

2024 Amateur Athletic Union
AAU Cheerleading Rulebook



Sports For All, Forever!

2024 AAU Cheerleading Rulebook

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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 Chair 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, members of the Executive Committee who are elected, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each Allied member that registers members in the sport. The President may appoint up to two (2) members-at-large.
 - a. **Voting.** Only members Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. 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.
4. **Other Committee Positions.** The National Chair may appoint additional committee positions.

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. Ten (10) days' notice is required and notice shall state the purpose of 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 cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has licensed (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.**

a. Age Grid

- a. An updated age grid provided by The Open Championship and exceptions to what is provided can be found in Appendix I.

a. **Event Operating Rules.**

i. **General Safety Rules.** The safety rules of The Open Championship.

ii. **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.

b. **Competition Rules.** Unless otherwise stated in this handbook the rules of competition shall be those of The Open Championship. Only those rules contained in this handbook shall supersede the general rules.

i. **Qualification Procedure.** The AAU National Championships is open to any participant meeting the membership and age requirements. No qualifying required.

ii. **Eligibility**

1. Age divisions follow the Open Championship Age Grid.
2. **For the age grid, please visit** Appendix I.
3. Will be the age used for competition throughout the 2023 membership year for all divisions.

iii. **Categories of Competition.**

1. Team, Pom Squad, Stunt Team, Solo Cheer, Jump, Exhibition
2. Levels 1-5
3. Small, Medium and Large Teams

iv. **Rules and Restrictions.**

1. The General Safety Rules and Routine Requirements of The Open Championship will apply.

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. It is not a right. 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 AAU Code, including its 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 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.
 - d. The National Board of Review will determine issues of residency.
- 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 authorized events in that Sport for a period of sixty (60) days no permission is necessary.
 - 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.)
 - 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 as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).

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 registered marks only as follows:
 - a. For the purpose of promoting an AAU licensed event.
 - b. For the purpose of promoting the club's AAU related activities.
 - c. 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.
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.
5. No license will be granted by the AAU for any event where the word "Olympic" or any derivative thereof is used in any advertisement or notice in any manner in connection with AAU competition.

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. A license should be reviewed by the District Sport Committee Director or the Governor if there is no District Sport 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 in an unchartered District.
 - b. Issue a license for events in locations where there is no active District member.
 - c. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - d. 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.)
 - e. Review and approve any sanction license rejected by the District.
 - f. 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 in event years hold a biennial meeting, the date, time and location shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings.** Notice of the biennial meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled 1 meeting. In election years, the notice of election must be sent 60 days prior to the meeting.
3. **Quorum.** Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
4. **Voting.** Each club with has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club membership application.
5. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

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 as defined by that sport's operating rules.
 - c. The Governor may appoint up to two (2) 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.
 - 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. Provide for the conduct of the District championships.
 - e. If the District Sport Committee is organized as an administration club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.

H. Functions of the District Sport Director

1. **District Sports Director.** In each approved sport in which the District has athletes actively participating, there may be a Director.
 - a. **Election.** 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. The District Sport Director takes office upon election.
 - b. **Appointment.** When there are fewer than five clubs registered to the Sport, the Sport Director 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.
 - c. **Term of Office.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. Once elected, each District Sport Director is required to purchase a four (4)-year membership that will complete their term. The term of office for an appointed District Sport Director shall be one year or until removed by the Governor; or until the Sport

Committee has met the criteria to elect a Director.

- d. **Vacancies.** A vacancy occurring in an elected District Sport Director shall be filled by the Governor with 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 Treasurer;
- b. Perform the duties set forth in the Committee Rules of Operation.
- c. Review and approve, or for a reasonable cause deny event licenses in the sport.
- d. Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee operating rules.
- e. Preside at Sport Committee meetings;
- f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
- g. File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
- h. At the conclusion of service as Sport Director, turn over all records to the successor to the position.

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.
- b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the minimum number of licensed days of activity, excluding practice licenses, is below the minimum established by the National Sports Council, the National Sport Chair may remove the District Director with consent of the Governor. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision, which shall be binding.
- c. **By National Board of Review.** A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings.
- d. By the National Board of Review Chair after the failure of the District Sports Director to file minutes, reports and records as required by this article.

Appendix A

Cheer Solo and Cheer Duo Divisions

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

DUO Age Groups: Same As Team Age Grid.

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

GUIDELINES

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

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

Cheer may be performed anywhere within the routine.

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

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

Athletes will be judged on overall use of floor space.

ROUTINE REQUIREMENTS

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

All tumbling skills must follow Open Championships guidelines for levels 1-5

Appendix B.

JUMPS Rules

DIVISIONS WILL BE AGE LEVELS:

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

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

Music is not allowed.

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

Athletes can perform a spirited exit.

No Tumbling in Jump Division

Appendix C.

POM SQUAD TEAM GUIDELINES

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

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

Pom Squad- Follows Open Championships age grid

Appendix D.

STUNT TEAM GUIDELINES

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

AGE/LEVEL

** Same Ages as Teams ** (Open Championships Levels 1-5)

STUNT TEAM DIVISIONS:

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

Appendix E.

Exhibition Rules

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

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

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

APPENDIX F

AAU Cheerleading Executive Committee

National Chair – Cayla Myers

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Mail Address: 14222 East 1600th Ave. Effingham, IL 62401

Judging Coordinator – Travis Williams

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Committee Members

Danielle Outlaw

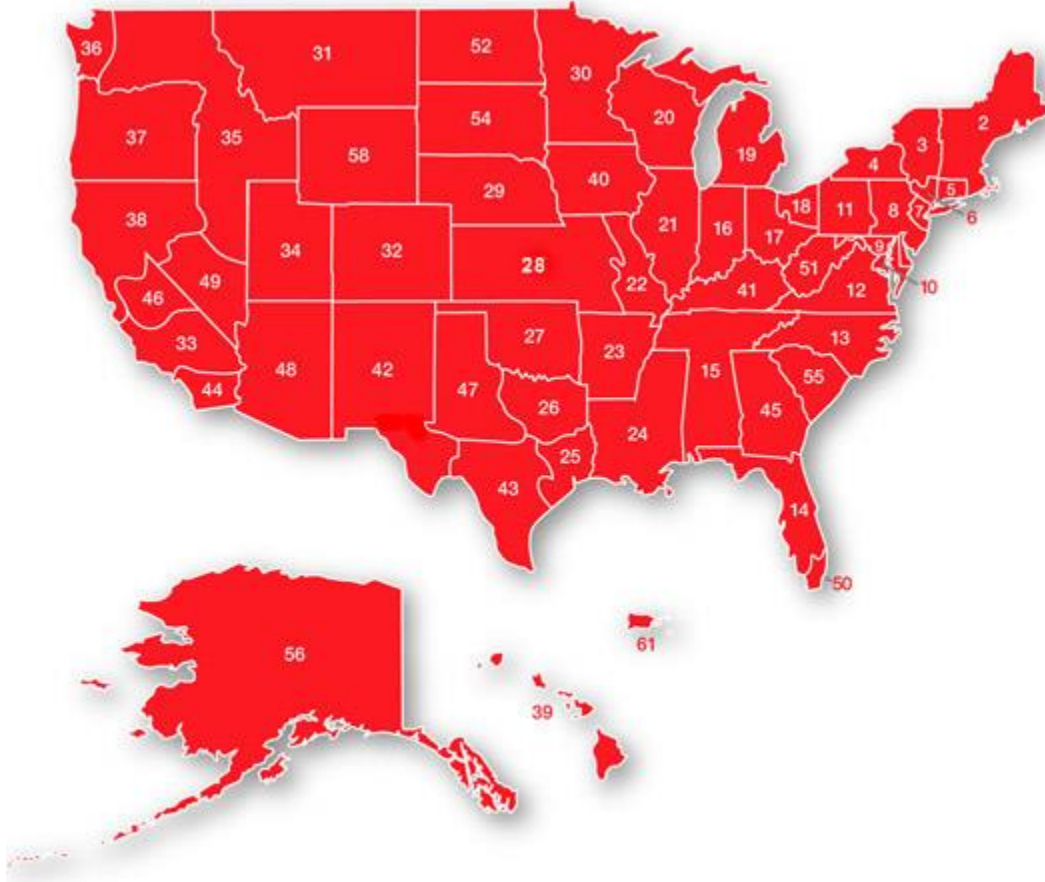
Rae Ann Gore

Kaylee Beals

Bethany Adams

APPENDIX G

District Maps and Alignment



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

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

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

Neighboring Districts: None

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

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

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

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

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

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

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

Neighboring Districts: Pacific, Southern Nevada and Southern Pacific

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

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

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

Neighboring Districts: Adirondack, New England and New York Metropolitan

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

Neighboring Districts: Florida Gold Coast, Georgia and Southeastern

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

Neighboring Districts: Florida

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

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

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

Neighboring Districts: Southern, Southwestern and South Texas

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

Neighboring Districts: None

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

Neighboring Districts: Central, Kentucky, Michigan and Ohio

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Neighboring Districts: Georgia, South Carolina, Southeastern and Virginia

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

Neighboring Districts: Minnesota, Montana and South Dakota

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

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

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

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

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

Neighboring Districts: Inland Empire, Pacific and Pacific Northwest

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

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

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

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

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

Neighboring Districts: Inland Empire and Oregon

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

Neighboring Districts: Arizona and Southern Pacific

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

Neighboring Districts: Maryland and Virginia

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

Neighboring Districts: None

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

Neighboring Districts: Georgia and North Carolina

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

APPENDIX H

Definitions/Glossary

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.

Appendix I

The competitive AAU Cheerleading competitions follow The Open Championship Series Age Grid and divisions with the following exception: AAU Cheerleading only goes through level 5.

To access this age grid, please visit the following link: <https://openchampionshipseries.com/wp-content/uploads/2023/10/AgeGridandDivisions-1.pdf>

The Open Championship Series

Cheerleading Rules & Guidelines

(Glossary included)

2023-24



Revised November 3, 2023

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GLOSSARY

Aerial: Cartwheel or walkover in which the athlete's hands do not touch the ground.

Airborne: Free of contact with a person and/or the performing surface.

Backbend (stunting): Athlete's body forms an arch, typically supported by the hands and feet with the abdomen facing upwards.

Backward Roll: A non-airborne tumbling skill where the athlete's body is rotated backwards through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Ball-X: Top person goes from a tucked position to a straddle/x position with the arms and legs or just the legs usually during a toss.

Barrel Roll: See "log roll".

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

Basket Toss: A toss involving 2 or 3 bases and a spotter, in which 2 of the bases use their hands to interlock wrists.

Block Cartwheel: A cartwheel which becomes airborne when the tumbler pushes through the shoulders against the performing surface during the skill.

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

Braced flip: A stunt in which a top person performs a hip-over-head rotation while in physical contact with another top person.

Cartwheel: A tumbling skill where the athlete remains in contact with the performing surface, rotating sideways, where the hands make contact one at a time while the body inverts and lands one foot at a time in an upright position.

Catcher(s): Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers must be attentive, must not be involved in other choreography, must not be involved in anything that could prevent them from catching, must make physical contact with the top person upon catching, and must be on the performing surface when the skill is initiated.

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

Coed Style Toss: A single base grabs the top person at the waist and tosses the top person from ground level.

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

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

Dismount: The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface. If released to the performing surface, top person must land on their feet. No stunt, pyramid, individual or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props. Dismounts may not intentionally travel. Tension drops/rolls of any kind are not allowed. Dismounts must return to original base(s) unless dismounting single based stunts with multiple top persons. Dismounts to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface. Top persons may not be or come in contact with each other while released from bases. All multi-based waist level cradles in which the bases begin underneath the top person’s feet will be considered a toss and must follow toss rules.

Dive Roll: An airborne skill that begins with a horizontal forward diving motion and results in a forward roll.

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

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

Extended Arm Level: The highest point of a base’s arm(s), (not spotter’s arms), when standing upright with the arm(s) fully extended over the head.

Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead but are NOT considered “Extended Stunts” since the height of the body of the top person is similar to a prep level stunt are chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

Flat Back: A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface. This is considered a two-leg stunt. Flat Body: When the top person’s torso is parallel to the performing surface.

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

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

Floor Stunt: Base lying on the performing surface on their back with their arm(s) extended. This is considered a waist level stunt. Flyer: See “Top Person”.

Forward Roll: A non-airborne tumbling skill where the athlete’s body is rotated forward through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Free Flipping Stunt: A stunt release move that involves a top person passing through an inverted position with hip-over-head rotation without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted. Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip in a tuck position.

Full: A 360 degree twisting rotation.

Ground Level: On the performing surface.

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

Handspring: An airborne tumbling skill where the body springs from the feet onto the hands and lands back on the feet, either forward or backwards, while rotating through a handstand position

Handstand: A skill that involves supporting the body in an inverted, vertical position by balancing on the hands where the arms of the athlete are extended straight by the head and ears.

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

Horizontal Axis (Twisting in Stunts): An invisible line drawn from front to back through the belly button of a non-upright top person.

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for building skills is the bottom of the dip from which the skill originates.

Inversion/Inverted: Athlete has at least one foot above the head, and shoulders are below the waist.

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

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

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

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

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

Lib Foot Position - 2 (Two) leg stunt with one base holding under the foot that is next to the knee of the flyer. The bottom of this foot is being held with 1 (one) hand. (This skill is only referenced in the Level 3 skill list)

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg. Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll: A release move that is initiated at waist level, in which the top person's body rotates 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from a base that maintains contact throughout the transition. Multi-based Stunt: A stunt having 2 or more bases not including the spotter.

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New Base(s): Base(s) previously not in direct contact with the top person of a stunt.

Non-Inverted Position: A body position in which either of the conditions below are met: 1. The top person's shoulders are at or above their waist. 2. The top person's shoulders are below their waist and both feet are below their head.

Onodi: A back handspring with a half turn to the hands where the athlete finishes with a front handspring.

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

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

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

Pass Through: When a stunt initiates at a specific level (ex: waist, prep, extended level), and travels to a higher level without a stop of movement in transition back to the initial level or lower.

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

Platform Position: A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position". The back can hold the leg ankle and it is still considered a single leg stunt.

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e., prep, shoulder level hitch, shoulder sit. A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e., flat back, straddle lifts, chair, T-lift. If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level. A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts).

Primary Support: Supporting a majority of the weight of the top person.

Prone: Flat body, face downward position. **Prop:** An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch Front: See "Front Tuck".

Pyramid: Two or more connected stunts.

Rebound: An airborne position not involving hip-over-head rotation, where the athlete uses one's own feet and lower body power to bounce off the performing surface from a tumbling skill.

Release Move: The top person is free of contact with all athletes on the performing surface. May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be or come in contact with each other. No single based split catches. To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs (Level 3- 4), or greater than the length of the top person's legs plus an additional 18 in/46cm (Level 5-7), it will be considered a toss or dismount,

and must follow the appropriate “Toss” or “Dismount” rules. All multi-based waist level cradles in which the bases begin underneath the top person’s feet will be considered a toss and must follow toss rules.

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

Round off: Similar to a cartwheel, except the athlete lands with two feet placed together on the performing surface instead of one foot at a time, facing the direction from which they started.

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

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

Series Front or Back Handsprings: Two or more front or back handsprings performed consecutively by an athlete.

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

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

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

Show-and-Go: Stunt that starts at waist level or below and passes through prep or extended level and returns to waist level or below position.

Show-and-Go for Level 1 Toss Requirement (and Mini 2): Load/Sponge position that starts at waist level and passes through prep or extended level and returns to load/sponge position.

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

Single Based Stunt: A stunt using a single base for support.

Single Leg Stunt: See "Stunt".

Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

Sponge Toss: A stunt similar to a basket toss in which the top person is tossed from the “Load In” position. The top person has both feet in the bases’ hands prior to the toss.

Spotter: A person responsible for preventing injuries of a top person during a stunt, pyramid, or toss by protecting the head, neck, back and shoulder area. A spotter: must be a team member and trained in proper spotting techniques; must be standing on the performing surface on the side or behind the stunt; must be attentive to the stunt being performed and may not be involved in anything that could prevent them from spotting such as holding a sign; must be able to touch the base of the stunt for which they are spotting; may not stand so their torso is under the stunt; may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles or does not have to touch the stunt at all; may not have both hands under the sole of the top person’s foot/feet or under the hands of the bases. If the spotter’s hand is under the top person’s foot, it must be their front hand, and their back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. **May not be both a base and the required spotter at the same time.** If there is only one person under a top person’s foot, regardless of hand placement, that person is considered a base.

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

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

Straddle Lift: See "V-Sit".

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

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

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

Support person: A support person is any top person with a physical connection to another top person

Suspended Roll: A stunt skill that involves hip-over-head rotation from the top person while connected with hand/arm to hand/arm of the base(s). Each hand/arm of the top person must be connected to a separate hand/arm of the base(s). The base(s) may have their arms extended and will release the feet/legs during the rotation of the skill. This is considered a prep level stunt.

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

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other. Three Quarter (3/4) Front Flip: (Stunt) A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position. (Tumble) A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock: A skill that starts as a single leg stunt, and transitions to the opposite single leg. Bases must only support flyer under one foot to be considered a single leg stunt skill.

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

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

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. The bases must remain stationary during toss. Top person must have both feet in/on hands of bases at initiation of toss. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, individuals, or props. Top persons in separate tosses may not come in contact with each other. Only a single top person is

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allowed during a toss. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules. Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See Release Moves).

Twisting Tosses: Twisting is cumulative. All twisting up to $1\frac{1}{4}$ is considered 1 skill, exceeding $1\frac{1}{4}$ up to $2\frac{1}{4}$ is two skills. i.e. A $\frac{1}{2}$ twist, X, $\frac{1}{2}$ twist is considered 2 skills: 1 full twist and 1 additional skill.

Tower Pyramid: A stunt on top of a waist level stunt.

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

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

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

Tuck Position: A body position where the knees and hips are bent and drawn into the chest.

Tumbling: Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface. When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting: An athlete performing a rotation around their body's vertical axis. (Vertical axis=head to toe axis). Twisting tumbling skills involve hip-over-head rotation around an athlete's vertical axis. Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axes will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation). A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

Two – High Pyramid: A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected. **Two and One Half ($2\frac{1}{2}$) – High Pyramid:** A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are $1\frac{1}{2}$ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e., extension, liberty, etc.) are $2\frac{1}{2}$ body lengths. "Above Two and One Half ($2\frac{1}{2}$) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: $2\frac{1}{2}$ high chairs are considered $2\frac{1}{2}$ high pyramids. **Upright:** A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). i.e., star, liberty, v-sit.

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

Vertical Axis (Twisting in Stunts or Tumbling): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

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

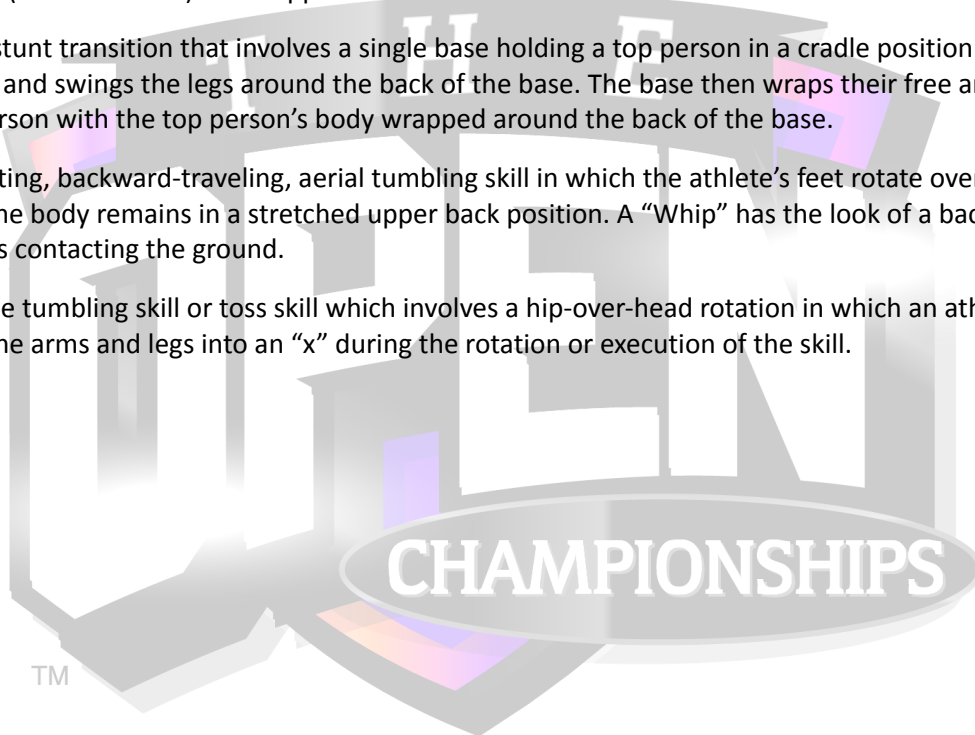
Waist Level Cradle: A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

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

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

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

X-Out: An airborne tumbling skill or toss skill which involves a hip-over-head rotation in which an athlete performs a flip while spreading the arms and legs into an "x" during the rotation or execution of the skill.



GENERAL RULES & ROUTINE REQUIREMENTS

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

EXCEPTION: If bases have hands resting on the performance floor prior to the beginning of the routine, flyers are permitted to have feet/foot in bases hand(s).
12. 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), a **slings**, or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.

ALL LEVEL RULES

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

All Level General Rules

A. All Level General Rules

1. Athletes are permitted to jump and/or rebound over another athlete
2. Knee, seat, front, back and split drops from a skill are **prohibited** unless there is first support on the hands or feet. Support on the hands or feet will help break the impact onto the performance floor.
3. Shushunovas are permitted

All Level Tumbling

A. All Level Tumbling - General Rules

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

All Level Stunts

A. All Level Stunts - General Rules

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

B. All Level Stunts - Release Move Rules

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

C. All Level Stunt - Inversion Rules

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

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All Level Pyramid

A. All Level Pyramid - General Rules

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

All Level Dismounts

A. All Level Dismounts

1. To be considered a "dismount" the skill must be released and end in a cradle position or on the performing surface.
2. Cradles from single based stunts must have a spotter with a minimum of one (1) hand/arm supporting the shoulder to waist section of the flyer's body to protect the head and shoulders.
3. Multi-based stunts are required to have two (2) catchers and a spotter with a minimum of one (1) hand/arm supporting the shoulder to waist section of the flyer's body to protect the head and shoulders.
4. Multi-based stunts in which the bases start under the flyer's feet at waist level and end in a cradle must follow all toss rules.
5. All dismounts must end with the starting or original base(s).
EXCEPTION: Assisted dismounts that end on the performance floor must be performed with the spotter or original base.
EXCEPTION: Pop offs do not require assistance on dismount when from below waist level and no additional skills are performed.
EXCEPTION: Single based stunts with more than one flyer
6. Stunt, pyramid, athlete, or prop is not allowed to travel under or over a dismount. A dismount is **prohibited** from being thrown over, under or through pyramids, athletes, stunts or props.
7. Dismounts involving a free flip or an assisted flip are **prohibited**.
8. Intentional traveling on a dismount is **prohibited**.
9. Flyers cannot be in contact with one another when released for dismount.
EXCEPTION: Single based stunts with more than one flyer
10. Tension rolls/drops are **prohibited**.

All Level Tosses

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

1. Tosses are required to have:
 - a. Both feet of the flyer in/on the hands of bases when the toss begins
 - b. Only one (1) flyer per toss group
 - c. A minimum of three (3) bases but no more four (4) bases
 - d. All bases feet on the performance floor
 - e. A spotter/base behind the flyer during the toss and can assist the flyer
 - f. A spotter positioned at the flyers head for the cradle catch
 - g. Bases/Spotters that remain stationary during toss**EXCEPTION:** Bases may turn $\frac{1}{4}$ or $\frac{1}{2}$ for level appropriate twisting skills
2. Tosses cannot intentionally travel.
3. Tosses must not flip, travel, or invert.
4. Other stunts, pyramids, athletes or props cannot travel under or over a toss.
5. Tosses cannot be thrown over, under or through any other stunts, athletes, pyramids or props.

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LEVEL 1

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

Level 1 Tumbling

A. Standing / Running Tumbling

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

Level 1 Stunts

A. Stunts - Spotter

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

B. Stunts - General

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

C. Stunts - Level

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

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- D. Stunts - Twisting
 - 1. Maximum of $\frac{1}{4}$ twist
 - 2. Rebounding to prone, $\frac{1}{2}$ twist to stomach is permitted.
 - 3. $\frac{1}{2}$ wrap around stunt is permitted.
 - 4. Maximum $\frac{1}{2}$ twist is permitted if the flyer starts and ends on the performance floor and is supported only at the waist.
- E. Stunts - Release
 - 1. **Prohibited** unless stated in Level 1-Dismounts
- F. Stunts - Inversions
 - 1. Inversions of any kind are **prohibited**.

Level 1 Pyramids

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

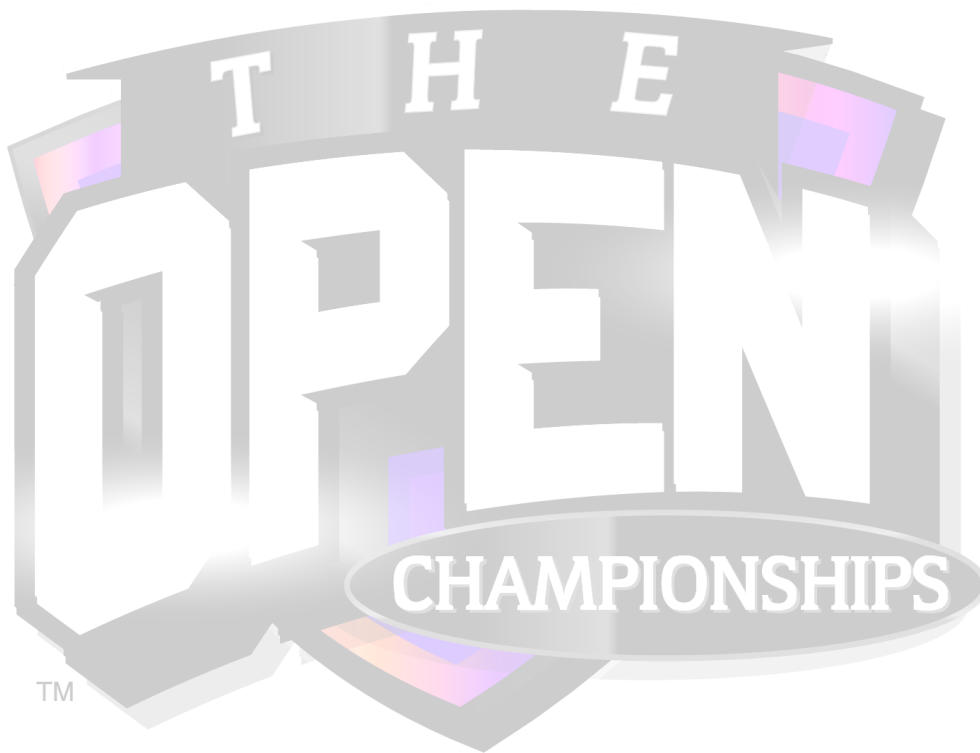
Level 1 Dismounts

- A. General
 - 1. 0 Twists (including $\frac{1}{4}$ turns)
 - 2. Dismounts are **prohibited** from skills above prep level in pyramids
- B. Dismounts to Cradles
 - 1. Straight cradles only
 - 2. Sponge, Load In, Squish and waist level cradles are **prohibited**.
- C. Dismounts to Performance Floor
 - 1. Straight pop downs only

Level 1 Tosses

A. Toss - General

1. All tosses are **prohibited** (includes waist level cradles and sponge tosses).



LEVEL 2

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

Level 2 Tumbling

A. Tumbling - General

1. Dive rolls are permitted. Swan/arched position or twisting dive rolls are **prohibited**.
2. Twisting or turning after a back handspring step out is **prohibited**. Feet must come together after completion of the skill before twisting or turning. (Ex: Back handspring step out → ½ turn = illegal)
3. Flips and aerials are **prohibited**.
4. Twisting while airborne is **prohibited**.

B. Tumbling - Standing Tumbling

1. Front/back handspring series are **prohibited**.
2. Jump skills connected with a handspring(s) are **prohibited**.

C. Tumbling - Running Tumbling

1. Front and back handspring series are permitted.

Level 2 Stunts

A. Stunts - Spotter

1. Spotter is mandatory for all flyers:
 - a. Above prep level
 - b. Involved in a floor stunt: The spotter is permitted to hold the flyer's waist.

B. Stunts - General

1. One (1) base, at minimum, must remain in contact with the flyer during transitions.
2. Multiple flyers in a single base stunt is **prohibited**.
3. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
4. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.

C. Stunts - Level TM

1. Single leg stunts above prep level are **prohibited**.
EXCEPTION: Single leg stunts may travel through an extended level in a continuous transition without a clear and visible stop at the extended level.

D. Stunts - Twisting

1. Maximum ½ twists are permitted.
EXCEPTION: One (1) full twisting log/barrel roll is permitted if:
 - a. Starts and ends in cradle
 - b. Maintains contact with a base
 - c. Is not assisted by another flyer
 - d. Only the single twist is performed; additional skills are **prohibited**.

E. Stunts - Release Move

1. Release moves are **prohibited** other than those listed in Level 2 Dismounts and Tosses.

EXCEPTION: One (1) full twisting log/barrel roll is permitted if:

- a. Starts and ends in cradle
- b. There are two (2) catchers for single-based log rolls and three (3) catchers for multi-based log rolls.
- c. Returns to original bases.
- d. Is not assisted by another flyer
- e. Only the single twist is performed; additional skills are **prohibited**.

F. Stunts - Inversions

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

Level 2 Pyramids

A. Pyramids - General

1. Connection/brace, when required, must remain connected and not change throughout the transition.
2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not
4. Extended level stunts are **prohibited** to connect to other extended level stunts.

B. Pyramids - Level

1. Extended single leg stunts must:
 - a. Be supported by another flyer at the prep level or below with arm/hand connection.
 - b. Support athlete/bracer connections at prep level are required to be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands..

C. Pyramids - Release Move

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

Level 2 Dismounts

A. Dismounts to Cradle

1. Straight cradles and ¼ twist cradles are permitted.
2. Body positions (Pike, Toe touch, etc.) are **prohibited**.
3. Waist level cradles are **prohibited** in Mini Divisions.
EXCEPTION: Log rolls are permitted from waist level

B. Dismounts to Performance Floor

1. Straight pop downs only

Level 2 Tosses

A. Tosses - General

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

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LEVEL 3

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

Level 3 Tumbling

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

Level 3 Stunts

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

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E. Stunts - Release Moves

1. Release moves are required to:
 - a. Begin at waist level or below
 - b. End at prep level or below.
2. Release moves are **prohibited** from:
 - a. Passing through or ending inverted.
 - b. Releasing from inverted to non-inverted.
 - c. Traveling above the bases' extended arm levels.
If the distance is more than the length of the flyer's legs, skill is required to follow toss or dismount rules.
 - d. Flyers cannot touch other flyers in separate release skills/moves.
3. Releases ending in a non-upright position are required to:
 - a. Have three (3) catchers for a multi based stunt.
 - b. Have two (2) catchers for a single based stunt.
4. Skills performed during a release move are limited to:
 - a. One (1) skill / trick.
 - b. 0 Twists.
5. Log/Barrel Rolls (Exception to rule on twisting release move)
 - a. Up to one (1) twist maximum.
 - b. Required to land in a cradle, a flat back, or prone position.
 - c. Required to have two (2) catchers for single-based log rolls and three (3) catchers for multi-based log rolls.
6. Helicopters are **prohibited**.

F. Stunts - Inversions

1. Inversion levels
 - a. Inverted stunts above prep level are **prohibited** except for multi-based suspended rolls.
 - b. Multi based suspended rolls are required to have:
 - i. Hand/arm to hand/arm connection
 - ii. Both flyers' hands/arms connected to separate hands/arms of the base(s)
2. Twisting inversions
 - c. Maximum one (1) twist to prep level and below.
 - d. Maximum ½ twist to extended level.
 - e. Multi-based suspended forward rolls may twist but:
 - i. Maximum one (1) twist is permitted.
 - ii. Forward rolls that exceed ½ twist are required to land in cradle position.
 - f. Multi-based suspended backward rolls cannot twist.
3. Downward inversions
 - a. Downward inversions are permitted to pass through prep level, but must originate at waist level or below and are required to:
 - i. Have two (2) catchers in contact with the **torso** of the flyer.
 - ii. Remain in contact with one (1) original base.
 - b. Two leg pancake stunts are **prohibited**.

Level 3 Pyramids

A. Pyramids - General

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

B. Pyramids - Twisting

1. One (1) twist is permitted up to extended level with:
 - a. Connection to a support/bracing athlete at prep level or below and a base
 - b. Arm/Hand to Arm/Hand connection to support/bracing athlete
 - c. Connection/brace must remain connected and not change throughout the entire transition.

C. Pyramids - Inversions

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

D. Pyramids - Release Moves

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

1. During transition (pyramid section), the flyer is permitted to pass above two (2) high and perform:
 - a. Level 3 Stunt release skills or dismounts if:
 - i. Connected to one (1) support athlete at prep level or below.
 - b. Maximum one (1) twist if:
 - i. Connected to two (2) support athletes at prep level or below with arm/arm connection.
 - c. Non-twisting/Non-inverted release moves if:
 - i. Connected to two (2) support athletes at prep level or below.
 - ii. Connected to at least one (1) support athlete by arm/hand to arm/hand.
 - iii. Braced on 2 different sides of the released flyer
 - d. Non-twisting/Non-inverted release moves to extended level with one (1) bracer:
 - i. Must be hand/arm connection
 - ii. Must initiate at waist level or below
2. Contact must remain with the same support athlete(s) until contact is made with base on the performance floor.
3. Release transitions are **prohibited** from changing bases.
4. Release transitions are required to be caught by two (2) catchers that:
 - a. Must be stationary
 - b. Maintain constant visual contact with flyer throughout the entire transition
5. Release moves are **prohibited** from being supported/connected to flyer above prep level
6. Pyramid transitions are **prohibited** from including inversions when released from bases.

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Level 3 Dismounts

A. Dismounts - General

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

B. Dismounts to Cradle

1. Maximum 1¼ twists are permitted from all two leg stunts (does not include platform position)
2. Straight and ¼ twist cradles are permitted from single leg stunts.
3. When performing a cradle from a single based stunt with more than one (1) flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers and bases must be stationary prior to the start of the dismount

C. Dismounts to Performance Floor

1. Straight pop downs from any single leg stunt is permitted
2. Straight pop downs from any prep level or higher two-leg stunt is permitted
3. Maximum one (1) skill dismount from waist level two leg stunt is permitted

Level 3 Tosses

A. Tosses

4. Maximum one (1) skill is permitted and cannot exceed 1 ¼ twist
EXCEPTION: Ball-X toss is permitted
5. If toss contains a twist this is the only skill permitted to be performed.

LEVEL 4

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

Level 4 Tumbling

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

Level 4 Stunts

- A. Stunts - Spotters
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single base stunts with more than one flyer require a spotter for each top person (one spotter per flyer).
- B. Stunts - General
 - 1. Minimum one (1) base must remain in contact with the flyer during transitions.
EXCEPTION: See release moves
 - 2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
EXCEPTION: Athlete is permitted to move under a stunt, or stunt is permitted to move over an athlete
- C. Stunts - Level TM
 - 1. Extended single leg stunts are permitted
 - 2. Extended single leg flyers are **prohibited** from connecting to any other extended single leg flyer
- D. Stunts - Twisting
 - 1. Maximum 1 ½ twists allowed if:
 - a. Landing at prep level or below
 - b. Landing in two-leg extended stunt
 - 2. Maximum 1 twist is permitted to an extended single leg stunt

E. Stunts - Release Moves

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

F. Stunts - Inversions

1. Levels
 - a. Extended inverted stunts are permitted
2. Downward inversions
 - a. Three (3) catchers required
EXCEPTION: Downward inversions that do not travel above waist level do not require three (3) catchers.
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer
 - c. Remain in contact with an original base
EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - d. **Prohibited** to encounter other downward inversions
 - e. Must initiate at prep level or below
EXCEPTION: Downward inversions may pass above prep level in transition with continuous movement
 - f. **Prohibited** to land or stop movement in an inverted position
 - g. Extended inverted stunts (ex: handstand) can be lowered to shoulder level but must begin from an extended inverted stunt (does not include traveling thru extended). The lowering over the extended inversion must be controlled.

Level 4 Pyramids

A. Pyramids - General

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

B. Pyramids - Twisting

1. Twisting into and out of an extended level is permitted up to 1 ½ twists with:
 - a. Support athlete connection at prep level or below
 - b. Support athlete connection that stays in contact throughout the entire transition

C. Pyramids - Inversions

1. Must follow Level 4 Stunt inversion rules

D. Pyramids - Release Moves

1. During transition (pyramid section), the flyer is permitted to travel above two (2) high and perform:
 - a. Maximum 1½ twists
 - b. Non-Inverted release skills
 - c. Non-inverted release skills are permitted to change bases if:
 - i. When the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
2. Connection to one (1) support athlete is required at prep level or below
3. Connection must remain with the same support athlete until the flyer makes contact with a base on the performance floor
4. Flyer is permitted to travel over another flyer while connected to that flyer at prep level or below
5. Minimum of two (2) catchers required (one spotter, one catcher minimum)
 - a. Catchers must be stationary
 - b. Catchers must remain in visual contact with the flyer throughout the entire transition
6. Release moves cannot be connected/supported by flyers above prep level.

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

Permitted when:

1. Constant contact with two (2) support athletes at prep level or below
2. Constant contact with the same support athletes until contact is made with base on the performance floor
3. Supported on two (2) separate sides (right side-left side, left side - front side, etc) by two (2) different support athletes
4. Supported on two (2) of the four (4) sides of flyer (front, back, right, left)
5. Maximum 1¼ flip rotation and zero (0) twists
6. Does not change bases
7. Movement is continuous
8. Three (3) catchers involved

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

- a. All mandatory catchers/spotters are required to be stationary

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- b. All mandatory catchers/spotters are required to be in constant visual contact with flyer throughout the transition
 - c. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.
- 9. Does not move/travel downward while inverted
 - 10. Does not come in contact with other stunt/pyramid release moves.
 - 11. Not supported/connected to flyers above prep level

Level 4 Dismounts

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

Level 4 Tosses

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

LEVEL 5

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

Level 5 Tumbling

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

Level 5 Stunts

- A. Stunts - Spotters
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single base stunts with more than one flyer require a spotter for each top person (one spotter per flyer).
- B. Stunts - Levels
 - 1. Extended single leg stunts are permitted
- C. Stunts - Twisting
 - 1. Maximum 2 twists permitted if:
 - a. Ending prep level or below
 - b. Ending in extended two leg stunt
 - 2. Maximum 1½ twists permitted if
 - a. Ending in an extended single leg stunt
- D. Stunts - Release Moves
 - 1. Release moves are **prohibited** from:
 - a. Traveling through or ending inverted
 - b. Traveling more than 18 inches above the extended arm level of the bases.
If the distance is more than the allowed 18 inches and flyer's legs, skill is required to follow toss or dismount rules.
 - c. Encountering other flyers in separate release skills/moves
 - 2. Release moves that end in a non-upright position are required to:
 - a. Have three (3) catchers for a multi-based stunt
 - b. Have two (2) catchers for a single based stunt
 - 3. Release moves from inverted to non-inverted position:
 - a. Flyer must be inverted at the bottom of dip
 - b. **Prohibit** any twist
 - c. If ending at prep level or higher a spotter is required

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4. Helicopters are permitted with:
 - a. Maximum 180 degree rotation
 - b. Three (3) catchers, one catcher must be in position at the flyers head and shoulder area
- E. Stunts - Inversions
 1. Levels
 - a. Extended level inverted stunts are permitted
 2. Downward inversions
 - a. Three (3) catchers required
EXCEPTION: Downward inversions that do not start or travel above prep level do not require three (3) catchers
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer
 - c. Connection must be made at shoulder level or above of the bases
 - d. Remain in contact with an original base
EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - e. **Prohibited** to encounter other downward inversions
 - f. Downward inversions are permitted from above prep level:
 - i. **Prohibited** to stop in an inverted position
EXCEPTION: An extended inverted stunt that is lowered to prep level with control, traveling above prep level or from non-inverted extended to prep level inverted stunt must have, at minimum, one (1) base and one (1) spotter.
 - ii. Cannot end, land on, or touch the ground while inverted

Level 5 Pyramids

- A. Pyramids - Twisting
 1. Twisting into extended level single leg skill is permitted up to 2 twists
 - a. Must be connected to support athlete at prep level or below
 - b. Connection to the support athlete must stay constant throughout the entire transition
- B. Pyramids - Inversions
 1. Must follow level 5 Stunt Inversion rules
- C. Pyramids - Release Moves
 1. During transition (pyramid section), the flyer may travel above two (2) high and perform:
 - a. Maximum 2 twists
 - b. Non-inverted release skills
 - c. Non-inverted release skills are permitted to change bases:
 - i. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.
 2. Connected to one (1) support athlete at prep level or below
 3. Connection must remain with the same support athlete until contact is made with a base on the performance floor
 4. Minimum of two (2) catchers required (one spotter, one catcher minimum)
 - a. Mandatory catchers must be stationary
 - b. Mandatory catchers must remain in visual contact with the flyer throughout the entire transition
 5. Release moves cannot be connected/supported by flyers above prep level.

D. Release Moves with Athlete Supported Inversions (included supported flips)

Permitted when:

1. Constant contact with one (1) support athlete at prep level or below
2. Constant contact with the same support athlete until contact is made with base on the performance floor.
3. Maximum $1\frac{1}{4}$ flip and zero (0) twists
4. Permitted to change bases
5. Movement is continuous
6. Three (3) catchers involved

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

- a. All mandatory catchers/spotters must be stationary
 - b. Constant visual contact with the flyer must be maintained by the mandatory catchers/spotters throughout the transition.
 - c. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.
7. Does not move/travel downward while inverted
 8. Does not come in contact with other stunt/pyramid release moves.
 9. Not supported/connected to flyers above prep level

Level 5 Dismounts

A. Dismounts - General

1. Maximum $2\frac{1}{4}$ twists permitted
2. Maximum 3 tricks/skills permitted
3. The twist is the only skill that is permitted if dismount exceeds $1\frac{1}{2}$ twists (Kick doubles are **prohibited**)
4. Dismounts from inverted positions are **prohibited** from twisting

B. Dismounts to Cradles

1. Cradling single based stunts with more than one flyer must:
 - a. Have 2 catchers per flyer
 - b. Before the start of the dismount, all catchers and bases must be stationary.

Level 5 Tosses

A. Tosses - General

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

PREP DIVISIONS

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

NOVICE DIVISIONS

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

INTERNATIONAL DIVISIONS

- A. All international divisions are required to have a minimum of 10 athletes when performing/competing.
- B. Male athletes are prohibited from exceeding $\frac{2}{3}$ of the total number of athletes on the coed team
- C. Maximum routine time is 2:30
EXCEPTION: Non-Tumbling divisions is 2:00
EXCEPTION: Global divisions is 3:30 (Cheer = 30 seconds minimum and 40 seconds maximum; 20 seconds to transition for the music section; 2:30 maximum for the music section)
- D. Non-Tumbling Division: Tumbling is **prohibited**
EXCEPTION: Forward rolls, handstands, cartwheels, and round offs are permitted for stunting skills or formation changes and are required to follow level appropriate inversion rules