

CCA DIVISION REQUIREMENTS

SCHOOL DIVISIONS *(using AACCA safety rules)*

NON-MUSIC

Cheers, Stunts, Jumps, Tumbling if desired, but no music or sound effects allowed.
Minimum time 1:00; Maximum Time 2:00

CHEER/MUSIC

Cheers, Stunts, Jumps, Tumbling if desired. Music/Dance allowed but must be approved in advance based on the CCA Music, Moves and Dress policy.
Maximum Routine Time: 2:30 Maximum music time in total routine 1:30. No minimum.

ALL MUSIC

Stunts, Jumps, Tumbling if desired. Music/Dance allowed but must be approved in advance based on the CCA Music, Moves and Dress policy.
Maximum Routine Time: 2:30 of which all should be music.

NON-TUMBLING

Routine may be Non-Music, Cheer/Music or All Music.
No tumbling allowed except forward, backward, side rolls, round offs, two handed cartwheels. This tumbling will be judged in "overall" but will not be considered or graded as tumbling. Front and back walkovers are not allowed. Stunting maybe done at any level according to AACCA rules. Time limits follow same rules as regular NM, C/M or AM routines above.

NOVICE

Routine may be Non-Music, Cheer/Music or All Music.
All skills allowed, however levels allowed are as follows:
-no tumbling more advanced than walkovers. no BHS, etc) -no stunting above shoulder level. Elevator allowed with front & back spot/assist. -no twist cradle dismounts
Time limits follow same rules as regular NM, C/M or AM routines above.

NON-BUILDING

Routine may be Non-Music, Cheer/Music or All Music.
All skills allowed except for stunting. Routine must consist of only ground bound skills.
Tumbling skills allowed by AACCA rules.
Time limits follow same rules as regular NM, C/M or AM routines above.

COED

In all divisions except Varsity divisions, coed teams and all girl teams are in the same division. In Varsity, one male constitutes Coed.

SOLO *(only offered at CLASSICS and NATIONALS)*

All Skills Allowed. All Star, Schools and Empower competitors all compete in same division by grade in school and use AACCA safety rules. Routines may be all or part music as desired.
1:00 verbal Christian testimony required. 1:00 cheer routine required. No minimum time.

Solo Tumbling - all tumbling as allowed by AACCA. **Solo Non-Tumbling** - no tumbling beyond round-offs/cartwheels
Divisions are as follows: Elem, Int, JH, Freshman, Sophomore, Junior, Senior. Males/Females compete in same division.

DUO *(only offered at CLASSICS and NATIONALS)*

All Skills Allowed including stunts as long as follow AACCA rules. All Star, Schools and Empower competitors all compete in same division by grade in school and use AACCA safety rules. Routines may be all or part music as desired.
Division is determined by the competitor who is in the highest grade. Males/Females compete in same division.
1:30 cheer routine required. No minimum time. **Duo Non-Tumbling** - no tumbling beyond round-offs/cartwheels
Divisions are as follows: Elem, Int, JH, Freshman, Sophomore, Junior, Senior.

STUNT *(also called STUNT-A-THON and only offered at CLASSICS and NATIONALS)*

For School stunt teams, all stunts are allowed by AACCA rules (Elem, Int, JH, JV, Varsity)
For Empower stunt teams, all stunts are allowed up to level 3, no matter ages by AACCA rules (Tiny, Youth, Jr, Sr)
For All Star teams all stunts are allowed up to level 5 according to Division by usaf. (Tiny, Mini, Youth, Jr, Sr)
For Coed, one male makes a stunt team coed. Max of 2 males is allowed in stunt teams.

EMPOWER *(uses AACCA Safety Rules as well as special Empower level rules)*

Empower divisions have the same guidelines as school regarding team size. Empower has only one category and are allowed to be all music, no music or part music. Empower routines are 2:30 max and 1:00 minimum. Empower levels are **NOT** like All Star Levels. See Below

Level 1: Stunts- below shoulder level. Elevator with front & back spot allowed. Tumbling - Nothing above round-offs.

Level 2: Stunts- No extended stunts except double base ext w/back & front spot. Tumbling - max backhandsprings.

Level 3: Stunts- All stunts allowed by AACCA. All tumbling allowed by AACCA.

ALL STARS *(uses USASF safety rules)*

See our division guidelines and go to www.usaf.net for all star routine rules and divisions.

DANCE/POM *(uses AACCA safety rules)*

2:00 routine max.

Poms not required but allowed.

Same music, moves and dress policy as all divisions.

