

FCDA 2024 - 2025 All Star Prep and Novice Guidelines

FCDA will use the United Scoring System for All Star Programs for 2024 - 2025 with the modification to reflect the 2023 - 2024 Quantity Charts for BUILDING

FCDA will follow these industry standard rules as stated below.

ALL Star Prep

Rule Differences from All Star Elite

- A. Routines may not exceed 2:00 minutes
- B. No Tosses permitted Clarification: This includes "Sponge" (also known as Load In or Squish) tosses. Clarification: All waist level cradles are illegal.
- C. All teams are combined female/male - prep teams will not be classified co-ed regardless of the number of males on the team.

All Star Novice

Rule Differences from All Star Elite

- A. Routines may not exceed 1:30 minute
- B. No Tosses permitted Clarification: This includes "Sponge" (also known as Load In or Squish) tosses. Clarification: All waist level cradles are illegal.
- C. Teams may be evaluated on a rating system (Outstanding, Excellent, Superior) and not scored against other teams.
- D. Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
- E. Level 1 additional rules:

1. Single leg stunts are only allowed at waist level (Stunts C2-3 not allowed)

2. Two leg stunts may not immediately pass through an extended position

3. Up to a $\frac{1}{4}$ twist allowed (Stunts D2-4 not allowed)

4. Transitions TO prone position are not allowed

5. Straight pop down dismounts are not allowed

6. Tiny Novice Only: No Building skills permitted (stunts and pyramids). The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

F. Level 2 additional rules:

1. Single leg stunts may not immediately pass through an extended position

2. Log/barrel rolls are not allowed

G. Level 3 additional rules:

1. Twisting stunts TO and FROM extended single leg are not allowed

2. Multi-based suspended rolls may not twist.