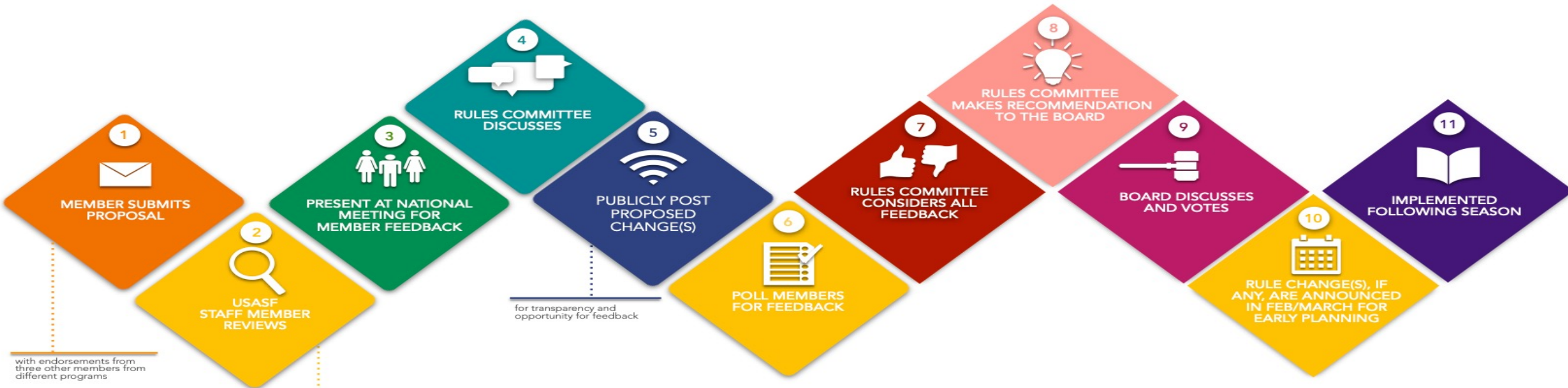


USASF Cheer Rules Proposals 2022-23





CHEER RULES CHANGE PROCESS



with endorsements from three other members from different programs

for inherent safety concerns, duplication, unintended consequences, conflicts with other rules, etc.

for transparency and opportunity for feedback

NOTES:

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- Poll will be sent to Eligible Coaches (including Owners)
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Cheer Rules

2022-23 is scheduled to be a rules change year, however we do have the option to postpone a year.

CR1 - Level 3 Pyramids

Allow non-twisting/non inverted release moves to extended if connected to one bracer at prep level or below.

Current rule: requires 2 bracers at prep level or below.

Reasoning: Level 4 may simultaneously release and twist to extended with one bracer. Fits progression.

CR2 - Level 6 Stunts

Allow rewinds in Senior level 6 with same restrictions as International level 6.

Current rule: Not allowed in Senior, only International 6.

Reasoning: Being performed safely in International divisions.

CR3 - Multiple Levels Standing Tumbling

Prep level 1- stays as is

Elite level 1 - allow 1 back handspring (Current rule: skills must involve constant physical contact with the performing surface)

Elite level 2 - allow standing back handspring series (Current rule: Series front/back handsprings are not allowed)

(Continues)

CR3 - Multiple Levels Standing Tumbling (Continued)

Elite level 3 - allow 2 (+) Back handsprings to tuck (Current rule: flips not allowed)

Elite level 4 - allow 2 (+) Back handsprings to layout (Current rule: must be performed in a tuck position)

Elite level 5 - allow 2 (+) Back handsprings to full (Current rule: up to 1 flipping and 0 twists allowed).

Elite levels 6 & 7- stay as is

CR4 - Level 1 Running Tumbling

Allow a forward or backward roll immediately after a round off.

(Reasoning: Allows athletes to initiate tumbling backwards)

Current rule: No tumbling is allowed in immediate combination after a round off or round off rebound.

CR5 - Level 3 Running Tumbling

Add front handspring (front connection ground skill including flyspring) prior to front tuck.

Current rule: No tumbling prior to front tuck is allowed.

CR6 - Level 4 Running Tumbling

Remove bounding into tucks and layouts.

Current rule: allowed

Reasoning: First level that you are able to tumble out of a flip, flip/flip is not a good progression

CR7 - Level 5 Running Tumbling

Allow twisting flips immediately after a whip.

Current rule: twist must immediately be preceded by a round off, back handspring(s) or front handspring(s)

Reasoning: Level 4 may connect bounding flips, then level 6 may connect bounding skills into double twisting. Fits progression

Summary of Cheer Rules Proposals

1. CR1 – L3 Pyramids - Allow non-twisting/non inverted release moves to extended if connected to one bracer at prep level or below.
2. CR2 – L6 Stunts - Allow rewinds in Senior level 6 with same restrictions as International level 6.
3. CR3 – Multiple Levels Standing Tumbling
4. CR4 – L1 Running Tumbling - Allow a forward or backward roll immediately after a round off.
5. CR5 – L3 Running Tumbling - Add front handspring (front connection ground skill including flyspring) prior to front tuck.
6. CR6 – L4 Running Tumbling - Remove bounding into tucks and layouts.
7. CR7 – L5 Running Tumbling - Allow twisting flips immediately after a whip.

Age Grid

AG1 – Age Calculation

USASF age grid is calculated using the athlete's age in the year beginning the season. ICU and IASF uses the athlete's age in the year ending the season.

Example – For the 2021-22 season an athlete born in 2010 would be 10 turning 11 in 2021 and 11 turning 12 in 2022.

USASF would consider this athlete 10-11 and IASF would consider this athlete 11-12.

Should they be aligned?

USASF Age Grid for 2021-22

			Athlete's Birth Year or Date																			
		Ages in 2022	20+	19-20	19-20	18-19	17-18	16-17	15-16	14-15	13-14	12-13	11-12	10-11	9-10	8-9	7-8	6-7	5-6	4-5	3-4	
Tier	2021-22 Season	Target Ages	2001 & Before	1/1/02 - 5/31/02	6/1/02 - 12/31/02	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	
Elite Club	Senior Open L4-6	13+/14+	X	X	X	X	X	X	X	X	X											
	Senior L6	13-18			X	X	X	X	X	X	X											
	Senior L1-5	12-18			X	X	X	X	X	X	X	X										
	Junior L5-6	9-15						X	X	X	X	X	X	X	X							
	Junior L4	8-15						X	X	X	X	X	X	X	X	X						
	Junior L1-3	6-15						X	X	X	X	X	X	X	X	X	X	X				
	Youth L5	9-11										X	X	X	X							
	Youth L4	8-11										X	X	X	X	X						
	Youth L1-3	5-11										X	X	X	X	X	X	X	X			
	Mini L1-2	5-8													X	X	X	X	X			
	Tiny L1	5-6															X	X	X			
		Cells in Red would be a change to NOT ELIGIBLE if USASF switches to calculating age based on the end of the season year.																				
		Cells in Green would be a change to ELIGIBLE if USASF switches to calculating age based on the end of the season year.																				

IASF Age Grid for 2022-23

Division	Levels	Birth Years	Ages
U6	1	2016-18	5-6
U8	1-2	2014-18	5-8
U12	1-5	2010-15	8-12
U16	1-6	2006-11	12-16
U18	1-6	2004-09	14-18
Open	3-6	2007 & Earlier 2006 & Earlier	16+
	7		17+

Ages are based on an athlete's ages during the year of Worlds (2023)

Example – An athlete born in 2010 would be 12 at the beginning of 2023 and 13 at the end of 2023. This athlete would be eligible for divisions targeting 12 or 13 year olds.

USASF & IASF Age Grids for 2022-23

			Athlete's Birth Year or Date																			
			Ages in 2023	20+	19-20	19-20	18-19	17-18	16-17	15-16	14-15	13-14	12-13	11-12	10-11	9-10	8-9	7-8	6-7	5-6	4-5	3-4
	2022-23 Season	Levels	Target Ages	2002 & Earlier	1/1/03 - 5/31/03	6/1/03 - 12/31/03	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
IASF	Open 7	7	17+	I	I	I	I	I	I													
IASF	Open	3-6	16+	I	I	I	I	I	I	I												
USASF	Senior Open	4-6	13+/14+	U	U	U	U	U	U	U	U	U										
USASF	Senior	6	13-18			U	U	U	U	U	U	U										
USASF	Senior	1-5	12-18			U	U	U	U	U	U	U	U									
IASF	U18	1-6	14-18				I	I	I	I	I	I										
IASF	U16	1-6	12-16						I	I	I	I	I	I								
USASF	Junior	5-6	9-15						U	U	U	U	U	U	U	U						
USASF	Junior	4	8-15						U	U	U	U	U	U	U	U	U					
USASF	Junior	1-3	6-15						U	U	U	U	U	U	U	U	U	U	U			
USASF	Youth	5	9-11										U	U	U	U						
IASF	U12	1-5	8-12										I	I	I	I	I	I				
USASF	Youth	4	8-11										U	U	U	U	U					
USASF	Youth	1-3	5-11										U	U	U	U	U	U	U	U		
USASF	Mini	1-2	5-8												U		U	U	U	U		
IASF	U8	1-2	5-8														I	I	I	I	I	
USASF	Tiny	1	5-6															U	U	U		
IASF	U6	1	5-6																I	I	I	
			Cells in Red would be a change to NOT ELIGIBLE if USASF switches to calculating age based on the end of the season year.																			
			Cells in Green would be a change to ELIGIBLE if USASF switches to calculating age based on the end of the season year.																			

Youth & Junior Bottom Ages

AG2 - Youth Bottom Ages

		2020-2021							
YOUTH ELITE		5 Years Old	6 Years Old	7 Years Old	8 Years Old	9 Years Old	10 Years Old	11 Years Old	12 Years Old
L 1-3	5-11 years old	49	236	285	1945	2989	4934	4072	2775
L4	8-11 years old	0.3%	1.4%	1.6%	11.3%	17.3%	28.5%	23.6%	16.1%
L5	9-11 years old								
2020-2021									
17285	Athletes								
1057	Teams								

AG3 - Junior Bottom Ages

		2020-2021										
JUNIOR ELITE		6 Years Old	7 Years Old	8 Years Old	9 Years Old	10 Years Old	11 Years Old	12 Years Old	13 Years Old	14 Years Old	15 Years Old	16 Years Old
L 1-3	6-15 years old	91	364	1173	2575	4378	5920	6351	7585	6118	4281	2348
L4	8-15 years old	0.2%	0.9%	2.8%	6.3%	10.6%	14.4%	15.4%	18.4%	14.9%	10.4%	5.7%
L 5-6	9-15 years old											
2020-2021												
41184	Athletes											
2326	Teams											

AG4 – Senior Open

Remove Senior Open 6 divisions (All Girl, Small Coed, and Large Coed).

Original Reasoning: International Open 6 division may have exact same roster.

Current Change – IASF's announced Age Grid changes make it so Senior Open(13/14+) and International Open (16+) are no longer in sync.

Senior Open 2020-21

		2020-2021						
SENIOR OPEN		13 Years Old	14 Years Old	15 Years Old	16 Years Old	17 Years Old	18 Years Old	19+ Years Old
L 6	13+	197	288	485	415	463	878	764
2020-2021		6%	8%	14%	12%	13%	25%	22%
3490	Athletes							
150	Teams							

AG5 – 5 Males on SOSC

Allow SOSC to have 5 males.

Reasoning - The additional male athlete will allow for options when creating stunt groups that can compete at a competitive level with more age appropriate athletes. There's a need to fly more aged appropriate flyers and another male will help field just that. The average team of 24 will do 5 stunts, this would allow for potentially putting 1 male in every stunt group. This would also allow for teams with stronger female stunting to add males with elite tumbling to join to help them in the tumbling categories. In these divisions the males are showcased heavily, one more male that may add to a category the team lacks in as a whole. There is such a jump from 5-12 males in the Large Open Coed 6 and 5-16 males in International Large 6 & 7, giving the Small divisions one more male will help close that gap.

AG6 - Senior 3.2

Move 3.2 to Elite from Prep

Reasoning - Is a necessary stepping stone for kids with lower level tumbling that are aspiring to learn how to stunt at higher levels and eventually make a non-tumble worlds team.

AG7 – DI/DII Determination

DI/DII Discussion:

1. Only count Elite athletes and lower the DI/DII determining number
2. Count by location instead of program (Possibly in combination with suggestion 1)
3. Continue to count Elite & Prep athletes and change the DI/DII determining number

AG8 – Division Splits

Remove division splits/combinations and leave these up to each event producer to do as they see fit for their particular competition.

Note – The USASF would provide division splitting recommendations and leave the final decision to the Event Producer(s).

Summary of Age Grid Proposals

1. AG1 – Align Age Calculation with IASF
2. AG2 – Increase Youth bottom age
3. AG3 – Increase Junior bottom age
4. AG4 – Remove or Adjust Senior Open
5. AG5 – Allow 5 males on L6 Senior Open Small Coed
6. AG6 – Move 3.2 to Elite from Prep
7. AG7 – DI/DII Determination – Count by Program or Location, include Elite Only or Elite & Prep
8. AG8 – Remove division splits/combinations and leave these up to each event producer to do as they see fit for their particular competition

Current Events

Current Events

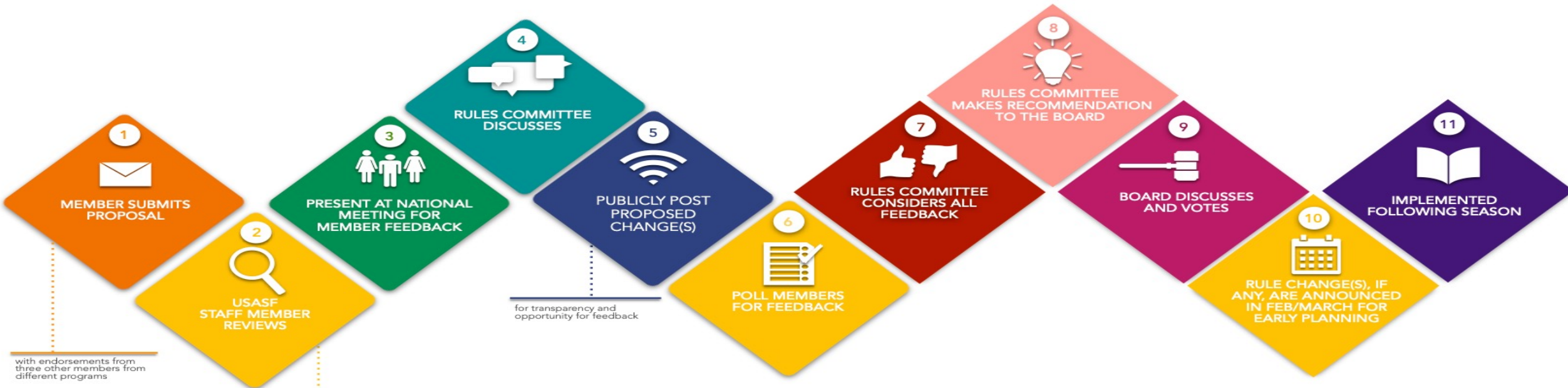
IASF U17 Midriff (9-16 yr old)

IASF Worlds Divisions for 2023

NT Worlds Preliminaries



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