

Antelope High School Cheer Competition Competition Safety Rules

In addition to all rules covered in the current AACCA School Cheerleading Safety Rules, "the following restrictions also apply for the Antelope Competition. Note: Routines can be all music but must not exceed 2 minutes and 30 seconds.

Jr High/Middle School/Youth Team Division 1 (similar to JAMZ Level 2 except Dismounts*)

Standing and Running Tumbling: Up to single front/back handsprings only. Jump/handspring combinations and series handsprings are NOT allowed. Skills including, but not limited to the following are not permitted: series handsprings, flips (tucks), aerials (including cartwheel aerials), punch fronts, etc.

Stunts:

1. Two leg extended stunts and prep level single leg stunts (1/2 twist load in variations are allowed).
2. No inversions allowed.
3. No release moves allowed except Barrel Rolls.

Pyramids:

1. Up to extended single leg stunts braced on at least ONE side with hand/arm connection by prep level or below stunts (connection must be established at or below prep level)

Dismounts/Tosses:

1. Dismounts: Only straight pop downs/bump downs, basic straight cradles and ¼ turn dismounts are allowed. All other dismounts (toe touch, twists etc) are prohibited. **Note: Jamz allows single trick alternative dismounts before cradle.*
2. Tosses: Basket, sponge, elevator or similar type tosses are not permitted. **Note: Jamz allows single trick baskets.*

Jr High/Middle School/Youth Team Division 2 (similar to USA Novice)

Tumbling: Standing tumbling is limited in difficult to a single standing back handspring. Jump/handspring combinations and series handsprings are NOT allowed. Flips (tucks) and aerials are NOT allowed. Running Tumbling limited to front and back handspring series. Skills including, but not limited to the following are not permitted: flips (tucks), aerials (including cartwheel aerials), punch fronts, etc.

Stunts:

1. Extended freestanding single leg stunts are limited to a basic (foot by the knee) liberty (or high torch) only No liberty variations (heelstretch, etc) are allowed.
2. Twisting stunt transitions are limited to a ½ twist. Full twist barrel/log rolls (event when connected to a base, spotter or post) are NOT allowed.
3. All stunt release moves must land in a cradle.
4. The only stunt inversions allowed are: (1) Transitions from ground level inversions (example: handstand) to non-inverted positions at prep level or below with a head and shoulder spotter assisting the top person to the non-inverted position. (2) Two people on the performing surface control the top person in a suspended roll with continuous hand-to-hand/arm contact to a stunt, two person cradle, loading position or the performing surface. If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.

Pyramids:

1. All extended single leg stunt variations must be braced on at least one side by another top person who is at shoulder height or lower.
2. Twisting pyramids transitions are limited to a ½ twist.
3. Pyramid inversions are not allowed.

Dismounts/Tosses:

1. Dismounts: Only straight pop downs/bump downs, basic straight cradles and ¼ turn dismounts are allowed. All other dismounts (toe touch, twists etc) are prohibited.
2. Basket, sponge, elevator or similar type tosses are not permitted.

Jr High/Middle School/Youth Team Division 3 (similar to USA Advanced, JAMZ Level 3 except TUMBLING* and BASKETS)**

1. Tumbling: There are no technical skill limitations for this division except for those noted in the 2015-2016 AACCA School Cheerleading Safety Rules. **Note: Jamz is limited to tucks.*
2. Twisting stunt and/or pyramid transitions are allowed up to one twist by the top person. Twisting to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) are limited to one twist. Exception: 1¼ dismounts to cradle are permitted from side facing stunts.
3. Basket, sponge, elevator or similar type tosses are not permitted. ***Note: Jamz allows high school level baskets.*

High School Division 1 (similar to USA Novice – except Pyramids* and Jamz Level 1- except Baskets)**

Tumbling: Up to single front/back handsprings only. Jump/handspring combinations and series handsprings are NOT allowed. Flips (tucks) and aerials are NOT allowed. Running Tumbling up to front/back handspring series. Skills including, but not limited to the following are not permitted: flips (tucks), aerials (including cartwheel aerials), punch fronts, etc.

Stunts:

1. Single leg freestanding stunts may not be held or pass through an extended position.
2. Extended stunts are limited to both feet in the base(s)' hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the top of the extended position. Exception: straight bump-down dismounts are allowed as part of pyramid dismount.
3. Twisting stunt transitions are limited to a ½ twist.
4. All stunt release moves must land in a cradle.
5. The only stunt inversions allowed are: (1) Transitions from ground level inversions (example: handstand) to non-inverted positions at prep level or below with a head and shoulder spotter assisting the top person to the non-inverted position. (2) Two people on the performing surface control the top person in a suspended roll with continuous hand-to-hand/arm contact to a stunt, two person cradle, loading position or the performing surface. If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.

Pyramids:

1. All extended single leg stunt variations must be braced on at least one side by another top person who is at shoulder height or lower. **Note: USA rules require braced on two sides.*
2. Twisting pyramids transitions are limited to a ½ twist.
3. Pyramid inversions are not allowed.

Dismounts/Tosses:

3. Dismounts: Only straight pop downs/bump downs, basic straight cradles and ¼ turn dismounts are allowed. All other dismounts (toe touch, twists etc) are prohibited.
4. Basket, sponge, elevator or similar type tosses are not permitted. ***Note: Jamz allows straight rides.*

High School Division 2 (similar to USA Intermediate – except Pyramids* and Jamz Level 2)

Tumbling: Limited in difficulty to a standing back handspring series or jump/handsprings combination (flips and aerials are not allowed). Therefore, a standing back handspring back tuck is prohibited. Running Tumbling limited in difficulty to tucks. Round off (or cartwheel) back tucks and round off (or cartwheel) back handspring tucks are examples of skills that are allowed. Cartwheel aerials and/or punch fronts are also allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists etc. No tumbling is allowed out of an aerial/flipping skill.

Stunts:

1. Extended freestanding single leg stunts are limited to a basic (foot by the knee) liberty (or high torch) only. No liberty variations (heelstretch, etc) are allowed.
2. Twisting stunt transitions are limited to/from an extended position may not exceed ½ twisting transition. All other twisting transitions may not exceed 1 twist.
3. Stunt release moves must start below prep level and must be caught at prep level and below. Release move may not pass above the base(s) extended arm level.

Pyramids:

1. All extended single leg stunt variations must be braced on at least one side by another top person who is at shoulder height or lower.
2. Twisting pyramids transitions may not exceed 1 twist.
3. Pyramid inversions: A braced forward or backward flip in a pyramid is allowed while adhering to the AACCA rules on braced flips; however, no twisting is allowed. **Note USA requires the flip end in a cradle.*

Dismounts/Tosses:

1. Single twist dismounts are allowed only from 2-legged stunts/pyramids.
2. Basket, sponge elevator or similar type are permitted, but are limited to one trick only. A kick full or ball to an X-out are considered 2 tricks and would be illegal.

High School Division 3 (similar to USA Advanced and Jamz Level 3)

There are no technical skill limitations for this division except for those noted in the 2015-2016 AACCA School Cheerleading Safety Rules.

Fun Divisions (Best Sideline Cheer, Fight Song and Sideline Dance) There are no technical skill limitations for this division except for those noted in the 2015-2016 AACCA School Cheerleading Safety Rules. They should not exceed 1 minute and 15 seconds.