

VALLEY OF THE SUN DIVISION INFORMATION

All-STAR DIVISIONS

- [Division List](#)

SCHOOL TEAM DIVISIONS

ABILITY LEVELS OFFERED AT ALL EVENTS!

Novice Limited (L 2.1) Novice (L2), Intermediate (L3) and Advanced

- Elementary
- Junior High/Freshman
- JV
- Non-Varsity (Jr High/JV/Freshman)
- Varsity

1. Divisions will be split by ability level, then by co-ed/all-girl pending final registrations.
2. Novice Limited and Novice will be combined if there are less than 2 teams in either division.
3. Novice Limited (Level 2.1) uses Level 2 rules for every element except tumbling which uses Level 1 (no handsprings).
4. Jr High/Freshman and JV will be combined if less than 2 teams in any division.
5. Divisions may be combined to create competition within levels.
6. School teams MUST follow NFHS Guidelines.
7. Refer to www.usasfrules.com for skill limitations ONLY but may not perform any skill that violates NFHS rules. (take special note of difference on inversions, release moves and double twisting)

REC/POP WARNER

*For teams whose primary purpose is not competition, cheers for an organized sport & is primarily associated with a non-profit organization. If your team does not fall under this category, you must compete in the All-Star division and be a registered member of the USASF. **PLEASE SEE SUPPLEMENTAL DOCUMENT FOR MORE INFORMATION.***

This division is not for all-star, all-star prep or half year teams.

- Youth Novice Limited (L2.1)
- Junior Novice Limited (L2.1)
- Junior Intermediate (L3)
- Senior Novice (L2)
- Senior Intermediate (L3)

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Individuals/Duos-Best Cheerleader/Best Dancer

Mini L2: Ages 8 & Under

Youth L3: Ages 11 & Under

Junior L4: Ages 14 & Under

Junior/Senior L3: Ages 18 and under

Senior L5: Ages 18 & under

Open: Ages 19+

- **Best Cheerleader Divisions will be limited to the following tumbling:**

Mini - Level 2 / Youth - Level 3 /Junior -Level 4 / Jr/Sr Int -Level 3 /Sr Advanced -Level 5

- If the athlete would like to compete in a higher age category to compete in a higher ability, they are able to do so. I.e. a 7 year old with tucks could register for Youth since it is ages 11 & under.
- Please refer to www.usasfRules.com for tumbling limitations/ Double fulls not permitted by athletes competing for a HS division.

Stunt Group/Partner Stunt

- Senior All-Girl L5: Ages 10-18
- Senior All-Girl L3: Ages 10-18
- Junior Partner Stunt L4: Ages 14 & Younger
- Junior Partner Stunt L3: Ages 14 & Younger
- Partner Stunt Senior: L5 Ages 10-18

Open Stunt Categories/Coaches' Challenge

- Open Stunt: Level 3 (Co-Ed Ages 7+)
- Open Stunt: Level 5 (Co-Ed Ages 10+)
- Partner Stunt: L3 Ages 7+
- Partner Stunt: L5 Ages 10+
- Partner Stunt: L6 Ages 17+
- Acro Tumbling/Stunt - Non USASF division combining gymnastics and tumbling skills.
- Power Tumbler - Cheer / Power Tumbler- Gymnastics : see following page

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Power Tumbler- Cheer

- (1) Pass - Maximum of 6 skill pass.
- For Levels 3 and above: *round offs are not counted towards your max skill requirement.* ie. for Level 4 Power Tumbler you could do ROUND-OFF BHS WHIP BHS BHS WHIP LAYOUT
- Skills determined by USASF level. High School Cheerleaders must follow NFHS Rules; maximum of "Level 5 Restricted" skills.
- Competing DOWN is not permitted.
Compete in your (highest) team's current corresponding USASF level.
EXAMPLE : if you are on a Level 2 team, you may not compete in Level 1 Best Tumbler. If you are on multiple teams i.e. Level 1 and Level 2- you must compete at the highest level of your corresponding team; in this case Level 2.
- Competing UP is permitted. i.e. if you are only on a Level 2 team, you can compete in Level 3 -5
- Cheerleaders may not compete in the Best Tumbler Gymnastics Divisions and vice-versa.
- Judges may use tiered rankings. (i.e. Gold, Silver, Bronze - multiple athletes may receive same tier awards) or 1st, 2nd, 3rd etc.
- For events where scholarships are provided - Scholarship winners determined by "best of show" across different divisions

Power Tumbler - Gymnastics

- 2 passes as listed [HERE](#).
- **MODIFICATION: Max of 6 skill pass.** For passes with 8 skills; 2 of the required consecutive BHS are to be removed. For Levels 9 and 10, 1 whip may be removed in lieu of a back handspring.
- Compete in your current corresponding USAG level. Competing down is not permitted.
- Gymnasts may not compete in the Best Tumbler Cheer Divisions and vice-versa.
- Judges may use tiered rankings. (i.e. Gold, Silver, Bronze - multiple athletes may receive same tier awards) or 1st, 2nd, 3rd etc.
- For events where scholarships are provided - Scholarship winners determined by "best of show" across different divisions.