



2019 NOVICE CHEER RULES

Novice Cheer is an amended version of Level 1 and is offered as an option for beginner Cheer teams.

The time limit for Novice Cheer routines is the same as elite levels 1-7: 2:30 minutes.

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)

Athletes that compete in novice are permitted to cross over into a Level 1 team, however they are not permitted to compete in any other elite Cheer levels (2-7).

In order to ease these new teams into the sport, judges will only issue warnings for athlete falls or where a rule violation was the result of a performance error. In other instances the team may receive a point deduction.

TUMBLING	
A. General	<ul style="list-style-type: none"> • 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 turn rebound to prone allowed. • NO dive rolls.
B. Standing	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	
A. Spotters	<ul style="list-style-type: none"> • Required for all Stunts. Exception: Stunts only supported at waist.
B. Stunt Height	<ul style="list-style-type: none"> • Waist level single leg stunts allowed; NO Prep level single leg. • Prep level two leg stunts allowed (may pass above prep level). • NO single based stunts. Exception: Waist level stunts and shoulder sits allowed.
C. Transitions	<ul style="list-style-type: none"> • Top 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).
D. Twisting	<ul style="list-style-type: none"> • Up to 1/4 below prep level. Exception: rebound 1/2 turn to prone; wrap around; up to 1/2 twist starts & ends on performing surface and only supported at the waist.
E. Release Moves	<ul style="list-style-type: none"> • Not allowed other than dismounts.
F. Inversions	<ul style="list-style-type: none"> • Not allowed (inverted athlete must maintain contact with performing surface).
G. Downward Inversions	<ul style="list-style-type: none"> • Not allowed.
H. Over/Under	<ul style="list-style-type: none"> • NO Stunt or individual passing over/under a separate stunt or individual. Exception: Arms and legs allowed.



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PYRAMIDS	
A. General	<ul style="list-style-type: none"> • 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 stunts 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. Structures	<ul style="list-style-type: none"> • Single based stunts 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 stunt connected to two prep level or below bracers with hand/arm connection is allowed. • 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	<ul style="list-style-type: none"> • TWISTING: <ul style="list-style-type: none"> - Up to 1/4 twist below prep level allowed. • INVERSIONS: <ul style="list-style-type: none"> - Must follow stunt rules.
D. Released Transitions	<ul style="list-style-type: none"> • Not allowed other than dismounts.
E. Over/Under	<ul style="list-style-type: none"> • NO Stunt, pyramid or individual over/under a separate stunt, pyramids or individual. Exception: Arms and legs allowed.

DISMOUNTS	
A. General	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Straight pop downs, basic straight cradles. • NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids.

TOSSES	
A. General	<ul style="list-style-type: none"> • Not allowed.
B. Tosses	<ul style="list-style-type: none"> • Not allowed including waist level cradles and sponge tosses.



2019 NOVICE CHEER SKILLS LIST

BUILDING					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE		<ul style="list-style-type: none"> • SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • 1/4 TWISTING TRANSITION TO/ FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • STEPDOWN • STRAIGHT CRADLE 	<ul style="list-style-type: none"> • BACK STAND • PREP LEVEL SHOW AND GO • V-SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP 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				