

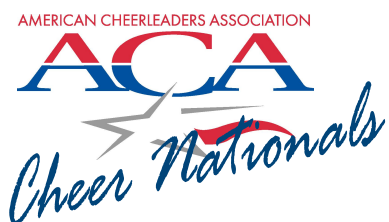
JUNIOR HIGH / HIGH SCHOOL

Divisions & Performance Requirements

DIVISIONS	NOVICE	INTERMEDIATE	ADVANCED
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
JUNIOR VARSITY/ FRESHMAN			JV/Freshman Advanced No seniors 5-30 members Female/Male
HIGH SCHOOL		Small Varsity Intermediate 12th grade & below 5-15 members Female/Male	Small Varsity Advanced 12th grade & below 5-12 members All Female
	Varsity Novice 12th grade & below 5-30 members Female/Male		Medium Varsity Advanced 12th grade & below 13-20 members All Female
		Large Varsity Intermediate 12th grade & below 16-30 members Female/Male	Large Varsity Advanced 12th grade & below 21-30 members All Female
			Coed Varsity Advanced 12th grade & below 5-30 members 1 or more males

PERFORMANCE REQUIREMENTS

- Limit of 30 members per squad except where noted
- If mascot actively participates in stunting, they are counted as a squad member.
- * Teams comprised exclusively of 9th graders must compete in the JV/Freshman division.
- All team members must attend 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
- Each participant must complete an ACA Medical Release
- Registration fee per participant if mailed and paid in full by:
 - Oct. 15 - \$100
 - Nov. 15 - \$110
 - Dec. 15 - \$125
- Deadline for all registration and full payments: December 15, 2009
- All team numbers must be final by December 15. No team number additions, changes or cancellations after December 15.
- No refunds will be issued after December 15.
- REGISTRATION FEES MUST BE PAID IN FULL BY DECEMBER 15 IN ORDER TO COMPETE.
- ACA reserves the right to combine divisions in the event that the number of registrations in a single division does not warrant a quality competition. ACA also reserves the right to split divisions should there be substantial interest.



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.

ADVANCED SKILLS RESTRICTIONS

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