

GLOBAL NOVICE
CHEER



2023 – 2024

GLOBAL NOVICE 2023 - 2024

TINY NOVICE IS NOT ALLOWED TO BUILD STUNTS.

TINY NOVICE IS RESTRICTED TO THE FOLLOWING
TUMBLE SKILLS:

- Forward Rolls
- Backward Rolls
- Cartwheels

- The maximum routine time limit is 1:30.
- Tosses are **not allowed** (includes sponge toss).
 - All waist level cradles are **not allowed**.
- Teams are evaluated not scored. See Novice score sheets for rating system.
- Tumbling skills are allowed but not required.
 - Tumbling skills will follow level rules.
- Level 1 Novice Rules (in addition to Level 1 Rules):
 - Single leg stunts are allowed at waist level only.
 - Two leg stunts are **not allowed** to travel through an extended level position.
 - Maximum $\frac{1}{4}$ twists allowed. Level 1 Stunt Rule D4 is **not allowed**.
 - Transitions to flat body/prone position are **not allowed**.
 - Straight pop down dismounts are **not allowed**.
 - Tiny Novice: All building skills are **not allowed**.
 - Tiny Novice: Cartwheels and forward rolls are the only skills allowed.
- Level 2 Novice Rules (in addition to Level 2 Rules):
 - Single leg stunts are **not allowed** to travel through an extended level position.
 - Barrel/log rolls are **not allowed**.
- Level 3 Novice Rules (in addition to Level 3 Rules):
 - Twisting stunts in and out extended level single leg are **not allowed**.
 - Multi-based suspended twisting rolls are **not allowed**.