



2020/2021 ACSA NOVICE Cheer Rules



Released 14th January 2020 (V1)
Changes to 2019 red.

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.

TUMBLING	
A. GENERAL 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. STANDING	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.
C. RUNNING	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.

STUNTS

<p>A. SPOTTERS</p>	<p>All Stunts. Exception for Tiny: Stunts only supported at waist that start or end on the performance surface. Non-twisting T-Lifts that start and end on the performance surface where at least one foot is at waist level or below throughout skill (1/4 twisting T-Lifts must have a spotter in Tiny division). Exception for Mini, Youth, Junior, Senior and Open: Stunts only supported at waist that start or end on the performance surface. T-Lifts that start and end on the performance surface where at least one foot is at waist level or below throughout skill.</p>
<p>B. STUNT HEIGHT</p>	<p>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.</p>
<p>C. TRANSITIONS</p>	<p>Must remain in contact with at least one base. No leap frog/leap frog variations. NO stunt transition to prone. Exception: Stunt transitions from ground to prone allowed. NO tic toc style transitions body position to body position (lib to/from body position is allowed).</p>
<p>D. TWISTING</p>	<p>1/4 Twist from ground to waist level OR 1/4 Twist from waist level to ground OR 1/4 twist transition at waist level. No twisting to, from or at prep level (refer to IASF Glossary for prep level definition). Exception: rebound 1/2 turn to prone; wrap around; up to 1/2 twist starts and ends on performing surface and only supported at the waist; 1/4 twisting T-lift that starts and ends on performing surface.</p>
<p>E. RELEASE MOVES</p>	<p>Not allowed other than dismounts.</p>
<p>F. INVERSIONS</p>	<p>Not allowed (inverted athlete must maintain contact with performing surface).</p>
<p>G. DOWNWARD INVERSIONS</p>	<p>Not allowed.</p>
<p>H. OVER/UNDER Stunt or individual passing over/under a separate stunt or individual.</p>	<p>Arms and legs allowed.</p>

PYRAMIDS

Please note IASF define a pyramid as “Two or more connected stunts.” If a stunt is only connected by a person or people on the ground it will not meet the pyramid definition.

A. GENERAL	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.
B. STRUCTURES (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 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 requires hand-arm/hand-arm connections with both arms braced by two top persons at prep level or below. Exception: One of the required hand-arm connections may be made with someone on the ground. That person must have both feet on the ground and be attentive to the top person. The other connection must be with a top person at prep level or below. 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.
C. NON-RELEASED TRANSITIONS	TWISTING: ¼ Twist from ground to waist level OR ¼ Twist from waist level to ground OR ¼ twist transition at waist level. No twisting to, from or at prep level. INVERSIONS: Must follow stunt rules.
D. RELEASED TRANSITIONS	Not allowed other than dismounts.
E. OVER/UNDER Stunt, pyramid or individual over/under a separate stunt, pyramids or individual.	Arms and legs allowed.

DISMOUNTS

A. GENERAL	Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person.
B. DISMOUNTS	Straight pop downs, basic straight cradles. NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids.

TOSSES

A. GENERAL	Not allowed.
B. TOSSES	Not allowed including waist level cradles and sponge tosses.



2020 ACSA SKILL LIST – BUILDING



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NOVICE					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE		<ul style="list-style-type: none"> • SWITCH UP TO LIB AT WAIST LEVEL • SWITCH UP TO BODY POSITION AT WAIST LEVEL • TIC TOC BELOW AT WAIST LEVEL (LIB TO LIB) • TIC TOC AT WAIST LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO/FROM WAIST LEVEL 	<ul style="list-style-type: none"> • STEP DOWN • STRAIGHT CRADLE 	<ul style="list-style-type: none"> • BACK STAND • PREP LEVEL SHOW AND GO • V-SIT • FLAT BACK • EXTENDED STRADDLE SIT • WAIST LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 2 FOOT STUNT • SHOULDER SIT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	NO ELITE LEVEL APPROPRIATE SKILLS				



2020 ACSA SKILL LIST – TUMBLING



NOVICE	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<p>FORWARD ROLL; STRADDLE ROLL; HANDSTAND; HANDSTAND FORWARD ROLL; FRONT LIMBER; CARTWHEEL; BACKWARD ROLL; BACK EXTENSION ROLL; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER; FRONT WALKOVER (SINGLE); BACK WALKOVER (SINGLE)</p> <p>Note: Front Walkover and Backwalkover are illegal in Tiny & Mini Novice divisions.</p>	<p>CARTWHEEL; FRONT WALKOVER (SINGLE); ROUND OFF; FORWARD ROLL CARTWHEEL ROUND OFF; HANDSTAND FORWARD ROLL CARTWHEEL ROUND OFF</p> <p>Note: Front Walkovers are illegal in Tiny & Mini Novice divisions.</p>



2020 ACSA SKILL LIST – JUMPS



JUMPS	
BASIC JUMPS	ADVANCED JUMPS
SPREAD EAGLE/ STAR JUMP TUCK JUMP	PIKE RIGHT/LEFT HURDLER (FRONT OR SIDE) TOE TOUCH Note: Tuck Jumps and Star Jumps will be credited as Advanced Jumps in Tiny and Mini Novice divisions.