



2009-10 Jr. High/Middle School/Youth Sports Teams **Show Cheer Division Limitations**

In addition to all rules covered in the “2009-10 AACCA High School Cheerleading Safety Rules,” the following restrictions also apply to junior high/middle school/youth sports teams entering a “Show Cheer – Novice” division.

Show Cheer – Novice Division Limitations

Tumbling

1. All tumbling, both standing and running must have both hands and/or feet on the performance surface at all times. Therefore, skills including, but not limited to the following are not permitted: aerials, back tucks, punch fronts, layouts, fulls, etc.

Stunts/Pyramids/Tosses

1. Extended freestanding one-legged stunts are limited to a liberty only.
2. All other extended one-legged stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced on at least one side by another top person who is at shoulder stand height or lower.
3. Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type are prohibited (i.e. full down/full twist cradles, single log rolls, twisting basket tosses, etc.) Exception: ¼ dismounts to cradle are permitted
4. Basket, sponge, elevator or similar type of tosses are permitted, but are limited to one trick only (i.e. one toe touch)

Show Cheer -- Advanced Division Limitations

There are no technical skill limitations for this division except for those noted in the “2009-10 AACCA High School Cheerleading Safety Rules.”

Changes from 2008-09 are highlighted above. Please note that changes for the 2010-11 season will be announced in Spring 2010.