

**2018 Amateur Athletic Union
AAU Cheerleading Rulebook**



Sports For All, Forever!

2017-2018 AAU Cheerleading Rulebook

TABLE OF CONTENTS

I.	National Sport Committee Governance and Administration	4
A.	National Committee Structure and Procedures	4
1.	National Chair	4
2.	Executive Committee Composition.....	4
3.	National Sport Committee Composition	4
4.	Other Committee Positions.....	4
5.	Voting.....	4
B.	Sport Committee Meetings	4
1.	National Sports Committee Regular Meetings.....	4
2.	Non-Regular Sport Committee Meetings	5
3.	National Sport Committee Special Meetings	5
4.	National Sport Executive Committee Meetings	5
5.	Agenda Additions.....	5
II.	Sport Policies and Procedures.....	5
A.	Sportsmanship	5
B.	Program Violations.....	5
C.	No Guarantee Policy	5
III.	Sport Operations	6
A.	Current Year Rule Changes	6
B.	Event Operating Rules	6
1.	General Safety Rules	6
2.	District Qualifier Medals	6
C.	Competition Rules.....	6
1.	Qualifying Process	6
2.	Eligibility.....	6
3.	Categories of Competition.....	6
4.	Rules and Restrictions	6
IV.	Excerpts from AAU Code Book	7
A.	AAU Membership.....	7
1.	Conditions for Membership.....	7
2.	Categories of Membership	7
B.	Membership and Residency	7
C.	Eligibility	8
1.	Participation.....	8
2.	Club Attachment.....	8
3.	Transfers.....	8
D.	Use of Logos and Trademarks	8
E.	Event Licenses	9
F.	District Sport Committee Biennial Meetings	10
1.	District Sport Committee Biennial Meeting.....	10

2.	Notice of District Sport Meetings.....	10
G.	Functions of District Sport Committees.....	10
1.	District Sports Committees.....	10
2.	Composition	10
3.	Duties.....	10
H.	Functions of District Sport Director.....	11
1.	District Sports Director	11
2.	Duties.....	11
3.	Removal.....	11

V. Appendix

A.	AAU Cheer Divisions	12
B.	General Safety Rules and Routine Requirements (Level 1-5 Team Rules)	14
C.	Penalties, Deductions, and Max Scores Chart.....	47
D.	Cheer Solo & Duo Rules.....	48
E.	Crowd Leader Rules.....	49
F.	Jump Solo Rules.....	50
G.	Pom Squad Divisions, Guidelines and Deductions	51
H.	Stunt Team Rules	52
I.	Exhibition Guidelines.....	53
J.	AAU Score Sheets	54
K.	National Chair	72
L.	District Map and Alignment.....	73
M.	Definitions/Glossary	79

AAU Cheerleading Rulebook

PREAMBLE

The AAU Cheerleading National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations (subject to change) for the advancement of that purpose.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

1. **National Chair.** National Sports Chairs shall be elected by the National Sport Committee at the committee meeting during National Conventions in which National Officers are elected. Terms are four years. National election policies shall apply. National Sport Chairs can be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review. The President, with the approval of a majority of the officers, may appoint a person to fill a vacant Sport Chair position. The appointee will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term.
2. **Executive Committee Composition.** The Executive Committee shall conduct the business of the Cheerleading Committee in accordance with the rules and regulations of the AAU and the AAU Cheerleading Program. It shall include the National Chair, Secretary, Judging Coordinator, Director of Events, and Treasurer. All above mentioned positions shall be appointed by the National Chair every four years.
3. **National Sport Committee Composition.** The Committee will consist of the National Sports Chair, the appointed Executive Committee, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President may appoint up to two (2) members-at-large.
4. **Other Committee Positions.** The National Chair may appoint additional committee positions.
5. **Voting.** Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sport's operating rules, the elected or appointed District sports director or a representative from each Affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.

B. Sport Committee Meetings

1. **National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.

2. **Non – Regular Sport Committee Meetings.** National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a. The meeting is called by the Chair following approval of the National Office.
 - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. The purpose of the Special meeting must be stated in the Notice for the meeting.
4. **National Sport Executive Committee Meetings.** The National Chair shall determine the date and location of Executive Committee Meetings.
5. **Agenda Additions.**
 - a. **Sport Committee Meeting Order (Agendas).** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5)

II. SPORT POLICIES AND PROCEDURES

- A. **Sportsmanship.** It is the obligation of coaches, players, administrators, volunteers and other representatives of the AAU to practice the highest principles of sportsmanship and to observe the ethics of competition. Good sportsmanship is defined as qualities of behavior, which are characterized by courtesy and genuine concern for others. The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior and integrity.
- B. **Program Violations.** Disciplinary action may be considered by the Districts, Sport Committee or the Executive Committee for any violations bringing discredit upon the AAU or any violation of any part of this Handbook or the AAU Code. In instances of alleged violations, Board of Review action may be taken against athletes, coaches, parents and/or clubs according to AAU Code. (Updated 10/12)
- C. **No Guarantee Policy.** The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

III. SPORT OPERATIONS

A. Current Year Rule Changes. AAU Cheerleading follows the USASF (US All Star Federation) rules for the 2015-2016 cheerleading season.

1. AAU follows the 4.2 Division, Level 4.2 follows Level 4 rules for stunts/Pyramids/Dismounts and Tosses and Level 2 rules for General Tumbling/Standing Tumbling and Running tumbling. It is offered only in "Senior Open". This level will be effective immediately.
2. See **Appendix A and Appendix B** for changes from USASF for 2014/2015.
3. The age as of August 31, 2014 will be the age used for competition throughout the 2015/2016 membership year for all divisions.

B. Event Operating Rules.

1. **General Safety Rules.** The safety rules of the United States All Star Federation (USASF) shall apply to all AAU Licensed events unless modified. See **Appendix B**.
2. **District Qualifier Medals.** AAU medals shall be used at any licensed district qualifying event. Medals must be purchased through the AAU medal program or the license shall be denied/voided. Effective September 1, 2009. (Added 3/09)

C. Competition Rules. Unless otherwise stated in this handbook the rules of competition shall be those of the United States All Star Federation (USASF). Only those rules contained in this handbook shall supersede the general rules of the national governing body.

1. **Qualification Procedure.** The AAU Junior Olympic Games is open to any participant meeting the membership and age requirements. No qualifying required.
2. **Eligibility**
 - a. Age divisions range from 5 years old and younger to 18 years old.
 - b. **For the age division chart, see Appendix A.**
 - c. The age as of August 31, 2015
 - d. Will be the age used for competition throughout the 2015/2016 membership year for all divisions.
3. **Categories of Competition.**
 - a. Team, Pom Squad, Stunt Team, Crowd Leader, Solo Cheer, Jump, Tumble Pass, Exhibition
 - b. Levels 1-5
 - c. Small, Medium and Large Teams
 - d. See **Appendix A** for divisions.
4. **Rules and Restrictions.**
 - a. The General Safety Rules and Routine Requirements of USASF will apply. See **Appendix B**.

- b. **See Appendix C-I** for Rules Charts for Cheer Solo, Crowd Leader, Jump Solo, Pom Squad, Stunt Team, Tumbling, and Exhibition Guidelines.

IV. EXCERPTS FROM AAU CODE BOOK

- A. **AAU Membership.** All participants must be a member of the AAU in order to participate in any AAU Licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.
2. **Categories of Membership**
 - a. **District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories include:
 - i. Youth Athlete
 - ii. Adult Athlete
 - iii. Non-Athlete
 - d. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:
 - a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.

- b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
3. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern their participation in AAU competitions.

C. Eligibility

1. **Participation.** A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions:
 - a. An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 - b. Participation in an AAU licensed league does not create club attachment.
3. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:
 - a. If the youth member has not competed in any AAU licensed events in that Sport for a period of sixty (60) days.
 - b. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]
 - c. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 - d. If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

D. Use of Logos and Trademarks

1. **AAU Registered Marks.** The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. No person or entity may use

the AAU's intellectual property without the prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code.

2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or licensed AAU events only. Neither members nor clubs may use the name AAU in their legal name, domain name, email or any other name without the express written consent of the National AAU. [Rev. 10/08]
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.

E. Event Licenses

1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. Licenses may be issued to any club in good standing and which meets the membership criteria. Any license may be reviewed within 15 days of submission by the District Sport Committee Director or the Governor if there is no District Sports Director. If the license is reviewed and rejected, the organization submitting the license application shall be notified.
4. No license shall take effect until approved or until the 15-day review period has expired.
5. The National Registration Executive Committee has the authority to:
 - a. Issue a license for events in locations where there is no active District member.
 - b. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - c. Issue a license for events directly sponsored by the National AAU or National Sports Committee (The National Sport Committee shall

- consult with the District Sports Director and Governor prior to seeking an event license.)
- d. Review and approve any sanction license rejected by the District.
 - e. Revoke an approved license for good cause.
6. Event licenses issued to one organization cannot be transferred to another organization.
 7. No event license will be issued for any event where the word “Olympic” or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

F. District Sport Committee Biennial Meeting

1. **District Sport Committee Biennial Meeting.** It is the duty of the District Sport Committee to hold a biennial meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings.** Notice of the biennial or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled annual meeting.
 - a. **Quorum.** Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.
 - b. **Voting.** Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may designate another representative for the club.]

G. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following :
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee.
 - b. District Sport Committee Officers and Chairmen of Committees as defined by that sport’s operating rules. [Added 10/07].
 - c. The Governor may appoint five (5) at-large members.
3. **Duties.** The duties of the District Sport Committee are to:
 - a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08]

- b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
- c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
- d. Conduct of the District championships.

H. Functions of the District Sport Director

1. **District Sport Director.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 - a. **Term.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.
 - b. **Vacancies.** A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.
2. **Duties.** The Sport Committee Director shall :
 - a. Develop a budget for the Sport Committee to file with the District Executive Committee.
 - b. Perform the duties set forth in the Committee Rules of Operation.
 - c. Approve event licenses in the sport.
 - d. Preside at Sport Committee meetings.
3. **Removal.** District Sport Directors may be removed as follows:
 - a. **By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
 - b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the number of sanctioned events, excluding practice sanctions, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
 - c. **By National Board of Review.** An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]

APPENDIX A—AGE DIVISIONS

AAU Level 1				
Level 1	Tiny	• 6 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Senior	• 10 yrs – 18 yrs	• Female/Male	• 5 - 32 Members

AAU Level 2				
Level 2	Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 Members
Level 2	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 2	Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 Members
Level 2	Senior	• 10 yrs – 18 yrs	• Female/Male	• 5 - 32 Members

AAU Level 3				
Level 3	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 3	Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 Members
Level 3	Senior	• 10 yrs – 18 yrs	• No Males	• 5 - 32 Members
Level 3	Senior Co-Ed	• 10 yrs – 18 yrs	• 1 or more Males	• 5 - 32 Members

AAU Level 4				
Level 4	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 4	Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 Members
Level 4	Senior	• 10 yrs – 18 yrs	• No Males	• 5 - 32 Members
Level 4	Senior Co-Ed	• 10 yrs – 18 yrs	• 1 or more Males	• 5 - 32 Members
Level 4	Open	• 17 yrs & older	• Female/Male	• 5 - 32 Members

AAU Level 4.2				
Level 4.2	Senior	• 10 yrs – 18 yrs	• Female/Male	• 5 - 32 Members

AAU Level 5				
Level 5	Youth* (See Restrictions Below)	• 11 yrs & younger	• Female/Male	• 5 - 36 Members
Level 5	Junior	• 14 yrs & younger	• No Males	• 5 - 36 Members
Level 5	Junior Restricted* (See Restrictions Below)	• 14 yrs & younger	• 0-4 Males	• 5 - 36 Members
Level 5	Junior Co-Ed	• 14 yrs & younger	• 1 or more Males	• 5 - 36 Members
Level 5	Senior Restricted* (See Restrictions Below)	• 10 yrs – 18 yrs	• Limit 0 - 4 Males	• 5 - 36 Members
Level 5	Senior#	• 12 yrs – 18 yrs	• No Males	• 5 - 36 Members
Level 5	Senior Small Co-Ed	• 12 yrs – 18 yrs	• 1 - 4 Males	• 5 - 20 Members
Level 5	Senior Medium Co-Ed	• 12 yrs – 18 yrs	• 1 - 8 Males	• 5 - 30 Members
Level 5	Senior Large Co-Ed	• 12 yrs – 18 yrs	• 1 - 18 Males	• 5 - 36 Members
Level 5	International Open 5	• 14 yrs & older*	• No Males	• 5 - 24 members
Level 5	International Open Small Co-Ed 5	• 14 yrs & older*	• 1 - 4 Males	• 5 - 24 members
Level 5	International Open Large Co-Ed 5	• 14 yrs & older*	• 5- 12 Males	• 5 - 24 members

Special Needs – Level 2 (In Addition to No Basket Tosses Permitted)				
Special Needs		• Any Age	• Female/Male	• Unlimited

The age as of August 31, 2017 will be the age used for competition throughout the 2017/2018 membership year for all divisions.

AAU Cheerleading Age Division Cheer Solo, Crowd Leader, Tumbling

Tiny Cheer

Tiny • 5 yrs & Younger • Female/Male; Level 1 rules apply for Tumbling Division & Cheer Solo

Mini Cheer

Mini • 8 yrs & Younger • Female/Male • Levels 1, 2

Tumbling rules apply based on level entered for Tumbling Division and Cheer Solos

Youth Cheer

Youth • 11 yrs & Younger • Female/Male; Levels 1, 2, 3, 4, 5

Tumbling rules apply based on level entered for Tumbling Division and Cheer Solos

Junior Cheer

Junior • 14 yrs & Younger • Female/Male • Levels 1, 2, 3, 4, 5

Tumbling rules apply based on level entered for Tumbling Division and Cheer Solos

Senior Cheer

Senior • 10 yrs – 18 yrs • Female/Male, Levels 1, 2, 3, 4, 5,

Tumbling rules apply based on level entered for Tumbling Division and Cheer Solos

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. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from USASF, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). 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 hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. On the level grid, all skills allowed at a particular level encompass all skills allowed in the preceding level. **If a skill is not allowed in a particular level, it is also not allowed in the preceding level(s).**
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed.
Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
14. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last.
Clarification: All Star Prep routines shall not exceed 2:00. Tiny Novice routines shall not exceed 1:30.
15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
17. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

LEVEL 1 RULES

LEVEL 1 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. 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 (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.
- B.** Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C.** Cartwheels and round offs are allowed.
- D.** No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off a clear and distinct pause must immediately follow a round off or round off rebound.
- E.** Front and back handsprings are not allowed.

LEVEL 1 STUNTS

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

- C.** Twisting stunts and transitions are allowed up to a ¼ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation.
 Exception 1: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.
 Exception 2: ½ Wrap around stunts are legal in Level 1.
 Exception 3: Up to a ½ twist is allowed if the top person starts and ends on performance surface and is only supported at the waist and does not require an additional spotter.
- D.** During transitions, at least one base must remain in contact with the top person.
 Exception: Leap frogs and leap frog variations are not allowed in L1.
- E.** Free flipping or assisted flipping stunts and transitions are not allowed.
- F.** No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs.
Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not.
 Example: A shoulder sit walking under a prep is illegal.
 Exception: An individual may jump over another individual.
- G.** Single based split catches are not allowed.
- H.** Single based stunts with multiple top persons are not allowed.
- I.** L1 Stunts-Release Moves
1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
 2. Release moves may not land in a prone or inverted position.
 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 4. Helicopters are not allowed.
 5. A single full twisting log/barrel roll is not allowed.
 6. Release moves may not intentionally travel.
 7. Release moves may not pass over, under or through other stunts, pyramids 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 based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B.** Top person must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L1 dismount rules.
- C.** Two leg stunts:
1. Two leg extended stunts must be braced by a top person at prep level or below with hand-arm connection only.
 - a. The connection must be made **prior to initiating the two leg extended stunt.**
 - b. Prep level top person bracers must have both feet in bases' hands.
 Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
 2. Two leg extended stunts may not brace or be braced by other extended stunts.

D. Single Leg Stunts

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

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

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

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

LEVEL 1 DISMOUNTS

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

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

LEVEL 1 TOSSES

A. No tosses allowed.

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

Clarification: All waist level cradles are illegal.

LEVEL 2 RULES

LEVEL 2 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. 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.
- F.** **There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.**
Example: Back handspring step out > ½ turn = Illegal.

LEVEL 2 STANDING TUMBLING

- A.** Flips and 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.
 2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
- B.** Stunt Levels
1. Single leg stunts above prep level are not allowed. 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 (excluding floor stunts), this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
 2. Single based or assisted single based EXTENDED stunts are not allowed in Mini and Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- C.** Twisting stunts and transitions are allowed up to a total of ½ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if

the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.

Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.

Clarification: The log roll may not be assisted by another top person.

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

E. Free flipping or assisted flipping stunts and transitions are not allowed.

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

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

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

Example: A shoulder sit walking under prep is illegal.

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons are not allowed.

I. L2 Stunts - Release Moves

1. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."

2. Release moves may not land in a prone or inverted position.

3. Release moves must return to original bases.

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

Exception: See L2 Dismount "C".

4. Releasing from inverted to non-inverted is not allowed.

5. Helicopters are not allowed.

6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

Clarification: Single based log rolls must have two catchers. Multi-based log rolls must have 3 catchers.

Clarification: The log roll may not be assisted by another top person.

Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.

Example: no kick full twists

7. Release moves may not intentionally travel.

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

J. L2 Stunts-Inversions

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.

Clarification: All inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.

Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.

Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

K. 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 based or assisted single based EXTENDED stunts are not allowed in Mini and Youth divisions.

Clarification: Single based or assisted single based stunts may immediately pass through an extended position.

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

*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface, **may not be connected to a bracer that is above prep level**, and must follow the L2 dismount rules.*

C. Extended stunts may not brace or be braced by any other extended stunts.

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

LEVEL 2 DISMOUNTS

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

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

LEVEL 2 TOSSES

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

- J. Tosses are not allowed in the Mini division.
Clarification: This includes "Sponge" tosses.
Clarification: All waist level cradles are illegal.

LEVEL 3 RULES

LEVEL 3 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. 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: round off >toe touch> back handspring >back tuck= Illegal. A back tuck is not allowed in Standing Tumbling in L3.

LEVEL 3 STANDING TUMBLING

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

LEVEL 3 RUNNING TUMBLING

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

LEVEL 3 STUNTS

- A.** Spotters
1. A spotter is required for each top person above prep level.
- B.** Stunt Levels
1. Single leg extended stunts are allowed.
 2. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.

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

J. L3 Stunts–Inversions

1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.
Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or the performing surface are allowed. Multi-based suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
 2. Inversions are limited to a ½ twisting rotation **to extended level and one twisting rotation to prep level and below.**
Exception: Multi-based suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)
Forward Suspended Roll exceeding ½ twist must land in cradle.
Exception: In a multi-based suspended backward roll, the top person may not twist.
 3. Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.
Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification 3: Two leg "Pancake" stunts are not allowed in Level 3.
 4. Downward inversions may not come in contact with each other.
- K. 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 based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B. Top persons must receive primary support from a base.
Exception: See L3 Pyramid Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not.
Example: shoulder sits walking under a prep.
- E. Twisting stunts and transitions **TO extended** skills are allowed up to 1 twist, if connected to at least ONE bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. Hand/arm does not include shoulder.
- F. L3 Pyramids-Release Moves
Any skill legal as a L3 Pyramid Release Move is also legal if it remains connected to a base and two bracers.
Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the L3 dismount rules.
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition.
Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least two bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
Clarification 2: Level 3 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L3 Stunt Release Moves or L3 Dismounts.
 2. Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-hand/arm. The second contact may be either hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee).

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

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

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

Clarification: The transition must be continuous.

4. These release transitions may not involve changing bases.

5. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter).

a. Both catchers must be stationary.

b. Both catchers must maintain visual contact with the top person throughout the entire transition.

6. Release moves may not be braced/connected to top persons above prep level.

G. L3 Pyramids-Inversions

1. Must follow L3 Stunt Inversions rules.

2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.

Example: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill.

Example: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.

H. L3 Pyramids - Release Moves w/ Braced Inversions

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

LEVEL 3 DISMOUNTS

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

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

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

C. Dismounts must return to original base(s)

Exception: dismounts to the performing surface must be assisted by **either** an original base **and/or** spotter.

Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.

Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs, basic straight cradles and ¼ 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 Stunts and Transitions only.

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

G. Up to 1 trick allowed during a dismount from any two leg stunt.

H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.

I. No free flipping dismounts allowed.

J. Dismounts may not intentionally travel.

K. Top persons in dismounts may not come in contact with each other while released from the bases.

L. Tension drops/rolls of any kind are not allowed.

M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

N. Dismounts from an inverted position are not allowed.

LEVEL 3 TOSSES

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

LEVEL 4 RULES

LEVEL 4 GENERAL TUMBLING

- A.** All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. 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 based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- C.** Twisting stunts and transitions:
1. Twisting stunts and transitions to prep level and below are allowed up to 1-1/2 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 stunts and transitions to an extended position are allowed and must meet the following conditions:
- a. Extended skills up to ½ twist are allowed.
Example: ½ up to extended **single leg stunt** is legal.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt, **platform position or a liberty (body position variations are not allowed)**.
Example: full up to immediate extended **heel stretch** is illegal, full up to extension is legal.
Clarification: An extended platform position must be visibly held prior to hitting a single leg stunt other than a liberty.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- D.** During transitions, at least one base must remain in contact with the top person.
Exception: See "Release Moves"
- E.** Free flipping stunts and transitions are not allowed.
- F.** No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual.
Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs.
Example: A shoulder sit walking under a prep is illegal.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- G.** Single based split catches are not allowed.
- H.** Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.
- I.** L4 Stunts-Release Moves
1. Release moves are allowed but must not exceed extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
 3. **Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.**
 4. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See L4 Dismount "C".
Exception: Dismounting single based stunts with multiple top persons.
 5. Release moves that land in extended position must originate from waist level or below and may not involve twisting or flipping.
 6. Release moves initiating from an extended level may not twist.
 7. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
 8. Release moves may not intentionally travel.
 9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

- 10.** Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.
- J.** L4 Stunts-Inversions
- 1.** Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
 - 2.** Downward inversions are allowed at prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area.
Exception: A controlled **lowering** of an extended inverted stunt (example: handstand) to shoulder level is allowed.
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification 3: Downward inversions that do not pass above waist level do not require three bases.
Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
Clarification 4: Two Leg Pancakes cannot stop or land inverted.
 - 3.** Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
 - 4.** Downward inversions may not come in contact with each other.
- K.** 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 stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
- 1.** Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B.** Top persons must receive primary support from a base.
Exception: See L4 Pyramid Release Moves.
- C.** Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D.** No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso of another top person regardless if the stunt or pyramid is separate or not.
Example: shoulder sits walking under a prep
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E.** Any skill legal as a L4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: An extended pancake would be required to remain connected to two bracers.
- F.** L4 Pyramids-Release Moves
- 1.** During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Exception: While a tic-tock from prep level or higher to an extended position (low to high and high to high) is illegal in stunts for L4, the same skill is legal in L4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.

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

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

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - 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 must return to original base(s).**

Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.

Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.

Clarification: An individual may not land on the performing surface from above waist level without assistance.

- D.** Up to a 2- $\frac{1}{4}$ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1- $\frac{1}{4}$ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.
- E.** Up to a 1- $\frac{1}{4}$ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.
- F.** No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G.** During a cradle that exceeds 1- $\frac{1}{4}$ twists, no skill other than the twist is allowed.
- H.** No free flipping dismounts allowed.
- I.** Dismounts may not intentionally travel.
- J.** Top persons in dismounts may not come in contact with each other while released from the bases.
- K.** Tension drops/rolls of any kind are not allowed.
- L.** When cradling single based stunts with multiple top persons 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- M.** Dismounts from an inverted position may not twist.

LEVEL 4 TOSSES

- A.** Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B.** Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
Exception: A $\frac{1}{2}$ turn is allowed by bases as in a kick full basket.
- C.** The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D.** Flipping, inverted or traveling tosses are not allowed.
- E.** No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F.** Up to 2 tricks allowed during a toss.
Example: Kick full, full up toe touch.
- G.** During a toss that exceeds 1- $\frac{1}{2}$ twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.
- H.** Tosses may not exceed 2- $\frac{1}{4}$ 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.
- F.** There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.
Example: Back handspring step out > 1/2 turn = Illegal.

LEVEL 4.2 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 4.2 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 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.
- C.** Twisting stunts and transitions
1. Twisting stunts 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 stunts and transitions to an extended position are allowed and must meet the following conditions:
- a. Extended skills up to ½ twist are allowed.
Example: ½ up to extended **single leg stunt** is legal.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt, **platform position or a liberty (body position variations are not allowed)**.
Example: full up to immediate extended **heel stretch** is illegal, full up to extension is legal.
Clarification: An extended platform position must be visibly held prior to hitting a single leg stunt other than a liberty.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- D.** During transitions, at least one base must remain in contact with the top person.
Exception: See "Release Moves"
- E.** Free flipping stunts and transitions are not allowed.
- F.** No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual.
Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs.
Example: A shoulder sit walking under a prep is illegal.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- G.** Single based split catches are not allowed.
- H.** Single based stunts with multiple top persons require a separate spotter for each top person. A single leg extended top person may not connect to any other single leg extended 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 the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.
Release moves from inverted to non-inverted positions may not twist.
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
 3. **Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.**
 4. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See L4.2 Dismount "C".
Exception: Dismounting single based stunts with multiple top persons.
 5. Release moves that land in extended position must originate from waist level or below and may not involve twisting or flipping.
 6. Release moves initiating from an extended level may not twist.
 7. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
 8. Release moves may not intentionally travel.
 9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

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

Exception: Dismounting single based stunts with multiple top persons.

J. L4.2 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 catchers, at least two of which are positioned to protect the head and shoulder area.

Exception: A controlled **lowering** of an extended inverted stunt (example: handstand) to shoulder level is allowed.
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)

Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 3: Downward inversions that do not pass above waist level do not require three bases.

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

Clarification 4: Two Leg Pancakes cannot stop or land inverted.

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

Exception: Side rotating downward inversions

Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.

4. Downward inversions may not come in contact with each other.

K. 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 stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.

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.

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

Example: shoulder sits walking under a prep

Exception 1: An individual may jump over another individual.

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

E. Any skill legal as a L4.2 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).

Example 1: An extended pancake would be required to remain connected to two bracers.

F. L4.2 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(s) throughout entire transition.

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Exception: While a tic-tock from prep level or higher to an extended position (low to high and high to high) is illegal in stunts for L4.2, 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.

Clarification: Level 4.2 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L4.2 Stunt Release Moves or L4.2 Dismounts.

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

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
 3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - 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 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 4.2 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 must return to original base(s).**
Exception: dismounts to the performing surface must be assisted by **either** an original base **and/or** spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

- D.** Up to a 2- $\frac{1}{4}$ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1- $\frac{1}{4}$ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4.2 Stunts Twisting Stunts and Transitions only.
- E.** Up to a 1- $\frac{1}{4}$ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4.2 Stunts Twisting Stunts and Transitions only.
- F.** No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G.** During a cradle that exceeds 1- $\frac{1}{4}$ twists, no skill other than the twist is allowed.
- H.** No free flipping dismounts allowed.
- I.** Dismounts may not intentionally travel.
- J.** Top persons in dismounts may not come in contact with each other while released from the bases.
- K.** Tension drops/rolls of any kind are not allowed.
- L.** When cradling single based stunts with multiple top persons 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- M.** Dismounts from an inverted position may not twist.

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 $\frac{1}{2}$ turn is allowed by bases as in a kick full basket.
- C.** The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D.** Flipping, inverted or traveling tosses are not allowed.
- E.** No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F.** Up to 2 tricks allowed during a toss.
Example: Kick full, full up toe touch.
- G.** During a toss that exceeds 1- $\frac{1}{2}$ twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.
- H.** Tosses may not exceed 2- $\frac{1}{4}$ 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

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 handsprings. 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.
Clarification: If any tumbling follows a twisting skill at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out. However, if the athlete finishes the twisting skill with both feet together, then one step is all that is needed to create a new tumbling pass.

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 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 back handspring(s).
- 2.** No tumbling is allowed after the twisting skill.
Clarification: If any tumbling follows a twisting skill at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out. However, if the athlete finishes the twisting skill with both feet together, then one step is all that is needed to create a new tumbling pass.

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

Clarification: Single based or assisted single based stunts may immediately pass through an extended position.

C. Twisting Stunts and Transitions

1. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

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

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 ½ rotations when landing in an extended 2 leg position or 1 twisting rotation to an extended 1 leg position. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

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

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

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

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

4. Release moves must return to original bases.

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

Exception: See Y5 Dismount "C".

Exception: Dismounting single based stunts with multiple top persons.

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

6. Release moves may not intentionally travel.

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

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

Exception: Dismounting single based stunts with multiple top persons.

H. 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 catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification: Downward inversions originating from prep level or below do not require three catchers. If the stunt begins at prep level or below and passes above prep level it requires three catchers. (The momentum of the top person coming down is the primary safety concern.)
 Exception: A controlled **lowering** of an extended inverted stunt (example: 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 **lowering** of an extended inverted stunt (example: 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.
Clarification: A person standing on the ground is not considered a top person.

YOUTH LEVEL 5 PYRAMIDS

- A. Pyramids must follow Youth Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting stunts and transitions to extended skills are allowed up to 2 ¼ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
 1. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
Clarification: Single based or assisted single based stunts may immediately pass through an extended position.
- B. Top persons must receive primary support from a base.
 Exception: See 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.
Clarification: Twisting stunts and transitions are allowed up to 2 ¼ twists, if connected to at least one bracer at prep level or below.
 2. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
 4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - 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 1¼ flipping and 0 twisting rotations.
 - 3. Inverted transitional pyramids may involve changing bases.
 - 4. Braced inversions (including braced flips) must be in continuous movement.
 - 5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Braced flips that land in an upright position at prep level or above require a minimum of one catcher and two spotters.
Clarification: Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions
 - a. The 3 catchers/spotters must be stationary.
 - b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 - 6. Braced inversions (including braced flips) may not travel downward while inverted.
 - 7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
 - 8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

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

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 2-1/2 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 handsprings. 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.
Clarification: If any tumbling follows a twisting skill at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out. However, if the athlete finishes the twisting skill with both feet together, then one step is all that is needed to create a new tumbling pass.

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 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 back handspring(s).
Exception: Simultaneous front flipping and twisting may be performed if executed from a running entry or from a front handspring and does not exceed 1 twisting rotation. (ie. Front Baranis, front full up to one twist with no additional skills are legal)
- 2.** No tumbling is allowed after the twisting skill.
Clarification: If any tumbling follows a twisting skill at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out. However, if the athlete finishes the twisting skill with both feet together, then one step is all that is needed to create a new tumbling pass.

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 Stunts and Transitions

1. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

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

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

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

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

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

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

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

4. Release moves must return to original bases.

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

Exception: See Jr/Sr5R Dismount "C".

Exception: Dismounting single based stunts with multiple top persons.

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

6. Release moves may not intentionally travel.

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

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

Exception: Dismounting single based stunts with multiple top persons.

H. 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 catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level

(or above) of the bases.

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

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

Exception: A controlled **lowering** of an extended inverted stunt (example: 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 **lowering** of an extended inverted stunt (example: 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.

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

JR/SR RESTRICTED LEVEL 5 PYRAMIDS

- A.** Pyramids must follow Level Jr/Sr5R "Stunts" and "Dismounts" rules and are allowed up to 2 high.

Exception: Twisting stunts and transitions to extended skills are allowed up to 2 ¼ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.

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

Exception: See Jr/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.

Clarification: Twisting stunts and transitions are allowed up to 2 ¼ twists, if connected to at least one bracer at prep level or below.

- 2.** Primary weight may not be borne at second level.

Clarification: The transition must be continuous.

- 3.** Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).

- a.** Both catchers must be stationary.

- b.** Both catchers must maintain visual contact with the top person throughout the entire transition.

- 4.** Non inverted transitional pyramids may involve changing bases.

- a.** The top person must maintain physical contact with a person at prep level or below.

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

- 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 Jr/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 1¼ flipping and 0 twisting rotations.
 - 3.** Inverted transitional pyramids may involve changing bases.
 - 4.** Braced inversions (including braced flips) must be in continuous movement.
 - 5.** All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of one catcher and two spotters.
 - a.** The 3 catchers/spotters must be stationary.
 - b.** The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c.** The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 - 6.** Braced inversions (including braced flips) may not travel downward while inverted.
 - 7.** Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
 - 8.** Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

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

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.** Skills involving more than one twist (i.e. Double fulls) must be immediately preceded by a minimum of two backward traveling, non-twisting tumbling skills (excludes: back extension rolls and jumps). One of these skills must be a back handspring.
Example: standing back handspring>whip>whip>double full = Legal
Clarification: If the requirements in "D" are met before performing a single full, or an additional double full within the same pass, then only letters A, B and C need to be followed.
Example: standing back handspring>back handspring>double full>back handspring>double full=Legal
Example: standing back handspring>whip>whip>SINGLE full>back handspring>double full=Legal

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

G. 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 the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
2. Release moves may not 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 up to an extended stunt may include up to a 1/2 twist.
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. **Release skills that land in a non-upright position must have 3 catchers for a multi base stunt and 2 catchers for a single based stunt.**
4. Release moves must return to original base(s).
Clarification: An individual may not land on the performing surface without assistance.
Exception: See L5 Dismount "C".
Exception: Dismounting single based stunts with multiple top persons.
5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
8. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

H. L5 Stunts-Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from above prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification: Downward inversions originating from prep level or below do not require three catchers. If the stunt begins at prep level or below and passes above prep level it requires three catchers. (The momentum of the top person coming down is the primary safety concern.)
Exception: A controlled **lowering** of an extended inverted stunt (example: 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 **lowering** of an extended inverted stunt (example: 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.
Clarification: A person standing on the ground is not considered a top person.

LEVEL 5 PYRAMIDS

- A.** Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- 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, flat back, 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/spotters must be stationary.
 - b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 7. All braced inversions (including braced flips) that twist (including ¼ and higher) must be caught by at least 3 catchers. All three catchers must make contact during the catch.
 - a. The catchers must be stationary.
 - b. The catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 8. Braced inversions (including braced flips) may not travel downward while inverted.
 9. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.

10. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 5 DISMOUNTS

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

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

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 back handspring 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 one-arm stunts above prep level, other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
2. When the load/transition involves:
a. A release move with a twist greater than 360 degrees.
b. A release move with an **inverted position landing at prep level or above.**
c. **A free flip.**
3. During stunts in which the top person is in an inverted position above prep level.
4. When the top person is released from above ground level to a one-arm stunt.
- B.** Stunt Levels
1. Single leg extended stunts are allowed.
- C.** Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- D.** 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 cradle position)
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring 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 stunts with multiple top persons require a separate spotter for each top person.
- G.** L6 Stunts-Release Moves
1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismounts" rules.
2. Release moves may not land in an inverted position.

3. Release moves must return to original bases.
Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.
Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons.
Clarification: An individual may not land on the performing surface without assistance from above waist level.
4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 2 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. See exceptions in #3 above.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.
Exception: Single based stunts with multiple top persons.

H. L6 Stunts-Inversions

1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed by a base with a spotter.

LEVEL 6 PYRAMIDS

- A. Pyramids must follow "Stunts A" spotter rules and are allowed up to 2 ½ high.
Exception: Tower pyramids are allowed.
Exception: One arm extended Paper Dolls require a spotter for each top person.
- B. For 2 ½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotters must be in position the entire time the top person(s) is at the 2 ½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2 ½ high level. Spotters may not be a primary support of the pyramid.
Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the middle layer, they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required.
Clarification: For all 2 ½ high pyramids with horizontal top persons (ie. Flat back, prone and swedish variations): Spotters must be on 2 of the 4 sides (front, back, right, left) of the pyramid. An athlete on the foot/feet side or leg side will not be considered a spotter.
- C. Free-flying mounts or transitions originating from ground level are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts or transitions originating from above ground level stunts are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.
Clarification: Free flying mounts or transitions may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.
Clarification: Free flying mounts or transitions may not land in an inverted position.
- D. L6 Pyramids–Release Moves
 1. During a pyramid transition, a top person may pass above 2 ½ high
 - a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person. (i.e. tower pyramid tic-tocks)
 - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. L6 Pyramids-Inversions
 1. Inverted skills are allowed up to 2 ½ persons high.
 2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. L6 Pyramids–Release Moves w/ Braced Inversions
 1. Braced **inversions (including braced flips)** are allowed up to up to 1 ¼ flipping and 1 twisting rotation.

2. Braced **inversions (including braced flips)** are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
Exception 1: Braced inversion to 2½ high pyramids may be caught by 1 person.
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated.
(The dip to throw the top person is considered the initiation of the skill.)
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one base and 1 additional spotter.
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated.
(The dip to throw the top person is considered the initiation of the skill.)
- G. Free release moves from 2 ½ high pyramids.
 1. May not land in a prone or inverted position.
 2. Are allowed up to 0 flipping and 1 twisting rotation.

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 ¼ twisting rotations must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- B. **Dismounts must return to original base(s).**
Exception: **Single based stunts with multiple top persons do not need to return to original base(s).**
Exception: Dismounts to the performing surface must be assisted by **either** an original base **and/or** spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
 1. Dismounts to the performing surface are allowed up to 2-1/4 twists.
 2. Dismounts to the performing surface exceeding 1-1/4 twist must be assisted by 2 catchers or 1 catcher with a spotter.
 Exception: Dismounts to the performing surface from 2 1/2 high pyramids are allowed up to 1 1/4 twist and must be assisted by 2 catchers or 1 catcher with a spotter.
- C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
Exception: 2-1-1 tower pyramids may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
- D. Free released moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts to cradle:
 1. Are allowed up to 1 ¼ 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 ½ high pyramid.)
Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ 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 ½ high pyramid.)
- G. Tension drops/rolls of any kind are not allowed.

- H. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from a 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts may not intentionally travel.
- L. Top persons in dismounts may not come in contact with each other while released from the bases.

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

SPECIAL ATHLETE TEAM

- 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 permitted.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- E.** Spotted and assisted tumbling is not allowed in the 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.

ALL STAR PREP

Level/Safety Rule Differences from Traditional All Star

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

TINY NOVICE

Level/Safety Rule Differences from Traditional All Star

- A.** Routines may not exceed 1:30 minute
- B. No Building** skills permitted (**includes tosses, stunts and pyramids**)
- C.** The **ONLY TWO TUMBLING** skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

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 went 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 went 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 went 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 went 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 (including crop tops) 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).

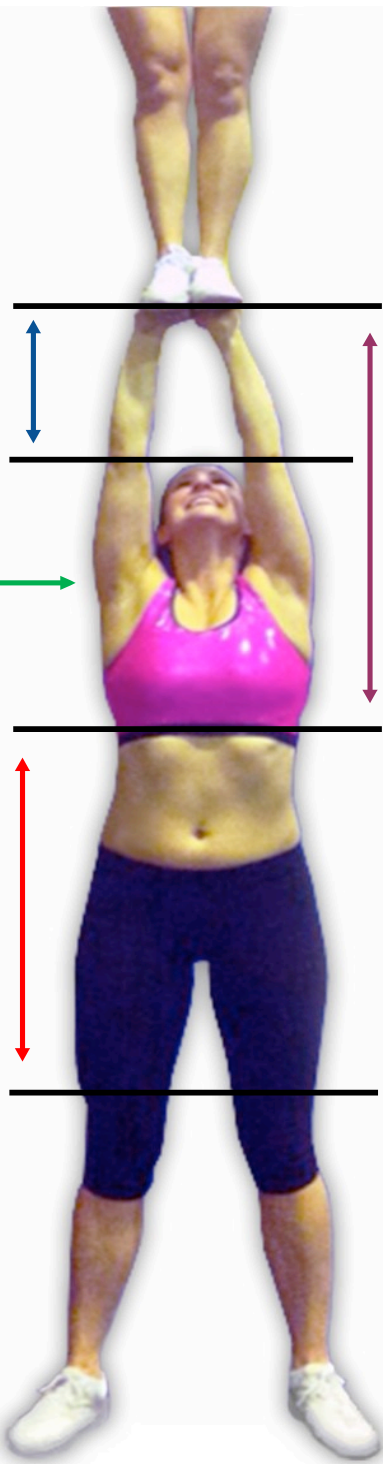
Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.

**'Extended Level' or
'Passing Above Prep
Level'**

'Shoulder Level'

'Waist Level'

'Ground Level'



'Prep Level'
(See note below)

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

Appendix D

Cheer Solo and Cheer Duo Divisions

Age Groups: 5 & under (Tiny), 6-8 years (Mini), 9-11 years (Youth),
12-14 years (Junior), 15 & up (Senior)
Levels : 1, 2, 3, 4, 5

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 are permitted that do not exceed one flipping or 2 ½ twisting rotations. Double backs or triple fulls will result in a **void routine (0.00)**.

Appendix E.

Crowd Leader Division (Individual)

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

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

GUIDELINES

Routines cannot exceed one minute and forty-five seconds (1:45). Time begins with the first movement of the athlete or first note of music. Timing ends on last motion, vocal (cheer). Deduction 10 points for over time.

Cheer can be done with or without music and can be performed anywhere within the routine.

Deduction for absence of cheer, dance section or a minimum of 2 different jumps is 25 points per infraction.

Athletes will be judged on over all use of floor space.

No tumbling is allowed in Crowd Leader Division-Deduction is 25 points off final score.

ROUTINE REQUIREMENTS

Athletes are judged on execution of all motions, dance, cheers, jumps, 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.

All routines must incorporate a cheer, a dance, and a **minimum of 2 different jumps**. Deduction of 25 points per infraction will be taken off of total score.

Appendix F.

JUMPS Rules

DIVISIONS WILL BE AGE LEVELS:

5 & under (Tiny), 6-8 years (Mini),

9-11 years (Youth), 12-14 years (Junior),

and 15 & over (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 G.

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.

Divisions:

Senior	12 th grade and under
Junior	6 th grade and under

Appendix H.

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 cassette tape or 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 **

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 J.

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 AAU 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.

To obtain AAU scoresheets, please contact the AAU National Office at awilzbacher@aausports.org

APPENDIX K

AAU Cheerleading Executive Committee

National Chair

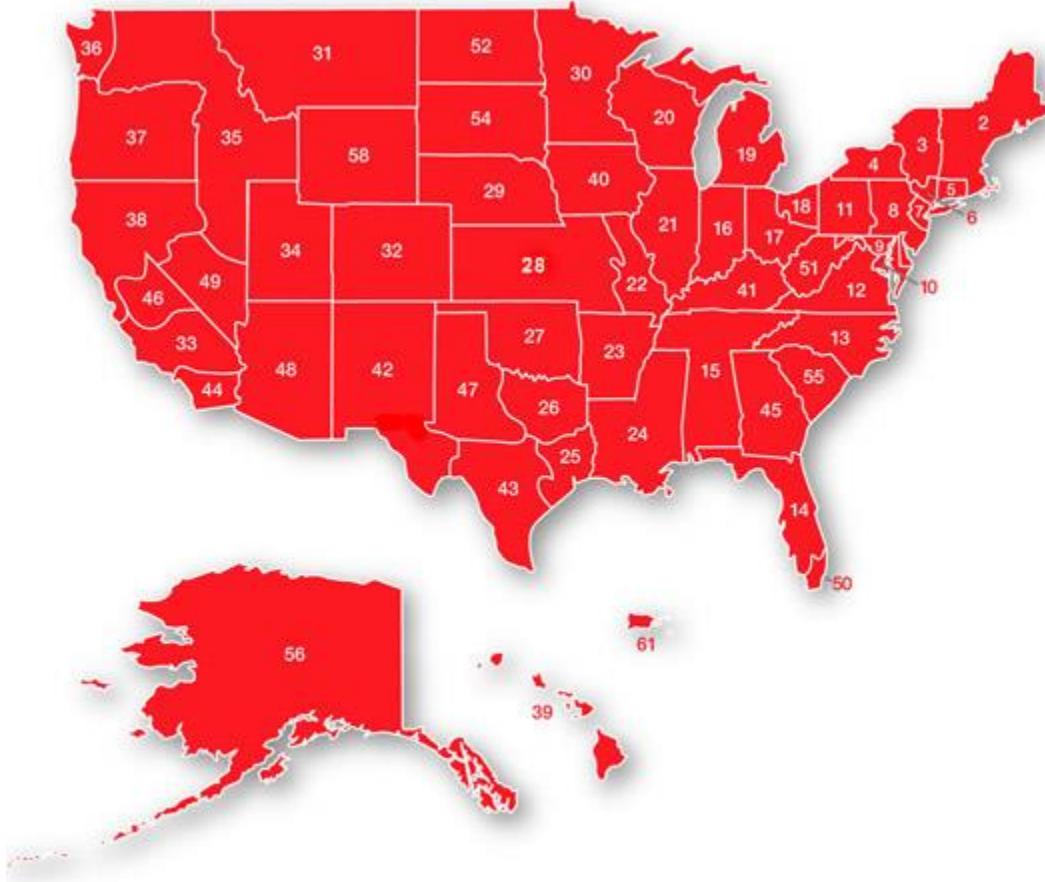
National Chair: Cayla Myers
Phone: 217-347-2691
Email: caylas_stars@yahoo.com
Mail Address: 21500 E. 1100th Ave Dieterich, IL 62424

Committee Members

Danielle Outlaw
Rae Ann Gore
Kaylee Beals
Bethany Adams

APPENDIX L

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 Bureson, 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 M

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.