

YCADA Core Cheer – Coach's 411

Tiny-Mite and Mitey-Mite

The YCADA Core Cheer routine 8 count sheet and Core Cheer Routine Demo Video is designed to be a roadmap to the Core Cheer routine and give teams the tools necessary to successfully compete in this division. The YCADA Core Cheer Routine IS NOT limited to just 11 athletes nor are teams required to have at least 12 athletes on a team in order to compete in the Core Cheer Division.

What do I do if I have less than 8 Athletes on my team?

Teams with less than 8 members will be unable to perform the YCADA Core Routine Pyramid Section as choreographed in the Core Cheer 8 Count Sheet and the Core Cheer Routine Demo Video. Therefore, YCADA is providing APPROVED modifications for the Pyramid Section for teams with less than 8 athletes; if an APPROVED modification is performed, as listed on the YCADA Core Routine Coaches Cheat Sheet, the team will receive an execution score out of 20 possible points based off of their actual technical execution of the approved modifications and will NOT result in a 1-point Omission Penalty. See the Coach's Cheat Sheet to find the only approved pyramid modifications and review the number of athletes required to perform in each skill section.

What do I do if I have more than 11 athletes on my team?

Teams that have more than 11 athletes on their teams are required to incorporate every athlete on the performance floor in the execution of all motion sequences and jumps in order to avoid a 1-point Omission Penalty. Teams with more than 1 member on a team are REQUIRED to perform the listed number of Waist Level stunts and Extension Prep stunts as listed in the Coach's Cheat Sheet in order to avoid a 1-point Omission Penalty.

What do I do with the athletes who are not involved in the Stunt/Pyramid sections?

Based off of the number of athletes and using the Coach's Cheat Sheet as a guide, if at any time there are athletes not involved (actively building) in a stunt or pyramid, YCADA has provided motions during the stunt and pyramid sections for those athletes to perform.

Coach's Cheat Sheet

YCADA Core Cheer Routine

What is the Coaches Cheat Sheet for YCADA Core Cheer Routine?

The Coaches Cheat Sheet for the YCADA Core Cheer Routine is designed to guide coaches in setting their athletes in each section of the Core Cheer routine and explain any modifications to the Core Cheer routine based on the number of athletes on the competition floor. The left column is the total number of athletes on the team and the following columns are the number of athletes required to execute the choreography/skills in each of the stated sections of the routine. The section specific columns are as follows:

Motions: The full team is required to execute all motions in the Core routine choreography.

Jumps: The full team is required to execute all jumps in the Core routine choreography.

Waist Level Stunts: Number listed in this column is the total number of stunt groups required to execute in the stunt section in the Core routine choreography based on the number of athletes on a team.

Extension Prep Stunts: Number listed in this column is the total number of stunts groups required to execute in the stunt section in the Core routine choreography based on the number of athletes on a team.

Pyramid: Number listed in this column is the total number of pyramids required in the pyramid section in the Core routine choreography based on the number of athletes on a team. The approved pyramid modifications are listed in this column for teams of 8 members and less but will still receive the 1-point Omission Penalty. Teams with more than 11 members are required to perform the listed number of pyramids in order to avoid a 1-point Omission Penalty.

Coach's Cheat Sheet

YCADA Core Cheer Routine – Tiny-Mite and Mitey-Mite

Total # of Athletes on Team	Motions (# Athletes)	Jumps (# Athletes)	Waist Level Single Leg Variation (# of Stunts)	Extension Preps (# of Stunts)	Approved Pyramid Modifications	Pyramid Section Omission Penalty
5	5	5	1	1	1 - Pull Up Prep Liberty Only (no double leg extension) braced on 1 side by 1 athlete on ground	1.0 PT
6	6	6	2	1	1 - Pull Up Prep Liberty Only (no double leg extension) braced on 1 side by 1 athlete on ground	1.0 PT
7	7	7	2	1	1 - Pull Up Prep Liberty Only (no double leg extension) braced on 1 side by 1 athlete on ground	1.0 PT
8	8	8	2	2	1	
9	9	9	3	2	1	
10	10	10	3	2	1	
11	11	11	3	2	1	
12	12	12	3	3	1	
13	13	13	3	3	1	
14	14	14	3	3	1	
15	15	15	3	3	1	
16	16	16	4	4	1	
17	17	17	4	4	1	
18	18	18	6	4	1	
19	19	19	6	4	1	
20	20	20	6	5	1	
21	21	21	7	5	1	
22	22	22	7	5	1	
23	23	23	7	5	1	
24	24	24	8	6	2	
25	25	25	8	6	2	
26	26	26	8	6	2	
27	27	27	9	6	2	
28	28	28	9	7	2	
29	29	29	9	7	2	
30	30	30	10	7	2	
31	31	31	10	7	2	
32	32	32	10	8	2	
33	33	33	11	8	2	
34	34	34	11	8	2	
35	35	35	11	8	2	