

Updated on 1/10/19

FREQUENTLY ASKED RULES QUESTIONS

2018-2019

*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 IN ADDITION TO YCADA RULES.**

Uniformed mascots (I.e. tiger, falcon, pirates, etc) of the team are allowed to participate in a Sideline Performance Cheer routine provided: they are a registered participant of the team and are not involved in any tumbling or stunting if they are in a costume of any kind (ex. Pirate in eye patch and cape, tiger with a tail, falcon with face mask on, etc). They will be included in the team count used toward skill ratios.

Level 2 Inversions: A flyer may transition from a handstand to shoulder sit on the back spotter provided it is in a direct transition to the sponge/load in for a stunt. Bases must have hands on the flyer's feet and flyer may not stop in a shoulder sit.

ALL LEVELS building with poms/signs: Flyers may transition in stunts where they do not use or need their hands. This can include transitioning from a v-sit to prep, thigh stand to prep, or jumping off the ground to a shoulder sit (with base ducking under the legs).

Level 2 inversion clarification: The flyer may not pass above prep level when transitioning from the ground inversion to the load in/sponge. Movement must be continuous in motion.

Level 1 clarification on base/s moving: Bases may turn a ½ rotation during a transition when they are NOT in weight bearing contact of the flyer. (ex. flyer steps on base's back and as the stunt transitions off the base the base may ½ turn to catch the flyer again).

LEVEL 2 Tumbling: A back handspring and back handspring step out are BOTH airborne handspring skills. Adding a step out to a handspring skill does NOT make it a separate skill. (ex. round off bhs step out bhs = ILLEGAL)

Can a participant perform with a walking cast? Yes, a participant may perform with a walking cast/medical boot, but may NOT be involved in any tumbling or stunts (including spotting).

LEVEL 4 BRACED FLIP PYRAMIDS - Can the bracing preps for a flip pyramid have two bases and no back spotter? NO, all preps must have two bases and a spotter for all levels.

Can we glue rhinestones on the faces of the cheerleaders? No, jewels of any kind may not be adhered to the face of the cheerleaders.

Can we do one handed cartwheels with the poms in the hand that doesn't touch the ground? No, poms must be discarded PRIOR to any tumbling skill other than a forward or backward roll in both cheer and dance routines.

Can we mark center with something for our performance? YCADA allows each event producer to determine if teams may place a small item to mark center off the mat, directly in front of the performance surface. Most event producers also mark the center mat with Velcro.

Spotters of Single Based Pop Off Dismounts: The spotter may never move to the front of the stunt, without the use of another spotter who remains on the side or back of the flyer. The spotter must be close enough to the stunt to assist the landing of the flyer on the dismount. Physical support is not required, but HIGHLY recommended.

Required Spotters of Stunts: The required spotters of stunts are allowed to momentarily look away from the flyer, as long as they remain within physical distance of the stunt. This is to allow them to be aware of other stunts/participants around them.

Levels 2-4 Barrel Rolls: Barrel rolls must start and end in a FACE up cradle position. Prone catches that full twist are NOT considered a barrel roll.

All Levels – Pop Offs: Any pop off dismount that results in the flyer falling/touching/sitting on the floor from the base and spotter failing to assist the catch will result in a stunt fall deduction.

LEVELS 2-4 SUPERMAN TRANSITIONS: Must be performed from prep level stunts only. EXCEPTION: may be performed beginning in a sponge/load in position. The flyer must have hands on the bases' shoulders or it will be considered an illegal waist level stunt.

PERFORMANCE ERROR: Performance error is at the discretion of each Event Producer, as it is not a YCADA Rule. Performing a skill illegally makes it illegal by YCADA rules, whether it was intentional or not. Event producers may follow their own guidelines as to how to handle performance error situations.

ALL LEVELS - “Can a back spotter hold the sign to give to the flyer?”

-No, the required back spotter may not hold props in their hands during the stunt.

ALL LEVELS - “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. The 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.

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

- 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)

ALL LEVELS - “Our team does “T-lifts” that travel over a girl in a ball/nugget position on the floor. Is this ok?”

- The flyer may step on the ball/nugget and over, but may NOT be lifted over the individual free of contact.

ALL LEVELS - “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.

ALL LEVELS - “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.

LEVEL 1 - “Can we do group based Split Stunts?”

- YES, double based split stunts are allowed in Level 1 with the required spotter. 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.