

FREQUENTLY ASKED RULES QUESTIONS

2015-2016

*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.

“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.

“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. This person **MUST** be stationary (ex. may NOT move from the side to the back)
- 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)

“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.

“If the flyer drops bobbles and her chest drops in an arabesque will I be deducted for an inverted stunt?”

- NO, if the stunt momentarily moves, you will receive a stunt bobble.

“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.

“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. They 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.

“In Leap Frogs, do the back spotter and flyer have to hold BOTH hands?”

- YES, both hands need to be connected throughout the transition in leap frogs.

“Can the flyer (in level 3) 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.

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

- 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).

“Are flyers allowed to move their arms in straight ride baskets for Level 2?”

- 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.

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

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

“Can the middle flyer (braced by hand/arm on both sides) perform a ball up to split position, then back up to liberty? (In level 3)”

- NO, only ball ups, tic tocs, and switch ups are allowed (when braced on both sides by hand/arm at prep level or below) to an upright standing position. (ex. ball up liberty, low to high liberty, etc). The split catch would not be allowed until level 4.

“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.

“Our team has a song in the mix that had a bad word. We are using a clean version of it, but will we get deducted since the original song had swear words?”

- YCADA strongly suggest using FULLY edited song choices such as: instrumental versions, Kidz Bop versions, or edit the song to where the entire sentence/section with the bad words are gone. YCADA does NOT suggest trying to cover up words with the use of sound effects.

“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.

“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.

“Can the flyer half twist down from the Swedish Falls position?”

- In Level 2, a half twist cradle from Swedish Falls would be ILLEGAL. The full release of the bases and back spotter would make the ½ twist an illegal cradle dismount. This skill would be legal in Levels 3-4.

“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.

“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.

“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.

“Clarification on LEVEL 2 handsprings.”

Can you do a standing back handspring toe touch back handspring in level 2 or a front handspring step out round off back handspring?

- NO, only single back handsprings are allowed in Level 2. A CLEAR STOP (stop of momentum) must be performed after each handspring (front or back). The toe touch does not count as a CLEAR STOP between the two back handsprings being performed. The round off would not count as the CLEAR STOP for a front handspring round off back handspring. The performer must stop completely before continuing on with another handspring skill.

“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.

“Can we do Double Based Split Stunts in Level 1?”

-YES, double based split stunts are allowed in Level 1. 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 you do a standing back handspring into a handstand and have the bases grab the legs and go into a stunt?”

-NO. Inversions for Levels 3-4 must only be from a handstand that originates from the ground. The ONLY exceptions to this rule are cartwheels/round offs that end in a handstand position. Back walkovers and back handsprings into a handstand position where the bases catch the legs would be ILLEGAL inversions.

CLARIFICATION regarding below prep level stunts: When is a spotter required?

- A spotter is REQUIRED for all below prep level stunts when the bases are not using their arms/hands as the primary support of the flyer. EXAMPLE: A flyer standing on the backs of the bases would require a spotter in the back to protect the head/neck/shoulders of the flyer.

“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.