


## 2022-23 The Allstar Cheerleading Championships Divisions

### College Cheer Traditional and Performance/All Music

<b>Divisions</b>	<b>Defined</b>	<b>Scoring</b>
<b>ALL MUSIC</b>	<b>COLLEGE</b>	<b>INTERMEDIATE DIVISION RESTRICTIONS</b>
LG All Girl ADV LG All Girl INT SM All Girl ADV SM All Girl INT LG COED ADV LG COED INT SM COED ADV SM COED INT	Athletes must be enrolled and a member of a college affiliated program governed by school administration. If Division Split is determined, ALL teams, including club teams, will enter the athletic division of the university if enough teams permit a divide . of the Division. College Rules: USA Cheer Rules (AACCA) College Rules: USA Cheer Rules (AACCA) See Rubric for Scoring	Teams competing in the intermediate division must adhere to the AACCA College safety guidelines and the following additional restrictions.
<b>TRADITIONAL</b>	<b>ALL MUSIC</b>	<b>STUNTS / PYRAMIDS</b>
LG All Girl SM All Girl LG COED SM COED	Routine performed completely with music time limit of 2:30 <b>TRADITIONAL</b> Music plus non music cheer section specifically for crowdleading for a total of 2:30 (No Minimum)	<ul style="list-style-type: none"> <li>• Release inversions into or from stunts are prohibited</li> <li>• Release full twists to an extended position are prohibited</li> <li>• Twisting dismounts are limited to ONE and a quarter twist (1/4)</li> <li>• Pyramids sustained over 2 persons high are prohibited</li> <li>• Twisting stunts (i.e. full ups) are limited to ONE and a quarter (1/4) twisting rotation; one and a half (1/2) ups and double ups are prohibited</li> </ul>
<b>ATHLETES</b>	<b>SMALL COED</b>	<b>TOSSES</b>
Small 4-20 Athletes Large 21-36 MUST Be Enrolled Student See Rubric for ADV and INT	Up to 4 males on the team, excluding mascot. Mascots do not count towards the number of males on the team. <b>LARGE COED</b> 4 - 10 males on the team, excluding mascot. Mascots do not count towards the number of males on the team.	<ul style="list-style-type: none"> <li>• Release flips from basket/sponge tosses are prohibited</li> <li>• Tosses are limited to 3 tricks with a maximum of two rotations. A quarter turn is allowed for the set.</li> </ul>
<b>COED GUIDELINES:</b>		<b>TUMBLING</b>
"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e. a group stunt may not throw a top person to a single base and receive unassisted credit).		<ul style="list-style-type: none"> <li>• Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted</li> <li>• Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)</li> <li>• Twisting flips are not permitted (includes running tumbling)</li> </ul>
<b>GROUP STUNT GUIDELINES:</b>		<b>ADVANCED DIVISION RESTRICTIONS</b>
Stunt groups are considered to be three (3) bases (including the backspot) and a top person. Those utilizing more than three bases will be rewarded in a lower range. Those utilizing less can garner reward in a higher range.		Elite Collegiate Skills as defined and regulated in the AACCA Guidelines <b>Elite Running Tumbling Skills</b> Round-off back handspring layouts, full twists, or passes consisting of full twists or more <b>Elite Tumbling Skills</b> Synchronized standing tumbling connected to layouts and/or fulls <b>GENERAL SCORING RULES</b> Skills performed by a majority of the team will be scored higher than skills performed by less than majority
		<b>JUMPS</b>
		Triple jump combinations or double jump combinations and a single jump, must include a variety.