

**2015-2017**  
**USASF Cheer Safety Rules**



# 2015-2017 USASF Safety Rules

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# **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.
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.
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. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. 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). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
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 plaster cast or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
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. Shushinovs 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 2:30.9. (Point deduction will start at 2:31.) 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.  
*Clarification: Allstar Prep routines shall not exceed 2 minutes.*
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 1-5. 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 ( $\frac{1}{2}$  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: 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 skill 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.  
Exception: Walking handstands are allowed.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. 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.*  
Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.
- 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 braced by someone standing on the performance surface, the bracer must be a separate person other than the base(s) or spotter. The braced 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 in level 1 if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.
  2. Stunts above prep level are not allowed (see definition of extended stunts in glossary). A stunt may not pass above prep level.  
*Clarification: Taking the top person above the head of the bases would be illegal.*
  3. **Single base or assisted single base EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.**
- C. Twisting mounts and transitions are allowed up to a  $\frac{1}{4}$  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  $\frac{1}{4}$  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 ( $\frac{1}{2}$  twist to stomach) in a stunt is allowed in Level 1.

Exception 2: **1/2 Wrap around stunts are legal in Level 1.**

Exception 3: **1/2 twist is allowed if the top person starts and ends on performing surface and is only supported at the waist.**

- 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.  
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. "True" (unassisted) Double Cupies are not allowed.  
*Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level.*  
i.e. "True" (unassisted) Double Cupies = one base holding two top people.  
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be 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 or individuals.
- 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. Bases may not support any weight of a top person while that base is in a backbend or inverted position.  
*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 base or assisted single base EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.**
- 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.  
The connection must be made at or below prep level.
    - a. **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. Prep level single leg stunts: Single Leg Stunts
  1. **Shoulder 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.  
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 to the performing surface must be assisted by an original base 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 stunts 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 must return to original base(s).
- 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.

### **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 1-5. 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: 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 skill is included in a tumbling pass, the jump will break up the pass.

## LEVEL 2 STANDING TUMBLING

- A. Flips and aerials 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 aerials 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.
- B. **Stunt Levels**
  - 1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.  
*Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.*  
*Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*
  - 2. **Single base or assisted single base EXTENDED stunts are not allowed in Mini and Youth divisions.**
- C. Twisting mounts 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.*
- 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.  
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. "True" (unassisted) Double Cupies are not allowed.  
*Clarification: "True"(unassisted) Double Cupies are not allowed at extended, prep or below prep level.*  
i.e. "True" (unassisted) Double Cupie = one base holding two top people.  
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be 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.*
- J. 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: 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 or individuals.
- K. 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.
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.  
*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 base or assisted single base EXTENDED stunts are not allowed in Mini and Youth divisions.**
- 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 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.  
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.
- C. **Dismounts to the performing surface must be assisted by an original base 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 1/4 turns are allowed.
- E. Twisting dismounts exceeding 1/4 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 must return to original base(s).
- 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.

## 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 top person is allowed during a toss.

# 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 1-5. 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: 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 skill is included in a tumbling pass, the jump will break up the pass.  
Example: If an athlete in L3 were to do a round off – toe touch – back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for 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 tuck fronts, 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.  
Exception: A forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll.  
*Clarification 1: If any tumbling follows a forward or backward roll or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.*  
*Clarification 2: A step-out from a roll does not separate two passes. For example: a punch front, forward roll step-out would require an additional step or hurdle prior to the start of another 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 base or assisted single base EXTENDED stunts are not allowed in Youth divisions.**
- C. Twisting mounts and transitions:

1. Twisting mounts 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 mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.  
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 double cupies require a separate spotter for each 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 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 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 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
  5. 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 True Double Cupies.
  6. Helicopters are not allowed.
  7. Release moves may not intentionally travel.
  8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  9. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting True Double Cupies.
- J. L3 Stunts-Inversions
1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.  
Exception: Multi base suspended rolls to a cradle, load in position, flat body prep level stunt or the performing surface are allowed. Multi base 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.  
Exception: Multi base 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 below prep level and must be assisted by at least two bases 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. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

*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 base or assisted single base EXTENDED stunts are not allowed in Youth divisions.**

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.

Example: shoulder sits walking under prep.

E. Any skill legal as a L3 Pyramid Release Move is also legal if it remains connected to a base and two bracers.

**Exception: Twisting mounts 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

*Clarification: 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: 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.*

3. These release transitions may not involve changing bases.

4. 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.

5. **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 below. The top person must remain in contact with both the bracer and the base throughout the transition.** 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 to the performing surface must be assisted by an original base 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 turns 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 Mounts 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 must return to original base(s).
- K. Dismounts may not intentionally travel.
- L. Top persons in dismounts may not come in contact with each other while released from the bases.
- M. Tension drops/rolls of any kind are not allowed.
- N. When cradling true single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

### 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.
- 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 1¼ twisting rotation.  
(ex 1: Legal: toe-touch, ball out, pretty girl)  
(ex 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, ½ 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 1-5. 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: 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 skill 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.  
Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.  
Example: Back tuck-back tuck, back tuck-punch front.
- D. 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.*

## 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 base or assisted single base EXTENDED stunts are not allowed in Youth divisions.**
- C. Twisting mounts and transitions:  
1. Twisting mounts and transitions to prep level and below are allowed up to 1-1/2 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 1-1/2 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 mounts and transitions to an extended position are allowed and must meet the following conditions:  
a. Extended skills up to 1/2 twist are allowed.  
Example: 1/2 up to extended liberty 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, 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.

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

Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

*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, 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 mounts and transitions are not allowed.

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

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 double cupies require a separate spotter for each 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 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 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 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 True Double Cupies.

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

5. **Release moves initiating from an extended level may not twist.**

6. 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.

7. Release moves may not intentionally travel.

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

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

Exception: Dismounting True Double Cupies.

- 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 bases, at least two of which are positioned to protect the head and shoulder area.

**Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.**

*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 originating from below prep level do not require three bases.*

*Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to pass through the extended position during the skill.*

*Clarification: 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. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

*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 mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

1. **Single base or assisted single base EXTENDED stunts are not allowed in Youth divisions.**

- 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.

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: Twisting mounts 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.

Example 2: 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.*

*Clarification: While a tic-tock from an extended position to an extended position (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.*

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.*

- 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.*

*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 to the performing surface must be assisted by an original base 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 two leg stunts.

*Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Mounts and Transitions only.*
- E. Up to a 1-¼ 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 Mounts 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 prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- 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 double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

#### 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 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. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed.  
Example: No kick double tosses.
- H. Tosses may not exceed 2-1/4 twisting rotations.
- I. 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.**
- J. Only a single top person is allowed during a toss.

## **LEVEL 4.2 RULES**

### **LEVEL 4.2 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 1-5. 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: 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 skill is included in a tumbling pass, the jump will break up the pass.

### **LEVEL 4.2 STANDING TUMBLING**

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed.  
*Clarification: A back walk over 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. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position.  
Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.  
Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne.  
Exception: Round offs are allowed.

### **LEVEL 4.2 RUNNING TUMBLING**

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne.  
Exception: Round offs are allowed

### **LEVEL 4.2 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 base or assisted single base EXTENDED stunts are not allowed in Youth divisions.**

#### **C. Twisting mounts and transitions:**

1. Twisting mounts and transitions to prep level and below are allowed up to 1-1/2 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 1-1/2 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 mounts and transitions to an extended position are allowed and must meet the following conditions:

- a. Extended skills up to 1/2 twist are allowed.  
Example: 1/2 up to extended liberty 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 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, they may continue to walk the stunt in additional rotation.*
- b. Extended skills exceeding 1/2 and up to 1 twist must land in a two leg stunt.  
Example: full up to immediate extended liberty is illegal, full up to extension is legal.  
Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.  
*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 1/2 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, 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 mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual.  
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 double cupies require a separate spotter for each top person.
- I. L4.2 Stunts-Release Moves:
1. Release moves are allowed but must not exceed extended arm level.  
*Clarification: If the release move passes above extended arm level, it will be considered a toss or dismount, and must follow the appropriate "Toss" 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 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 moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception: See L4.2 Dismount "C".  
Exception: Dismounting True Double Cupies.
  4. Release moves that land in extended position must originate from **waist level or below** and may not involve twisting or flipping.
  5. **Release moves initiating above prep level may not twist.**
  6. 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 the head and shoulder area of the top.
  7. Release moves may not intentionally travel.
  8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  9. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting True Double Cupies.
- J. L4.2 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 bases, at least two of which are positioned to protect the head and shoulder area.  
*Clarification 1: The stunt may not pass above prep level and then become inverted at 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: Downward inversions originating from below prep level do not require three bases.*

*Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to pass through the extended position during the skill.*

*Clarification: 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 transition dismounts, 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. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

*Clarification: A person standing on the ground is not considered a top person.*

## **LEVEL 4.2 PYRAMIDS**

- A. Pyramids must follow Level 4.2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

- B. Top persons must receive primary support from a base.

Exception: See L4.2 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.

Example: shoulder sits walking under 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 L4.2 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).

Example 1: Twisting mounts 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.

Example 2: An extended pancake would be required to remain connected to two bracers.

- F. L4.2 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: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for L4.2, the same skill is legal in L4.2 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.*

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. 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.*

- 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. L4.2 Pyramids-Inversions

1. Must follow L4.2 Stunt Inversions rules.

#### H. L4.2 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 throughout the entire transition with either the top person(s) or the base(s). 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.*

*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 require a minimum of one catcher and two spotters.**
  - a. All 3 catchers must be stationary
  - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 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.)
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 4.2 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.
- C. **Dismounts to the performing surface must be assisted by an original base 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 two leg stunts.  
*Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4.2 Stunts Twisting Mounts and Transitions only.*
- E. Up to a 1-¼ 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 4.2 Stunts Twisting Mounts 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 prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- 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 double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

#### LEVEL 4.2 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.  
Exception: A 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. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed.  
Example: No kick double tosses.
- H. Tosses may not exceed 2-1/4 twisting rotations.
- I. 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.**
- J. Only a single top person is allowed during a toss.

# **YOUTH LEVEL 5 RULES**

***The following skill restrictions only apply for Youth 5 divisions:***

## **YOUTH 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 1-5. 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: 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 skill is included in a tumbling pass, the jump will break up the pass.

## **YOUTH LEVEL 5 STANDING 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 **at least two back hand springs**. 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 back handsprings.*
  2. No tumbling is allowed after the twisting skill.  
Exception: A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.  
*Clarification: If any tumbling follows a forward or backward roll or forward or backward 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) or roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a roll step out. However, if the athlete finishes the twisting skill or stands the roll with both feet together, then one step is all that is needed to create a new tumbling pass.*

## **YOUTH 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 or round off back 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 round off back handspring(s).*
  2. No tumbling is allowed after the twisting skill.  
Exception: A forward/backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.  
*Clarification: If any tumbling follows a forward or backward roll or forward or backward 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) or roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a roll step out. However, if the athlete finishes the twisting skill or stands the roll with both feet together, then one step is all that is needed to create a new tumbling pass.*

## **YOUTH 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.
2. Single base or assisted single base EXTENDED stunts are not allowed in Youth divisions.

- C. Twisting mounts 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 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 mounts and transitions are not allowed.  
E. Single based split catches are not allowed.  
F. Single based double cupies require a separate spotter for each top person.  
G. YL5 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 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 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 moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception: See Y5 Dismount "C".  
Exception: Dismounting True Double Cupies.
4. 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.
5. Release moves may not intentionally travel.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting True Double Cupies.

## H. YL5 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 bases, 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 bases.*  
Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.
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 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 power pressing of an extended inverted stunt (example: needle or handstand) to shoulder 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. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

## YOUTH LEVEL 5 PYRAMIDS

- A. Pyramids must follow Youth Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
  - 1. **Single base or assisted single base EXTENDED stunts are not allowed in Youth divisions.**
- B. Top persons must receive primary support from a base.  
Exception: See Y5 Pyramid Release Moves.
- C. YL5 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.*
  - 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.*
    - 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. YL5 Pyramids-Inversions
  - 1. Must follow YL5 stunt inversions rules.
- E. YL5 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.*
  - 2. Braced inversions (including braced flips) are limited to up to one and ¼ 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 must be stationary.
    - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
    - c. The 3 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.)
  - 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.**

## YOUTH 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 to the performing surface must be assisted by an original base 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 prop.
- F. No free flipping dismounts allowed.
- G. Dismounts must return to original base(s).
- H. Dismounts may not intentionally travel.
- I. Top persons in dismounts may not come in contact with each other while released from the bases.
- J. Tension drops/rolls of any kind are not allowed.
- K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

### **YOUTH 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. Tosses that involve more than 1 1/2 twist may not involve an additional skill (i.e. kick doubles are not allowed).
- H. Up to 2-½ twisting rotations allowed.
- I. 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.**
- J. Only a single top person is allowed during a basket toss.

# **JUNIOR/SENIOR RESTRICTED LEVEL 5 RULES**

***The following skill restrictions only apply for JR/SR RESTRICTED LEVEL 5 divisions:***

## **JR/SR RESTRICTED 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 1-5. 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: 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 skill is included in a tumbling pass, the jump will break up the pass.

## **JR/SR RESTRICTED LEVEL 5 STANDING 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 **at least two back hand springs**. 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 back handsprings.*
  2. No tumbling is allowed after the twisting skill.  
Exception: A forward/backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.  
*Clarification: If any tumbling follows a forward or backward roll or forward or backward 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) or roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a roll step out. However, if the athlete finishes the twisting skill or stands the roll with both feet together, then one step is all that is needed to create a new tumbling pass.*

## **JR/SR RESTRICTED 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 or round off back 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 round off back handspring(s).*
  2. No tumbling is allowed after the twisting skill.  
Exception: A forward/backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.  
*Clarification: If any tumbling follows a forward or backward roll or forward or backward 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) or roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a roll step out. However, if the athlete finishes the twisting skill or stands the roll with both feet together, then one step is all that is needed to create a new tumbling pass.*

## **JR/SR RESTRICTED 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 mounts 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 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 mounts and transitions are not allowed.
- E. Single based split catches are not allowed.
- F. Single based double cupies require a separate spotter for each top person.
- G. Jr/Sr5R 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 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 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 moves must return to original bases.

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

Exception: See Sr5R Dismount "C".

Exception: Dismounting True Double Cupies.
  4. 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.
  5. Release moves may not intentionally travel.
  6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  7. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting True Double Cupies.
- H. Jr/Sr5R 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 bases, 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 bases.*

Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.
  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 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 power pressing of an extended inverted stunt (example: needle or handstand) to shoulder 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. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

### JR/SR RESTRICTED LEVEL 5 PYRAMIDS

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.  
Exception: See Sr5R Pyramid Release Moves.
- C. Jr/Sr5R 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.*
  - 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.*
    - 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. Jr/Sr5R Pyramids-Inversions
  - 1. Must follow Sr5R stunt inversions rules.
- E. Jr/Sr5R 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.*
  - 2. Braced inversions (including braced flips) are limited to up to one and ¼ 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 must be stationary.
    - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
    - c. The 3 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.)
  - 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.**

### JR/SR RESTRICTED 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 to the performing surface must be assisted by an original base 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 prop.
- F. No free flipping dismounts allowed.
- G. Dismounts must return to original base(s).
- H. Dismounts may not intentionally travel.
- I. Top persons in dismounts may not come in contact with each other while released from the bases.
- J. Tension drops/rolls of any kind are not allowed.
- K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

### **JR/SR RESTRICTED 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, kick double).
- G. Up to 2-½ twisting rotations 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 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 1-5. 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: 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 skill is included in a tumbling pass, the jump will break up the pass.

## LEVEL 5 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. (In standing tumbling only) 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. One of these two skills must be a back handspring. (Jump skills are not considered tumbling skills. i.e. toe touch > back handspring > double full = illegal).  
*Clarification: Handstands are not "backward traveling" tumbling skills. Therefore, back extension rolls do not count as the "backward traveling" tumbling skills required before a double full.*  
*Clarification: If an athlete is performing a second double full within one Standing Tumbling pass, then that athlete must follow Standing Tumbling rules A,B and C but not D.*  
Example: standing back handspring>back handspring>double full>back handspring>double full=Legal  
*Clarification: If the requirements in "D" are met before performing a single full, then only letters A, B and C need to be followed.*  
Example: standing back handspring>back handspring>SINGLE full>back handspring>double full=Legal

## LEVEL 5 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 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 mounts 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 mounts and transitions are not allowed.
- E. Single based split catches are not allowed.

- F. Single based double cupies 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.  
*Clarification: If the release move exceeds more than 18 inches above 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 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.  
Exception: Front handspring half up (1/2 twist) to extended stunt.  
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
  3. Release moves must return to original base(s).  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception: See L5 Dismount "C".  
Exception: Dismounting True Double Cupies.
  4. 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.
  5. Release moves may not intentionally travel.
  6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  7. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting True Double Cupies.
- 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 bases, 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 bases.*  
Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.
  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 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 power pressing of an extended inverted stunt (example: needle or handstand) to shoulder 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. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

## LEVEL 5 PYRAMIDS

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- 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.*

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.*

- 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.*

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotations.
3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.

*Clarification: LEGAL - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with one bracer.*

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 must be stationary.
  - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 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.)

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 base(s) and spotter(s) must be stationary.
- b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
- c. The base(s) and spotter(s) 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 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 to the performing surface must be assisted by an original base 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 prop.
- F. No free flipping dismounts allowed.
- G. Dismounts must return to original base(s).
- H. Dismounts may not intentionally travel.
- I. Top persons in dismounts may not come in contact with each other while released from the bases.
- J. Tension drops/rolls of any kind are not allowed.
- K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## **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. 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 6 RULES

## LEVEL 6 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: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, 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 6 STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

## LEVEL 6 STUNTS

### A. Spotters

A spotter is required:

1. During extended, one-arm stunts 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 release move with a twist greater than 360 degrees or an inversion.
3. During stunts in which the top person is in an extended inverted position.
4. When the top person is released from above ground level to a 1 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. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1¼ twisting rotations.

Exception 1: Rewinds to a cradle position are allowed 1¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a straddle position)

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.

*Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.*

*Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.*

- E. Single based split catches are not allowed.

- F. Single based double cupies 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 extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules.*

2. Release moves may not land in an inverted position.

3. Release moves must return to original bases.

Exception: 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.

*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 3 catchers, one of which is positioned at head and shoulder area of the top person.
  5. Release moves may not intentionally travel. See exception in #3 above.
  6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  7. Top persons in separate release moves may not come in contact with each other.
- H. L6 Stunts-Inversions
1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

## LEVEL 6 PYRAMIDS

- A. Pyramids are allowed up to 2-1/2 high.
- B. For 2-1/2 high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-1/2 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 2-1/2 high level. Spotters may not be a primary support of the pyramid.
- Clarification: For all "2-1-1 thigh stand 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 thigh stand middle layer, they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required.*
- C. Free-flying mounts 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 originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations, Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.
- D. L6 Pyramids–Release Moves
1. During a pyramid transition, a top person may pass above 2-1/2 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. 2-1-1 thigh stand tower tic-tocks)
    - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. L6 Pyramids-Inversions
1. Inverted stunts are allowed up to 2-1/2 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. L6 Pyramids–Release Moves w/ Braced Inversions
1. Braced flips are allowed up to up to 1-1/4 flipping and 1 twisting rotation.
  2. 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 catcher.**
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(s) and spotter must be stationary.**
    - b. **The base(s) and spotter must maintain visual contact with the top person throughout the entire transition.**
    - c. **The base(s) and 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 released dismounts from 2 1/2 high pyramids may not land in a prone or inverted position.

## LEVEL 6 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 1-1/4 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 to the performing surface must be assisted by an original base 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.*
- C. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-1/2 twist and require 2 catchers, 1 of which must be

stationary at the initiation of the cradle.

Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).

- D. Free released dismounts from 2 1/2 high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts to cradle:
  - 1. Are allowed up to 1-1/4 flipping and 1/2 twisting rotations (arabians).
  - 2. Require at least 2 catchers, one of which is an original base.
  - 3. May not intentionally travel.
  - 4. Must originate from prep level or below. (May not originate from 2 1/2 high pyramid.)  
Exception: 3/4 front flip to cradle may occur from a 2-1/2 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, 3/4 front flip to cradle from 2-1/2 high may not twist.
- 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 or below. (May not originate from 2 1/2 high pyramid.)
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies 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 or individuals.
- K. Dismounts must return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

## 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.  
**Exception 1: Fly away tosses that would go over the back person**  
**Exception 2: Arabians in which the 3rd person would need to start in front to be in a position to catch 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 1-1/4 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 3-1/2 twists.
- G. Top persons tossed to another set of bases 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 1-1/2 twisting rotations or 3/4 front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- 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.

## **SPECIAL ATHLETE TEAM RULES**

- A. All teams with special needs 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 an additional spotter that is a Coach/Assistant.**
- D. Tosses are not allowed.
- E. Spotted and assisted tumbling is not allowed in the Special Athlete (competitive) division but is allowed in the Special Athlete (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. No limit to amount of assistants around perimeter of the floor in a squat position.
- G. Assistants will be dressed in contrasting t-shirt and jeans or 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-shirts, if athlete is in light uniform top, all Assistants will be in dark colored matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
- H. It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

## **USASF ALL STAR PREP**

### **RULES & GUIDELINES**

#### **Routine time limit:**

Routines may not exceed 2 minutes

#### **Level/Safety Rule Differences from Traditional All Star:**

No Basket Tosses permitted in all-star prep

#### **Events where the All Star Prep Divisions may be offered:**

Divisions can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, prep divisions will perform ONE TIME ONLY.

# **USASF IMAGE POLICY**

## **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**

*Cover Up goes into effect with the 2012--2013 season.*

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**

*APPROPRIATE CHOREOGRAPHY goes into effect with the 2012--2013 season.*

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**

*MAKE UP AND OTHER goes into effect with the 2013--2014 season.*

### **MAKEUP**

Makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.

### **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**

*APPROPRIATE UNIFORM goes into effect with the 2015--2016 season.*

### **GENERAL UNIFORM GUIDELINES**

No risqué, sexually provocative or lingerie looking or 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

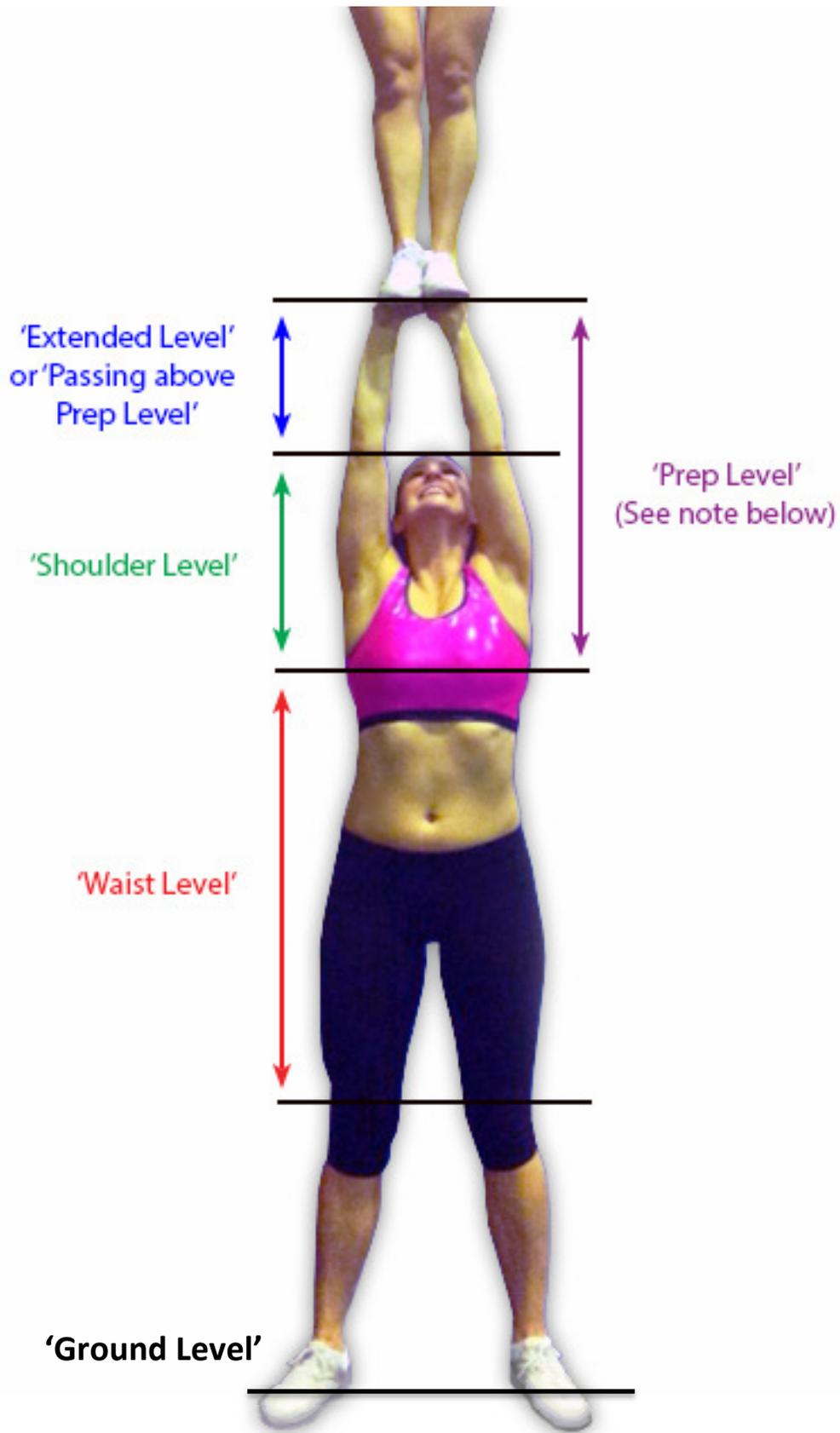
Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in Senior divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

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.

## **STUNT LEVELS**

**Below is a list stunts and their official designated stunt level.**

1. Chair – Prep level stunt
2. Nugget – waist level stunt
3. All 4s – waist level stunt
4. Floor Stunt – waist level stunt which requires a spotter in levels 1 and 2



**NOTE:** Holding a stunt above the head may also be considered Prep Level (not Shoulder Level) if the top person is being held in a non-upright vertical position such as an extended flat back or extended prone (face down) position or in a seated position such as an extended "V" sit.