



JUNIOR HIGH / HIGH SCHOOL

Divisions & Requirements

DIVISIONS	NOVICE	INTERMEDIATE	ADVANCED	GAME TIME
JUNIOR HIGH/ MIDDLE SCHOOL	JH/MS Novice 6th-9th grade 5-30 members Female/Male	JH/MS Intermediate 6th - 9th grade 5-30 members Female/Male	JH/MS Advanced 6th - 9th grade 5-30 members Female/Male	JH/MS Time Out Cheer 9th grade & below No limit on members Female/Male
				JH/MS Fight Song 9th grade & below No limit on members Female/Male
				JH/MS Time Out Dance 9th grade & below No limit on members Female/Male
JUNIOR VARSITY/ FRESHMAN			JV/Freshman Advanced No seniors 5-30 members Female/Male	
HIGH SCHOOL	HS Small Novice 12th grade & below 5-12 members Female/Male	HS Small Intermediate 12th grade & below 5-12 members Female	HS Small Advanced 12th grade & below 5-12 members Female	HS Time Out Cheer 12 grade & below No limit on members Female/Male
	HS Medium Novice 12th grade & below 13-20 members Female/Male	HS Medium Intermediate 12th grade & below 13-20 members Female	HS Medium Advanced 12th grade & below 13-20 members Female	HS Fight Song 12 grade & below No limit on members Female/Male
	HS Large Novice 12th grade & below 21-30 members Female/Male	HS Large Intermediate 12th grade & below 21-30 members Female	HS Large Advanced 12th grade & below 21-30 members Female	HS Time Out Dance 12 grade & below No limit on members Female/Male
		HS Coed Intermediate 5-30 Members 12th grade & below Female/Male	HS Coed Advanced 12th grade & below 5-30 members Female/Male	

PERFORMANCE REQUIREMENTS

- **New this year:** HS Nationals is now a one day event. Each team will perform only once. Awards Presentation will follow the last performance of the event.
- Limit of 30 members per squad except where noted.
- If mascot actively participates in stunting or tumbling they are counted as a team member.
- Teams comprised exclusively of 9th graders must compete in JV/Fresh division.
- All team members must be a current student at the school for which they are performing.
- Routine Time Limit: 2 1/2 minutes.
- No more than 1 1/2 minutes may be performed to music.
- Performance mat size: 42' x 54' regular performance mat (not a spring floor).
- Must follow ACA Safety Guidelines.
- Spotters will be provided for school teams during their scheduled performance time. School teams may provide additional spotters for their warm-up practice time.

REGISTRATION REQUIREMENTS

- Registration fee per participant if mailed and paid in full by:
Oct. 15 - \$65
Nov. 15 - \$75
Dec. 15 - \$85
- **All registration fees must be paid in full by December 15 in order to compete.**
- Every team will be required to submit a roster upon check-in at the practice area (available on the aca website).
- Each participant must complete an ACA Medical Release.
- All team numbers must be final by December 15. No team additions, changes or cancellations after December 15.
- No refunds will be issued after December 15.
- ACA reserves the right to combine divisions in the event that there is only one team in a division. ACA also reserves the right to split divisions should there be substantial interest.
- In compliance with ACA & the Ft Worth Convention Bureau all hotel arrangements must go through ACA housing. Please visit aca.varsity.com/hotels.aspx.



School Rules & Restrictions

NOVICE SKILLS RESTRICTIONS

Novice teams will follow AACCA Safety Guidelines with these additional skills restrictions.

- Standing Tumbling** Standing tumbling is limited to a standing single back handspring. (Standing back handspring series and jump/back handspring combinations are not allowed). Standing tucks are not allowed.
- Running Tumbling** Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).
- Stunts** Single leg stunts may not be held or pass through an extended position. (No extended liberties). Twisting transitions are limited to a 1/2 twist by the top person (full ups are not allowed).
- Pyramids** Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.
- Dismounts** Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- Tosses** The only body position allowed is a straight ride.

INTERMEDIATE SKILLS RESTRICTIONS

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

- Standing Tumbling** Flips are not allowed. (No standing back tucks or back handspring back tucks).
- Running Tumbling** Flips may only be performed in a tuck position. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip.
- Stunts** Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.
- Pyramids** During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below.
- Dismounts** Only straight pop downs, basic straight rides, and 1/4 turns are allowed from any single leg stunt. Up to 1 1/4 twists are allowed from any two leg stunt.
- Tosses** Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL SKILLS RESTRICTIONS

Junior High and Middle School teams will follow Additional Restrictions as listed in the AACCA Safety Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard AACCA Safety Guidelines with no other skills restrictions.

GAME TIME RESTRICTIONS

TIME OUT CHEER RULES AND RESTRICTIONS

- Showcase your best sideline crowd-leading material.
- The use of signs, poms, flags, and/or megaphones is encouraged.
- 1 minute 15 seconds time limit
- Time will begin and end with Buzzer - similar to Time Out at a game
- Emphasis on crowd involvement
- At least 2 components required from the following: cheers, chants traditional yells, and/or drum cadences
- No music is permitted. Drum cadence can be used (CD or Live Drummers)
- No baskets, sponge, elevator, or similar type tosses permitted
- No inversions and/or twisting into or out of stunts
- Maximum tumbling difficulty allowed is standing back handspring
- No single leg extended stunts

FIGHT SONG RULES AND RESTRICTIONS

- Perform your favorite school fight song.
- 1 minute 15 seconds time limit
- Up to three eight counts may be incorporated with stunts, tumbling and/or jumps
- Same skill restrictions as listed in Time Out Cheer Rules & Restrictions

TIME OUT DANCE RULES AND RESTRICTIONS

- Perform your favorite Time out dance.
- 1 minute 15 seconds time limit
- Traditional sideline uniforms required
- Emphasis on crowd entertainment
- No stunts or tumbling permitted