



2018 - 2019 NOVICE CHEER GUIDELINES

Novice Cheer: is offered in Cheer level 1 only, in all ages in Australia Only.

Novice is open for beginner All Star Cheer teams at Level 1 only (apart from OPEN age as we now have the NEW Adult Division), may that be brand new athletes/teams or just beginner athletes/teams within an established program; a gentle way of easing new coaches and beginner athletes into our sport and understanding how it all works. The idea of Novice Cheer is for the athletes to perfect the very basic skills on the competition floor before attempting harder skills.

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

Novice Cheer is not compulsory for new teams but an option. If your team competed in All Star during the season, you cannot move into Novice for Nationals (unless recommended by the organisers via judging panel at States).

Novice Cheer teams will not have points deducted (unless extreme circumstance of putting athletes at risk of injury or unfixed warned skills from prior Championships); they will have warnings to initiate them into the rules of our sport. Nevertheless, any teams seen to be intentionally breaking the Novice RULES by repeat offending will be deducted with the full legality points for each illegal skill performed.

The teams in the NOVICE Cheer sections will not be included in any Highest Scoring or Grand Champion awards. Novice also pays a slightly cheaper entry fee.

NOVICE CHEER RULES

Novice Cheer teams must follow the current IASF/USASF Cheer Level 1 Rules but with the following amendments:

STUNTS:

All stunts must be performed by a minimum of 3 athletes.	E.g. 1 Top Person + 1 Base + 1 Spotter or 1 Top person + 2 Bases. Exception: 2 Top Persons + 1 Base is not allowed. Exception: A stunt where the top person starts and ends on performing surface and is only supported at the waist does not require a minimum number of athletes.
Prep level stunts where the flyer is in an upright position must be performed by a minimum of 2 bases and 1 spotter.	Clarification: Single base hands are not allowed. (Note: This includes what is sometimes referred to as 'dual base' hands)
Braced prep level single leg stunts are not allowed.	Exception: See Pyramids box 3 rule 2.

STANDING/RUNNING TUMBLE:

Front and back walkovers may not be connected to any other tumbling skill. i.e. Series Walkovers are not allowed	Clarification: Front Walkover x2 or Cartwheel Back Walkover are not allowed unless the athlete shows a definite and clear stop between the skills. A clear stop would be at least 4 counts before attempting the skill again.
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PYRAMIDS

Top persons in a two-leg extended stunt must be braced by both arms with a hand-arm connection	Clarification: Both hands of the top person must be connected to a separate hand of the bracer(s). E.g. An extended two leg stunt braced by only 1 person is legal in the Novice division if both hands of the top person are connected to a separate hand of the brace.
Extended stunt bracers	Rule 1: The connection must be made at or below prep level. Rule 2: Prep level bracers must have both feet in bases' hands.
Prep level single leg stunts	Rule 1: Must be braced by at least 2 people at prep level or below with hand-arm connection only. Rule 2: If a person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting. Rule 3: The connection must be made prior to initiating the single leg prep level stunt.
Prep level single leg bracers	Rule 1: Prep level bracers must have both feet in bases' hands. Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

*Novice Cheer sections will be divided where possible into Divisions 1, 2 & 3, if there are 3 or more teams in each section and 9 or more teams in the division.