



| Divisions | Ages | Members/Size | Level |
|--------------------|----------------------|--------------|-----------------------------|
| Rec Mini Prep Show | 6 years and younger | Small, Large | PO |
| Rec Mini | 8 years and younger | Small, Large | PO, Novice, Inter, Advanced |
| Rec Youth | 10 years and younger | Small, Large | PO, Novice, Inter, Advanced |
| Rec Junior Prep | 12 years and younger | Small, Large | PO, Novice, Inter, Advanced |
| Rec Juniors | 14 years and younger | Small, Large | PO, Novice, Inter, Advanced |
| Rec Seniors | 16 years and younger | Small, Large | PO, Novice, Inter, Advanced |
| Rec Seniors Open | 18 years and younger | Small, Large | PO, Novice, Inter, Advanced |

SMALL= 16 members or less

LARGE= 17 members or more

PO= Performance Only

- **To qualify as a Youth/Rec team the following requirements must be met:
The athletes must have been a registered member of the Youth/Rec organization during the 2011-2012 season and meet the above age requirement.**
- **Routine Requirements:
Routine time limit may not exceed 3 minutes.**

A cheer or chant must be performed.

A cheer or chant may be over music; however, your cheer must be heard and recognized as a cheer section.

CCE strongly encourages you to silence/or lower your music for the cheer/chant section.

- **In the event of an emergency:
One cross over is allowed. The cross over must meet age and roster requirements.**

If an injury occurs on the performance floor, the team will be given up to 30 minutes or until right before their level awards ceremony, whichever comes first, to regroup before they are required to perform. The team will perform from the point in the routine in which the injury occurred.

- ❖ **CCE reserves the right to place teams in proper division as to avoid a team competing in a division that would give them an unfair advantage.**
- ❖ **CCE reserves the right to combine, split, add, or remove divisions at the Event Director's discretion if fewer than 3 squads enter a division.**

CCE Follows NFHS rules and guidelines; however, CCE allows basket tosses in REC Divisions.

SKILL LEVEL BREAKDOWN

| NOVICE |
|--|
| ❖ Standing tumbling is limited to the following basic skills: Forward/backward rolls, handstands, cartwheels and round-offs |
| ❖ Running tumbling is limited to the following basic skills: cartwheels and round-offs |
| ❖ All extended stunts are prohibited Exception: In all pyramids with extended stunts, the flyer must be standing on TWO feet and connected on both sides by a prep level or lower stunt |
| ❖ All single leg PREP LEVEL stunts are allowed |
| ❖ Single leg extended show and go stunts are prohibited |
| ❖ Cradles- ALL twisting dismounts are prohibited |
| ❖ Basket tosses are prohibited |
| INTERMEDIATE |
| ❖ Standing tumbling is limited to back handsprings (front and back walkovers are allowed). |
| ❖ Standing front and back tucks are prohibited. |
| ❖ Running tumbling is limited to back handsprings, back handspring series and back tucks. Back tucks must be performed from a round off or from a round-off back handspring. |
| ❖ All single-leg PREP LEVEL and show and go stunts are allowed, as long as the stunt does not stick while the bases hands are extended above shoulder level. All extended stunts, in which the flyer is standing on two legs, are allowed. ALL extended single based stunts are prohibited. |
| ❖ Pyramids: All single leg extended stunts must be braced on at least one side by stunts that are held at or below shoulder level. (example: arm to arm, foot to arm connection). The connection/brace must take place at prep level before stunts are extended. |
| ❖ Cradles: Cradling dismounts are limited to a single twisting rotation. |
| ❖ Basket Tosses: One trick allowed. Back tucks are prohibited. CCE DOES follow NFHS; however, basket tosses are allowed by CCE in Rec Divisions. |
| ADVANCED |
| ❖ Standing back handsprings and standing back tucks are allowed. Back handspring back tuck combinations are also allowed. |
| ❖ Running Tumbling: All skills allowed up to a single full (layout with a twist). |
| ❖ All single leg stunts that do not violate NHSF guidelines are allowed. Free standing tic tocs are allowed. |
| ❖ All pyramids are allowed that do not violate NHSF guidelines. |
| ❖ Cradles: Cradling dismounts are limited to a double twisting rotation. CCE DOES follow NFHS; however, double downs are allowed by CCE in Rec Divisions. |
| ❖ Basket Tosses: One trick and one twist are allowed (star full down). Back tuck tosses are prohibited. CCE does follow NFHS; however, basket tosses are allowed in Rec Divisions. |

Stunt/Legality and Division Questions:

Brittney@ccecheer.com