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FREQUENTLY ASKED RULES QUESTIONS

2016-2017

*Clarifications are not changes to the current rules. They are strictly to give further explanation of the already existing rules.

***REMINDER* ALL TEAMS MUST ABIDE BY THEIR LEAGUE/ORGANIZATION RULES PERTAINING TO MUSIC USE/TIMING FOR ROUTINES. PLEASE CHECK YOUR RULE BOOK FOR RESTRICTIONS.**

- POP WARNER SHOW CHEER ROUTINES ARE LIMITED TO 90 SECONDS OF MUSIC FOR THE ENTIRE ROUTINE.

PYRAMID CONNECTIONS: The connection between bracing flyers/post may be any combination of hand and arm (ex. Hand to hand, hand to arm, arm to arm, hand to wrist, etc). The bracing flyer may be in a prep that holds the waist of the flyer, as long as there is still hand/arm connection on at least one side AND the bracer is not BEARING the weight of the flyer.

LEVELS 2-4 SUPERMAN TRANSITIONS: Superman transitions may not be caught in an inverted position (i.e. the flyer's head is below his/her waist). A flyer may be caught by the bases in a flat/parallel position with their face down and still be legal. The flyer's face does not determine the legality of the skill. **A prep level arabesque with a spotter/base holding the flyer's leg that ½ twists to a cradle is ILLEGAL for level 2. This is an illegal ½ twisting superman transition.**

LEVEL 2 – Half twist cradles: Half twist cradles are only allowed from two stunts: an extended Swedish fall may ½ twist cradle, as well as a superman catch may ½ twist cradle ONLY WHEN there is a spotter at the head/shoulders of the flyer and it is being used as a TRANSITION to another stunt. **The twist does NOT occur during the superman transition. It occurs AFTER the completed transition, from the prone catch to a cradle.** The ½ twist cradle from the superman is counting as a release exception for transitions and will NOT score as a cradle on the score sheet.

ALL LEVELS – Pop Off Dismounts: All levels are permitted to perform Pop Off/Pop Down dismounts from stunts with the original base and spotter assisting the flyer on the catch. The base and/or spotter may lost contact during the pop, but must immediately make contact with the flyer to slow the momentum to the floor.

LEVEL 3 – PYRAMID RELEASE MOVES: Can two stunt groups face each other to brace for a ball up or tick up? – NO, the two required bracers must be different stunts/bracers, one on each side of the released flyer. **Can you half twist during a ball up in a pyramid?** YES, as long as the flyer has the required bracers, the release move may include a ½ twist to an upright standing position.

ALL LEVELS – TWISTING TRANSITIONS/MOUNTS: Twisting is cumulative of the ENTIRE group. Example: within the same transition a flyer twists ¼ + bases turn ½ = a ¾ twisting transition.

ALL LEVELS - PYRAMID CONNECTIONS: Hand/arm connection allows the combination hand and/or arm connection of the flyer and bracer. Example: The flyer/s needing connection may connect by touching fingers, holding hands, grabbing wrists, grabbing elbows, etc. ANY combination of hand and/or arm touching.

LEVEL 3/4 INVERSIONS – At least one of the bases/spotter must be in the head/shoulder area of the flyer during the inversion. The person does not have to have both hands on the flyer's head/shoulder, but must be in the area to protect

the flyer’s head. Example: Flyer cartwheels into prone position (in level 4) then transitions to a Prep. The bases may catch in the prone position without a separate person at the head of the flyer.

ALL LEVELS - “Can a back spotter hold the sign to give to the flyer?”

-No, the required back spotter may not hold props in their hands during the stunt.

Levels 2-4 “Can a flyer go from an extension prep to their belly (prone position) if the back spotter holds on the whole time?”

- YES, “Superman” Transitions to prone are allowed in Levels 2-4 provided: the back spotter has contact w/ the flyer’s ankles the entire time, the bases do not have to move to catch (this would automatically make it a pendulum transition REQUIRING more catchers), the flyer is caught by the bases in a flat/horizontal position, and it originates from prep level. IF THE FLYER’S CHEST DROPS IT BECOMES AN ILLEGAL INVERTED STUNT AND WILL BE ILLEGAL! This is a transition and not a dismount, which makes it legal for those levels. This must be performed from prep level only.

ALL LEVELS - “Where does my spotter have to be for a single based stunt?”

*** General Guidelines for Spotters of single based stunts:**

- May be directly behind OR to the side of stunt (torso may not be under the stunt)
- May have one hand under the foot and the other on the ankle at PREP LEVEL ONLY!
- May NOT be under any foot at extended level.
- May not cradle if the spotter is under any foot of the stunt at prep level and above. (ex. One hand under the foot at prep level = no cradle allowed)

ALL LEVELS - “Can single based stunts cradle?”

- Single based stunts in Level 1 and Level 2 may not cradle. Single based stunts in Level 3 and 4 are allowed to cradle provided there is spotter. The spotter must be catching with the base to protect the flyer’s head/shoulder area.

LEVEL 1 - “Are we allowed to run into front walkovers?”

- YES, all levels are allowed to perform running front walkovers. Make sure to keep at least one hand and/or foot in contact with the floor the entire time avoid the skill becoming an ILLEGAL front handspring (in level 1). Performers MUST show a CLEAR intent to block off the floor with both shoulders to make the skill a front handspring vs front walkover.

ALL LEVELS - “We have a girl pick up another girl by the waist (like a partner stunt) and jump turn to the front in the motion section. Is that a ½ twisting stunt?”

- NO, this is just choreography and is legal in any level. The only way it would be considered a ½ twisting stunt transition would be if the skill is DIRECTLY connected to a stunt/load in. For example, if the two performers start the partner jump and land the half turn loaded into a stunt position it would then be considered a ½ twist transition in the stunt.

- *Note: This is not considered a stunt on its own because teams are not getting stunting credit for this skill. It is strictly a choreography skill when performed free standing, in no connection to a stunt.

LEVEL 3 - “Can the flyer be released and ball up to be caught in a split position, or split kick in air to a cradle, if she is braced between two preps?”

- NO, the ONLY release move/s allowed in Level 3 are ball ups, tic-tocs to an upright STANDING position. (ex. Ball up to liberty). All pyramid release moves must be braced on both sides by separate stunts at prep level or below.

LEVEL 3 - “Can the middle flyer (braced by hand/arm on both sides) perform a ball up to sponge/load in position, then press up to extended single leg?”

- YES, the flyer is allowed to be caught in a sponge/load in position to transition back up in a Level 3 pyramid. This will be considered a standing upright skill because if they were to stand on the ground with legs bent (like in a load in) it would still be a standing position vs. a sitting down split position.

LEVEL 1 - “Can the back spotter be the person bracing a prep level single leg stunt?”

- A back spotter cannot be a bracer in a "pyramid" when the back spotter is also required to perform the stunt legally. Clarification: a required back spot/spotter cannot also be a required bracer in a pyramid/stunt at the same time.
- A separate spotter/bracer may be the legal bracer for the single leg stunt. (ex. another girl stands on the side and grabs arms with the flyer, prior to executing the single leg stunt at prep level = LEGAL).

LEVEL 2 - “Are flyers allowed to move their arms in straight ride baskets?”

- YES, the flyer may perform motions with their arms (i.e. hair flick, blow a kiss, wave, high v, etc), as long as their torso and lower body remain in a straight body position.

LEVEL 4 - “Are you allowed to tumble out of a whip?”

- NO, in level 4 whips are allowed, but must be the final skill of the pass. A whip is considered a flipping skill and no tumbling is allowed after a flip.

ALL LEVELS - “Our team does “T-lifts” that travel over a girl in a ball/nugget position on the floor. Is this ok?”

- NO, this is ILLEGAL. Stunts are not allowed to travel over a separate person/stunt/pyramid.

ALL LEVELS - “Can I have preps without back spotters to brace in my pyramid?”

- NO, all YCADA levels require a continuous spotter for stunts at prep (shoulder) level and above. This rule is found in the General Guideline section.

ALL LEVELS - “Can a performer do a front walkover and as they land with the first foot, the second foot is caught in the base’s hands for a load in?”

- Yes, but the front walkover must be COMPLETED by the flyer on THEIR OWN, prior to the foot being grabbed. The base’s may not grab the foot/arm to help pull the flyer up from the walkover or reach under the flyer’s back to assist them to the upright position.

ALL LEVELS - “My daughter just got her ears pierced a week ago and can’t take them out yet. Can she compete on her cheer team?”

- No, jewelry is not allowed to be worn, with the exception of those required for medical/religious reasons (taped down). The child will have to remove their earrings, regardless of when they were pierced for everyone’s safety.

ALL LEVELS - “Can you do a front punch step out, round off back tuck in level 3?”

- YES, you are allowed to tumble out of front tuck in level 3. So a punch front round off back tuck or front punch round off back handspring tuck would be allowed. You CANNOT tumble out of the last back tuck.

“Can I use music the entire time in my cheer routine?”

- YCADA allows show cheer routines to use music the entire time. HOWEVER, different leagues may have separate rules regarding music and use of cheer. For example, POP WARNER cheer teams have a MAX time of 90 seconds allowed for music. Teams MUST abide by their League rules and addition to any YCADA rules.

LEVEL 1 - “Can we do group based Split Stunts?”

- YES, double based split stunts are allowed in Level 1 with the required spotter. They are also allowed in pyramids, since they are a legal free standing stunt. **RELEASED split stunts**, where the flyer is released by all the bases are **not** allowed in Level 1-3 pyramids. Single based split stunts are prohibited in all levels. This skill is best described as a partner lift you would see in partner figure skating, acro teams, or the circus.

“Can a single based stunt in level 2 cradle to a full set of bases?”

- Yes, in levels 1-2 a single based stunt is allowed to cradle ONLY when the flyer is being caught in a full stunt group (1 back spotter and two bases). The base of the single based stunt MUST be one of the catching bases.

CLARIFICATION regarding use of signs in cheer routines:

- Signs are allowed to be used in show cheer routines to help lead the crowd. Signs may not be used as props to enhance the music/choreography in the same manner as a Theme Dance Routine would use props.
- EXAMPLE: Using signs that say BLUE and WHITE for the cheer section for the crowd to yell the team colors is legal. Using a candy shaped sign as a visual during the music section of “I want candy” would be ILLEGAL.