



# CCC School Divisions and Scoring

CCC will be offering 2 school divisions this year **Intermediate** and **Advanced** levels. The changes have been made to help promote the proper skill progressions as well as align with The One Finals Divisions.

**Intermediate:** Will follow NFHS (USA Cheer) Guidelines with Restrictions

**Advanced:** Will follow NFHS (USA Cheer) Guidelines with No Restrictions

## INTERMEDIATE SKILL RESTRICTIONS

Intermediate teams will follow NFHS 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 tuck position only and from a round off or round off back hand spring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. (Exception: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

**STUNTS:** Twisting transitions to and from an extended position may not exceed  $\frac{1}{2}$  twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

**PYRAMIDS:** Braced flips are not allowed.

**DISMOUNTS:** Only straight pop downs, basic straight rides, and  $\frac{1}{4}$  turns are allowed from any single leg stunt. Up to  $1\frac{1}{4}$  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 SKILL RESTRICTIONS

Advanced teams will follow the NFHS Safety Guidelines with no other skill restrictions.

## JUNIOR HIGH/MIDDLE SCHOOL/ELEMENTARY SKILL RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow the NFHS Guidelines.