

<b>Novice Rules</b>	
<b>Tumbling</b>	<p>Tumbling skills are allowed and will follow the level rules for but will not be scored or required.</p> <p><b><i>Follow the level rules with the following additions:</i></b></p> <p><b><u>U6 Novice</u></b>            - Only cartwheels and forward rolls permitted. Not allowed: handstands, backward rolls, bridges, back bends, etc.</p>
<b>Stunt/Pyramid &amp; Dismounts/Tosses</b>	<p><b><i>Follow the level rules with the following additions:</i></b></p> <p><b><u>U6 Novice</u></b>            - U6 (formerly Tiny) Novice divisions may not include ANY building skills.</p> <p><b><u>Level 1</u></b>            - Single leg stunts are ONLY allowed at waist level or below.            No prep level single leg with bracer skills allowed.</p> <p>- Two leg skills may not pass above prep level.</p> <p>- Up to a ¼ twist allowed (EXCEPTIONS to this rule outlined in Level 1 are not permitted in Novice).</p> <p>- Transitions <b>to</b> prone position are not allowed.</p> <p>- Straight pop down dismounts are not allowed.</p> <p>- No waist level cradles, no tosses or sponge tosses.</p>
<b>Routine &amp; Competition Parameters</b>	<p>- Routine length may not exceed 1:30</p> <p>- Performances may be on a spring floor or carpet-bonded floor without springs.</p> <p>- Novice divisions may only performance once at a 2-day event.</p> <p>- Teams will not be scored but may receive evaluation via the Cheer Canada rating system.</p>