



CALIFORNIA HIGH SCHOOL  
CHEER & DANCE ASSOCIATION

## 2023-2024 DIVISION RULES AND RESTRICTIONS

### DIVISION 1 & DIVISION 2 BREAKDOWN

#### DIVISION 1 SKILL RESTRICTIONS

Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.

#### DIVISION 2 SKILL RESTRICTIONS

**STANDING TUMBLING:** Standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. i.e., a standing back tuck or standing back handspring back tuck is not allowed.

**RUNNING TUMBLING:** Limited in difficulty to tucks. Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s). Punch fronts are not allowed. No twisting is allowed while airborne. (Exception: Aerial cartwheels are allowed). The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill.

**STUNTS:** Extended single leg stunts are allowed. Only a  $\frac{1}{2}$  twist is allowed to any extended single leg stunt. All other twisting transitions may not exceed 1 twisting transition. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the base's/bases' extended arm level.

**PYRAMIDS:** All pyramid twisting transitions must follow all dismount and stunt twisting transition rules. Pyramid inversions: A braced forward, or backward flip is allowed while adhering to the NFHS Spirit Rules Book rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position. Extended single leg stunts may not be braced by other extended single leg stunts.

**DISMOUNTS:** Only straight pop downs, basic straight rides, and  $\frac{1}{4}$  turns and transitions in and out of cradles are allowed from any single leg stunt. Up to  $1\frac{1}{4}$  twists are allowed from any two-leg stunt.

**TOSSES:** Limited to one trick only during a toss (i.e., one toe touch). Examples of skills not allowed: A kick followed by a twist, or a ball to an X. Tosses may not exceed 1 twisting rotation.



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## 2023-2024 DIVISION RULES AND RESTRICTIONS

### DIVISION 3 & DIVISION 4 BREAKDOWN

#### DIVISION 3 SKILL RESTRICTIONS

**STANDING TUMBLING:** Limited to a standing single back handspring. Jump/handspring combinations and standing handspring series are not allowed. Standing tucks and/or aerials are not allowed.

**RUNNING TUMBLING:** Limited in difficulty to front and/or back handspring series. Flips (tucks), aerials, and punch fronts are not allowed.

**STUNTS:** Extended stunts are limited to both feet in the base(s) hands at all times. Single leg stunts may not be held or pass through an extended position. Twisting stunt transitions are limited to a  $\frac{1}{2}$  twist. Exception: A single full twisting log/barrel roll is allowed if it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person. All release moves must land in a cradle. The only stunt inversions allowed are: a) Transitions from ground level inversions up to non-inverted positions. *Example:* Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. b) Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two-person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released. c) Dismounts to the performing surface from waist level stunts. *Example:* Waist level prone to forward roll dismount or cradle position to back walkover dismount.

**PYRAMIDS:** All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition. Twisting pyramid transitions are limited to a  $\frac{1}{2}$  twist. Pyramid inversions are not allowed.

**DISMOUNTS:** Only straight pop downs/bump downs, basic straight cradles,  $\frac{1}{4}$  turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

**TOSSES:** The only body position allowed is a straight ride.

#### DIVISION 4 SKILL RESTRICTIONS

Division 4 Non-Tumbling teams will follow the standard NFHS Spirit Rules Book Guidelines with no other stunting skills restrictions. Any and all tumbling with feet over head rotation i.e. rolls and walkovers are not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: A back handspring entry into stunts/pyramids will not be allowed.