

Age Grid & Divisions Offered

Premier Prep League is similar to Industry Standards and is **different** than the MAJOR ELITE LEAGUE

**\*All divisions must follow League General Rules and Age Grids**

Premier Prep League	Level 1.1	Level 2.1	Level 2.2	Level 3.1
Ages 6 and under	√			
Ages 8 and under	√	√		
Ages 11 and under	√	√	√	
Ages 14 and under	√	√	√	√
Ages 19 and under	√	√	√	√

Age as of December 31, 2021 for the following age divisions: 6U/8U/11U/14U/19U

**DIVISION SPLITS** Division splits and combining of divisions is at the discretion of each individual Event Producer.

- Small:** 5-15 Female athletes
- Small Coed:** 1-3 Male athletes with a maximum of 15 athletes on the team
- Medium:** 16-23 Female athletes
- Medium Coed:** 1-5 Male athletes with a maximum of 23 athletes on the team
- Large:** 24-38 Female athletes
- Large Coed:** 1-9 Male athletes with a maximum of 38 athletes on the team
- XL Coed:** 10+ Male athletes with a maximum of 38 athletes on the team

- Participation Requirement for scoring is 60% in all PREMIER Prep Divisions.

Understanding the letter & numbers in (rules) in each division

- T = Tumble
- S = Stunt
- P = Pyramid
- B = Basket Toss

The number indicates the rule number in the respectable category

**What division do I enter?**

The Premier Prep League is similar to current industry standards. Look at each set of division rules and pick the division that is similar to the current divisions you are currently competing in.

Things to keep in mind for Building & Tumbling in the Premier Prep League

- Building – Can I twist? If I can, how many twists can the top person do?
- Building - Can I release? If I can, where does the release need to start and end
- Building - Can I invert? If I can, where does the invert need to start and end
- Tumbling- Can I do bounding skills, flipping skills twisting skills? If I can, where does that fit within each level.

**Rules that are in Red are different than current industry standards.**

**LEVEL 1.1 RULES**

Level	Tumble		Stunt		Pyramids	
<b>LEVEL 1.1</b>	T.1	Tumbling must have hand contact with the performance floor	S.1	Allowed to prep level. (1) Leg or (2) is not relevant	P.1	Must follow stunt rules
	T.2	No twisting allowed (exemptions: skills that turn while connected to the performance floor may turn up to 1/2 twist)	S.2	1/4 twist	P.2	Skills may pass through extended level and may be held static at prep level
	Further restrictions	No handsprings	S.3	No releases allowed	P.3	Bracer must be at prep level or below
			S.4	No inversions (up) allowed	P.4	Passing through inverted position is not allowed
			S.5	No inversions (down) allowed	P.5	Rotation through inversion not allowed
			S.6	Dismounts must land assisted to the performance floor or in a cradle	P.6	Stunts that pass through extended level may not connect to other stunts that are passing through extended level

LEVEL 2.1 RULES

Level	Tumble		Stunt		Pyramids	
LEVEL 2.1	T.1	Tumbling must have hand contact with the performance floor	S.1	Allowed to extended level on (2) Feet	P.1	Must follow stunt rules
	T.2	No twisting allowed (exemptions: skills that turn while connected to the performance floor may turn up to 1/2 twist)	S.2	Up to 1/2 Twist is allowed  Full twisting Barrel rolls/Log Rolls are more than a 1/2 twisting rotation and it is not allowed	P.2	Bracer must be at prep level or below
	Further Restrictions	No handsprings	S.3	No Releases are allowed except for dismounts that land in a cradle	P.3	If a flyer is double braced they can do an extended (1) legged stunt
			S.4	Inverting (up) is allowed from ground level	P.4	Passing through inverted position is not allowed
			S.5	Inverting (down) is allowed from waist and below	P.5	Rotation through inversion not allowed
			S.6	Dismounts must land assisted to the performance floor or in a cradle	P.6	Extended stunts are not allowed to connect to each other

LEVEL 2.2 RULES

Level	Tumble		Stunt		Pyramids	
LEVEL 2.1	T.1	Tumbling must have hand contact with the performance surface	S.1	Allowed to extended level on (2) Feet	P.1	Must follow stunt rules
	T.2	No twisting allowed (exemptions: skills that turn while connected to the performance floor may turn up to 1/2 twist)	S.2	Up to 1/2 Twist is allowed  Full twisting Barrel rolls/Log Rolls are more than a 1/2 twisting rotation and it is not allowed	P.2	Bracer must be at prep level or below
	T.3	All running connected tumbling skills that have hand contact with the performance surface are allowed and can be connected	S.3	No Releases are allowed except for dismounts that land in a cradle	P.3	If a flyer is double braced they can do an extended (1) legged stunt
	T.4	All standing tumbling passes must stop after a back handspring is performed	S.4	Inverting (up) is allowed from ground level	P.4	Passing through inverted position is not allowed
			S.5	Inverting (down) is allowed from waist and below	P.5	Rotation through inversion not allowed
			S.6	Dismounts must land assisted to the performance floor or in a cradle	P.6	Extended stunts are not allowed to connect to each other

**LEVEL 3.1 RULES**

Level	Tumble		Stunt		Pyramids	
LEVEL 3.1	T.1	Tumbling must have hand contact with the performance floor	S.1	Allowed to extended level	P.1	Bracer must be at prep level or below
	T.2	No twisting allowed (exemptions: skills that turn while connected to the performance floor may turn up to 1/2 twist)	S.2	1 ¼ twist is allowed but must originate and land at prep level or below	P.2	1 ¼ twist is allowed to extended level if originated at prep level and below and is braced by (1) bracer
	Further Restrictions	No handsprings	S.3	Released stunts must begin from waist level and below (exemption dismounts)	P.3	Released Extended Stunts to an extended stunt must be double braced
			S.3.1	Released stunts must land at Prep level or below (exemption dismounts)		
			S.3.2	Released stunts cannot invert up or down		
			S.4	Inverting (up) is allowed from waist level and below	P.4	Passing through inverted position is allowed if contact is maintained with 1 or more athletes on the performing surface
			S.5	Inverting (down) is allowed from waist level and below	P.5	Rotation through inversion limit 1 1/4 flip
			S.6	Dismounts must land assisted to the performance floor or in a cradle	P.6	Extended stunts may connect if all flyers are on two feet



**PREMIER PREP CHEER LEAGUE**

**Premier Prep Cheer League  
Team Scoring System**

**Divisions**  
All-Girl/Coed :1, 2, 3, 4, 5/6

Scoring Category	Maximum Points	Awarded Scores
Stunt Difficulty	4.0	
Stunt Execution	10.0	
Stunt Quantity	5.0	
Pyramid Difficulty	4.0	
Pyramid Execution	10.0	
Building Creativity (Combined)	2.5	
<b>(Total Possible Points)</b>	<b>35.5</b>	
Category Points		
Category Deductions		
Category Total		
Scoring Category	Maximum Points	Awarded Scores
Standing Tumbling Difficulty	4.0	
Standing Tumbling Execution	10.0	
Running Tumbling Difficulty	4.0	
Running Tumbling Execution	10.0	
Jump Difficulty	2.5	
Jump Execution	5.0	
<b>(Total Possible Points)</b>	<b>35.5</b>	
Category Points		
Category Deductions		
Category Total		
Scoring Category	Maximum Points	Awarded Scores
Dance Difficulty	4.5	
Dance Execution	.5	
Routine Composition	5.0	
Performance	5.0	
<b>(Total Possible Points)</b>	<b>15</b>	
Category Points		
Category Deductions		
Category Total		
<b>Total Scores Combined</b>		
<b>Total Deductions Combined</b>		
<b>Final Score</b>		
<b>(Optional Percentage of Perfection can be converted after deductions)</b> *Coed Style Stunts are NOT required in the Beginner, Intermediate, and Excel Levels in the MAJOR League		

PREMIER PREP LEAGUE TUMBLING/JUMP PARTICIPATION GRID, RUBRIC, AND BREAKDOWN

Participation Grid: Tumbling and Jump Requirements	
<b>60%+ Required Participation for highrange (ranges are rounded down)</b>	
Number of Athletes	Required Participation
Min of 5	3
6	3
7	3
8 to 9	5
10 to 11	6
12 to 13	7
14	7
15 to 16	9
17 to 18	10
19	10
20 to 21	12
22 to 25	13
26 to 27	15
28 to 30	16
31 to 38	18

JUMP DIFFICULTY AND TECHNIQUE		
<i>(See participation grid for required number of athletes to perform the skill. If the participation grid requirement is not met, -1 point from the below scores.)</i>		
Connected Jumps	Difficulty Score	Technique Range and Descriptions
3 or 2+1	2.5	4.0-5.0 - Excellent timing and tech
2	2.0	3.0-4.0 - Avg. timing and tech
1	1.5	2.0-3.0 - Below avg. timing & tech
<b>IMPORTANT:</b>		
Major League Divisions: Jump sections will be counted and used to determine scores. The following jumps are allowed: toe touch, hurdler, herkie, pike and pike variations.		
Jump Technique - Scores will be based on the majority of the athletes performing the skills but obvious mistakes or timing issues will effect placement within the range.		
Connected Jumps will be considered as immediate back to back jumps performed with a whip approach.		
Beginner Level teams do NOT have to perform advanced jumps. Tuck jumps and spread eagle jumps will be considered as jumps for this grid.		

TUMBLING DIFFICULTY (Standing & Running)		
<i>Refer to the Participation Grid for the amount of skills required for your team.</i>		
Points	Standing Tumbling	Running Tumbling
3.0-4.0	At least one identical, basic tumbling skill is performed synchronized by at least 50% (but less than 60%) of the team AND some other advanced skills are also performed throughout the routine	A cumulative amount of atleast 50% (but less than 60%) of the team performs an advanced tumbling skill OR a cumulative amount of at least 60% of the team performs a level appropriate tumbling pass.
2.0-3.0	Less than 50% of the team performs one synchronized, identical, basic skill and little or no advanced skills are performed throughout the routine.	Less than 50% of the team performs a level appropriate tumbling pass.
<i>Advanced tumbling or "combination pass" is declared as 3 or more DIFFERENT skills connected in ONE pass for RUNNING tumbling and 2 or more DIFFERENT skills connected in ONE pass for STANDING tumbling. A combination pass will be considered more difficult and the judge's will use their discretion when scoring passes. Ex: A connected front walkover round off back handspring tuck will be considered more difficult than a round off back handspring back tuck. Clarification: Not all running passes with three skills will be considered combo passes. Passes ending in tucks or higher will need 4 different skills to be considered to be a combination pass.</i>		

TUMBLING TECHNIQUE	
9.0-10.0	An excellent display of technique, timing and precision in all standing and running tumbling skills throughout the routine by the majority of the team.
8.0-9.0	An average display of technique, timing and precision in all standing and running tumbling skills throughout the routine by the majority of the team.
7.0-8.0	A below average display of technique, timing and precision in all standing and running tumbling skills throughout the routine by the majority of the team.

PREMIER PREP CHEER LEAGUE BUILDING PARTICIPATION GRID, RUBRIC, AND BREAKDOWN

Participation Grid: Stunt Groups		
<i>60%+ Required Participation for high range</i>		
Number of Athletes	Stunts	Tosses
5 to 7	1	1
8 to 15	2	1
16 to 19	3	2
20 to 23	4	3
24 to 27	5	4
28 to 30	6	4
31 to 38	7	5
<b>Baskets are NOT cumulative in the Major Elite League.</b> <b>Majority = number of athletes /4, rounded down, -1</b> <b>Most = number of athletes /4, rounded down</b>		

BUILDING CREATIVITY	
<i>This score is Stunts and Pyramid Combined</i>	
2.0-2.5	Extremely innovative and creative transitions throughout building skills
1.5-2.0	Use of minimal innovative and creative transitions noticed
1.0-1.5	No signs of innovative or creative transitions used

PYRAMID DIFFICULTY	
<i>The collective # of transitions (going from one skill to the next) performed within a pyramid section will determine category ranges. SKILLS CAN BE REPEATED BUT IF 2 OR MORE PERFORM THE SAME SKILL AT THE SAME TIME IT IS ONE TRANSITION. Ranges within those categories are left to justified scores based off the judge's discretion.</i> (LAS = Level Appropriate Skill)	
3.0-4.0	Mid Range : 3-4 LAS's + 2 Structures, one of which is level appropriate.
2.0-3.0	Low Range : 1-2 LAS's + 1 Structure
0.0-2.0	Below Range : 0 LAS's + 0 Structures
<i>Sections (of a routine) will be declared as a consistent portion of a routine with the same skill sets being performed.</i> <b>***Please remember the participation % rules for each League***</b>	

BUILDING DIFFICULTY	
<i>The collective # of transitions (going from one skill to the next) performed within a routine will determine category ranges. Ranges within those categories are left to justified scores based off the judges discretion. SKILLS CAN BE REPEATED. A transition is considered getting into, out of or going from one skill to the next. (Ex. Cartwheel to Load in, up to Prep, Cradle, reload, prep=5)</i> (LAS = Level Appropriate Skill)	
3.0-4.0	Mid Range : 3-4 LAS's
2.0-3.0	Low Range : 1-2 LAS's
0.0-2.0	Below Range : 0 LAS's

STUNT QUANTITY	
2.5	Max number of stunts in the air.
2.0	Majority number of stunts in the air.
1.5	Requirement not met.



<b>DANCE SCORING DIFFICULTY RUBRIC</b>	
<b>High Difficulty</b> <b>4.0-4.5</b>	Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) are consistently shown throughout the section.
<b>Average Difficulty</b> <b>3.5-4.0</b>	Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) could benefit from additional attention.
<b>Low Difficulty</b> <b>3.0-3.5</b>	Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) needs considerable attention.

<b>DANCE SCORING EXECUTION RUBRIC</b>	
<b>Excellent Execution</b> <b>.4-.5</b>	An obvious above average use of dance movement, correct and consistent motion placement with a stable use of transitional elements in relation to the age group.
<b>Average Execution</b> <b>.3</b>	An average use of dance movement, motion placement and stable use of transitional elements in relation to the age group.
<b>Poor Execution</b> <b>.1-.2</b>	Low levels of dance movement, motion placement and transitional elements in relation to the age group.

<b>RANGE &amp; SCALE BREAKDOWN</b>	
<b><i>10 Point Range / .1 scale</i></b>	
<b>Excellent</b>	<b>9.0-10.0</b>
<b>Average</b>	<b>8.0-9.0</b>
<b>Poor</b>	<b>7.0-8.0</b>
<b><i>5 Point Range / .1 scale</i></b>	
<b>Excellent</b>	<b>4.0-5.0</b>
<b>Average</b>	<b>3.0-4.0</b>
<b>Poor</b>	<b>2.0-3.0</b>

**ROUTINE COMPOSITION AND PERFORMANCE BREAKDOWN**

<b>ROUTINE COMPOSITION</b>	
<b>4.0-4.5</b>	Great Spacing, Flow, and Visuals throughout.
<b>3.5-4.0</b>	Average Spacing, Flow, and Visuals.
<b>3.0-3.5</b>	Poor Spacing, Flow, and Visuals.

<b>PERFORMANCE</b>	
<b>4.0-4.5</b>	Great energy, excitement, showmanship, genuine enthusiasm and athletic impression.
<b>3.5-4.0</b>	Average energy, excitement, showmanship, genuine enthusiasm and athletic impression.
<b>3.0-3.5</b>	Low energy, excitement, showmanship, genuine enthusiasm and athletic impression.

## PREMIER PREP DEDUCTION SYSTEM

The philosophy behind the Global Cheer and Dance League's deduction system is that the deductions must be justified, but also it is here to ensure fair play and the safety of the athletes. It is NOT intended to penalize the athletes.

### Tumbling/Jump Touchdown

**-0.5**

An obvious mistake is made including but not limited to, knees, head or hands touching the performance during the skill or landing of the skill.

### Building Violations

**-.25**

An obvious mistake is made including but not limited to, missed skills, early dismount, uncontrolled cradle, etc.

**-1.0**

A stunt that falls but doesn't come in contact with the performance

**-1.25**

Base, flyer, or spotter comes in contact with the performance surface.

**-1.5**

Any pyramid or same stunt group that comes in to contact with the performance surface

### Rule Violations

**Definition**

Rule violations (no matter the skill set) will result in a deduction per rule being violated. If the same rule is violated in sync, it will be deducted 1 time. However, if the same rule is violated multiple times throughout the routine, it will be assessed each time it is violated. For ex: 4 Sync'd groups perform same illegal inversion=1.5 pt. but if that same illegal inversion is performed again later by 1 or 2 groups in the routine, it will get an additional 1.5 deduction.

**-1.0**

**General/Tumbling Safety Infraction**

**-2.0**

**Building/Safety Infraction**

**-.5**

**Routine Length and/or Image Policy**

**-5.0**

**Unsportsmanlike Conduct Infraction**