

## **YCADA COACH'S FAQs/CLARIFICATIONS**

**2020-2021 SEASON**

*Based on virtual presentations and our YCADA Facebook Live Sessions, we have compiled a new list of FAQs and clarifications to help coaches as they prepare for the upcoming 2020-2021 season.*

*Please check back frequently for updates.*

*YCADA Rules & Scoring Team*

### **ALL LEVELS - Can a flyer perform a roundoff and then load into a stunt?**

Tumbling skills may transition to a load in for a stunt/stunt transition provided the tumbling flyer completes the tumbling skill (participant is no longer inverted and has at least 1 foot in contact with the performance surface) prior to the bases grabbing the tumbling flyer's foot/feet/legs (bases may not grab/touch any body part of the flyer to assist them during the tumbling skill execution before completion).

### **Level 1 Pyramids - Can a bracer in a pyramid be in a shoulder sit?**

Yes, EXCEPT for an extended double leg stunt that is only braced on one side. **(New for 2020-2021 Season)**

A double leg extended stunt braced on only one side must be braced by a prep level 2 leg stunt.

### **Level 1 Stunts - Can single legged stunts that are BRACED move?**

Bases may move/turn while in a load in position, and/or once the building of a stunt is completed.

### **Level 1 Stunts - Are superman's legal in Level 1?**

Superman transitions are ILLEGAL for Level 1.

### **Level 2 Tumbling - Can you perform a round off handspring step out followed by another round off handspring?**

YES, however, there are **NO SERIES** handsprings/stepouts permitted in Level 2.

### **Levels 2-4 Inversions (ALL Inversions Entries/Exits are PROHIBITED in Level 1)**

All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid for that level. Example: Flyer in a ground level Handstand with contact on the performance surface is lifted upwards by the stunt group, temporarily losing contact with the performance surface, then returning their hands to the performance surface (i.e. double bounce) prior to executing the sponge/load-in = ILLEGAL.

### **Level 3 Dismounts - Can you give an example of 2 tricks from extension prep?**

Examples are kick/toe touch, pretty flyer/kick. ONLY non-twisting two trick cradles are permitted in Level 3 from Extension Prep.

### **Level 4 Dismounts (New for 2020-2021 Season)**

Two twist dismounts are PROHIBITED.