

2018 Level Appropriate Stunts

General Rules for the Spectacular are as follows:

1. Each team must choose one style: **Performance** or **Traditional**.
2. All teams competing must be affiliated with the Chesterfield Cheerleader League, either through football or basketball cheer.
3. The age guidelines set forth by CCL will be followed for each division.
4. We will allow one Flag, Minor, Junior & Senior team from each association, however, teams above the Flag level can combine up to one level up or down. (Ex: Minors and Juniors can combine, however, minors and seniors may not.)
 - a. Teams that have combined will compete based on the majority age level.
 - b. All teams will follow the USASF Rules and Regulations for recreation levels 1-3. No Level 4 or Level 5 skills will be allowed. To view those rules please visit, www.usasfrules.com or contact your commissioner for a copy.
 - c. Cheerleaders are not allowed to 'crossover' and must compete on the squad for their age only.
5. Teams will be judged on a modified version of the Virginia High School League 2017 Competition Score Sheet. Both score sheets and examples of level appropriate skills can be found at the end of this document.

Performance Recreation

Performance Rec is defined as a competitive rec division that will follow the level and routine guidelines for recreation cheer set by the USASF. They will be allowed 2 minutes and 30 seconds of a music only routine.

Traditional Recreation

Traditional Rec is defined as a game day focused competitive division that will follow the level guidelines set forth by the USASF, however, their routines will include a cheer portion. Their routine format will reflect the regulations set forth by VHSL. These teams will be allowed 1 minute 30 seconds of music and up to 2 minutes and 30 seconds total for their routine.

Difficulty Points

Difficulty points will be rewarded based on total skills performed. To achieve the maximum possible points a team must perform multiple skills at their level.

Legality Questions

For questions on what level a stunt or tumble pass is considered, please contact your commissioner.

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At what level should I sign my team up to compete? Sign your team up to compete at the highest level in which they can safely and consistently perform stunts/tumbling. You can perform all skills at that level and below. For example: If you compete at Level 2, you can do all stunts/tumbling at Level 2 and Level 1.

LEVEL 1 STUNTING

| Release Style | Twisting | Dismounts | Other Stunts |
|--|--|--|--|
| <ul style="list-style-type: none"> - Switch Up to Lib or Body Position Below Prep Level - Tic Toc Below Prep Level (Lib or Body Positions) | <ul style="list-style-type: none"> - ¼ Twisting Transition to below prep level - ¼ Down to Ground Level -¼ Twisting Transition from Prep Level - ¼ Twisting Transition to Prep Level | <ul style="list-style-type: none"> -Step Down -Straight Cradle | <ul style="list-style-type: none"> - Back Stand - prep level show & go - prep or extended straddle sit (teddy bear) - prep or extended flat back - below prep level one leg stunt - Prep Level Lib WITH ADDITIONAL BRACER with hand to hand connection - Shoulder Sit - Transitions between Level 1 stunts -Prep Level 2 Leg Stunts |

LEVEL 2 STUNTING

| Release Style | Twisting | Dismounts | Other Stunts |
|---|--|---|---|
| <ul style="list-style-type: none"> - Switch up to Prep Level - Tic Toc Prep Level (Lib or Body Positions) | <ul style="list-style-type: none"> - ½ Twisting Transition to below Prep Level - ½ Twisting Transition to Prep Level (Single or 2 Leg) - ½ Twisting Transition to Extended Stunt (2 Legs) | <ul style="list-style-type: none"> - Straight Cradle - ¼ Twisting Dismount from Prep or Extension | <ul style="list-style-type: none"> - Prone - Prep Level 1 Leg Stunt - Extended 2 Leg stunt -Barrel Roll - Leap Frogs -1/2 Twist to Prone -Walk in Prep Level Press Extension - ½ Twisting Tic Toc to Prep Level 1 Leg Stunt - ½ Twisting Inversion to Prep Level 1 Leg Stunt |

2018 Level Appropriate Stunts

LEVEL 3 STUNTING

| Release Style | Twisting | Dismounts | Other Stunts |
|--|---|--|---|
| <ul style="list-style-type: none"> - Switch Up to Prep Level Body Positions - Ball Up, Straddle Up, or Release Up to Prep Level (Lib or Body Positions) - Tic Toc Prep Level Lib to Extended Body Position (CONTINUOUS CONTACT) | <ul style="list-style-type: none"> - Full Up Below Prep Level - Full up to Prep Level (2 feet, lib or body position) - ¼ Twisting Transition to Extended 1 Leg Stunt - Full up to Prep 1 Leg Stunt - Prep Level Full Twist to Prep Level 1 Leg | <ul style="list-style-type: none"> - Straight Cradle from Extended 1 Leg Stunt - Full Down from Prep or Extension - ¼ Twisting Dismount from Extended 1 Leg Stunt | <ul style="list-style-type: none"> - Full Twist to Prone from Prep Level - Extended 1 Leg Stunt - Suspended Front Flip - Single Based 1 Leg Extended Stunts - ½ Twisting Inversion to Extended 1 Leg Stunt - Full Twist Tic Toc at Prep Level |

TOSSES

Basket Tosses are NOT required for stunt score.

LEVEL 1 - Tosses are NOT PERMITTED.

LEVEL 2 – Straight Ride ONLY

LEVEL 3 – Ball Arch; Pretty Girl; Pike Arch; Kick Arch; Ball X; Toe Touch; Full Twist

Remember: You should only be executing stunts that your team can safely perform. Just because a stunt or toss is allowed, it doesn't mean it is required.

2018 Level Appropriate Tumbling

LEVEL 1 TUMBLING

| Standing Tumbling | Running Tumbling |
|--|--|
| <ul style="list-style-type: none"> - Forward Roll - Straddle Roll - Handstand - Handstand Forward Roll - Front Limber - Front Walkover -Cartwheel - Backward Roll -Back Extension Roll - Push Up to Back Bend - Standing Back Bend -Back Bend Kick Over - Back Walkover | <ul style="list-style-type: none"> - Running Cartwheel - Front Walkover - Round Off - Cartwheel Back Walkover - Front Walkover to Cartwheel/Round Off - Cartwheel ½ Turn Front Walkover - Connected Skills - Cartwheel/ Back Walkover |

LEVEL 2 TUMBLING

| Standing Tumbling | Running Tumbling |
|---|--|
| <ul style="list-style-type: none"> - Standing Back Handspring - Back Handspring Step Out - Back Extension Roll Back Handspring -Back Walkover Back Handspring | <ul style="list-style-type: none"> - Cartwheel Back Handspring - Round Off Back Handspring - Round Off Back Handspring Step Out - Round Off Back Handspring Series - Front Walkover to Round Off Back Handspring Series |

LEVEL 3 TUMBLING

| Standing Tumbling | Running Tumbling |
|--|--|
| <ul style="list-style-type: none"> - Back Handspring Series - Jump to Back Handspring - Jump to Back Handspring Series -Back Handspring Series Jump Back Handspring Series - Back Handspring Step Out Back Handspring Combo | <ul style="list-style-type: none"> - Aerials - Round Off Tuck - Round Off Back Handspring Back Tuck - Round Off Back Handspring Series to Back Tuck -Front Walkover to Round Off Back Handspring Back Tuck - Front Walkover to Round Off Back Handspring Series Back Tuck |



2018 Score Sheet

Association: _____ Level: _____ Judge: _____

| Category | | Max Points | Score | Comments |
|------------------------------------|---------------------------|------------|-------|----------|
| <u>Stunts</u> | Difficulty | 10 | _____ | |
| | Execution | 10 | _____ | |
| <u>Pyramids</u> | Difficulty | 10 | _____ | |
| | Execution | 10 | _____ | |
| <u>Standing Tumbling</u> | Difficulty | 5 | _____ | |
| <u>Running Tumbling</u> | Difficulty | 5 | _____ | |
| <u>Jumps</u> | Difficulty | 5 | _____ | |
| | Execution | 5 | _____ | |
| <u>Dance</u> | Entertainment & Execution | 10 | _____ | |
| <u>Cheer</u> | Motions | 5 | _____ | |
| | Voices | 5 | _____ | |
| | Overall Effect | 10 | _____ | |
| Overall Transitions, Spacing, Flow | | 5 | _____ | |
| Overall Impression of Choreography | | 5 | _____ | |
| TOTAL (TRAD100/ PERF 80) | | | | |