODERATE - Routine difficulty is age appropriate. Average emphasis on technical skills and choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	GOOD - Good difficulty level and incorporation of challenging movements and technical dance skills . Routine difficulty level is age appropriate yet challenging. Majority of team executing routine correctly.
9.0 - 10.0	GREAT - High level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.

YCADA Dance - Hip Hop

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 5.0	
2.5 - 2.9	MINIMAL/INCONSISTENT - Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
3.0 - 3.9	MODERATE - Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
4.0 - 5.0	GREAT - Great entertainment value, crowd appeal, energy and presentation. Routine performed with great execution, consistent confidence from majority and great flow throughout.
ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.5 - 6.9	FAIR - Lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	MODERATE - Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	GOOD - Good team synchronization and uniformity. Minimal timing errors.
9.0 - 10.0	GREAT - Great team synchronization and team uniformity. Very clean and precise throughout. Team moves as one for majority of performance.
CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.5 - 6.9	FAIR - Lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	MODERATE - Average creativity displayed throughout routine. Choreography lacks innovative style and displays minor variety in movements.
8.0 - 8.9	GOOD - Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	GREAT - Great incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.
CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.5 - 6.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and/or repetitive.
7.0 - 7.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth
9.0 - 10.0	GREAT - Tricky/creative transitions between formation changes. Great use of the floor with proper spacing and variety in formations.
CHOREOGRAPHY: VISUAL EFFECT - Max Score: 5.0	
2.5 - 2.9	MINIMAL/INCONSISTENT - Little to no visually appealing choreography incorporated. Routine lacks level changes, roll-offs, group work, etc.
3.0 - 3.9	MODERATE - Moderate visual effects. Routine incorporates basic levels, roll-offs, group work, etc. Standard visual appeal.
4.0 - 5.0	GREAT - Great incorporation of visual movements, amount of level changes, roll-offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
CHOREOGRAPHY: DIFFICULTY - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Routine difficulty level is too easy/too hard and causes confusion throughout routine. Displays a complete lack in knowledge of proper difficulty level.
8.0 - 8.9	FAIR - Minimal difficulty displayed throughout performance. Athletic elements are not present.
9.0 - 9.9	MODERATE - Standard level of difficulty in movements and choreography. Difficulty level maintained thorughout majority of choreography. Athleticism is inconsistent throughout performance.
10.0 - 10.9	GOOD - Good difficulty level and incorporation of challenging movements. Difficulty level is age appropriate yet challenging. Athleticsm is present through majority of performance.
11.0 - 12.0	GREAT - Great level of routine difficulty including intricate and innovative movements. Challenging choreography and athletic skills maintained throughout entire routine. Difficulty level keeps audience engaged and performance exciting.
HIP HOP FUNDAMENTALS: INTERPRETATION OF HIP HOP STYLES - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no understanding of hip hop styles. Poor interpretation and knowledge of movements.
8.0 - 8.9	FAIR - Lacks knowledge of basic hip hop styles and is not properly conveying styles present in routine.
9.0 - 9.9	MODERATE - Average understanding of hip hop styles. Interpretation is inconsistently executed.
10.0 - 10.9	GOOD - Good awareness and interpretation of hip hop styles. Styles are clear and properly conveyed for majority of routine.
11.0 - 12.0	GREAT - Great knowledge and interpretation of hip hop styles. Team demonstrates total comprehension of all styles incorporated and clearly conveys each style for entire routine.
HIP HOP FUNDAMENTALS: INCORPORATION OF HIP HOP STYLES - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Little to no diversity or style variety incorporated.
8.0 - 8.9	FAIR - Minimal style variety present. Routine style is largely repetitive.
9.0 - 9.9	MODERATE - Basic incorporation of style variety throughout routine. Movements are somewhat repetitive and lack in diversity.
10.0 - 10.9	GOOD - Good variety in styles. Diversity and variety maintained throughout majority of routine.
11.0 - 12.0	GREAT - Great variety in styles and movement. Routine incorporates diversity and demands attention through entire performance.
HIP HOP FUNDAMENTALS: EXECUTION OF HIP HOP STYLES - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Majority of routine is executed improperly. Hip hop styles are lost throughout routine.
8.0 - 8.9	FAIR - Routine lacks proper execution of hip hop styles throughout performance. Majority of team lacking body control, intensity, and basic rhythm
9.0 - 9.9	MODERATE - Standard rhythm and body control demonstrated. Hip hop styles and movements are inconsistently executed throughout
10.0 - 10.9	GOOD - Good body control and rhythm demonstrated throughout routine. Most movements and styles are executed properly and with strength and intensity by majority
11.0 - 12.0	GREAT - Great execution of all incorporated movements. Variety of styles executed with strength, emotion and personality. Moves contain body control and natural rhythm.
HIP HOP FUNDAMENTALS: MUSICALITY/RHYTHM/BODY ISOLATION - Max Score: 12.0	
7.0 - 7.9	MINIMAL/INCONSISTENT - Routine displays no musicality, natural rhythm and/or body isolations.
8.0 - 8.9	FAIR - Minimal musicality and body isolations present throughout routine. Majority of team lacking basic rhythm.
9.0 - 9.9	MODERATE - Standard rhythm demonstrated. Basic level of musicality and body isolations demonstrated.
10.0 - 10.9	GOOD - Good natural rhythm demonstrated throughout routine. Musicality is present throughout routine and body isolations are appropriately utilized.
11.0 - 12.0	GREAT - Great demonstration of natural rhythm and musicality. Moves display intricacy in relation to the music and choreo and body isolations maintain routine fluidity throughout.

YCADA Dance - Theme

ROUTINE EXECUTION: OVERALL IMPRESSION - (Max Score: 10.0)	
6.0 - 6.4	MINIMAL/INCONSISTENT - Complete lack of energy, audience appeal, showmanship, confidence, or emotion.
6.5 - 6.9	FAIR - Little energy and showmanship. Routine lacks confidence and audience appeal. Emotion is not properly conveyed or does not feel authentic.
7.0 - 7.9	MODERATE - Standard energy and showmanship. Basic audience appeal. Confidence and emotion are inconsistent throughout performance.
8.0 - 8.9	GOOD - Good energy, showmanship, audience appeal and consistent confidence from majority. Emotion is present in majority of dancers.
9.0 - 10.0	GREAT - Great energy, showmanship, engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Emotion is authentically conveyed from entire team.
ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Lacks proper timing and knowledge of routine synchronization.
6.5 - 6.9	FAIR - Lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine
7.0 - 7.9	MODERATE - Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	GOOD - Good team synchronization, uniformity and sense of team style. Minimal timing errors.
9.0 - 10.0	GREAT - Great synchronization and team uniformity. Very clean and precise.
CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Choreography lacks personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.5 - 6.9	FAIR - Lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	MODERATE - Average creativity displayed throughout routine. Choreography lacks innovative style and variety in movements.
8.0 - 8.9	GOOD - Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	GREAT - Great incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.
CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.5 - 6.9	FAIR - Lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	MODERATE - Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	GOOD - Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	GREAT - Tricky/creative transitions between formation changes. Great use of the floor with proper spacing and variety in formations.
CHOREOGRAPHY: VISUAL EFFECT - Max Score: 10.0	
6.0 - 6.4	MINIMAL/INCONSISTENT - Little to no visually appealing choreography incorporated. Lacking levels, roll offs, group work, etc.
6.5 - 6.9	FAIR - Minimal incorporation of visual movements. Routine lacks visual appeal.
7.0 - 7.9	MODERATE - Moderate visual effects. Routine incorporates basic levels, roll offs, group work, etc. Standard visual appeal.
8.0 - 8.9	GOOD - Good incorporation of visual movements, amount of level changes, roll offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
9.0 - 10.0	GREAT - Includes several visually effective sections. Routine grabs the attention of the audience with prominent and definite moves that are visually impressive. Very creative use of levels, roll offs, group work, etc. Routine visuals keep the choreography exciting and audience entertained.
THEME COMPOSITION: MOVEMENTS - Max Score: 15.0	
8.5 - 8.9	MINIMAL/INCONSISTENT - Movements do not connect and have nothing to do with the theme.
9.0 - 9.9	FAIR - Lacks in expressive and interpretive movements. Story not understood. Repetitive moves.
10.0 - 11.9	MODERATE - Standard incorporation of expressive movements. Lacks in variety and originality.
12.0 - 12.9	GOOD - Incorporation of unique and creative moves. Has a good sense of personality and expression. Complementing to theme.
13.0 - 15.0	GREAT - Original and creative choreography. Movements express and create the illusion of the theme and story line. Very entertaining. Unique movements bring life to the performance.
THEME COMPOSITION: COSTUMING AND PROPS - Max Score: 15.0	
8.5 - 8.9	MINIMAL/INCONSISTENT - No incorporation of costuming and/or props included.
9.0 - 9.9	FAIR - Minimal incorporation of costuming and/or props. Does not connect well with theme.
10.0 - 11.9	MODERATE - Standard incorporation of props and/or costuming. Does not convey full idea of theme.
12.0 - 12.9	GOOD - Good use of costuming and props. Fitting for theme and used appropriately.
13.0 - 15.0	GREAT - Great incorporation and creative use of props. Creative costuming. Both complement the intended theme and aid the overall
THEME COMPOSITION: MUSIC - Max Score: 15.0	
8.5 - 8.9	MINIMAL/INCONSISTENT - Music does not connect or relate to the theme. Poor choice of music. Not appropriate.
9.0 - 9.9	FAIR - Theme is not fully expressed through music choice(s). Areas of music are not appropriate for theme.
10.0 - 11.9	MODERATE - Basic use of music to complement and highlight theme. Appropriate music choice(s) for performance.
12.0 - 12.9	GOOD - Good choice in music. Goes well with the theme and aids the story line. Fun and entertaining.
13.0 - 15.0	GREAT - Very creative music choice(s). Music expresses and complements theme from start to finish. Keeps the audience entertained and knowledgeable of the story.
ROUTINE EXECUTION: DEGREE OF DIFFICULTY - Max Score: 5.0	
2.5 - 2.9	MINIMAL/INCONSISTENT - Difficulty level is too easy/too hard and causes confusion throughout routine. Displays complete lack in knowledge of proper difficulty level.
3.0 - 3.9	MODERATE - Routine difficulty is age appropriate. Average emphasis on difficult choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty
4.0 - 5.0	GREAT - Great level of routine difficulty including innovative and tricky movements. Challenging choreography maintained throughout routine with proper execution.

NA^{X} DANCE GLOSSARY

GO TO VIDEO GLOSSARY

REFERENCE GUIDE FOR ALL SKILLS MENTIONED IN THE GENERAL SAFETY RULES.

Aerial: See Side Aerial

Airborne: To be in air and free of contact from the performance surface and/or another dancer.

A la Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

Axle: The working leg kicks out from a low chainé and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid air.

Back Walkover: A non aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot/leg at a time.

Backward Roll: A non airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface and lifting the hips over head through an inverted position.

Break Dancing: A rhythmic style of dancing involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the performance surface.

Cartwheel: A non airborne gymnastic skill where a dancer uses the support of their arms to pass through a sideways inverted position while kicking one leg up at a time and landing one foot at a time.

Chainé Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

Chorus Line Flips: A skill in which a dancer back or front flips between two other dancer whose arms and/or wrists are interlocked. The dancer flips with or without hand/arm contact.

Dance Lifts: See Lift

Elevated: Raising a dancer to a higher position.

Elevated Dancer: A dancer who is lifted by supporting dancers.

Flying Squirrel: A jump using forward momentum while the dancers arms and legs are extended creating an "X" position in the air.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde turns but instead of the leg staying in second position it whips in to passé.

Forward Roll: A non airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Walkover: A non airborne tumbling skill where the dancer rotates forward with his/her hands on the performance surface while passing through an inverted position, then kicks the legs over to rotate hips over head landing one foot at a time.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid air.

Hand/Arm Contact: The physical contact between two or more dancers through the hand(s)/arm(s).

Handstand: A position in which the dancer is in a straight bodied, inverted position while the arms are placed on the performance surface extended by the head supporting his/her body weight.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the arms to aid in rotation and speed. The legs can be held in a variety of positions.

Headspring: A full rotation, acrobatic skill in which an athlete executes a flip from one's head on the ground while pushing off with their hands. The weight of the athlete is borne on the hands.

Headstand: A position in which a dancer is inverted on one's head while the hands are also on the performance surface to support his/her body weight.

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NAˣ DANCE GLOSSARY

GO TO VIDEO GLOSSARY

(CONTINUED)

Heel Stretch: When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.

Hip Over Head Rotation: A movement where hips move over the head. Examples: Forward roll, back walkover

Inverted: When the dancers shoulders are below her/his waist with at least one foot above his/her head

Jump: An airborne position not involving hip over head rotation that is executed by pushing off of the performance surface with the power from one's feet and legs.

Kick and Hold: When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.

Kip Up: Originating from a laying down position (on back, stomach up) the dancer bends knees into chest and kicks up to land on his/her feet.

Krumping: This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.

Lift/Partner Lift: A sequence of acrobatic movments in which a supporting dancer(s) lifts an elevated dancer and, in many cases, holds the elevated dancer off of the performance surface.

Lifting Dancer: A dancer (s) who lifts and bears the weight of an elevated dancer during a dance lift.

Liquid Dancing: Liquid like movements and gestured dancing that can sometimes involve pantomime.

Partner Lift: See Lift

Passé (pah-say): A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg.

Piqué Turns (pee-kay): A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.

Pirouette Turns (pir-o-et): A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

Plié (plee-ay): A bending of the knee or knees.

Pony Sit: The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.

Pop & Lock: Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "snap shot effect".

Prop: An object that a dancer can control and utilize throughout a performance.

Pyramid: A grouping of connected stunts.

Relevé (reh-la-vay): A rising of the body on the balls of the feet.

Round Off: The dancer places hands on the performance surface while kicking legs up into an inverted position then snaps the feet and legs together to land at the same time.

Scale: When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.

Shoulder Roll: Similar to a forward or backward roll, although the back of the shoulder is the contact with the floor and the head is tilted to the side to avoid direct contact with the performance surface.

Shoulder Sit: The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer's back.

Side Leap/Jeté a la Seconde: A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid air before landing.

Side Aerial: An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

Spotting: A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).

Stall: A hip hop maneuver that halts all body motion. This skill uses the dancers strength and balance to freeze in a pose that is usually creative in leg variations or done on one or both hands in the inverted position.

Standing Prop: Any item(s) that bears the weight of the participant.

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NA^{X} DANCE GLOSSARY

GO TO VIDEO GLOSSARY

(CONTINUED)

Street Dancing: This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

Supporting Dancer: A dancer (s) who bears the weight of the elevated dancer.

Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid air to end with both legs extended at each side (straddle position).

Thigh Stand: The supporting dancers are in a lunge position while the elevated dancer places their feet in the pockets of the supporting dancer's thighs.

Trick: Dance skill that combines kicks with flips and twists from gymnastics, as well as, various dance moves and styles from breakdancing

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s).

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chainé that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid air before completing the skill.

Whack Back – A vertical jump incorporating a backward rotating straddle jump or around the world jump as the performer lands on their hands at their sides and slightly behind their body.

Weight Bearing: A skill in which the dancers weight is supported by another dancer

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a v-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

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