

**2019-2020
USASF Cheer Safety Rules**

U.S. ALL STAR FEDERATION



CLUB CHEER & DANCE TEAMS

Released: February 27, 2019 - Effective 2019-2020 Season

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All adjustments in **RED** indicate a change/addition since the previous year (2018-2019)

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Level / Rule Guide

Level X

Building and Tumbling Level are the same Level (X)

Level X . X

Building Level X . Tumbling Level X

Level X . Y

Building Level X . Tumbling Level Y

Examples of how levels may be written:

Level 3 - Building and Tumbling Level 3

Level 1.1 - Building and Tumbling Level 1

Level 4.2 - Building Level 4 and Tumbling Level 2

**Certain Divisions (All Star Prep, All Star Novice, Tiny Novice, etc.) have additional rules and must be followed as well. Please consult the rules as well as the Age Grid to ensure all rules are being followed.

2019-20

USASF GLOSSARY

- Aerial
- Airborne/Aerial
- Airborne Tumbling Skill
- All 4s
- Assisted-Flipping Stunt
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- Whip
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- X-Out

USASF Glossary

Aerial (noun):

Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective):

To be free of contact with a person or the performing surface.

Airborne Tumbling Skill:

An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

All 4s:

An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

Assisted-Flipping Stunt:

A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Roll", "Braced Flip")

Backbend (Stunting):

The athlete's body forms an arch by **stretching through the upper back**, typically supported by the hands and feet with the abdomen facing upward.

Backward Roll:

A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Ball-X:

A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

Barrel Roll:

See "Log Roll".

Base:

A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.**

Basket Toss:

A toss involving 2 or 3 bases and a spotter -- 2 of the bases use their hands to interlock wrists.

Block Cartwheel:

A cartwheel which becomes airborne after the tumbler pushes through the shoulders against the performing surface during the skill.

Brace/Bracer:

A brace is the physical connection from one top person to another top person that helps provide stability. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A bracer is a top person in direct physical contact with another top person that helps provide stability. A required bracer cannot pass through an inverted position during a transition.

Braced Flip:

A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Cartwheel:

A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher:

Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release.

All catchers:

- must be attentive
- must not be involved in other choreography
- must not be involved in anything that could prevent them from catching.
Example: A required catcher holding a sign.
- must make physical contact with the top person upon catching
- must be on the performing surface when the skill is initiated

Chair:

A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

Coed Style Toss:

A single base grabs the top person at the waist and tosses the top person from ground level.

Cradle:

A dismount in which the top person is caught in a cradle position (top person lands in a "V"/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

Cupie:

A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

Dismount:

The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface.

If released to the performing surface, top person must land on their feet.

No stunt, pyramid, individual or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals or props.

Dismounts:

- may not intentionally travel.
- must return to original base(s) unless dismounting single based stunts with multiple top persons.
- to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface.

Top persons may not be, or come, in contact with each other while released from bases.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Dive Roll:

An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Downward Inversion:

A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

Drop:

Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Extended Arm Level:

The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt:

When the entire body of the top person is above the head of the base(s). **If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended.**

Stunts where the base(s) arms are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

Flat Back:

A stunt in which the top person is laying horizontal, face-up, and is usually supported by two or more bases. This is considered a two-leg stunt.

Flat Body:

When the top person's torso is parallel to the performing surface.

Flip:

In stunting, a skill that passing through an inverted position with hip-over-head rotation without contact with a base or the performing surface. In tumbling, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

Flipping Toss:

A toss where the top person rotates through an inverted position.

Floor Stunt:

Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

Flyer:

See "Top Person".

Forward Roll:

A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free Flipping Stunt:

A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move:

A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Tuck:

A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

Full:

A 360-degree twisting rotation.

Ground Level:

To be on the performing surface.

Hand/Arm Connection:

The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handspring:

An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand:

A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

Helicopter:

A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Horizontal Axis (Twisting in Stunts):

An invisible line drawn from front to back through belly button of a non-upright top person.

Initiation/Initiating:

The beginning of a skill; the point from which it originates. The point of initiation for a building skill(s): stunt, pyramid, transition, release move, dismount, or toss is the bottom of the dip from which the skill originates.

Inversion/Inverted:

Athlete has at least one foot above the head and shoulders are the below the waist.

Jump:

An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Jump Skill:

A skill which involves a change in body position during a jump. i.e. toe touch, pike, etc. A "straight jump" with a turn does not make the jump a "jump skill". If a jump is included in a tumbling pass, the jump will break up the pass.

Kick Double:

Skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full:

Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Layout:

An airborne tumbling or toss skill which involves a hip over head rotation in a stretched, hollow body position.

Leap Frog:

A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning. Leap Frog Variations involve a top person transitioning over the torso of a base and/or another top person.

Leg/Foot Connection:

The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty:

A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg.

Load-In:

A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll:

A release move, that is initiated at waist level, in which the top person's body typically rotates 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from a base that maintains contact throughout the transition.

Multi-based Stunt:

A stunt having 2 or more bases not including the spotter.

New Base(s):

Bases previously not in direct contact with the top person of a stunt.

Non-Inverted Position:

A body position in which either of the conditions below are met:

- The top person's shoulders are at or above their waist.
- The top person's shoulders are below their waist and both feet are below their head.

Nugget:

A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Onodi:

Starting from a back hand-spring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

Original Base(s):

Base(s) which is in contact with the top person during the initiation of the skill/stunt.

Pancake:

A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

Paper Dolls:

Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Pike:

Body bent forward at the hips with legs straight and together.

Platform Position:

A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

Prep Level:

The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

Primary Support:

Supporting a majority of the weight of the top person.

Prone Position:

A face down, flat body position.

Prop:

An object that can be manipulated. Flags, **standard flat** banners/signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch Front:

See "Front Tuck".

Pyramid:

Two or more connected stunts.

Rebound:

An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

Release Move:

The top person is free of contact with all athletes on the performing surface.

May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be, or come, in contact with each other.

To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs (Level 3-4), or greater than the length of the top person's legs plus an additional 18 inches (Level 5-7), it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Rewind:

A **backward** free-flipping release move from ground level used as an entrance skill into a stunt.

Round Off:

Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.

Running Tumbling:

Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level:

Any person being supported above the performing surface by one or more bases.

Series Front or Back Handsprings:

Two or more front or back handsprings performed consecutively by an athlete.

Shoulder Level:

A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

Shoulder Sit:

A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand:

A stunt in which an athlete stands on the shoulder(s) of a base(s).

Shushunova:

A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single Based Stunt:

A stunt using a single base for support.

Single Leg Stunt:

See "Stunt".

Split Catch:

A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. **Single based split catches are not allowed.**

Sponge Toss:

A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

Spotter:

A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss **to protect the head, neck, back and shoulder area of a top person**
- must be **standing** on the performing surface.
- must be attentive to the stunt being performed.
- must not be involved in anything that could prevent them from spotting.
Example: A required spotter holding a sign.
- must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

Example: In a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand **may** be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

Standing Tumbling:

A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

Step Out:

A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously.

Straddle Lift:

See "V-Sit".

Straight Cradle:

A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

Straight Ride:

The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

Stunt:

Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or **flat body position** the stunt will be considered a "Two Leg" stunt.

Suspended Roll:

A stunt skill that involves hip over head rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended and will release the feet/legs during the rotation of the skill. The rotation of the top person is limited to either forward or backward. **This is considered a prep level stunt.**

T-Lift:

A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop:

A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other. **Tension rolls/drops of any kind are not allowed.**

Three Quarter (3/4) Front Flip (stunt):

A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

Three Quarter (3/4) Front Flip (tumble):

A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock:

A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

Toe/Leg Pitch:

A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Top Person:

The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

Toss:

An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons.

The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). **Top person must have both feet in/on hands of bases at initiation of toss. Top persons in separate tosses may not come in contact with each other.**

Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface and remain stationary during toss. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person.

No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, individuals or props. Only a single top person is allowed during a toss.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

(continued on the next page)

Twisting Tosses: Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. ie. A 1/2 twist, X, 1/2 twist is considered 2 skills: 1 full twist and 1 additional skill.

Tower Pyramid:

A stunt on top of a waist level stunt.

Transitional Pyramid:

A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt:

Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

Traveling Toss:

A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

Tuck Position:

A position in which the body is bent at the waist/hips with the knees drawn into the torso.

Tumbling:

Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface.

When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting:

An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis).

Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis.

Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axis will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation). A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

Two – High Pyramid:

A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2-1/2) – High Pyramid:

A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths. "Above Two and One Half (2 1/2) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1/2 high chairs are considered 2 1/2 high pyramids.

Upright:

A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). ie. star, liberty, v-sit.

V-Sit:

A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position. This is considered a two-leg stunt.

Vertical Axis (Twisting in Stunts or Tumbling):

An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level:

A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position-based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

Waist Level Cradle:

A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Walkover:

A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by stretching through the upper back, going backwards, similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands.

Whip:

A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

Wrap around:

A stunt transition that involves a single base holding a top person in a cradle position releasing the legs of the top person and swings the legs around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back of the base.

X-Out:

A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement. **Athlete safety must be considered with all skills.**
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions. **Carpet over an inappropriate surface is not permitted for technical skills.**
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from USASF, prior to use, to ensure the safety of the athletes. Flags, **standard flat** banners/signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect it will be considered a prop.
10. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. On the level grid, all skills allowed at a particular level encompass all skills allowed in the preceding level. If a skill is not allowed in a particular level, it is also not allowed in the preceding level(s).
12. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushnovas are allowed. *Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
14. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. Exception: All Star Prep routines shall not exceed 2:00. Novice routines shall not exceed 1:30. Non-tumbling routines may not exceed 2:00, Global routines may not exceed 3:30 (30-40 seconds for opening Cheer portion, **20 second maximum to move from cheer portion and set up for music portion**, and music may not exceed 2:30).
15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
17. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

LEVEL 1 RULES

LEVEL 1 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-6. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.
- B.** Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C.** Tumbling while holding or in contact with any prop is not allowed.
- D.** Dive rolls are not allowed.
- E.** Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump is included in a tumbling pass, the jump will break up the pass.

LEVEL 1 STANDING/RUNNING TUMBLING

- A.** Skills must involve constant physical contact with the performing surface.
Exception: Block cartwheels and round offs are allowed.
- B.** Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C.** Cartwheels and round offs are allowed.
- D.** No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off a clear and distinct pause must immediately follow a round off or round off rebound.
- E.** Front and back handsprings are not allowed.

LEVEL 1 STUNTS

- A.** Spotters
1. A spotter is required for each top person at prep level and above.
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc.) are considered prep level stunts.
Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
Exception: Shoulder sits, T-Lifts and **stunts where the top person is only supported at the waist**, do not require a spotter.
 2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
- B.** Stunt Levels
1. Single leg stunts are only allowed at waist level.
Exception 1: Prep level single leg stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.
Exception 2: **A walk up shoulder stand is legal.**
 2. Stunts above prep level are not allowed.
Clarification: Two leg stunts may immediately pass through an extended position.

- C.** Twisting stunts and transitions are allowed up to a ¼ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation.
 Exception 1: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.
 Exception 2: ½ Wrap around stunts are legal in Level 1.
 Exception 3: Up to a ½ twist is allowed if the top person starts and ends on performance surface and is only supported at the waist and does not require an additional spotter.
- D.** During transitions, at least one base must remain in contact with the top person.
 Exception: Leap frogs and leap frog variations are not allowed in L1.
- E.** Free flipping or assisted flipping stunts and transitions are not allowed.
- F.** No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
Clarification: A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
 Example: A shoulder sit walking under a prep is illegal.
 Exception: An individual may jump over another individual.
- G.** Single based split catches are not allowed.
- H.** Single based stunts with multiple top persons are not allowed.
- I.** L1 Stunts-Release Moves
1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
 2. Release moves may not land in a prone or inverted position.
 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 4. Helicopters are not allowed.
 5. A single full twisting log/barrel roll is not allowed.
 6. Release moves may not intentionally travel.
 7. Release moves may not pass over, under or through other stunts, pyramids, individuals or props.
- J.** L1 Stunts-Inversions
1. Inversions are not allowed.
Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling L1 tumbling rules).
 Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
- K.** An athlete in a backbend or inverted position **on the performance surface may not be in contact with a top person.**
Clarification: A person standing on the ground is not considered a top person.

LEVEL 1 PYRAMIDS

- A.** Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
1. Single based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B.** Top person must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L1 dismount rules.
- C.** Two leg stunts:
1. Two leg extended stunts must be braced by a top person at prep level or below with hand-arm connection only.
 - a. The connection must be made prior to initiating the two-leg extended stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.
 Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
 2. Two leg extended stunts may not brace or be braced by other extended stunts.

D. Single Leg Stunts

- 1.** Prep level single leg stunts must be braced by at least one person at prep level or below with hand-arm connection only.
 - a. The connection must be made prior to initiating the single leg prep level stunt.
 - b. Prep level bracers must have both feet in bases' hands.
Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
- 2.** Extended single leg stunts are not allowed.

E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is illegal.

LEVEL 1 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A.** Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B.** Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed. See Level 1 Tosses.
Clarification: All waist level cradles are illegal.
- C.** Dismounts must return to original base(s).
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D.** Only straight pop downs and basic straight cradles are allowed.
- E.** Twisting dismounts (including ¼ turns) are not allowed.
- F.** No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G.** No dismounts are allowed from skills above prep level in pyramids.
Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.
- H.** No free flipping or assisted flipping dismounts allowed.
- I.** Dismounts may not intentionally travel.
- J.** Top persons in dismounts may not come in contact with each other while released from the bases.
- K.** Tension drops/rolls of any kind are not allowed.

LEVEL 1 TOSSES

A. No tosses allowed.

Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.

Clarification: All waist level cradles are illegal.

LEVEL 2 RULES

LEVEL 2 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-6. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B.** Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C.** Tumbling while holding or in contact with any prop is not allowed.
- D.** Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E.** Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump is included in a tumbling pass, the jump will break up the pass.
- F.** There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.
Example: Back handspring step out > ½ turn = Illegal.

LEVEL 2 STANDING TUMBLING

- A.** Flips and aials are not allowed.
- B.** Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
- C.** Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D.** No twisting while airborne.
Exception: Round offs are allowed.

LEVEL 2 RUNNING TUMBLING

- A.** Flips and aials are not allowed.
- B.** Series front and back handsprings are allowed.
- C.** No twisting while airborne.
Exception: Round offs are allowed.

LEVEL 2 STUNTS

- A.** Spotters
1. A spotter is required for each top person above prep level.
 2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
- B.** Stunt Levels
1. Single leg stunts above prep level are not allowed.
Clarification: Single leg stunts may immediately pass through an extended position.
Clarification 1: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
 2. Single based or assisted single based EXTENDED stunts are not allowed in Mini and Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.

- C.** Twisting stunts and transitions are allowed up to a total of ½ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
Clarification: The log roll may not be assisted by another top person.
- D.** During transitions, at least one base must remain in contact with the top person.
- E.** Free flipping or assisted flipping stunts and transitions are not allowed.
- F.** No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
Clarification: A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
 Example: A shoulder sit walking under prep is illegal.
 Exception: An individual may jump over another individual.
- G.** Single based split catches are not allowed.
- H.** Single based stunts with multiple top persons are not allowed.
- I.** L2 Stunts - Release Moves
1. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."
 2. Release moves may not land in a prone or inverted position.
 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 Exception: See L2 Dismount "C".
 4. Releasing from inverted to non-inverted is not allowed.
 5. Helicopters are not allowed.
 6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification: Single based log rolls must have two catchers. Multi-based log rolls must have 3 catchers.
Clarification: The log roll may not be assisted by another top person.
Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.
 Example: no kick full twists
 7. Release moves may not intentionally travel.
 8. Release moves may not pass over, under or through other stunts, pyramids, individuals or props.
- J.** L2 Stunts-Inversions
1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Clarification: All inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.
 Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
 Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- K.** An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.
Clarification: A person standing on the ground is not considered a top person.

LEVEL 2 PYRAMIDS

- A.** Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
1. Single based or assisted single based EXTENDED stunts are not allowed in Mini and Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B.** Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface, may not be connected to a bracer that is above prep level, and must follow the L2 dismount rules.
- C.** Extended stunts may not brace or be braced by any other extended stunts.

- D.** No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
 Example: A shoulder sit walking under a prep is illegal.
- E.** Extended single-leg stunts:
- 1.** Extended single-leg stunts must be braced by at least one top person at prep level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - 2.** The connection must be made prior to initiating the extended single leg stunt.
 - 3.** Prep level top persons must have both feet in bases' hands.
 Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

LEVEL 2 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A.** Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B.** Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed in Mini Divisions. See Level 2 Tosses.
Clarification: All waist level cradles are not allowed in Mini Divisions.
- C.** Dismounts must return to original base(s).
 Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
 Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D.** Only straight pop downs, basic straight cradles and ¼ turn cradles are allowed.
- E.** Twisting dismounts exceeding ¼ turn are not allowed. All other positions are not allowed.
 Example: toe touch, pike, tuck, etc. are not allowed.
- F.** No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G.** Cradles from extended single leg stunts in pyramids are allowed.
- H.** No free flipping or assisted flipping dismounts allowed.
- I.** Dismounts may not intentionally travel.
- J.** Top persons in dismounts may not come in contact with each other while released from the bases.
- K.** Tension drops/rolls of any kind are not allowed.

LEVEL 2 TOSSES

- A.** Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B.** Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
 Example: No intentional traveling tosses.
- C.** The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D.** Flipping, twisting, inverted or traveling tosses are not allowed.
- E.** No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F.** The only body position allowed is a straight ride.
Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.
- G.** During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- H.** Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

- I. Only a single person is allowed during a toss.
- J. Tosses are not allowed in the Mini division.
Clarification: This includes "Sponge" tosses.
Clarification: All waist level cradles are illegal.

LEVEL 3 RULES

LEVEL 3 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-6. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B.** Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C.** Tumbling while holding or in contact with any prop is not allowed.
- D.** Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E.** Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump is included in a tumbling pass, the jump will break up the pass.
Example: round off >toe touch> back handspring >back tuck= Illegal. A back tuck is not allowed in Standing Tumbling in L3.

LEVEL 3 STANDING TUMBLING

- A.** Flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.
- B.** Series front and back handsprings are allowed.
- C.** No twisting while airborne.
Exception: Round offs are allowed.

LEVEL 3 RUNNING TUMBLING

- A.** Flips:
1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
 2. Other skills with hand support prior to the round off or round off back handspring are allowed.
Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.
 3. Cartwheel tucked flips and/or cartwheel>back handspring(s)>tucks are not allowed.
 4. Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips are allowed.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.
- B.** No tumbling is allowed after a flip or an aerial cartwheel.
Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass.
- C.** No twisting while airborne.
Exception: Round offs are allowed.
Exception: Aerial cartwheels are allowed.

LEVEL 3 STUNTS

- A.** Spotters
1. A spotter is required for each top person above prep level.
- B.** Stunt Levels
1. Single leg extended stunts are allowed.

2. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- C.** Twisting stunts and transitions:
1. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 2. Full twisting transitions must land at and originate from prep level or below only.
Example: No full ups to an extended position.
 3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation.
- D.** During transitions, at least one base must remain in contact with the top person.
Exception: See L3 Release Moves
- E.** Free flipping stunts and transitions are not allowed.
- F.** No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
Clarification: A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under prep is illegal.
Exception: An individual may jump over another individual.
- G.** Single based split catches are not allowed.
- H.** Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person.
- I.** L3 Stunts-Release Moves
1. Release moves are allowed but must not pass above extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves **may not pass through or** land in an inverted position. Releasing from inverted to non-inverted is not allowed.
 3. Release moves must start at waist level or below and must be caught at prep level or below.
 4. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
 5. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.
Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
Clarification: Single based log rolls must have two catchers. Multi-based log rolls must have 3 catchers.
 6. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See L3 Dismount "C".
Exception: Dismounting single based stunts with multiple top persons.
 7. Helicopters are not allowed.
 8. Release moves may not intentionally travel.
 9. Release moves may not pass over, under or through other stunts, pyramids, individuals or props.
 10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

J. L3 Stunts–Inversions

1. No inverted stunts above **prep** level. The connection and support of the top person with the base(s) must be at **prep** level or below.
Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or the performing surface are allowed. Multi-based suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
 2. Inversions are limited to a ½ twisting rotation to extended level and one twisting rotation to prep level and below.
Exception: Multi-based suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)
Forward Suspended Roll exceeding ½ twist must land in cradle.
Exception: In a multi-based suspended backward roll, the top person may not twist.
 3. Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.
Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification 3: Two leg "Pancake" stunts are not allowed in Level 3.
 4. Downward inversions may not come in contact with each other.
- K. An athlete in a backbend or inverted position **on the performance surface may not be in contact with a top person.**
Clarification: A person standing on the ground is not considered a top person.

LEVEL 3 PYRAMIDS

- A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
1. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B. Top persons must receive primary support from a base.
Exception: See L3 Pyramid Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
Example: shoulder sits walking under a prep.
- E. Twisting stunts and transitions **TO extended** skills are allowed up to 1 twist, if connected to at least ONE bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. Hand/arm does not include shoulder.
- F. L3 Pyramids-Release Moves
Any skill legal as a L3 Pyramid Release Move is also legal if it remains connected to a base and two bracers. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the L3 dismount rules.
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition.
Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least two bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
Clarification 2: Level 3 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L3 Stunt Release Moves or L3 Dismounts.
 2. Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-hand/arm. The second contact may be either hand/arm-to-hand/arm or

hand/arm-to-foot/lower-leg (below knee).

Clarification: Pyramid Release Moves must be braced on two separate sides (i.e. right side-left side, left side - back side, etc.) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).

3. Primary weight may not be borne at second level.

Clarification: The transition must be continuous.

4. These release transitions may not involve changing bases.
5. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced/connected to top persons above prep level.

G. L3 Pyramids-Inversions

1. Must follow L3 Stunt Inversions rules.
2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition (this does not include the uniform or hair). The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
Example: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill.
Example: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.

H. L3 Pyramids - Release Moves w/ Braced Inversions

1. Pyramid transitions may not involve inversions while released from the bases.

LEVEL 3 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to original base(s)
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs, basic straight cradles and ¼ turn cradles are allowed from any single leg stunt.
- E. Up to 1-¼ twists are allowed from any two leg stunts.
Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two-leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick allowed during a dismount from any two-leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- N. Dismounts from an inverted position are not allowed

LEVEL 3 TOSSES

- A.** Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B.** Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: no intentional traveling tosses.
Exception: A $\frac{1}{4}$ turn is allowed by bases as in a $1\frac{1}{4}$ twist basket.
- C.** The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D.** Flipping, inverted or traveling tosses are not allowed.
- E.** No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F.** Up to 1 trick allowed during a toss. Twisting tosses may not exceed $1\frac{1}{4}$ twisting rotation.
(Example 1: Legal: toe-touch, ball out, pretty girl)
(Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch)
Clarification: The 'arch' does not count as a trick.
Exception: A Ball-X toss is allowed at this level as an "EXCEPTION".
- G.** During a twisting toss, no skill other than the twist is allowed.
Example: No kick fulls, $\frac{1}{2}$ twist toe touches.
- H.** Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- I.** Only a single top person is allowed during a toss.

LEVEL 4 RULES

LEVEL 4 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-6. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B.** Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C.** Tumbling while holding or in contact with any prop is not allowed.
- D.** Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E.** Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in L4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for L4.

LEVEL 4 STANDING TUMBLING

- A.** Standing flips and flips from a back handspring entry are allowed.
- B.** Skills are allowed up to 1 flipping and 0 twisting rotations. Flips may ONLY be performed in a tuck position. Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
Exception: Aerial cartwheels and Onodis are allowed.
- C.** Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are not allowed.
Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.
- D.** No tumbling is allowed after a flip, aerial cartwheel or Onodi.

LEVEL 4 RUNNING TUMBLING

- A.** Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.

LEVEL 4 STUNTS

- A.** Spotters
 - 1.** A spotter is required for each top person above prep level.
- B.** Stunt Levels
 - 1.** Single leg extended stunts are allowed.
 - 2.** Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- C.** Twisting stunts and transitions:
 - 1.** Twisting stunts and transitions to prep level and below are allowed up to 1- $\frac{1}{2}$ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1- $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt

is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

2. Twisting stunts and transitions to an extended position are allowed and must meet the following conditions:

a. Extended skills up to ½ twist are allowed.

Example: ½ up to extended single leg stunt is legal.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

b. Extended skills exceeding ½ and up to 1 twist must land in a two-leg stunt, platform position or a liberty (body position variations are not allowed).

Example: full up to immediate extended heel stretch is illegal, full up to extension is legal.

Clarification: An extended platform position must be visibly held prior to hitting a single leg stunt other than a liberty.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. During transitions, at least one base must remain in contact with the top person.

Exception: See "Release Moves"

E. Free flipping stunts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid, individual or prop.

Clarification: This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.

Example: A shoulder sit walking under a prep is illegal.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.

I. L4 Stunts-Release Moves

1. Release moves are allowed but must not exceed extended arm level.

Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may **not pass through** or land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.

Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.

4. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

Exception: See L4 Dismount "C".

Exception: Dismounting single based stunts with multiple top persons.

5. Release moves that land in extended position must originate from waist level or below and may not involve twisting or flipping.

6. Release moves initiating from an extended level may not twist.

7. Helicopters are allowed up to a 180-degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
 8. Release moves may not intentionally travel.
 9. Release moves may not pass over, under or through other stunts, pyramids, individuals or props.
 10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.
- J. L4 Stunts-Inversions**
1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
 2. Downward inversions are allowed at prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended).
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification 3: Downward inversions that do not pass above waist level do not require three bases.
Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
Clarification 4: Two Leg Pancakes cannot stop or land inverted.
 3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
 4. *Downward inversions may not come in contact with each other.*
- K. An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.**
Clarification: A person standing on the ground is not considered a top person.

LEVEL 4 PYRAMIDS

- A.** Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
1. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B.** Top persons must receive primary support from a base.
Exception: See L4 Pyramid Release Moves.
- C.** Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D.** No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
Example: shoulder sits walking under a prep
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E.** Any skill legal as a L4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: An extended pancake would be required to remain connected to two bracers.
- F. L4 Pyramids-Release Moves**
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).
Exception: While a tic-tock from prep level or higher to an extended position (low to high and high to high) is illegal in stunts for L4, the same skill is legal in L4 Pyramid Release Moves if it is braced by at least one person at

prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.

Clarification: Level 4 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L4 Stunt Release Moves or L4 Dismounts.

Clarification: Twisting stunts and transitions are allowed up to 1 ½ twists, if connected to at least one bracer at prep level or below.

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
 3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).
 - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
 6. Release moves may not be braced/connected to top persons above prep level.
- G.** L4 Pyramids-Inversions
1. Must follow L4 Stunt Inversions rules.
- H.** L4 Pyramids-Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracers is lost (this does not include the uniform or hair).
Clarification: Braced flips must be braced on two separate sides (i.e. right side-left side, left side -back side, etc.) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
 2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
 3. Braced inversions (including braced flips) may not involve changing bases.
 4. Braced inversions (including braced flips) must be in continuous movement.
 5. All braced inversions (including braced flips) must be caught by at least 3 catchers
Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.
 - a. All required catchers/spotters must be stationary
 - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 6. Braced inversions (including braced flips) may not travel downward while inverted.
 7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
 8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 4 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A.** Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

- B.** Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C.** Dismounts must return to original base(s).
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D.** Up to a 2- $\frac{1}{4}$ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1- $\frac{1}{4}$ rotation. Platform is not considered a two-leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.
- E.** Up to a 1- $\frac{1}{4}$ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two-leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.
- F.** No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G.** During a cradle that exceeds 1- $\frac{1}{4}$ twists, no skill other than the twist is allowed.
- H.** No free flipping dismounts allowed.
- I.** Dismounts may not intentionally travel.
- J.** Top persons in dismounts may not come in contact with each other while released from the bases.
- K.** Tension drops/rolls of any kind are not allowed.
- L.** When cradling single based stunts with multiple top persons 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- M.** Dismounts from an inverted position may not twist.
- N.** May not exceed two tricks.

LEVEL 4 TOSSES

- A.** Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B.** Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
Exception: A $\frac{1}{2}$ turn is allowed by bases as in a kick full basket.
- C.** The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D.** Flipping, inverted or traveling tosses are not allowed.
- E.** No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F.** Up to 2 tricks allowed during a toss.
Example: Kick full, full up toe touch.
- G.** Tosses may not exceed 2- $\frac{1}{4}$ twisting rotations.
- H.** Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- I.** Only a single top person is allowed during a toss.

LEVEL 5 RULES

LEVEL 5 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-6. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B.** Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C.** Tumbling while holding or in contact with any prop is not allowed.
- D.** Dive rolls are allowed:
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E.** Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump is included in a tumbling pass, the jump will break up the pass.

LEVEL 5 STANDING TUMBLING

- A.** Tumbling skills are allowed up to 1 flipping and 0 twisting rotations.

LEVEL 5 RUNNING TUMBLING

- A.** Tumbling skills are allowed up to 1 flipping and 1 twisting rotation.
- 1.** Twisting skills may ONLY be performed if immediately preceded by a round off, back handspring(s) or front handspring(s). During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar).
Clarification: All skills up to a full twist are also allowed. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or handspring(s).
Exception: Simultaneous front flipping and twisting may be performed if executed from a running entry or from a front handspring and does not exceed 1 twisting rotation.
(ie. Front Baranis, front full up to one twist with no additional skills are legal)
- 2.** No tumbling is allowed after the twisting skill.
Clarification: If any tumbling follows a twisting skill at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out. However, if the athlete finishes the twisting skill with both feet together, then one step is all that is needed to create a new tumbling pass.

LEVEL 5 STUNTS

- A.** Spotters
- 1.** A spotter is required for each top person above prep level.
- B.** Stunt Levels
- 1.** Single leg extended stunts are allowed.
- C.** Twisting Stunts and Transitions
- 1.** Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt

is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

2. Twisting stunts and transitions are allowed up to a maximum of 1 ½ twisting rotations by the top person in relation to the performing surface when landing in an EXTENDED 2 leg position and 1 twisting rotation by the top person in relation to the performing surface to an EXTENDED 1 leg position. (1 ¼ twisting to an extended single leg stunt is not allowed.)

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1½ rotations when landing in an extended 2 leg position or 1 twisting rotation to an extended 1 leg position. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. L5 Stunts-Release Moves

1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.

Example: tic-tocks are allowed.

Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves **may not pass through** or land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.

4. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

Exception: See L5 Dismount "C".

Exception: Dismounting single based stunts with multiple top persons.

5. Helicopters are allowed up to a 180-degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

6. Release moves may not intentionally travel.

7. Release moves may not pass over, under or through other stunts, pyramids, individuals or props.

8. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

H. L5 Stunts-Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."

2. Downward inversions are allowed from above prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification: Downward inversions originating from prep level or below do not require three catchers. If the stunt begins at prep level or below and passes above prep level it requires three catchers. (The momentum of the top person coming down is the primary safety concern.)

Exception: A controlled lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level require a minimum of 1 base and 1 spotter.

3. Downward inversions must maintain contact with an original base.

Exception: The original base may lose contact with the top person when it becomes necessary to do so.

Example: cartwheel-style transition dismounts.

4. Downward inversions from above/**passes above** prep level:

- a. May not stop in an inverted position.
Example: a cartwheel roll off would be legal because the top person is landing on their feet.
Exception: A controlled lowering of an extended inverted stunt to prep level, **passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level is allowed.**
 - b. May not land on or touch the ground while inverted.
Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
5. Downward inversions may not come in contact with each other.
- I. **An athlete** in a backbend or inverted position **on the performance surface may not be in contact with a top person.**
Clarification: A person standing on the ground is not considered a top person.

LEVEL 5 PYRAMIDS

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting stunts and transitions to extended skills are allowed up to 2 ¼ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
- B. Top persons must receive primary support from a base.
Exception: See L5 Pyramid Release Moves.
- C. L5 Pyramids-Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Clarification: Twisting stunts and transitions are allowed up to 2 ¼ twists, if connected to at least one bracer at prep level or below.
 2. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
 4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).
 - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 5. Release moves may not be braced/connected to top persons above prep level.
- D. L5 Pyramids-Inversions
1. Must follow L5 stunt inversions rules.
- E. L5 Pyramids-Release moves w/ braced inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).
 2. Braced inversions (including braced flips) are limited to up to 1¼ flipping and 0 twisting rotations.
 3. Inverted transitional pyramids may involve changing bases.
 4. Braced inversions (including braced flips) must be in continuous movement.
 5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of one catcher and two spotters.
 - a. The 3 catchers/spotters must be stationary.

- b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
- c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- 6. Braced inversions (including braced flips) may not travel downward while inverted.
- 7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
- 8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 5 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to original base(s).
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-¼ twisting rotations allowed from all stunts.
- E. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. No free flipping dismounts allowed.
- G. Dismounts may not intentionally travel.
- H. Top persons in dismounts may not come in contact with each other while released from the bases.
- I. Tension drops/rolls of any kind are not allowed.
- J. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- K. Dismounts from an inverted position may not twist.
- L. **May not exceed three tricks. If exceeds 1 ½ twists no other skill allowed (i.e. kick doubles are not allowed).**

LEVEL 5 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Clarification: no intentional traveling tosses
Exception: A ½ turn is allowed by bases as in a kick full basket.
- C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D. Flipping, inverted or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full).
- G. Up to 2-½ twisting rotations allowed. **If exceeds 1 ½ twists no other skill allowed (i.e. kick doubles are not allowed).**
- H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- I. Only a single top person is allowed during a basket toss.

LEVEL 6 RULES

LEVEL 6 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-6. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B.** Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C.** Tumbling while holding or in contact with any prop is not allowed.
- D.** Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.
- E.** Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump is included in a tumbling pass, the jump will break up the pass.

LEVEL 6 STANDING TUMBLING

- A.** Skills are allowed up to 1 flipping and 2 twisting rotations.
- B.** Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
- C.** Twisting skills immediately out of a double twisting tumbling skill are not allowed.
- D.** Skills involving more than one twist (i.e. Double fulls) must be immediately preceded by a minimum of two backward traveling, non-twisting tumbling skills (excludes: back extension rolls and jumps). One of these skills must be a back handspring.
Example: standing back handspring>whip>whip>double full = Legal
Clarification: If the requirements in "D" are met before performing a single full, or an additional double full within the same pass, then only letters A, B and C need to be followed.
Example: standing back handspring>back handspring>double full>back handspring>double full=Legal
Example: standing back handspring>whip>whip>SINGLE full>back handspring>double full=Legal

LEVEL 6 RUNNING TUMBLING

- A.** Skills are allowed up to 1 flipping and 2 twisting rotations.
- B.** Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
- C.** Twisting skills immediately out of a double twisting tumbling skill are not allowed.

LEVEL 6 STUNTS

- A.** Spotters
 - 1.** A spotter is required for each top person above prep level.
- B.** Stunt Levels
 - 1.** Single leg extended stunts are allowed.
- C.** Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- D.** Free flipping stunts and transitions are not allowed.
- E.** Single based split catches are not allowed.
- F.** Single based stunts with multiple top persons require a separate spotter for each top person

G. L6 Stunts-Release Moves

1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
2. Release moves may not **pass through or** land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may twist **up to a ½ twist**. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catchers for a multi base stunt and 2 catchers for a single based stunt.
4. Release moves must return to original base(s).
Clarification: An individual may not land on the performing surface without assistance.
Exception: See L6 Dismount "C".
Exception: Dismounting single based stunts with multiple top persons.
5. Helicopters are allowed up to a 180-degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids, individuals or props.
8. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

H. L6 Stunts-Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from above prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification: Downward inversions originating from prep level or below do not require three catchers. If the stunt begins at prep level or below and passes above prep level it requires three catchers. (The momentum of the top person coming down is the primary safety concern.)
Exception: A controlled lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level require a minimum of 1 base and 1 spotter.
3. Downward inversions must maintain contact with an original base.
Exception: The original base may lose contact with the top person when it becomes necessary to do so.
Example: cartwheel-style transition dismounts.
4. Downward inversions from above/**passes above** prep level:
 - a. May not stop in an inverted position.
Example: a cartwheel roll off would be legal because the top person is landing on their feet.
Exception: A controlled lowering of an extended inverted stunt to **prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level is allowed.**
 - b. May not land on or touch the ground while inverted.
Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
5. Downward inversions may not come in contact with each other.

- I. **An athlete** in a backbend or inverted position **on the performance surface may not be in contact with a top person.**
Clarification: A person standing on the ground is not considered a top person.

LEVEL 6 PYRAMIDS

- A.** Pyramids must follow Level 6 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B.** Top persons must receive primary support from a base.
Exception: See L6 Pyramid Release Moves.
- C.** L6 Pyramids-Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).
 2. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
 4. Non-inverted transitional pyramids may involve changing bases. When changing bases:
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).
 - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 5. Release moves may not be braced/connected to top persons above prep level.
- D.** L6 Pyramids-Inversions
1. Must follow L6 stunt inversions rules.
- E.** L6 Pyramids-Release moves w/ braced inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost (this does not include the uniform or hair).
 2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotation.
 3. Braced inversions (including braced flips) are allowed up to a ¾ flipping rotation and 1 twisting rotation.
 4. Inverted transitional pyramids may involve changing bases.
 5. Braced inversions (including braced flips) must be in continuous movement.
 6. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of one catcher and two spotters.
 - a. The 3 catchers/spotters must be stationary.
 - b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 7. All braced inversions (including braced flips) that twist (including ¼ and higher) must be caught by at least 3 catchers. All three catchers must make contact during the catch.
 - a. The catchers must be stationary.
 - b. The catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 8. Braced inversions (including braced flips) may not travel downward while inverted.
 9. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
 10. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 6 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A.** Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B.** Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C.** Dismounts must return to original base(s).
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D.** Up to a 2-¼ twisting rotations allowed from all stunts.
- E.** No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F.** No free flipping dismounts allowed.
- G.** Dismounts may not intentionally travel.
- H.** Top persons in dismounts may not come in contact with each other while released from the bases.
- I.** Tension drops/rolls of any kind are not allowed.
- J.** When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- K.** Dismounts from an inverted position may twist **up to a ½ twist.**

LEVEL 6 TOSSES

- A.** Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B.** Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Clarification: no intentional traveling tosses
Exception: A ½ turn is allowed by bases as in a kick full basket.
- C.** The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D.** Flipping, inverted or traveling tosses are not allowed.
- E.** No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- F.** Up to 2-½ twisting rotations allowed.
- G.** Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- H.** Only a single top person is allowed during a basket toss.

LEVEL 7 RULES

LEVEL 7 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Exception 1: *A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*
Exception 2: **Cartwheel**, round off and standing single back handspring rewinds are allowed. No tumbling skills prior to the **cartwheel**, round-off or standing back handspring are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed.
Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls that involve twisting are not allowed.

LEVEL 7 STANDING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.
- B. **Twisting skills immediately out of a double twisting tumbling skill are not allowed.**
- C. **Skills involving more than one twist must be immediately preceded by a minimum of one backward traveling, non-twisting tumbling skill.**

LEVEL 7 RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.
- B. **Twisting skills immediately out of a double twisting tumbling skill are not allowed.**

LEVEL 7 STUNTS

- A. Spotters
A spotter is required:
 - 1. During one-arm stunts above prep level, other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 - 2. When the load/transition involves:
 - a. A release move with a twist greater than 360 degrees.
 - b. A release move with an inverted position, landing at prep level or above.
 - c. A free flip.
 - 3. During stunts in which the top person is in an inverted position above prep level.
 - 4. When the top person is released from above ground level to a one-arm stunt.
- B. Stunt Levels
 - 1. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- D. Free flipping and assisted flipping stunts and transitions are allowed.
 - 1. If it **originates from ground level**; allowed up to 1¼ flipping and 1¼ twisting rotations; **Toe pitch, leg pitch or similar type tosses are ALLOWED in initiating free flipping skills. Requires 1 catcher and 1 spotter.**
Rewinds: Cartwheel rewind, round off rewind, and standing single back handspring rewinds are allowed. No tumbling skills prior to the cartwheel, round off or standing back handspring

2. If it **originates from stunt**: are allowed up to 1¼ flipping and ½ twisting rotation; Must initiate from prep level only and must land in a cradle or a horizontal position. 1 flipping rotation or less requires 2 catchers, if exceeds 1 flipping rotation requires 3 catchers.
- E.** Single based split catches are not allowed.
- F.** Single based stunts with multiple top persons require a separate spotter for each top person.
- G.** L7 Stunts-Release Moves
1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismounts" rules.
 2. Release moves may not land in an inverted position.
Exception 1: Ground level handstand may be released to hand-to-hand stunt with 0 twisting and 0 flipping
Exception 2: Release from prep level and below to a prep level inverted position with 0 twisting and 0 flipping
 3. Release moves must return to original bases.
Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated. The original tossing base may become the spotter.
Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons.
Clarification: An individual may not land on the performing surface without assistance from above waist level.
 4. Helicopters are allowed up to a 180-degree rotation must be caught by at least 2 catchers, one of which is positioned at head and shoulder area of the top person.
 5. Release moves may not intentionally travel. See exceptions in #3 above.
 6. Release moves may not pass over, under or through other stunts, pyramids, individuals or prop.
 7. Top persons in separate release moves may not come in contact with each other.
Exception: Single based stunts with multiple top persons.
- H.** L7 Stunts-Inversions
1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.
Exception: A controlled lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level is allowed single base with a spotter.
 2. **An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.** *Clarification: A person standing on the ground is not considered a top person.*

LEVEL 7 PYRAMIDS

- A.** Pyramids must follow "Stunts A" spotter rules and are allowed up to 2 ½ high.
Exception: Tower pyramids are allowed.
Exception: One arm extended Paper Dolls require a spotter for each top person.
- B.** For 2 ½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotters must be in position the entire time the top person(s) is at the 2 ½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2 ½ high level. Spotters may not be a primary support of the pyramid.
Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the middle layer, they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required.
Clarification: For all 2 ½ high pyramids with horizontal top persons (ie. Flat back, prone and swedish variations): Spotters must be on 2 of the 4 sides (front, back, right, left) of the pyramid.
An athlete on the foot/feet side or leg side will not be considered a spotter.
- C.** Free-flying mounts or transitions originating from ground level are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts or transitions originating from above ground level stunts are permitted and are allowed up to 1¼ flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.
Clarification: Free flying mounts or transitions may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids, individuals or prop.
Clarification: Free flying mounts or transitions may not land in an inverted position.

- D. L7 Pyramids–Release Moves**
 - 1. During a pyramid transition, a top person may pass above 2 ½ high
 - a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person. (i.e. tower pyramid tic-tocks)
 - b. Free release moves from 2 ½ high pyramids may not land in an inverted position.
 - 2. Release moves may not pass over, under or through a prop.
- E. L7 Pyramids-Inversions**
 - 1. Inverted skills are allowed up to 2 ½ persons high.
 - 2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. L7 Pyramids–Release Moves w/ Braced Inversions**
 - 1. Braced inversions (including braced flips) are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
 - 2. Braced inversions (including braced flips) are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
Exception 1: Braced inversion to 2½ high pyramids may be caught by 1 person.
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 - 3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one base and 1 additional spotter.
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- G. Free release moves from 2 ½ high pyramids.**
 - 1. May not land in an inverted position.
 - 2. Are allowed up to 0 flipping and 1 twisting rotation.

LEVEL 7 DISMOUNTS

Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface”

- A.** Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- B.** Dismounts must return to original base(s).
Exception: Single based stunts with multiple top persons do not need to return to original base(s).
Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
 - 1. Dismounts to the performing surface are allowed up to 2-1/4 twists.
 - 2. Dismounts to the performing surface exceeding 1-1/4 twist must be assisted by 2 catchers or 1 catcher with a spotter.
Exception: Dismounts to the performing surface from 2 1/2 high pyramids are allowed up to 1 1/4 twist and must be assisted by 2 catchers or 1 catcher with a spotter.
- C.** Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 2¼ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
Exception: 2-1-1 tower pyramids may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).
- D.** Free released moves from 2 ½ high pyramids may not land in an inverted position.
- E.** Free flipping dismounts to cradle:
 - 1. Are allowed up to 1 ¼ flipping and 1/2 twisting rotations.
 - 2. Require at least 2 catchers, one of which is an original base.

- 3. May not intentionally travel.
- 4. Must originate from prep level. (May not originate from 2 ½ high pyramid.)
Exception: 3/4 front flip and **up to a ½ twist** to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated
- F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:
Clarification: Back flipping dismounts must go to cradle
 - 1. Allowed up to 1 front flipping and 0 twisting rotations.
 - 2. Must return to an original base.
 - 3. Must have a spotter.
 - 4. May not intentionally travel.
 - 5. Must originate from prep level. (May not originate from 2 ½ high pyramid.)
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from a 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids, individuals or prop.
- K. Dismounts may not intentionally travel.
- L. Top persons in dismounts may not come in contact with each other while released from the bases.

LEVEL 7 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
Exception 1: When tossing from one set of bases to another set of bases/catchers
Exception 2: Arabians in which the 3rd person would need to start in front to be in a position to catch the head and shoulder area of the top person during the cradle.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.
- E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Non-flipping tosses may not exceed 3 ½ twists.
- G. Top persons tossed to another set of bases must be thrown by 3 or 4 bases and must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- H. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- I. Only a single top person is allowed during a basket toss.

ALL STAR PREP

Level/Safety Rule Differences from All Star Elite (Traditional All Star)

- A. Routines may not exceed 2:00 minutes
- B. **No Tosses** permitted
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- C. Performances may be performed on spring floor or carpet bonded foam.
- D. All Star Prep can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, Prep divisions will perform ONE TIME ONLY.

ALL STAR NOVICE

Level/Safety Rule Differences from All Star Elite (Traditional All Star)

- A. Routines may not exceed 1:30 minute
- B. **No Tosses** permitted
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- C. Performances may be performed on spring floor or carpet bonded foam.
- D. Novice can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- E. Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.
- F. Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
Tiny Novice Only: No Building skills permitted (**includes tosses, stunts and pyramids**). The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

INTERNATIONAL Divisions

- A. An athlete must meet the age requirement within the calendar year of 2020. The USASF member database will calculate the age on December 31, 2020.
EXAMPLE: If a 13-year-old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 on or before December 31st, 2020.
EXAMPLE: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in 2020.
- B. Background checks are an eligibility requirement for "adult" athletes on U.S. based open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2020.
- C. Minimum number of athletes for all divisions is 16. A penalty may be assessed for taking the floor with fewer than 16 athletes.
- D. The maximum numbers of males on a Co-Ed Division team may not exceed 2/3 of the total athletes on the team.
- E. Routine time limit for International Divisions is a maximum of 2:30.
Exception: Routine time limit for NON - TUMBLING Divisions is a maximum of 2:00.
Exception: Global Divisions - Time Limit: 3:30. Cheer = 30 seconds(minimum) 40 second (maximum), 20 seconds to move from cheer to and set for music portion, 2:30 maximum for music portion.
- F. Non-Tumbling Division: No Tumbling Allowed
EXCEPTION: Forward rolls, handstands, cartwheels and round offs allowed and must follow appropriate level rules. EXAMPLE: Level 3 downward inversion from cradle position, "back walkover" out to the performing surface would be legal if stays at waist level or below, must be assisted by at least two bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area of the top person as it transitions through a handstand position.

CheerABILITIES - Exceptional Athletes **(SPECIAL ATHLETE TEAM)**

- A.** All CheerABILITY TEAMS will follow the USASF general rules and routines requirements.
- B.** Teams may execute skills up to and including Level 2.
Exception: See letter "D" below.
- C.** ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require additional spotter that is a coach/assistant
- D.** Tosses are not permitted.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- E.** Spotted and assisted tumbling is not allowed in the CheerABILITIES (competitive) division but is allowed in the CheerABILITIES (exhibition) division.
- F.** Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. There is no limit to the number of assistants around the perimeter of the floor in a squat position.
- G.** Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirt, if athlete is in light uniform top, all Assistants will be in dark colored matching t-shirt. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
- H.** Wheelchair/Walking Devices/Aids
 1. All wheelchairs must be visually locked when using as a base for athletes to stand or put any amount of weight on the chair.
 2. Non-motorized wheelchairs
 - a. With or without assistance, must have at least 2 wheels on the floor at all times. Either 2 front or 2 back wheels. Must not tip to side. Tipping backwards or forwards only allowed with aid of tipping device.
 - b. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
 3. Motorized wheelchairs must have all 4 wheels on floor at all times (exception – if assistance is needed to lift back wheels onto cheer floor).
 4. Any Assistive Walking Devices/Aids such as canes, crutches or elbow crutches, etc., cannot be used as a prop in any manner. Please refer to USASF Coach App to send in videos of use of device if in question.
- I.** It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

USASF ATHLETIC PERFORMANCE STANDARDS

Coaches must be discretionary with minor athletes to meet age appropriateness.

Cheer Teams

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.

COVER UP GUIDELINES

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm up area, or on the performance stage.

APPROPRIATE CHOREOGRAPHY

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

MAKEUP AND OTHER

MAKEUP

If worn, makeup should be uniform and appropriate for both the performance and the age of the athletes **utilizing neutral colors for eyes and skin**. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.

HAIR

Hair must be secured off of the face with a simple and unexaggerated style that is adaptable to all diversities.

BOWS

Bows should not be excessive in size (acceptable bows are generally no more than 3" in width) and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

APPROPRIATE UNIFORM

GENERAL UNIFORM GUIDELINES

No risqué, sexually provocative or lingerie looking inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

In addition to the below specific guidelines, athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete's undergarments during the routine.

UNIFORM SKIRT/SHORTS GUIDELINES

When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

UNIFORM TOP GUIDELINES

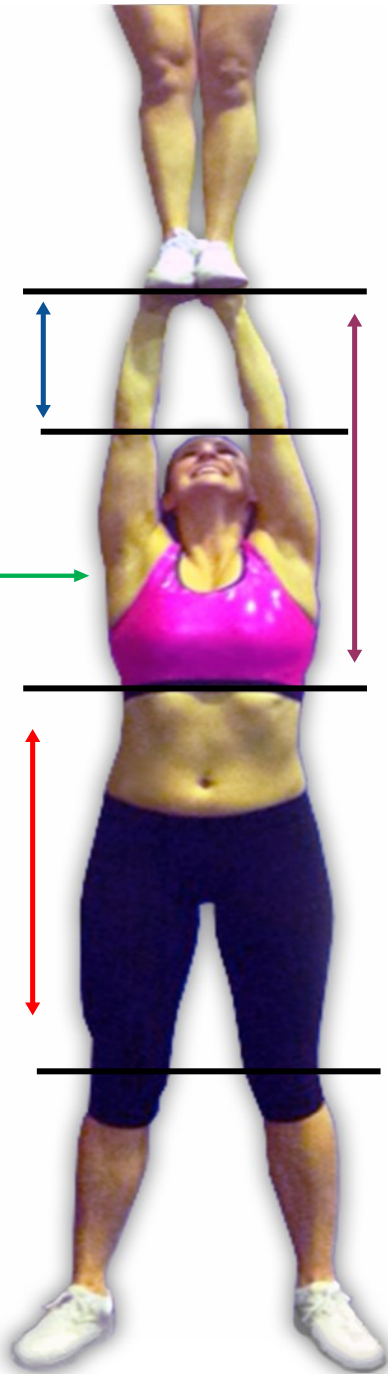
Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in **Senior/Senior Open Elite /International Tier divisions**. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed). **Competitions that follow IASF Guidelines may have additional uniform restrictions for the International Divisions. Please check with the Event Producer directly for further information.**

**‘Extended Level’ or
‘Passing Above Prep
Level’**

‘Shoulder Level’

‘Waist Level’

‘Ground Level’



**‘Prep Level’
(See note below)**

Note: You must consult the glossary and the rules for further specifications, explanations and restrictions when interpreting the stunt level.

USASF CHEER RULES

QUICK REFERENCE

Levels 1-6

Will be included in the Final Release of the Rules in May