SCYCA COMPETITION AGE RULES

Update 10-21-24

All Rules are based in the National Federation of State High School Association's Spirit Rulebook. In addition, below are SCYCA division rules. If any stunt or skill is questionable a video can also be sent to the SCYCA Rules Committee for viewing: scycacheer@gmail.com , and cc your coordinator. An individual league reserves the right to be more restrictive at any level.

SCYCA follows the philosophy of Progression. Any athlete cheering in a specific division is able and willing to perform the stunts permitted within the division. We put the responsibility of the League to make sure the child has passed the progressions needed to compete in each division. Note: This is not all inclusive, judges will use discretion in regard to stunts with similar skills, and use the NFHS Spirit book for any questionable stunts/pyramids/skills/rules

SCYCA SPECIFIC RULES ALL DIVISIONS

ILLEGAL STUNTS AND DISMOUNTS

- **Superman from extended position**
- **Fold over/Pancake**
- **Basket Tosses (basket grips are allowed) - 2024**
- **Twisting Inversions (i.e., Baja twist)**
- **Single based suspended forward rolls**
- **Flips with more than 360 rotation**
- **Twisting with more than 360 rotation**

PLEASE CHECK NFHS HANDBOOK FOR ALL PARTNER STUNTS THAT REQUIRE A SPOTTER

- At least one base or back spotter must be in a position to protect the head/neck of the top person
- All shoulder stands and preps require a spotter.
- In all braced pyramids, the bracer is required to have a spotter.
- Dismounts and multi based tosses are limited to single skills

SCYCA COMPETITION AGE RULES continued

AGE- Division 5-6

1. Partner stunts:
   a. All require a "hands on" spotter in this division. (See definition for spotter).
      - Clarification: EXCEPT when the majority of the weight of the top is on the floor and the partner stunt is a "tap on" connection.

   b. Limited to prep level and below
      - Clarification: EXCEPT a Double based vertical T-Lift (arms of bases are extended)

2. Pyramid:
   a. Must include at least one partner stunt and can be connected to an athlete on the floor
   b. Limited to prep Level and below

3. Inversions limited to:
   a. Back walkover out of cradle position
   b. Forward roll out of a prone position

4. A top person in a T-lift is allowed to move over a participant in a nugget position (NFHS 3-2-10)(2024)

5. *ILLEGAL STUNTS FOR 5-6 DIVISION*

- *Release partner stunts*
- *Twisting partner stunts*
- *Pop Cradle dismount.*
- *Superman from a Prep*
- *Multi based tosses*

SCYCA COMPETITION AGE RULES continued

- Swing stunts

SCYCA COMPETITION AGE RULES continued

AGE-Division 7-8

1. Partner Stunts:
    a. Shoulder level and above require a hand on back spotter. Clarification below:
        1. 7-Year-old Division- a hands-on back spot is required at all times.
        2. 8-year-old division- A shoulder sit does not require a back spot.

    b. Transitions can pass through an extended position
        1. Show and Go
        2. Double Based Vertical T-Life (may remain static)

    c. Triple based stunts extended limited to
        1. Triple based extended straddle- spotter needed
        2. Flat back- spotter needed

2. Partner stunt inversions limited to:
    a. Handstand to start at ground level and end below prep level

    b. Cartwheel out of a stunt from below prep level to ground

Please note: Back spotter must remain in constant contact

3. Twist Up (180) allowed

ILLEGAL STUNTS FOR 7-8 DIVISION AND UNDER

- **Twist Down dismount**
- **Multi-based tosses**
- **Full extensions and variations**
- **Leap Frog**
- **Superman from a prep**
- **Release partner stunts**

SCYCA COMPETITION AGE RULES continued

- **Any twist up over 180°**

SCYCA COMPETITION AGE RULES continued

AGE-Division 9-10

1. Partner Stunts:
    a. Double footed extensions allowed at 9 and above
    b. Single footed extensions with variations allowed at 10 and above
    c. Basket grips allowed in non-release stunts(2024)
    d. Swing stunt to load

2. Pyramids:
    a. Basket grip is allowed (2024)
    b. Single leg extensions are allowed at age 9 as long as they are braced. Single or both sides, hand to hand or arm to arm. (2024)
    c. Braced release skills
        1. Limited to pyramids
        2. Braced on both sides hand to hand, or hand to arm.

3. Partner stunt inversions- (Back spotter must remain in constant contact)
    a. Allowed at below prep to prep. (2024)
    b. Handstand in (2024)

4. Dismounts:
    a. Allowed Twisting dismount from prep (2-legged)
    b. Allowed Arabesque or cartwheel out

ILLEGAL STUNTS FOR AGES 9- 10

- **Multi Base Toss**
- **Braced released inverted pyramids**
- **Baja- (non-release inversion)**

SCYCA COMPETITION AGE RULES continued

Age- Division 11

1. Partner Stunts:
    a. Full extensions allowed with variations
    b. 360 up/down- 2 legged to prep level

2. Pyramids:
    a. Braced non-release inversions ground to prep, load to prep and prep to prep
    b. Braced flips in a pyramid are permitted provided all the following SCYCA conditions are met:
        1. Top person must be braced on both sides
        2. Top person must not perform more than one filling rotation
        3. Top person must not twist
        4. Top must start and end prep level or below

3. Partner Stunt Inversions:
    a. Non-release inversion limited to below prep and ending at extension-2 legged
    b. Release inversion limited to below prep/prep and ending below prep- 2 legged

4. Twisting Stunts:
    a. Allowed single twisting dismount from prep (1-legged)

5. Multi Based Toss limited to:
    a. Straight ride

ILLEGAL STUNT FOR 11 DIVISION AND UNDER

- **Inversion starting at prep into an extension**
- **Multi Base Toss with Toe Touch or Pike**

SCYCA COMPETITION AGE RULES continued

Age- Division 12

1. Partner Stunts:
    a. Helicopter allowed

2. Pyramids:
    a. Braced side to side (hand to hand to hand/arm) inversion release allowed (2024)
3. Partner stunt Inversions-
    a. Non-Release inversions limited to prep and ending at extension- 2 legged
    b. Release inversion limited to below prep and end at prep (2024)
    c. An inverted top person may pass through an extended position but must not begin, end, pause or stop in a static extended inverted position.

4. Twisting Stunts:
    a. 360 up/down to 2-legged extension
    b. Single twisting dismount from full (2 legged)

5. Tosses
    a. Multi base toss can be to a toe touch or pretty lady (2024)

ILLEGAL STUNT FOR 12 DIVISION AND UNDER

- **Multi-base toss to pike or kick**

SCYCA COMPETITION AGE RULES continued

Division 13-14

1. Partner stunts
    a. Releases all variations as stated in other age divisions plus
        1. Prep level and below to extended single leg allowed.
        2. 360 to extended level -single leg

2. Pyramids
    a. Single braced inversion allowed to extension(2024).

3. Partner Stunt Inversions
    a. An inverted top person may pass through an extended position but must not begin, end, pause or stop in a static extended inverted position.
    b. Non-release inversions may start at prep and may end in extension-single leg (2024)
    c. Release inversions may start at prep and may end at prep single leg (2024)

4. Twisting Stunts:
    a. Twisting dismount from full extension -single leg

5. Tosses:
    a. Multi base toss to X out, kick or pike allowed (2024)