

2022 Amateur Athletic Union
AAU Cheerleading Rulebook



Sports For All, Forever!

Appendix A

Cheer Solo and Cheer Duo Divisions

SOLO Age Groups: 5-6 years (Tiny), 7-8 years old (Mini), 9-11 years old (Youth), 12-14 years old (Junior), 15-18 years old (Senior)
Levels : 1, 2, 3, 4, 5

DUO Age Groups: Same As Team Age Grid.

*****Males are allowed to compete in all divisions, and will compete against the females.*****

GUIDELINES

Athletes are judged on execution of all motions, dance, cheers, jumps, tumbling and vocals. Athlete's scores will reflect their performance regardless of response from crowd. We encourage teams to cheer for their athletes but this will not reflect in their score.

Routines cannot exceed one minute and forty-five seconds (1:45). Deduction of 10 points for overtime.

Cheer may be performed anywhere within the routine.

A deduction for absence of cheer, dance section and a minimum of **3 different jumps** is 25 points per infraction.

Failure to have a minimum of one (1) tumbling series of 2 or more skills is a **10 point deduction**.

Athletes will be judged on overall use of floor space.

ROUTINE REQUIREMENTS

All routines must incorporate a cheer, a dance, tumbling skills, and a minimum of 3 different jumps.

All tumbling skills must follow USASF guidelines for levels 1-5

Appendix B.

JUMPS Rules

DIVISIONS WILL BE AGE LEVELS:

Age Groups: 5 & 6 years (Tiny), 7-8 years old (Mini), 9-11 years old (Youth), 12-14 years old (Junior),
15-18 years old (Senior)

1 single jump and 1 Combo jump required (combo jump is minimum of 2 jumps and maximum of 4)- 10 point deduction for each missing jump.
If more than 4 jumps performed in combo jump there will be a 10 point deduction
Jumps must begin from a single jump approach – 2 points deduction per occurrence
Jumps will be judged out of 10.00 per jump for a total out of 20.00
Tumbling in Jump Division will result in 10 point deduction per occurrence
Athletes will be judged based on the following criteria:
Overall tightness
Approach
Pointed toes
Straight Legs
Height
Clean landing
Speed
Chest position
Lift of legs

Music is not allowed.

Athletes must be positioned in center of competition floor prior to judges' signal.

Athletes can perform a spirited exit.

No Tumbling in Jump Division

Appendix C.

POM SQUAD TEAM GUIDELINES

All routines must be 2 minutes and 30 seconds (2:30) or less. Deduction of 10 points off total score for overtime.

1. Routines must have a minimum 50% of the total squad perform a minimum of **3 different jumps** and must incorporate a **minimum of 2 different turns or leaps. Failure to meet this requirement will result in 25 points off total score.** Routine will be judged based on timing, choreography, sharpness, over all use of floor space, expression and technique.
2. Teams are encouraged to incorporate high kicks, different dance styles, creative formations.
3. Squads must have use of poms for a minimum of 75% of the routine. Deduction-25 points per judge for failure to meet this requirement.

Pom Squad- Follows USASF age grid

Appendix D.

STUNT TEAM GUIDELINES

1. TIME: Each team will perform a (1.5) one and a half minute routine or less to demonstrate its cheerleading style and expertise in partner stunting.
2. BEGINNING OF ROUTINE: Routine must begin within the approx. 40 X 40 performance area. Routine may not begin in a pyramid or stunt- Deduction- 10 points.
3. MUSIC: Routines may not include at cheer. Deduction-25 points. Squads are required to bring a cd of their music.
4. VOCALS: No cheer or sideline chants, jumps and dance are permitted. Spontaneous vocals soliciting crowd response are acceptable. (25pts deduction off total score per occurrence)
5. PROPS: No additional props are permitted. Deduction-25 points.
6. ENDING OF ROUTINE: Timing will stop when your squad comes to a stationary position and a designated member(s) of your squad signals the timer verbally or by a wave/spirited exit that the routine is completed. Failing to signal the time keeper is a time infraction.
7. SCORING: Judged on a 10 point scale, judged out of 100 points.

AGE/LEVEL

** Same Ages as Teams ** (USASF Levels 1-5)

STUNT TEAM DIVISIONS:

Team	4-5 athletes-Female
Team	4-5 athletes-Male
Team	4-5 athletes- Male and Female
CO-ED Partner	1 male, 1 female
Partner	2 females or 2 males

Appendix E.

Exhibition Rules

AAU offers the opportunity for teams that do not want to compete against other teams the option to participate in Exhibition Performances and not receive a score.

Teams that perform in “exhibition” or “evaluation only” at an event must adhere to the USASF Age Grid and Level Rules as would any other team.

“Exhibition” or “evaluation only” status does not allow a team to violate the safety rules or age restrictions that have been put in place for all athletes.

APPENDIX F

AAU Cheerleading Executive Committee

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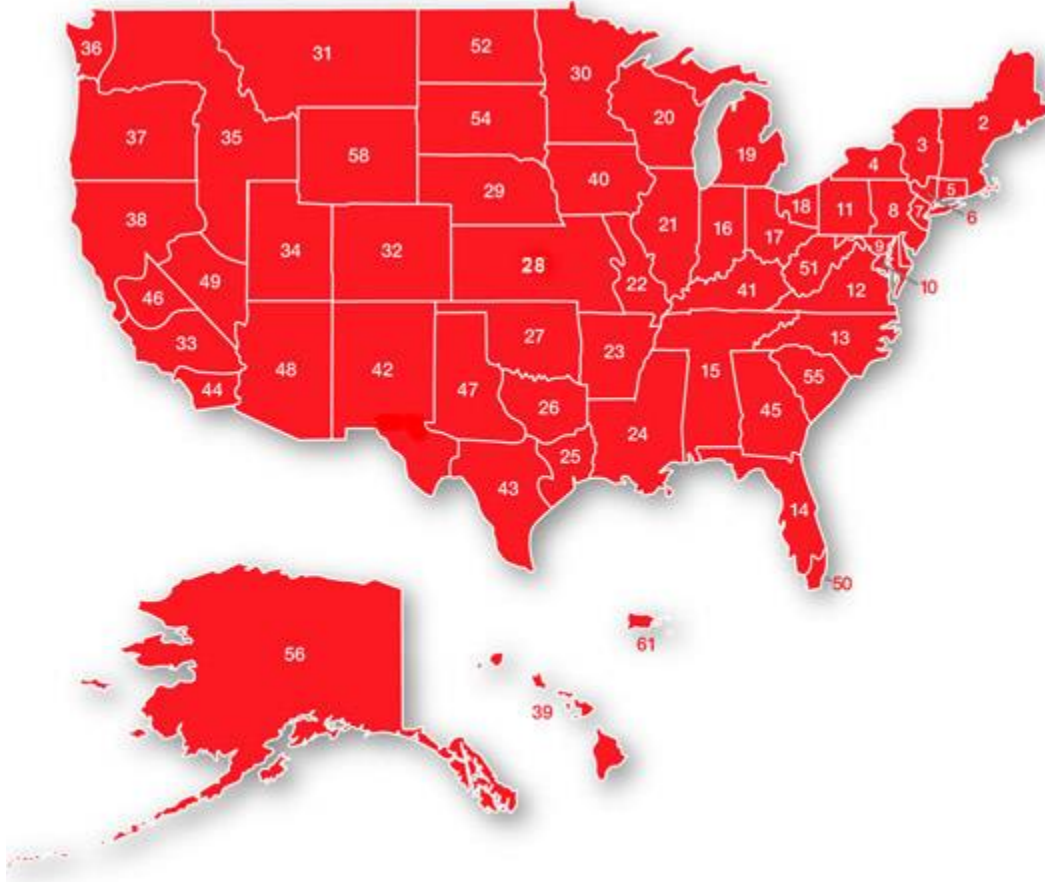
Rae Ann Gore

Kaylee Beals

Bethany Adams

APPENDIX G

District Maps and Alignment



3 - ADIRONDACK DISTRICT (Organized January 31, 1920). That portion of New York State east and north of Broome, Cortland, Dutchess, Onondaga, Orange, Oswego and Sullivan Counties.

Neighboring Districts: Connecticut, Middle Atlantic, New England, New York Metropolitan and Niagara.

56 - ALASKA DISTRICT (Organized December 3, 1965). State of Alaska.

Neighboring Districts: None

48 - ARIZONA DISTRICT (Organized March 10, 1956). State of Arizona.

Neighboring Districts: Colorado, New Mexico, Pacific Southwest, Southern Nevada, Southern Pacific and Utah

23 - ARKANSAS DISTRICT (Organized February 16, 1936). State of Arkansas and (added December, 1948)

Bowie County, Texas.

Neighboring Districts: Southeastern, Southern, Southwestern, Oklahoma, Missouri Valley and Ozark

12 -CENTRAL DISTRICT (Organized 1890). Illinois, except Calhoun, Greene, Jersey, Madison, Monroe and St. Clair Counties (counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair given to Ozark District, with reservation that all judo therein to be controlled by Central District).

Neighboring Districts: Wisconsin, Iowa, Ozark, Kentucky and Indiana

46 - CENTRAL CALIFORNIA DISTRICT (Organized 1952). Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, Tulare in the State of California. (Territory re-aligned, December, 1963).

Neighboring Districts: Pacific, Southern Nevada and Southern Pacific

32 - COLORADO DISTRICT (Organized November, 1906). State of Colorado. (Territory re-aligned December, 1963, 1965, 1968. Renamed October, 2004.)

Neighboring Districts: Wyoming, Nebraska, Missouri Valley, Oklahoma, New Mexico, Arizona and Utah

5 - CONNECTICUT DISTRICT (Organized September 17, 1929). State of Connecticut.

Neighboring Districts: Adirondack, New England and New York Metropolitan

14 - FLORIDA DISTRICT (Organized January, 1925). Florida, except Miami-Dade (official county name has been changed to Miami-Dade), Broward, that part of Hendry County West of Route 833 and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972, and 1999.)

Neighboring Districts: Florida Gold Coast, Georgia and Southeastern

50 - FLORIDA GOLD COAST DISTRICT (Organized December 30, 1959). Counties of Broward, Miami-Dade (official county name has been changed to Miami-Dade), that part of Hendry County East of Route 833, and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972 and 1999.)

Neighboring Districts: Florida

45 - GEORGIA DISTRICT (territory realigned September, 1989). State of Georgia

Neighboring Districts: Florida, North Carolina, Southeastern and South Carolina

25 - GULF DISTRICT (Organized March 6, 1931). That part of the State of Texas bounded on the North and including the counties of Angelina, Houston, Leon, Nacogdoches, Robertson and Shelby; on the East by the State of Louisiana; on the South by the Gulf of Mexico and on the West by and including the counties of Austin, Brazos, Colorado, Fort Bend, Grimes, Matagorda, Robertson, Waller, Washington and Wharton. (Territory re-aligned September, 1992.)

Neighboring Districts: Southern, Southwestern and South Texas

39 - HAWAIIAN DISTRICT (Organized November, 1910). State of Hawaii.

Neighboring Districts: None

16 - INDIANA DISTRICT (Organized August 22, 1919). All of State of Indiana excepting Clark, Dearborn and Floyd Counties with the reservation that all wrestling therein be controlled by the Indiana District.

Neighboring Districts: Central, Kentucky, Michigan and Ohio

35 - INLAND EMPIRE DISTRICT (Organized April 25, 1937). State of Washington, counties of Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Spokane, Stevens, Walla Walla, Whitman and Yakima County. State of Idaho, State of Nevada, counties of Elko, Eureka and White Pine. (Territory re-aligned September, 1987.)

Neighboring Districts: Pacific Northwest, Pacific, Oregon, Southern Nevada, Utah, Wyoming and Montana

40 - IOWA DISTRICT (Organized January 15, 1939). State of Iowa.

Neighboring Districts: Minnesota, South Dakota, Wisconsin, Missouri Valley, Nebraska, Ozark and Central

41 - KENTUCKY DISTRICT (Organized February 27, 1939). The Commonwealth of Kentucky and Clark and Floyd County in the State of Indiana (except for the sports of wrestling, boys and girls basketball). (Territory re-aligned, September, 1987; October 2003).

Neighboring Districts: Central, Indiana, Ohio, Ozark, Southeastern, Virginia and West Virginia

18 - LAKE ERIE DISTRICT (Organized January 5, 1931 As Northeastern Ohio District. Name changed at 1956 Convention). The Counties of Ashland, Ashtabula, Belmont Columbiana, Crawford, Cuyahoga, Erie, Geauga,

Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne. (Territory re-aligned December, 1960 and September, 1991.)
Neighboring Districts: Ohio and Western Pennsylvania

9 - MARYLAND DISTRICT (Organized, 1981). State of Maryland (except the counties of Montgomery and Prince Georges.) (Territory re-aligned December, 1968.)
Neighboring Districts: Potomac, Virginia, West Virginia, Western Pennsylvania and Middle Atlantic

19 - MICHIGAN DISTRICT (Organized November, 1923). State of Michigan. (Territory re-aligned December, 1962 and October, 1971.)
Neighboring Districts: Indiana and Ohio

8 - MIDDLE ATLANTIC DISTRICT (Organized 1906). New Jersey, south of Mercer and Monmouth County; all of the State of Delaware and the Commonwealth of Pennsylvania, east of and including Bedford, Centre, Clinton and Potter Counties (Territory re-aligned December, 1962.)
Neighboring Districts: Adirondack, New Jersey, New York Metropolitan, Niagara, Western Pennsylvania and Maryland

30 - MINNESOTA DISTRICT (territory realigned September, 1989). State of Minnesota.
Neighboring Districts: Iowa, North Dakota, South Dakota and Wisconsin

28 - MISSOURI VALLEY DISTRICT (Organized February 14, 1931). All of Kansas and that portion of the western part of the state of Missouri including and bounded by Adair, Audrain, Benton, Callaway, Christian, Cole, Greene, Hickory, Macon, Montineau, Morgan, Polk, Randolph, Schuyler and Taney. (Territory re-aligned December, 1962.)
Neighboring Districts: Iowa, Nebraska, Colorado, Oklahoma, Arkansas and Ozark

31 - MONTANA DISTRICT (Organized February 15, 1936). State of Montana.
Neighboring Districts: Inland Empire, North Dakota, South Dakota and Wyoming

29- NEBRASKA DISTRICT (Organized June 26, 1922). State of Nebraska. (Territory re-aligned September, 1986.)
Neighboring Districts: South Dakota, Wyoming, Colorado, Missouri Valley and Iowa

2 - NEW ENGLAND DISTRICT (Organized, 1890). New Hampshire, Maine, Massachusetts, Rhode Island and Vermont. (Territory re-aligned September, 1987.)
Neighboring Districts: Adirondack and Connecticut

7 - NEW JERSEY DISTRICT (Organized April 21, 1930). New Jersey north of and including Hudson, Mercer and Monmouth Counties.
Neighboring Districts: Middle Atlantic and New York Metropolitan

42 - NEW MEXICO DISTRICT (Organized May 29, 1947). State of New Mexico and the counties of Brewster, Culbertson, Crockett, El Paso, Hudspeth, Jeff Davis, Presidio and Terrell in the State of Texas. (Territory re-aligned September, 1988.)
Neighboring Districts: Colorado, Utah, Arizona, West Texas, South Texas and Oklahoma

6 - NEW YORK METROPOLITAN DISTRICT (Organized, 1890). New York, south of and including Dutchess, Orange, Sullivan and Ulster Counties; also the Canal Zone. (Renamed October, 2004)
Neighboring Districts: Adirondack, Connecticut, Middle Atlantic and New Jersey

4 - NIAGARA DISTRICT (Organized September 27, 1919). State of New York west of and including Broome, Cortland, Onondaga and Oswego Counties.
Neighboring Districts: Adirondack, Middle Atlantic and Western Pennsylvania

13 - NORTH CAROLINA DISTRICT (Organized December 5, 1965). State of North Carolina.

Neighboring Districts: Georgia, South Carolina, Southeastern and Virginia

52 - NORTH DAKOTA DISTRICT (Organized December 1, 1962). State of North Dakota

Neighboring Districts: Minnesota, Montana and South Dakota

17 - OHIO DISTRICT (Organized May 1, 1923). State of Ohio (except the counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne); and the Dearborn County in the State of Indiana. (Territory re-aligned, December, 1959, 1960, 1962, 1963, and October, 2003).

Neighboring Districts: Indiana, Lake Erie, Michigan, Kentucky, West Virginia and Western Pennsylvania

27 - OKLAHOMA DISTRICT (Organized February 23, 1936). State of Oklahoma.

Neighboring Districts: Missouri Valley, Colorado, New Mexico, West Texas, Southwestern and Arkansas

37 - OREGON DISTRICT (Organized September 23, 1935). State of Oregon and the following counties of Washington: Clark, Cowlitz and Skamania. (Territory re-aligned September, 1987.)

Neighboring Districts: Inland Empire, Pacific and Pacific Northwest

22 - OZARK DISTRICT (Organized, 1935). Missouri east of and including the following counties, Camden, Dallas, Douglas, Knox, Miller, Monroe, Montgomery, Osage, Ozark, Pike, Scotland, Shelby, including the city of St. Louis, and Webster. Counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair in Illinois with reservation that all judo therein be controlled by Central DISTRICT. (Territory re-aligned December, 1962.)

Neighboring Districts: Arkansas, Central, Kentucky, Iowa, Missouri Valley and Southeastern

38 - PACIFIC DISTRICT (Organized, 1890). The State of California, north of but not including the counties of Fresno, Madera, Mariposa, Merced, Mono and San Luis Obispo and the Counties of Churchill, Douglas, Humboldt, Lander, Lyon, Mineral, Ormsby, Pershing, Storey and Washoe in the State of Nevada. (Territory re-aligned December, 1961 and December, 1962 and 1963.)

Neighboring Districts: Central California, Inland Empire, Oregon, Southern Nevada and Southern Pacific

36 - PACIFIC NORTHWEST DISTRICT (Organized June, 1905). Washington, west of but not including Chelan, Kittitas, Okanogan and Yakima Counties and north of but not including Cowlitz, Klickitat and Skamania Counties.

Neighboring Districts: Inland Empire and Oregon

44 - PACIFIC SOUTHWEST DISTRICT (Organized December 10, 1949, as Southwest Pacific Border DISTRICT. Name changed at 1956 Convention). Imperial and San Diego Counties, California.

Neighboring Districts: Arizona and Southern Pacific

10 - POTOMAC VALLEY DISTRICT (Organized October 15, 1929). All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia. (Territory re-aligned December 1968. Formerly District of Columbia District. Renamed December, 1972.)

Neighboring Districts: Maryland and Virginia

61 - PUERTO RICO DISTRICT (Organized September 8, 1984). Puerto Rico and U.S. Virgin Islands.

Neighboring Districts: None

55 - SOUTH CAROLINA DISTRICT (Organized December 5, 1965). State of South Carolina.

Neighboring Districts: Georgia and North Carolina

54 - SOUTH DAKOTA DISTRICT (Organized December 4, 1964). State of South Dakota.

Neighboring Districts: Iowa, Minnesota, Montana, Nebraska, North Dakota and Wyoming

43 - SOUTH TEXAS DISTRICT (Organized November 12, 1945). That part of the State of Texas bounded on the East by and including the counties of Burleson, Fayette, Jackson, Lavaca, Lee, Milam and; on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Schleicher, Sutton and Val

Verde, and on the North by and including the counties of Bell, Burnett, Coryell, Falls, Lampasas, Llano, Mason and Menard. (Territory re-aligned December, 1961, 1963 and September, 1992.)
Neighboring Districts: Gulf, Southwest, South Texas, New Mexico and West Texas

15 - SOUTHEASTERN DISTRICT (Organized August 13, 1951). The State of Alabama and the State of Tennessee. (Territory re-aligned December 1958, December 1972, September 30, 1989 and September 1999)
Neighboring Districts: Kentucky, Virginia, North Carolina, Georgia, Southern, Arkansas and Ozark

24 - SOUTHERN DISTRICT (Organized, 1892). The State of Louisiana and the State of Mississippi.
www.saaau.org
Neighboring Districts: Southeastern, Arkansas, Gulf and Southwestern

49 - SOUTHERN NEVADA DISTRICT (Organized January 15, 1959). Counties of Clark, Esmeralda, Lincoln, Nye, all within the State of Nevada. (Territory re-aligned December, 1961, 1962.)
Neighboring Districts: Inland Empire, Utah, Arizona, Central California, Pacific and Southern Pacific

33 - SOUTHERN PACIFIC DISTRICT (Organized November, 1909). Including the counties of Los Angeles, Orange, Riverside, San Bernardino, San Luis Obispo, Santa Barbara and Ventura all within the State of California. (Territory re-aligned October, 1973.)
Neighboring Districts: Arizona, Central California, Pacific, Pacific Southwest, Southern Nevada

26 - SOUTHWESTERN DISTRICT (Organized May 8, 1936). That part of the State of Texas bounded on the South but not including the counties of Angelina, Brown, Callahan, Coryell, Falls, Houston, Lampasas, Leon, Milam, Mills, Nacogdoches, Robertson and Shelby; on the East by the State of Louisiana, State of Arkansas and the county of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the counties of, but not including Foard, Hardeman, Haskell, Jones and Knox in the State of Texas. (Territory re-aligned September, 1992.)
Neighboring Districts: Oklahoma, Arkansas, Southern, Gulf, South Texas and West Texas

34 - UTAH DISTRICT (Organized November, 1910). State of Utah. (Territory re-aligned December, 1978.)
Neighboring Districts: Inland Empire, Wyoming, Colorado, New Mexico, Arizona and Southern Nevada

12 - VIRGINIA DISTRICT (Organized December 9, 1934). Commonwealth of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church.) (Territory re-aligned December, 1968.)
Neighboring Districts: Potomac Valley, West Virginia, Kentucky, Southeastern and North Carolina

11 - WESTERN PENNSYLVANIA DISTRICT (Organized November 16, 1917). All counties in Pennsylvania west of Bedford, Centre, Clinton, Huntingdon and Potter Counties and the Counties of Brooke, Hancock, Marshall and Ohio in West Virginia. (Territory re-aligned December, 1959 and September, 1991.)
Neighboring Districts: Middle Atlantic, Niagara, Maryland, West Virginia, Ohio, and Lake Erie

47 - WEST TEXAS DISTRICT (Organized 1952). All that part of the State of Texas bounded on the South side and including the counties of Concho, Irion, McCulloch, Pecos, Reeves, Regan, San Saba, Tom Green and Upton; on the West by the State of New Mexico; on the North by the State of Oklahoma; on the East by the State of Oklahoma and by and including the counties of Brown, Callahan, Foard, Hardeman, Haskell, Jones, Knox, Mills and San Saba in the State of Texas. (Territory re-aligned December, 1961; October, 1976.)
Neighboring Districts: Oklahoma, New Mexico, South Texas and Southwestern

51 - WEST VIRGINIA DISTRICT (Organized February 28, 1960). The State of West Virginia. (Territory re-aligned December 1963, October 1973 and October 2003)
Neighboring Districts: Maryland, Western Pennsylvania, Ohio, Kentucky and Virginia

20 - WISCONSIN DISTRICT (Organized June 6, 1935). State of Wisconsin. (Territory re-aligned December, 1964 and September 30, 1989)
Neighboring Districts: Michigan, Minnesota, Iowa and Central

58 - WYOMING DISTRICT (Organized December 9, 1968). State of Wyoming.

Neighboring Districts: Montana, South Dakota, Nebraska, Colorado, Utah and Inland Empire

APPENDIX H

Definitions/Glossary

For USASF/IASF Glossary of cheerleading terms, visit www.usasf.net.

AAU Code - The AAU Code is the collective reference to the Constitution, Bylaws, National Policies, National Sports Committee rules and District Sport Committee rules and regulations. The AAU Code is available at www.aausports.org.

Athlete - A person who participates in an AAU sports activity as defined by the appropriate AAU Adult or Youth Sports Committee in regards to eligibility, rules, age, gender, etc.

Membership - An agreement to participate under the rules, regulations, Code, policies and procedures of the AAU. Membership entitles participation; it does not create agency, or authorize member(s) to be spokesperson(s) on behalf of AAU.

Non-Athlete - A person who participates in the AAU in an administrative role such as Administrator, Bench Personnel, Coach, Instructor, Manager, Official, Team Leader, Tournament Director, Volunteer or other who supports the sport's activity but does not compete as an athlete.

Practice - For the purpose of sanctioning, a practice is organized and/or regularly scheduled sessions supervised at all times by a registered AAU non-athlete and conducted for the purpose of preparing, training, instructing and conditioning only AAU registered athletes for AAU competitions. Tryouts and scrimmages are included as long as they meet requirements of the above definition. Practices do not require a separate sanction application but are included in the AAU Club Membership (Level 1, 2 and 3).

License - The written approval of the AAU to authorize registered athletes to participate in a specific competition or activity.

Scrimmage - A practice of an AAU club or with AAU athletes or another club. A scrimmage does not qualify as a practice if an admission fee is charged or the officials are paid. Scrimmage results must not affect the team/club standings or rankings.

Supervision - Supervision requires that an AAU registered coach/instructor be physically present at all times at the practice premises or site during each practice session.



The Open Championship Series

Cheerleading Rules & Guidelines

2021 - 2022

GENERAL RULES & ROUTINE REQUIREMENTS

1. All skills permitted in a level include all skills permitted in the previous level. If a skill is **prohibited** in a level is also **prohibited** in the previous level(s)
2. Athlete safety is of the utmost importance when performing any skills. Coaches should encourage expertise before skill progression.
3. Any equipment used to enhance the height of an athlete is **prohibited**.
4. Mandatory spotters for all skills must be a member of the team performing/competing.
5. The athletes that begin the routine must remain on the floor throughout the performance. Athletes are **prohibited** from being replaced by another athlete during the routine performance.
6. Athletes are **prohibited** from having any edible or non-edible item in their mouth during routine performance.
7. Soft & solid-soled shoes are mandatory while performing/competing.
8. All forms of jewelry are **prohibited** while performing routine. All jewelry must be removed, cannot be taped over, or covered up. Medical ID Tags/bracelets are the **EXCEPTION**.
9. Props are not required to be in routine performance. Flags, banners/signs, poms, and megaphones allowed. If teams would like to use a prop that is not the items listed previously, the prop must be approved by the event producer per each event. Props with poles or of such are **prohibited** from being used in stunts or tumbling skills.
10. Routine time will begin with the first movement, beat of music, or voice. Time will end with the last movement, beat of music, or voice.
 - a. All Star Divisions (includes Elite/International/Performance Cheer): 2:30
 - b. All Star Prep: 2:00
 - c. All Star Novice: 1:30
 - d. Non-Tumbling: 2:00
 - e. Global Divisions: 3:30 (Maximum 40 sec. for opening Cheer, Maximum 20 sec. transition to music section, 2:30 for music section)
11. Athletes must have at minimum one (1) foot, hand, or body part on the performance floor at the start of the routine.

EXCEPTION: If bases have hands resting on the performance floor prior to the beginning of the routine, flyers are permitted to have feet/foot in bases hand(s).

GENERAL RULES

All level rules must be used with Level Specific Rules and General Rules. General rules apply to levels 1-6

All Level General Rules

A. All Level General Rules

1. Athletes are permitted to jump and/or rebound over another athlete
2. Knee, Seat, Front, Back and Split drops from a skill are **prohibited** unless there is support on the hands or feet. Support on the hands or feet will help break the impact onto the performance floor.

All Level Tumbling

A. All Level Tumbling - General Rules

1. All tumbling skills must start and end on the performance floor.
2. Athlete may rebound from tumbling skill into a stunt transition
 - a. If athlete rebound includes an over the head rotation, the athlete **must** be caught in an upright position before continuing the transition or stunt.
3. It is **prohibited** for athletes to tumble under or over another athlete, prop, or through a stunt.
4. It is **prohibited** for athletes to hold or contact props while performing a tumbling skill.

All Level Stunts

A. All Level Stunts - General Rules

1. Extended stunts (single or assisted) are **prohibited** in Tiny, Mini and Youth divisions. Stunts may transition through an extended level without a clear and visible stop and must end at the prep level.

B. All Level Stunts - Release Move Rules

1. Release Skills:
 - a. Athlete must return to the bases that he/she started the stunt skill with.
 - b. Athletes cannot land on the performance floor without assistance from another athlete.
 - c. Athletes cannot travel intentionally.
 - d. Athletes cannot land or end in an inverted position.
 - e. Athletes cannot travel under, over or through other stunts, pyramids, props, or other athletes.
 - f. Releases which result in the athlete in a non-upright position require:
 - i. Multi-based stunt: Three (3) catchers
 - ii. Single-based stunt: Two (2) catchers
 - g. Height of the release parameters:
 - i. Highest point of the release
 - ii. Distance from the flyers hips to the main/side base extended arms.
2. Assisted or free flipping transitions and stunts are **prohibited**.
EXCEPTION: International Level 6
3. Single based split catches are **prohibited**.

C. All Level Stunt - Inversion Rules

1. Athletes that are in an inverted/backbend position on the performance floor cannot contact a flyer.

All Level Pyramid

A. All Level Pyramid - General Rules

1. Must follow Stunts & Dismount rules. Allowed two (2) high only structure
2. Flyers must receive main support from a base. **EXCEPTION:** Release Moves
3. Any pyramid release skill is permitted if it stays connected to a base and required support athlete.
4. Flyers primary weight cannot be carried solely at second level. Pyramid transitions must be continuous.
5. Support Athlete/Connections are required to make contact prior to the start of the skill.

All Level Dismounts

A. Dismounts

1. To be considered a Dismount the skill must end in a cradle position or end on the performance floor via a release with an assisted support athlete.
2. Cradles from single based stunts must have a spotter with a minimum of one (1) hand/arm supporting the shoulder to waist section of the flyer's body to protect the head and shoulders.
3. Multi-based stunts are required to have two (2) catchers and a spotter (see above spotters duties)
4. Multi-based stunts which the bases start under the flyer's feet and cradle at waist level must follow all toss rules.
5. All dismounts must end with the starting or original bases.
EXCEPTION: Assisted dismounts that end on the performance floor must be performed by the spotter or original base.
EXCEPTION: Pop offs do not require assistance on discount when below waist level.
EXCEPTION: Single based stunts with more than one flyer.
6. Stunt, pyramid, athlete, or prop is not allowed to travel under or over a dismount. Dismount is **prohibited** from being thrown over, under or through pyramids, athletes, stunts or props.
7. Intentional traveling on a dismount is **prohibited**.
8. Flyers cannot be in contact with one another when released for dismount.
EXCEPTION: Single based stunts with more than one flyer.
9. Tension rolls/drops are **prohibited**.

All Level Tosses

A. All Level Tosses (Level 2-6 Youth-Senior)

1. Tosses are required to have:
 - a. Both feet of the flyer must be in/on the hands of bases with the toss begins.
 - b. Only one (1) flyer is allowed per toss group
 - c. Flyers must be released and remove all contact from bases, support athlete(s) and other persons to be considered a toss.
 - d. All toss groups must have a minimum of three (3) bases but no more four (4) bases.
 - e. All bases must have both feet on the performance floor.
 - f. Spotter/base must be behind the flyer during the toss and can assist the flyer.
 - g. Spotter must be positioned at the flyers head for the cradle
 - h. Bases/Spotters must remain stationary during toss. Tosses cannot intentionally travel.
EXCEPTION: Bases may turn $\frac{1}{4}$ or $\frac{1}{2}$ for level appropriate twisting skills.
 - i. Must not flip, travel, or invert.
 - j. Other stunts, pyramids, athletes or props cannot travel under or over a toss.
 - k. Tosses cannot be thrown over, under or through any other stunts, athletes, pyramids or props.

LEVEL 1

These rules are level specific and in addition to the General Rules.

Level 1 Tumbling

A. Standing / Running Tumbling

1. All tumbling skills are required to have constant contact with the performance floor
2. Skills Allowed:
 - a. Forward / backward rolls (no dive rolls), cartwheels/block cartwheels, round Offs, Backbends, walkovers, and handstands
3. Skills cannot be combined with round off or round off rebound
 - a. There must be a clear and visible stop between round off or round off rebound and the next tumbling skill performed.
4. Handsprings (Front & Back) are **prohibited**.

Level 1 Stunts

A. Stunts - Spotter

1. Spotter is mandatory for each flyer at prep level and above
2. Spotter is mandatory for each flyer in a floor stunt. Spotters are allowed to grab the flyer's waist.
3. The center base can be considered a spotter in an extended v-sit if they are positioned to protect the flyers head and shoulders.
4. Skills that do not require a spotter: shoulder sits, T-Lifts, or stunts where flyer is only supported at the waist.

B. Stunts - General

1. One (1) base at minimum must maintain contact with the flyer.
2. Leap frogs and variations of this skill are **prohibited**.
3. Single based stunts with more than one flyer is **prohibited**.
4. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
5. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not

C. Stunts - Level

1. Waist level Single leg stunts
2. Prep Level single leg stunts are permitted but must include:
 - a. Flyer be connected to another athlete standing on the performance floor. This athlete cannot be the base(s) or spotter.
 - b. Connection must be made before the single leg prep stunt is initiated. Connection is hand/arm to hand/arm.
3. Walk up should stands are permitted
4. All stunts are **prohibited** from exceeding prep level.
EXCEPTION: Two legged stunts may travel through extended level in a continuous transition without a clear and visible stop at the extended level.

D. Stunts - Twisting

1. Maximum to $\frac{1}{4}$ twist.
2. Rebounding to prone, $\frac{1}{2}$ twist to stomach is permitted.

3. ½ wrap around stunt is permitted.
 4. Maximum ½ twist is permitted if the flyer starts and ends on the performance floor and is supported only at the waist.
- E. Stunts - Release
1. **Prohibited** unless stated in level 1 dismounts.
- F. Stunts - Inversions
1. Inversions of any kind are **prohibited**.

Level 1 Pyramids

- A. Pyramids - General
1. Connection/brace is required and must remain connected throughout the transition. The connection/brace athlete must also stay the same throughout.
 2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
 3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not
- B. Pyramids - Levels
1. Two (2) Leg Extended stunts:
 - a. Support athlete connection is required to a flyer at prep level or below with arm/hand connection
 - b. Flyers at prep level, support athletes are required to be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.
 - c. Cannot be connected to other extended level stunts
 2. Prep level single leg stunts
 - a. Required to be supported by minimum one (1) athlete at prep level or below with hand/arm connection.
 - b. Prep level support athletes are required to be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.
 3. Extended single leg stunts are **prohibited**.
- C. Pyramids - Release Move
1. When a flyer is released by the bases, the flyer must land in a cradle or dismount to the performance floor following the dismount rules.

Level 1 Dismounts

- A. General
1. 0 Twists (including ¼ turns)
 2. Dismounts are **prohibited** from skills above prep level in pyramids
- B. Dismounts to Cradles
1. Straight cradles only .
 2. Sponge, Load In, Squish and waist level cradles are **prohibited**.
- C. Dismounts to Performance Floor
1. Straight pop downs only

Level 1 Tosses

- A. Toss - General
1. All tossed are **prohibited** (includes waist level cradles and sponge tosses).

LEVEL 2

These rules are level specific and in addition to the General Rules.

Level 2 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Swan/arched position or twisting dive rolls are **prohibited**.
 - 2. Twisting or turning after a back handspring step out is **prohibited**. Feet must come together after completion of the skill before twisting or turning. Example: Back handspring step out -> ½ turn = Illegal
 - 3. Flips and aerials are **prohibited**.
 - 4. Twisting while airborne is **prohibited**.
- B. Tumbling - Standing Tumbling
 - 1. Front/back handspring series are **prohibited**.
 - 2. Jump skills connected with a handspring(s) are **prohibited**.
- C. Tumbling - Running Tumbling
 - 1. Front and Back handspring series are permitted.

Level 2 Stunts

- A. Stunts - Spotter
 - 1. Spotters are mandatory for all flyers:
 - a. Above prep level
 - b. Floor Stunt: The spotter is allowed to hold the flyers waist
- B. Stunts - General
 - 1. One (1) base at minimum must remain in contact with the flyer during transitions.
 - 2. Multiple flyers on a single based stunt is **prohibited**.
 - 3. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
 - 4. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not
- C. Stunts - Level TM
 - 1. Single leg stunts above prep level are **prohibited**.
EXCEPTION: Single leg stunts may travel through an extended level in a continuous transition without a clear and visible stop at the extended level.
- D. Stunts - Twisting
 - 1. Maximum ½ twists are permitted.
EXCEPTION: One (1) full twisting log/barrel roll is permitted but must:
 - a. Start and end in cradle
 - b. Assisted by a base
 - c. Cannot be assisted by another flyer
 - d. The single twist is the only skill allowed, other skills cannot be included.
- E. Stunts - Release Move
 - 1. Release moves are **prohibited** other than those listed in Level 2 Dismounts and Tosses.
EXCEPTION: One (1) full twisting log/barrel roll is permitted but must:
 - a. Start and end in cradle

- b. Two (2) catchers required for single-based log rolls. Three (3) catchers required for multi-based log rolls.
- c. Required to return to original bases.
- d. Cannot be assisted by another flyer
- e. The single twist is the only skill allowed, other skills cannot be included.

F. Stunts - Inversions

- 1. Ground level inversion transitions to a non-inverted position are the only inversions permitted.
- 2. Inverted athletes are required to maintain contact with the performance floor unless the flyer is being lifted into a non-inverted position.

Level 2 Pyramids

A. Pyramids - General

- 1. A support athlete/connection(s) is mandatory and must remain the same and stay connected through the entirety of the transition.
- 2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
- 3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
- 4. Extended level stunts are **prohibited** to connect to other extended level stunts.

B. Pyramids - Level

- 1. Extended single leg stunts must:
 - a. Be supported by another flyer at the prep level or below with arm/hand connection.
 - b. Support athletes for prep level flyers must be in shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the base's hands.

C. Pyramids - Release Move

- 1. When a flyer is released by the bases, the flyer must land in a cradle or dismount to the performance floor following the dismount rules.
- 2. Release moves are **prohibited** to be supported or connected to a flyer above the prep level.

Level 2 Dismounts

A. Dismounts to Cradle

- 1. Straight cradles and ¼ twist cradles are permitted.
- 2. Body Positions (Pike, Toe touch, etc.) are **prohibited**.
- 3. Waist level cradles are **prohibited** in Mini Division.

B. Dismounts to Performance Floor

- 1. Straight pop downs only

Level 2 Tosses

A. Tosses - General

- 1. Straight ride tosses only. Exaggerated arch is **prohibited**.
- 2. Arm positions such as a wave or a salute are allowed if the flyer's body and legs are in the straight ride position.
- 3. Tosses are **prohibited** in the Mini Division (includes waist level cradles and sponge tosses).

LEVEL 3

These rules are level specific and in addition to the General Rules.

Level 3 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Swan/arched position or twisting dive rolls are **prohibited**.
- B. Tumbling - Standing Tumbling
 - 1. Front/back handspring series are permitted
 - 2. Jump skills connected with a handspring(s) are **prohibited**.
 - 3. Twisting while airborne is **prohibited**.
- C. Tumbling - Running Tumbling
 - 1. Flips
 - a. Back Flips can be performed if:
 - i. Tumbler is in tuck position and no additional skills are performed
 - ii. Tumbler connects the back flip from a round off or round off back handspring(s)
 - 2. Aerials, $\frac{3}{4}$ front flips and running punch fronts/forward tucks (tumbling prior to punch front/forward tuck is **prohibited**) are permitted.
 - 3. Tumbling after a flip or aerial is **prohibited**.
 - 4. Twisting while airborne is **prohibited** with the **EXCEPTION** of an aerial.

Level 3 Stunts

- A. Stunts - Spotter
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single base stunts with more than one (1) flyer require a spotter for each top person (One spotter per one flyer).
- B. Stunts - General
 - 1. One (1) base at minimum must remain in contact with the flyer during transitions.
EXCEPTION: See release moves
 - 2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
 - 3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not
- C. Stunts - Level
 - 1. Single leg extended stunts are permitted.
 - 2. Extended single leg stunts cannot be supported by other extended level stunts
- D. Stunts - Twisting
 - 1. Maximum one (1) twist permitted.
 - 2. One (1) full twist transition must start and end from prep level or below
 - 3. Exceeding a $\frac{1}{2}$ twist to and from an extended level position is **prohibited**.
- E. Stunts - Release Move
 - 1. Release moves are required to:
 - a. Begin at waist level or below
 - b. End at prep level or below.
 - 2. Release Moves are **prohibited** form:

- a. Pass through or end inverted.
 - b. Release from inverted to non-inverted.
 - c. Travel above the base's extended arm levels.
If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.
 - d. Flyers cannot encounter other flyers in separate release skills/moves.
 - 3. Releases ending in a non-upright position are required to:
 - a. Have three (3) catchers for a multi based stunt.
 - b. Have two (2) catchers for a single based stunt.
 - 4. Skills performed during a release move are limited to:
 - a. One (1) skill / trick.
 - b. 0 Twists.
 - 5. Log/Barrel Rolls
 - a. Maximum one (1) twist.
 - b. Required to land in a cradle, or a flat back or prone position.
 - c. Required to have two (2) catchers for a single-based log roll. Multi based log rolls must have three (3) catchers.
 - 6. Helicopters are **prohibited**.
- G. Stunts - Inversion
- 1. Inversion Levels
 - a. Inverted stunts above shoulder level are **prohibited** except for multi-based suspended rolls.
 - b. Multi based suspended rolls are required:
 - i. Roll to cradle, start in load in positions, flat body prep level stunt, or the performance floor
 - ii. Both flyers' hands must be connected to separate hands of the base(s)
 - 2. Twisting inversions
 - a. Maximum one (1) twist to prep level and below.
 - b. Maximum ½ twist to extended level.
 - c. Multi-based forward rolls:
 - i. Maximum one (1) twist is permitted.
 - ii. Forward rolls that exceed ½ twist are required to land in cradle position.
 - d. Multi-based suspended backward rolls cannot twist.
 - 3. Downward inversions
 - a. Downward inversions are permitted to twist at waist level and are required:
 - i. Two (2) catchers in contact with shoulder to waist region of flyer.
 - ii. Remain in contact with the original base.
 - iii. Cannot travel through prep level and then become inverted below prep level.
 - b. Two leg pancake stunts are **prohibited**.

Level 3 Pyramids

A. Pyramids - General

- 1. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
- 2. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
- 3. Extended single leg stunts cannot be supported/connected by other extended level stunts.

B. Pyramids - Twisting

1. One (1) twist is permitted up to extended level.
 - a. Connection to a support athlete at prep level or below and a base is required
 - b. Arm/Hand to Arm/Hand is required connection to support athlete
 - c. Connection/support athletes must remain connected throughout the transition. The connection/support athlete must also stay the same throughout.

C. Pyramids - Inversions

1. Must follow Stunt Inversion Rules
2. Flyer is allowed to travel through an inverted position if:
 - a. Flyer maintains contact with a base that is stationary on the performance floor and a support athlete in prep level.
 - b. If the skill starts and ends at prep level or below, the base that maintains contact with the flyer is permitted to extend their arms during the transition
 - c. The support athlete but maintain connection with the flyer throughout the transition

D. Pyramids - Release Move

When a Flyer is released by the bases during a transition (pyramid section) and does not follow the rules stated below, the flyer is required to land in a cradle or dismount to the performance floor and follow the dismount rules.

1. During transition (pyramid section), the flyer is permitted to pass above two (2) high and perform:
 - a. Level 3 Stunt release skills or dismounts if:
 - i. Connected to one (1) support athlete at prep level or below.
 - b. Maximum one (1) twist if:
 - i. Connected to two (2) support athletes at prep level or below with arm/arm connection.
 - c. Non-Twisting/Non-Inverted Release moves if:
 - i. Connected to two (2) different support athletes at prep level or below.
 - ii. Connected to one (1) support athlete by arm/hand to arm/hand.
 - iii. Connected to a second support athlete by arm/hand to arm/hand or arm/hand to foot/below the knee.
 - iv. Supported on two (2) separate sides by two (2) different support athletes
 - v. Supported on two (2) of the four (4) sides of flyer (front, back, right, left)
2. Contact must remain with the same support athlete(s) until contact is made with base on the performance floor.
3. Release transitions are **prohibited** from changing bases.
4. Release transitions are required to be caught by two (2) catchers:
 - a. Must be stationary
 - b. Requires constant visual contact with flyer throughout the entire transition
5. Release moves are **prohibited** from being supported/connected to flyer above prep level
6. Pyramid transitions **prohibit** the inclusion of inversions when released from bases.

Level 3 Dismounts

A. Dismounts - General

1. Maximum one (1) skill is permitted from any two-leg stunt dismount.
2. Maximum 1-¼ twist is permitted from any two leg-stunt dismount
3. Prep level and above dismounts that contain a skill (twist/toe touch) must be caught in a cradle
4. Inverted position dismounts are **prohibited**.

B. Dismounts to Cradle

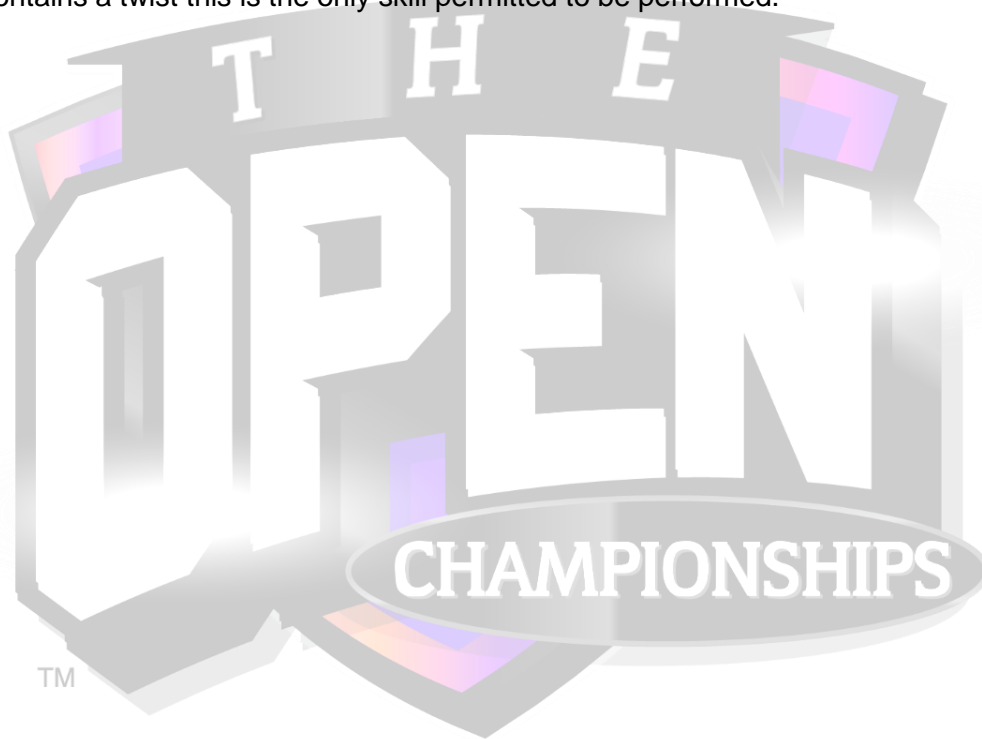
1. Maximum 1¼ twists are permitted from all two leg stunts (does not include platform position)

2. Straight and $\frac{1}{4}$ twist cradles are permitted from single leg stunt.
 3. When performing a cradle from a single based stunt with more than one (1) flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers and bases must be stationary prior to the start of the dismount
- C. Dismounts to Performance Floor
1. Straight pop downs from any single leg stunt is permitted
 2. Straight pop downs from any prep level or higher two-leg stunt is permitted
 3. Maximum one (1) skill dismount from waist level two leg stunt is permitted

Level 3 Tosses

D. Tosses

1. Maximum one (1) skill is permitted and cannot exceed 1 $\frac{1}{4}$ twist
EXCEPTION: Ball-X toss is permitted
2. If toss contains a twist this is the only skill permitted to be performed.



LEVEL 4

These rules are level specific and in additional to the General Rules.

Level 4 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Swam/arched or twisting dive rolls are **prohibited**.
- B. Tumbling - Standing
 - 1. Maximum one (1) flip is permitted
 - a. Zero (0) twists
 - b. Skill must be executed in a tuck position.
EXCEPTION: Aerial cartwheels and onodis is permitted
 - c. Standing flips and back handspring - flip are permitted
 - d. Flips connected to a jump are **prohibited**.
 - 2. Tumbling after flipping, aerial cartwheel or onodi is **prohibited**.
- C. Tumbling - Running
 - 1. Maximum one (1) flip and zero (0) twists permitted.
EXCEPTION: Aerial cartwheels and onodis are permitted.

Level 4 Stunts

- A. Stunts - Spotters
 - 1. Spotter is mandatory for each flyer above prep level.
 - 2. Single based stunts with more than one flyer require a spotter for each flyer. (i.e. One Spotter per one flyer)
- B. Stunts - General
 - 1. Minimum one (1) base must remain in contact with the flyer during transitions.
EXCEPTION: See release moves
 - 2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
EXCEPTION: Athlete is permitted to move under a stunt, or stunt permitted to move over athlete
- C. Stunts - Level
 - 1. Single leg extended stunts are permitted
 - 2. Extended single leg flyers are **prohibited** from connecting to any other extended single leg flyers
- D. Stunts - Twisting
 - 1. Maximum 1 ½ twists allowed
 - 2. Twisting into an extended position is permitted but:
 - a. Maximum ½ twist is permitted
 - b. If the twist is more than ½ and up to one (1) twist - flyer must land in two-leg stunt, platform position or liberty. No body positions can be hit directly after the twist. A clear and visible stop is required at extended platform position and/or liberty before hitting body position.

E. Stunts - Release Moves

1. Release moves are **prohibited** from:
 - a. Traveling through or end inverted
 - b. Travel above the extended arm level of the bases.
If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.
 - c. **Prohibited** from encountering other flyers in separate release skills/moves
2. Release moves that end in the extended position are required:
 - a. Start at waist level or below
 - b. **Prohibited** from twisting or flipping
3. Release moves from an extended position **prohibit** a twist
4. Release moves that end in non-upright positions require:
 - a. Three (3) catchers for a multi-based stunt
 - b. Two (2) catchers for a single-based stunt
5. Release moves from inverted to non-inverted position require:
 - a. Inverted at the bottom of dip
 - b. **Prohibit** a twist
 - c. If landing at prep level or higher a spotter is required
6. Helicopters are permitted with:
 - a. Maximum 180 degree rotation
 - b. 0 Twists
 - c. Caught by 3 catchers, one of the catchers must be in position at the flyers head and shoulder area.

F. Stunts - Inversions

1. Levels
 - a. Extended inverted stunts are permitted
2. Downward inversions
 - a. Three (3) catchers required
EXCEPTION: Downward inversions that do not travel above waist level do not require three (3) catchers.
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer
 - c. Remain in contact with an original base
EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - d. **Prohibited** to encounter other downward inversions
 - e. Prep Level and below downward inversions are permitted but:
 - i. Cannot travel above prep level and then invert below prep level
 - f. Two leg pancake stunts:
 - i. Required to start at shoulder level or below
 - ii. Permitted to immediately travel through extended level position
 - iii. **Prohibited** to stop or end inverted
 - g. Extended inverted stunts (ex: handstand) can be lowered to shoulder level and must begin from an extended inverted stunt (does not include traveling thru extended). The lowering over the extended inverted position must be controlled.

Level 4 Pyramids

A. Pyramids - General

1. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
2. Flyer is **prohibited** to invert over or under the head/torso of another flyer in any situation
3. An athlete is permitted to move under a stunt, or stunt permitted to move over athlete
4. Extended level single leg stunts are **prohibited** from being supported by any other extended level single leg stunts

B. Pyramids - Twisting

1. Twisting into and out of an extended level is permitted up to 1 ½ twists
 - a. Athlete support connection required prep level or below
 - b. Athlete support connection must stay in contact throughout the entire transition

C. Pyramids - Inversions

1. Must follow Level 4 Stunt inversion rules

D. Pyramids - Release moves

1. During transition (pyramid section), the flyer is permitted to travel above two (2) high and perform:
 - a. Maximum 1 ½ twists
 - b. Non-Inverted release skills
 - c. Non-inverted release skills are permitted to change bases if:
 - i. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
2. Connection to one (1) athlete support is required at prep level or below
3. Connection must remain with the same athlete support until the flyer makes contact with a base on the performance floor
4. Flyer is permitted to travel over another flyer while connected to that flyer at prep level or below
5. Minimum of Two (2) catchers required (one spotter, one catcher minimum)
 - a. Catchers must be stationary
 - b. Catchers must remain in visual contact with the flyer throughout the entire transition
6. Release moves cannot be connected/supported to flyers above prep level.

E. Pyramids - Release Moves with Athlete Supported Inversions (included supported flips)

Permitted if: TM

1. Constant contact with two (2) athlete supports at prep level or below
2. Constant contact with the same athlete supports until contact is made with base on the performance floor
3. Supported on two (2) separate sides (right side-left side, left side - front side, etc) by two (2) different athlete supports
4. Supported on two (2) of the four (4) sides of flyer (front,back,right, left)
5. Maximum 1-¼ flip rotation and zero (0) twists
6. Does not change bases
7. Release move is a continuous movement
8. Three (3) catchers required

EXCEPTION: Athlete supported flips that land in an upright position at prep level or above must have minimum of one (1) catcher and two (2) spotters

- a. All catchers/spotters are required to be stationary
- b. All catchers/spotters are required to be in constant visual contact with flyer throughout the transition
- c. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.

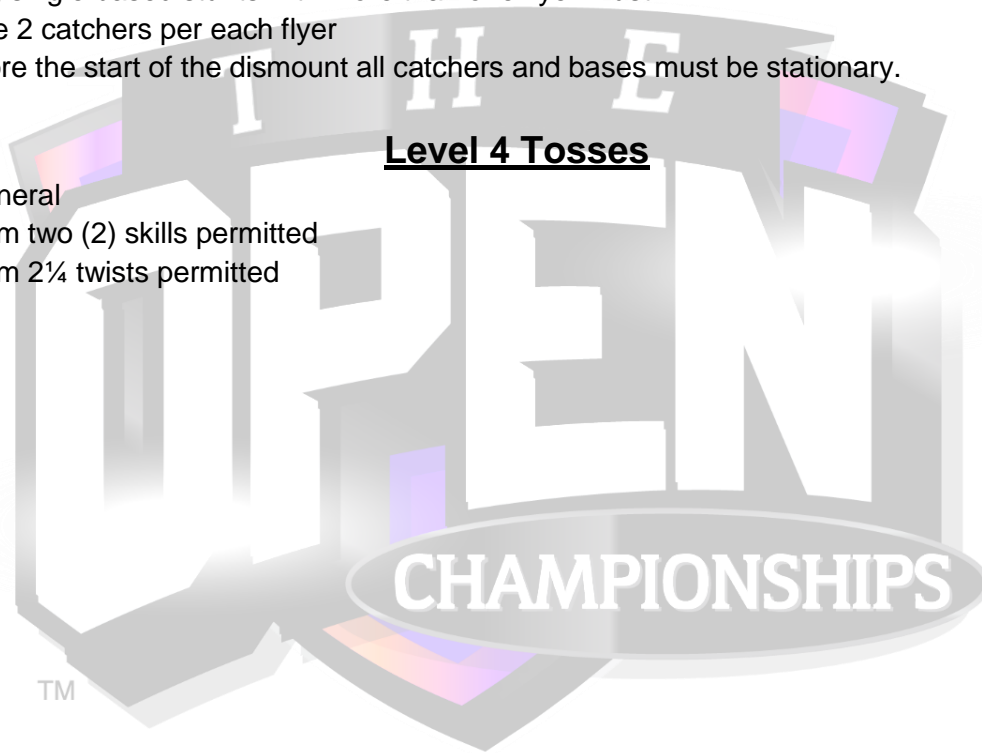
9. Does not move/travel downward while inverted
10. Does not come in contact with other stunt/pyramid release moves.
11. It is not supported/connected to flyers above prep level

Level 4 Dismounts

- A. Dismounts - General
 1. Maximum 2 skills/tricks permitted during dismount
 2. Maximum $2\frac{1}{4}$ twists permitted from any two-leg stunt
 3. Maximum $1\frac{1}{4}$ twists permitted from a platform position
 4. Maximum $1\frac{1}{4}$ twists permitted from any single leg stunt
 5. Dismounts from inverted positions are **prohibited** from twisting
- B. Dismounts to Cradles
 1. A twist is the only skill permitted in the dismount if the twist exceeds $1\frac{1}{4}$ up to $2\frac{1}{4}$ twists.
 2. Cradling single based stunts with more than one flyer must:
 - a. Have 2 catchers per each flyer
 - b. Before the start of the dismount all catchers and bases must be stationary.

Level 4 Tosses

- A. Tosses - General
 1. Maximum two (2) skills permitted
 2. Maximum $2\frac{1}{4}$ twists permitted



LEVEL 5

These rules are level specific and in addition to the General Rules.

Level 5 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Swam/arched or twisting dive rolls are **prohibited**.
- B. Tumbling - Standing Tumbling
 - 1. Maximum one (1) flip and 0 twists permitted
- C. Tumbling - Running Tumbling
 - 1. Tumbling skills are permitted:
 - a. Maximum of one (1) flip and one (1) twist
 - b. Tumbling after the twisting skill is **prohibited**.
 - c. Must be immediately connected to a round off, back handspring(s) or front handsprings(s)
EXCEPTION: Synchronous front flipping and twisting permitted from a running entry or front handspring
 - d. Full twisting skills require:
 - i. Both feet must land on the performance floor (no landing in prone, seated, etc)
 - ii. Other tricks are **prohibited**

Level 5 Stunts

- A. Stunts - Spotters
 - 1. Spotter is mandatory for each flyer above prep level.
 - 2. Single based stunts with more than one flyer require a spotter for each flyer. (i.e One Spotter per one flyer)
- B. Stunts - Levels
 - 1. Single leg extended level stunts are permitted
- C. Stunts - Twisting
 - 1. Maximum 2¼ twists permitted
 - 2. Maximum 1½ twists permitted if landing in an extended level two leg stunt
 - 3. Maximum of 1 twist permitted if landing in an extended single leg stunt
- D. Stunts - Release Moves
 - 1. Release moves are **prohibited** if:
 - a. Travel through or end inverted
 - b. Release extends beyond 18 inches above the extended arm level of the bases
If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.
 - c. It is in contact with other flyers in separate release skills/moves
 - 2. Release moves that end in a non-upright position are required to:
 - a. Have three (3) catchers for a multi-based stunt
 - b. Have two (2) catchers for a single based stunt
 - 3. Release moves from inverted to non-inverted positions:
 - a. Required to be inverted at the bottom of the dip
 - b. **Prohibited** from twisting
 - c. If ending at prep level or higher a spotter is required.
 - 4. Helicopters are permitted with:

- a. Maximum 180 degree rotation
 - b. Caught by 3 catchers, one of the catchers must be in position at the flyers head and shoulder area
- E. Stunts - Inversions
- 1. Levels
 - a. Extended level inverted stunts permitted
 - 2. Downward inversions
 - a. Three (3) catchers required

EXCEPTION: Downward inversions that do not start or travel above waist level do not require three (3) catchers
 - b. Two (2) of the catchers must be in contact with the waist to shoulder region of the flyer
 - c. Connection must be made at the shoulder level and/or above of the bases
 - d. Remain in contact with an original base

EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - e. **Prohibited** to be in contact with other downward inversions
 - f. Downward inversions are permitted from above prep level:
 - i. Cannot stop in an inverted position

EXCEPTION: An extended inverted stunt that is lowered controllably to prep level, traveling above prep level or from non-inverted extended to prep level inverted stunt must have at minimum one (1) base and one (1) spotter.
 - ii. Cannot end/land on or touch the ground while inverted

Level 5 Pyramids

- A. Pyramids - Twisting
- 1. Twisting into extended level is permitted up to 2¼ twists
 - a. Must be connected to support athlete at prep level or below
 - b. Connection to the support athlete must stay constant throughout the entire transition
- B. Pyramids - Inversions
- 1. Must follow level 5 stunt inversion rules
- C. Pyramids - Release Moves
- 1. During transition (pyramid section), the flyer may travel above two (2) high and perform:
 - a. Maximum 2 ¼ twists
 - b. Non-Inverted release skills
 - c. Non-inverted release skills permitted to change bases if:
 - i. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
 - 2. Connected to one (1) support athlete at prep level or below
 - 3. Connection must remain with the same support athlete until contact is made with a base on the performance floor
 - 4. Required to be caught by at least two (2) catchers at minimum (one catcher, one spotter)
 - a. Both catchers must be stationary
 - b. All required catchers/spotters must be in constant visual contact with flyer throughout the entire transition
 - 5. Release moves are **prohibited** from being connected/supported to the flyer above prep level
- D. Release Moves with Athlete Supported Inversions (included supported flips)
- Permitted if:
- 1. Remains in constant contact with one (1) athlete support at prep level or below

2. Remains in constant contact with the same athlete support until contact is made with base on the performance floor.
3. Maximum $1\frac{1}{4}$ flip and 0 twists
4. Permitted to change bases
5. Is in continuous movement
6. Three (3) catchers required
EXCEPTION: Flips that land in an upright position at prep level or above with an athlete support must have one (1) catcher or two (2) spotters at minimum.
 - a. All required catchers/spotters must be stationary
 - b. Constant visual contact with the flyer must be maintained by the catchers/spotters throughout the transition.
 - c. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
7. Inversion does not travel downward while inverted
8. Inversion does not come in contact with other stunt/pyramid release moves.
9. Inversion is not supported/connected to flyers above prep level

Level 5 Dismounts

- A. Dismounts - General
 1. Maximum $2\frac{1}{4}$ twists permitted
 2. Maximum 3 tricks/skills permitted
 3. The twist is the only skill that is permitted if dismount exceeds $1\frac{1}{2}$ twists (Kick doubles are **prohibited**)
 4. Dismounts from an inverted positions are **prohibited** from twisting
- B. Dismounts to Cradles
 1. When cradling single based stunts with more than one flyer
 - a. Two (2) catchers must catch each flyer
 - b. Catchers/bases must be stationary prior to the start of the dismount

Level 5 Tosses

- A. Tosses - General
 1. Maximum three (3) tricks/skills permitted
 2. Maximum $2\frac{1}{2}$ twists permitted
 3. The twist is the only skill permitted if toss exceeds $1\frac{1}{2}$ twists (Kick doubles are **prohibited**)

PREP DIVISIONS

Rule differences from All Star Elite

- A. Maximum routine time limit is 2:00
- B. Tosses are **prohibited** (Includes sponge toss)
 - 1. All waist level cradles are **prohibited**

NOVICE DIVISIONS

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