

CHEER CANADA NOVICE AND PREP DIVISION RULES

The entry points, training times, adjudication style, suggested travel to competition and varying uniform options below are all in alignment with [Cheer Canada's Long-Term Development framework](#).

NOVICE DIVISIONS

Novice is intended as an introduction to cheerleading with modified IASF Level 1 rules requiring fewer hours of instruction.

- Teams will not be scored but may receive evaluation via the Cheer Canada rating system.
- Novice teams may only be rated once during a single-day or multi-day event (i.e., 2-day, 3-day, etc)
- Cheer Canada recommends that Novice teams not travel out of province and schedule fewer performances.
- Cheer Canada recommends Novice athletes perform in t-shirt and shorts or practice wear.
- Novice athletes may not crossover to All Star or Prep teams
- Practices should be limited to once per week

NOVICE RULES	
A. TIME LIMIT	Routine length may not exceed 1:30
B. TUMBLING	<p>Tumbling skills are allowed and will follow the Level 1 rules but will not be scored or required.</p> <p>U6 Novice Exception: Only cartwheels and forward rolls are permitted. Not allowed: handstands, round offs, backward rolls, bridges, back bends, etc.</p>
C. BUILDING (Stunts/Pyramids, Dismounts/Tosses)	<p>Building skills will follow the Level 1 rules with the following modifications:</p> <p>U6 Novice divisions may not include ANY building skills.</p> <p>All Other Age Groups:</p> <ul style="list-style-type: none"> - Single leg stunts are ONLY allowed at waist level or below. No prep level single leg with bracer skills allowed. - Two leg skills may not pass above prep level. - Up to a 1/4 twist allowed (EXCEPTIONS to this rule outlined in Level 1 are not permitted in Novice). - Transitions to prone position are not allowed. - Straight pop down dismounts are not allowed. - No waist level cradles, no tosses or sponge tosses.

PREP DIVISIONS

Prep is intended as another opportunity to introduce the sport of competitive cheerleading. The routine is shorter at 2:00 with no tosses and therefore fewer hours of instruction are recommended.

- U6 and U8 Prep divisions will not be scored but may receive evaluation via the Cheer Canada rating system. All other prep age divisions may be scored and ranked.
- Prep teams will follow the IASF level rules for their division, however, tosses are not permitted.
- Prep teams may only be rated/scored once during a single-day or multi-day event (i.e., 2-day, 3-day, etc)
- Cheer Canada recommends a shorter season (8 months or less) with no travel outside of the program's province
- Cheer Canada recommends a simpler, less costly uniform
- Prep athletes may not crossover to All Star or Novice teams
- Practices should be limited to once per week

PREP RULES	
A. TIME LIMIT	Routine length may not exceed 2:00
B. BUILDING (Stunts/Pyramids, Dismounts/Tosses)	<p>Building skills will follow the Level rules with the following modifications:</p> <ul style="list-style-type: none"> - Tosses are not allowed including waist level cradles and sponge tosses.