

**High School Teams**  
**Show Cheer and Group Stunt Division Limitations**  
**2009-10 Competition Season**

In addition to all rules covered in the “2009-10 AACCA High School Cheerleading Safety Rules” the following restrictions also apply to teams entering a “Show Cheer – Novice,” a “Show Cheer – Intermediate” and/or a “Group Stunt – Intermediate” division.

**Show Cheer -- Novice Division Limitations**

**Tumbling**

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* stunts are limited to both feet in the base(s)' hands at all times.
2. All other extended one-legged stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced on two sides by flyers who are at shoulder stand height or lower. The braced connection must be established at the shoulder level or lower before the stunt passes into the extended position.
3. Free from contact twist dismounts 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, etc.)  
Exception: ¼ dismounts to cradle are permitted
4. No basket, sponge, elevator or similar type of tosses are permitted.

**Show Cheer and/or Group Stunt -- Intermediate Division Limitations**

**Tumbling**

1. Maximum difficulty in standing tumbling is limited to a back handspring (i.e. standing tucks are prohibited). Standing tumbling is defined as any tumbling skill not originating from a cartwheel, or round-off. Therefore, a standing back handspring back tuck is prohibited.
2. Round off back tucks and round off back handspring back tucks are allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists and/or tumbling out of an aerial/flipping skill.

**Stunts/Pyramids/Tosses**

1. Extended *freestanding* one-legged stunts are limited to a liberty (or high torch) only.
2. All other extended one-legged stunts must be braced on at least one side by another top person who is at shoulder height or lower.
3. Twists exceeding more than one and one quarter rotation in any stunt/toss/dismount are not 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 and/or Group Stunt -- 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.