

The Allstar Cheerleading Championships Divisions

College Cheer Traditional and Performance/All Music

Divisions	Defined	Scoring
ALL MUSIC	COLLEGE	INTERMEDIATE DIVISION RESTRICTIONS
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.
TRADITIONAL	ALL MUSIC	STUNTS / PYRAMIDS
LG All Girl SM All Girl LG COED SM COED	Routine performed completely with music time limit of 2:30 TRADITIONAL Music plus non music cheer section specifically for crowdleading for a total of 2:30 (No Minimum)	<ul style="list-style-type: none"> • Release inversions into or from stunts are prohibited • Release full twists to an extended position are prohibited • Twisting dismounts are limited to ONE and a quarter twist (1/4) • Pyramids sustained over 2 persons high are prohibited • 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
ATHLETES	SMALL COED	TOSSES
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. LARGE COED 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"> • Release flips from basket/sponge tosses are prohibited • Tosses are limited to 3 tricks with a maximum of two rotations. A quarter turn is allowed for the set.
COED GUIDELINES:	GROUP STUNT GUIDELINES:	TUMBLING
"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).	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.	<ul style="list-style-type: none"> • Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted • Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.) • Twisting flips are not permitted (includes running tumbling)
		ADVANCED DIVISION RESTRICTIONS
		Elite Collegiate Skills as defined and regulated in the AACCA Guidelines
		Elite Running Tumbling Skills
		Round-off back handspring layouts, full twists, or passes consisting of full twists or more
		Elite Tumbling Skills
		Synchronized standing tumbling connected to layouts and/or fulls
		GENERAL SCORING RULES
		Skills performed by a majority of the team will be scored higher than skills performed by less than majority
		JUMPS
		Triple jump combinations or double jump combinations and a single jump, must include a variety.

