



DIVISION SPECIFIC RULES

2019-2020

RECREATION - NOVICE

Rule Differences from Traditional All Star (IASF Rules)

- A. Routines may not exceed 1:30 minutes
- B. **No Tosses** permitted
 - Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.*
 - Clarification: All waist level cradles are illegal.*
- C. Performances may be performed on spring floor or carpet bonded foam.
- D. Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.
- E. Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
- F. **Tiny Novice Only**
 - 1. No building skills permitted (**included tosses, stunts and pyramids**).
 - 2. The **ONLY TWO TUMBLING** skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

PREP

Rule Differences from Traditional All Star (IASF Rules)

- A. Routines may not exceed 2:00 minutes.
- B. **No Tosses** permitted.
 - Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.*
 - Clarification: All waist level cradles are illegal.*
- C. Performances may be performed on spring floor or carpet bonded foam.

CHEER ABILITIES

- A. All Cheer Ability teams will follow the IASF General Rules.
- B. Teams may execute skills up to and including Level 2.
 - Exception:** Tosses are not permitted.
 - Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.*
 - Clarification: All waist level cradles are illegal.*
- C. Coaches/Assistants cannot replace an Exceptional Athlete when it comes to meeting the number of bases or back spots required for a specific skill.
 - Exception: EXHIBITION TEAMS ONLY:** If Coaches/Assistants are fulfilling a **required** position (base, spotter or top person) the group may only do **waist level** stunts.
- D. Coach/Assistant(s) may not provide support to athletes while the athletes are performing building skills.

ALL Stunts and Pyramids (at prep level or above) performed without a
- E. Coach/Assistant require additional spotter that is a coach/assistant.
- F. Spotted and assisted tumbling is not allowed in the Cheer Abilities competitive division but is allowed if the Cheer Abilities team is an exhibition team.
- G. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct the view of the judges. There is no limit to the number of assistants around the perimeter of the floor in a squat position.

Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers so it is clear to the judges who is an athlete and who is an Assistant.

EX: if an athlete is in a light colour uniform top, Assistants will be in dark coloured matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistant may not be in any type of cheer uniform.
- H. Wheelchair/Walking Devices/Aids
 - I. All wheelchairs must be visually locked while using as a base for athletes
 - 1. to stand or put any amount of weight on the chair.
 - 2. Non-motorized wheelchairs
 - a. With or without assistance, must have at least 2 wheels on the floor at all times. Either 2 front or 2 back wheels. Must not tip to side. Tipping backwards or forwards only allowed with the aid of tipping device.
 - b. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair **MUST NOT** be released during motion.
 - 3. Motorized wheelchairs must have all 4 wheels on the floor at all times (exception - if assistance is needed to lift back wheels onto cheer floor).
 - 4. Any Assistive Walking Devices/Aids such as canes, crutches or elbow crutches, etc. cannot be used as a prop in any manner.
 - J. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.