



# CCC School Divisions and Scoring

CCC will be offering 2 school divisions this year **Intermediate** and **Advanced** levels. Scoring aligns with all-star level 2, 3, 4, restricted 5 respectively with some additional general restrictions to better coordinate with AACCA and NFHS. The changes have been made to help promote the proper skill progressions as well as align with The One Finals Divisions.

**Intermediate:** Will follow USASF Level 3 guidelines

**Advanced:** Will follow USASF Level 5R guidelines

*All levels will be subject to the additional general restrictions below, which supersede the USASF rules:*

## General Tumbling

- No dive roles allowed, regardless of level
- No  $\frac{3}{4}$  front flips allowed, regardless of level

## General Stunting

- Twisting Skills
  - No double twisting dismounts allowed, regardless of level
- Release Moves
  - No release moves that originate from extended position other than legal dismounts, regardless of level
    - For example, no high to high tic-tocs
- Prep level or below releases may land at prep level or below
  - Exception: switch-up to extended position are **ALLOWED** in Advanced
  - Exception: low to high tic-tocs are **ALLOWED** in Advanced
- Inversions
  - In Advanced: downward inversions are allowed to **PASS** through the extended level; however, they may not start or stall at extended level
  - No downward inversions from above prep level are allowed, regardless of level
- No stunt Quantity or Coed Quantity Requirement

## General Tosses

- Tosses are **NOT** allowed for elementary, middle school and junior high teams
- Tosses are limited to 1  $\frac{1}{4}$  twisting rotation and 0 flipping, regardless of level

## General Pyramid

- Release moves
  - Connections must be hand/arm to hand/arm
  - In Advanced, braced flips are allowed, but:
    - May **NOT** start at an extended position
    - Must have **TWO** bracers
    - Allowed up to 1  $\frac{1}{4}$  Flipping Rotation and no more than  $\frac{1}{2}$  twist