

CHEERABILITIES

NOVICE

2020 AND BEFORE

AGES: 5 - 25

CHEERABILITIES NOVICE IS A DIVISION FOR ATHLETES BORN IN 2020 OR BEFORE THAT FOCUSES ON FOUNDATIONAL SKILLS, WITH ROUTINES LIMITED TO TWO MINUTES AND SCORED USING RATINGS LIKE "SUPERIOR" OR "EXCELLENT" RATHER THAN RANKINGS. AT THIS LEVEL, TUMBLING IS RESTRICTED TO BASIC MOVES LIKE CARTWHEELS AND FORWARD ROLLS, WHILE STUNTING FOLLOWS LEVEL 1 RULES WITH SPECIFIC LIMITATIONS ON SINGLE-LEG SKILLS AND TRANSITIONS. IT PROVIDES A SUPPORTIVE COMPETITIVE ENVIRONMENT WHERE COACHES ARE RESPONSIBLE FOR ENSURING SKILLS MATCH THE PROFICIENCY OF THEIR ATHLETES WHILE ADHERING TO STRICT SAFETY AND SPOTTING REQUIREMENTS.