



# 2019 ACSA NOVICE Cheer Rules



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*(Intro has been duplicated from the ACSA Cheer General Scoring Information)*

Novice Cheer is a modified version of Level 1 and is offered to all ages except Open & Adult.

Novice division is for beginner All Star Cheer teams. This may include brand new teams or beginner teams within an established program. The purpose of Novice Cheer is for the athletes to perfect the basic skills before attempting harder skills.

Novice teams follow the ACSA Novice Rules. Please also refer to the ACSA Skill List for skills that can be performed by Novice Teams.

The time limit for Novice Cheer routines is 2:30 minutes.

Tosses have been removed from the score sheet and the Difficulty Score for Stunts, Stunt Quantity, Standing Tumbling, Running Tumbling & Pyramids is capped. The total possible score is out of 87.5 points.

- The difficulty score for Stunts is capped at 4.0 (due to NO elite skills being allowed in Novice)
- The difficulty score for Standing Tumbling, Running Tumbling & Pyramids is capped at 4.7 (this is reflective of the skills allowed in Novice)
- The Stunt Quantity score is capped at 4.4 (due to NO elite skills being allowed in Novice)

Novice team athletes are permitted to cross over into a Level 1 team, however they are not permitted to compete in any other cheer team Level 2 or above.

Novice Cheer is not compulsory for new teams, it is an option.

To maintain the spirit of the division, Novice teams will receive warnings for athlete falls or where a rule violation was the result of a performance error. In other instances, the team may receive a deduction.

<b>TUMBLING</b>	
<b>A. GENERAL</b> May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position; NO tumbling over, under, or through a stunt, individual or prop; NO tumbling while holding/contact with prop.	½ rebound to prone allowed. NO dive rolls.
<b>B. STANDING</b>	Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers, handstands. Blocked cartwheels allowed. NO tumble connected to walkovers. Tiny/Mini: ONLY: No walkovers.
<b>C. RUNNING</b>	Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers. Blocked cartwheels and round offs allowed. NO tumbling immediately after round off or round off rebound. NO tumble connected to walkovers. Tiny/Mini: ONLY: No walkovers.



# 2019 ACSA NOVICE Cheer Rules



<b>STUNTS</b>	
<b>A. SPOTTERS</b>	All Stunts. Exception: Stunts only supported at waist.
<b>B. STUNT HEIGHT</b>	Waist level single leg; NO Prep level single leg. Prep level two leg (may pass above prep level). NO single based stunts. Exception: Waist level stunts and shoulder sits allowed.
<b>C. TRANSITIONS</b>	Must remain in contact with at least one base. No leap frog/leap frog variations. NO stunt transition to prone. NO tic toc style transitions body position to body position (lib to body position is allowed).
<b>D. TWISTING</b>	Up to ¼ below prep level. Exception: rebound ½ turn to prone; wrap around; up to ½ twist starts & ends on performing surface and only supported at the waist.
<b>E. RELEASE MOVES</b>	Not allowed other than dismounts.
<b>F. INVERSIONS</b>	Not allowed (inverted athlete must maintain contact with performing surface).
<b>G. DOWNWARD INVERSIONS</b>	Not allowed.
<b>H. OVER/UNDER</b> Stunt or individual passing over/under a separate stunt or individual.	Arms and legs allowed.
<b>PYRAMIDS</b>	
<b>A. GENERAL</b>	Must follow stunt and dismount rules and allowed up to 2 high; Top person must receive primary support from a base unless legal as a release transition; Released transitions may not come in contact with other stunt/pyramid release moves; Required catchers/spotters must be stationary, must maintain visual contact with the top person throughout the entire transition, and may not be involved in any other skill or choreography when the transition is initiated; Primary weight may not be borne at second level. Single leg at prep braced by two people who can be either a top person and/or a person on the ground will be counted as a pyramid. Bracers on the ground must have both feet on the ground and be attentive to top person.
<b>B. STRUCTURES</b> (Single based are not allowed above waist level. Required bracer(s) must be connected to top person by initiation of skill and remain in contact throughout skill).	Two leg extended stunts require hand-arm/hand-arm connections with both arms braced by at least one top person at prep level or below. Prep level single leg connected to two prep level or below bracers with hand/arm connection. NO extended stunt connected to extended stunt. Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back or straddle lift.
<b>C. NON-RELEASED TRANSITIONS</b>	<b>TWISTING:</b> Up to ¼ twist below prep level. <b>INVERSIONS:</b> Must follow stunt rules.
<b>D. RELEASED TRANSITIONS</b>	Not allowed other than dismounts.
<b>E. OVER/UNDER</b> Stunt, pyramid or individual over/under a separate stunt, pyramids or individual.	Arms and legs allowed.



# 2019 ACSA NOVICE Cheer Rules



DISMOUNTS	
<b>A. GENERAL</b>	Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person.
<b>B. DISMOUNTS</b>	Straight pop downs, basic straight cradles. NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids.
TOSSES	
<b>A. GENERAL</b>	Not allowed.
<b>B. TOSSES</b>	Not allowed including waist level cradles and sponge tosses.