

## **Elementary Schools additional rules for The Clovis Classic Competition**

**The following Youth Recreational League Rule Recommendations, are in recommendation of AACCA, and will be enforced at The Clovis Classic:**

Youth Recreational League cheerleading varies across the country in organization, ability level, age ranges, philosophy and competitive focus. There is no one national standard for youth rec cheerleading rules. In most cases, leagues either adopt existing rules or create their own rules.

The safety of the cheerleader should be the primary focus. We recommend that youth rec leagues at least follow rules consistent with the AACCA/NFHS rules for high school age and the AACCA middle school rules for middle school age cheerleaders in their programs.

Currently, due to the nature of youth rec as explained above, there is not an “AACCA Youth Recreational League Rules”. However, we felt compelled to share a set of rules we have worked on with a local youth rec program. These rules are written to be very simple to understand by the average youth rec coach who may have no cheer experience.

### **Building Guidelines:**

#### **All teams:**

- No basket or elevator tosses.
- No tension rolls.
- Tumbling is acceptable, but not required.
- No twisting tumbling
- No released twists (no helicopters, log rolls or twisting cradles).
- Only straight cradles allowed.
- A spot is required on all building.
- No inversions allowed in stunts.
- The top girls must have both feet in contact with the base at all times during any extended stunt (no liberties).