

The Open Championship Series

Cheerleading Rules & Guidelines

(Glossary included)

2022-23



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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).

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.

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

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

New Base(s): 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.

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

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).

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.

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

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

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

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). 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 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 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 ½) – 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 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e., extension, liberty, etc.) are 2 ½ body lengths. "Above Two and One Half (2 ½) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 ½ high chairs are considered 2 ½ 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: A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an “x” fashion during the rotation of the flip. Please consult the glossary and the rules for further explanations and restrictions when interpreting the stunt level.



GENERAL RULES & ROUTINE REQUIREMENTS

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

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

GENERAL RULES

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

All Level General Rules

A. All Level General Rules

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

All Level Tumbling

A. All Level Tumbling - General Rules

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

All Level Stunts

A. All Level Stunts - General Rules

1. Extended stunts (single 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 the prep level.

B. All Level Stunts - Release Move Rules

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

C. All Level Stunt - Inversion Rules

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

All Level Pyramid

A. All Level Pyramid - General Rules

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

All Level Dismounts

A. Dismounts

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

All Level Tosses

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

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

- k. Tosses cannot be thrown over, under or through any other stunts, athletes, pyramids or props.

LEVEL 1

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

Level 1 Tumbling

A. Standing / Running Tumbling

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

Level 1 Stunts

A. Stunts - Spotter

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

B. Stunts - General

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

C. Stunts - Level

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

D. Stunts - Twisting

1. Maximum to ¼ twist.
 2. Rebounding to prone, ½ twist to stomach is permitted.
 3. ½ wrap around stunt is permitted.
 4. Maximum ½ twist is permitted if the flyer starts and ends on the performance floor and is supported only at the waist.
- E. Stunts - Release
1. **Prohibited** unless stated in level 1 dismounts.
- F. Stunts - Inversions
1. Inversions of any kind are **prohibited**.

Level 1 Pyramids

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

Level 1 Dismounts

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

Level 1 Tosses

A. Toss - General

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



LEVEL 2

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

Level 2 Tumbling

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

Level 2 Stunts

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

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

F. Stunts - Inversions

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

Level 2 Pyramids

A. Pyramids - General

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

B. Pyramids - Level

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

C. Pyramids - Release Move

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

Level 2 Dismounts

A. Dismounts to Cradle

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

B. Dismounts to Performance Floor

- 1. Straight pop downs only

Level 2 Tosses

A. Tosses - General

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

LEVEL 3

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

Level 3 Tumbling

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

Level 3 Stunts

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

2. Release Moves are **prohibited** form:

- a. Pass through or end inverted.
- b. Release from inverted to non-inverted.
- c. Travel above the base's extended arm levels.

If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.

- d. Flyers cannot encounter other flyers in separate release skills/moves.

3. Releases ending in a non-upright position are required to:

- a. Have three (3) catchers for a multi based stunt.
- b. Have two (2) catchers for a single based stunt.

4. Skills performed during a release move are limited to:

- a. One (1) skill / trick.
- b. 0 Twists.

5. Log/Barrel Rolls

- a. Maximum one (1) twist.
- b. Required to land in a cradle, or a flat back or prone position.
- c. Required to have two (2) catchers for a single-based log roll. Multi based log rolls much have three (3) catchers.

6. Helicopters are **prohibited**.

G. Stunts - Inversion

1. Inversion Levels

- a. Inverted stunts above shoulder level are **prohibited** except for multi-baes suspended rolls.
- b. Multi based suspended rolls are required:
 - i. Roll to cradle, start in load in positions, flat body prep level stunt, or the performance floor
 - ii. Both flyers' hands must be connected to separate hands of the base(s)

2. Twisting inversions

- a. Maximum one (1) twist to prep level and below.
- b. Maximum ½ twist to extended level.
- c. Multi-based forward rolls:
 - i. Maximum one (1) twist is permitted.
 - ii. Forward rolls that exceed ½ twist are required to land in cradle position.
- d. Multi-based suspended backward rolls cannot twist.

3. Downward inversions

- a. Downward inversions are permitted to twist at waist level and are required:
 - i. Two (2) catchers in contact with shoulder to waist region of flyer.
 - ii. Remain in contact with the original base.
 - iii. Cannot travel through prep level and then become inverted below prep level.
- b. Two leg pancake stunts are **prohibited**.

Level 3 Pyramids

A. Pyramids - General

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

B. Pyramids - Twisting

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

C. Pyramids - Inversions

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

D. Pyramids - Release Move

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

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

Level 3 Dismounts

A. Dismounts - General

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

B. Dismounts to Cradle

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

C. Dismounts to Performance Floor

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

Level 3 Tosses

D. Tosses

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



LEVEL 4

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

Level 4 Tumbling

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

Level 4 Stunts

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

E. Stunts - Release Moves

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

F. Stunts - Inversions

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

Level 4 Pyramids

A. Pyramids - General

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

B. Pyramids - Twisting

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

C. Pyramids - Inversions

1. Must follow Level 4 Stunt inversion rules

D. Pyramids - Release moves

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

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

Permitted if:

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

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

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

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

Level 4 Dismounts

A. Dismounts - General

- 1. Maximum 2 skills/tricks permitted during dismount
- 2. Maximum $2\frac{1}{4}$ twists permitted from any two-leg stunt
- 3. Maximum $1\frac{1}{4}$ twists permitted from a platform position
- 4. Maximum $1\frac{1}{4}$ twists permitted from any single leg stunt
- 5. Dismounts from inverted positions are **prohibited** from twisting

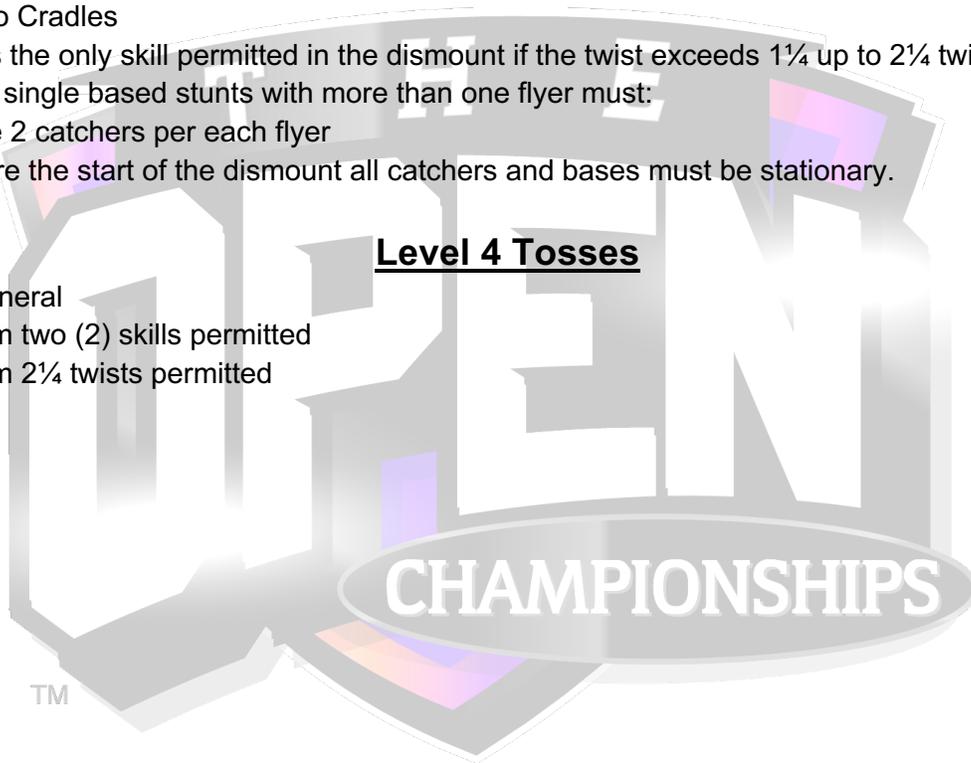
B. Dismounts to Cradles

- 1. A twist is the only skill permitted in the dismount if the twist exceeds $1\frac{1}{4}$ up to $2\frac{1}{4}$ twists.
- 2. Cradling single based stunts with more than one flyer must:
 - a. Have 2 catchers per each flyer
 - b. Before the start of the dismount all catchers and bases must be stationary.

Level 4 Tosses

A. Tosses - General

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



LEVEL 5

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

Level 5 Tumbling

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

Level 5 Stunts

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

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

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

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

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

Level 5 Pyramids

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

Permitted if:

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

EXCEPTION: Flips that land in an upright position at prep level or above with an athlete support must have one (1) catcher or two (2) spotters at minimum.

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

Level 5 Dismounts

A. Dismounts - General

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

B. Dismounts to Cradles

1. When cradling single based stunts with more than one flyer
 - a. Two (2) catchers must catch each flyer
 - b. Catchers/bases must be stationary prior to the start of the dismount

Level 5 Tosses

A. Tosses - General

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

LEVEL 6

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

Level 6 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Twisting dive rolls are **prohibited**
 - 2. Double twisting skills/tricks are **prohibited** to have:
 - a. Flipping and twisting immediately into the double
 - b. Twisting out of the double
- B. Tumbling - Standing Tumbling
 - 1. Maximum one (1) flip and two (2) twists permitted
 - 2. Skills/tricks with more than one (1) twist are required to:
 - a. Must have a minimum of two (2) backward traveling, non-twisting skills prior to the double. (excludes back extension rolls and one must be a back handspring)
EXCEPTION: These requirements are only required once during the tumbling pass. If it is met prior to a single full or additional double they are not expected to be performed again.
- C. Tumbling - Running Tumbling
 - 1. Maximum one (1) flip and two (2) twists permitted

Level 6 Stunts

- A. Stunts - Spotters
 - 1. Spotter is mandatory for each flyer above prep level.
 - 2. Single based stunts with more than one flyer require a spotter for each flyer. (i.e One Spotter per one flyer)
- B. Stunts - Levels
 - 1. Single leg extended level are permitted
- C. Stunts - Twisting
 - 1. Maximum 2¼ twists permitted
- D. Stunts - Release moves
 - 1. Release moves are **prohibited** if:
 - a. Travel through or end inverted
EXCEPTION: international level 6 teams - see level 6 stunt release moves
 - b. Release extends beyond 18 inches above the extended arm level of the bases
If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.
 - c. Flyers in separate release moves come into contact.
 - 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 are required to:
 - a. Be inverted at the bottom of the dip
 - b. Have a spot if landing at prep level or higher
 - c. Maximum ½ twist permitted

4. Helicopters are permitted with:
 - a. Maximum 180 degree rotation
 - b. Caught by three (3) catchers, one of the catchers must be in position at the flyers head and shoulder area
 5. International Divisions Only - Rewinds are permitted with:
 - a. One (1) flip and 0 twists permitted
 - b. Tumbling prior to the rewind is **prohibited**
 - c. Toe pitch, leg pitch, or similar type tosses are **prohibited** in starting the rewind.
 - d. Mandatory one (1) catcher and one (1) spotter for single based rewinds
 - e. Mandatory two (2) catchers and one (1) spotter for multi based rewinds
- E. Stunts - Inversions
1. Levels
 - a. Extended level inverted stunts permitted
 2. Downward inversions
 - a. Three (3) catchers required
EXCEPTION: downward inversions that do not start or travel above waist level do not require three (3) catchers
 - b. Two (2) of the catchers must be in contact with the waist to shoulder region of the flyer
 - c. Contact must begin at the bases shoulder level or above
 - 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. Cannot come in contact with other downward inversions
 - f. Downward inversions are permitted from above prep level:
 - i. **Prohibited** to stop in an inverted position
EXCEPTION: Extended inverted stunts can be lowered to prep level, traveling above prep level to prep level or from non-inverted extended level to inverted prep level must have a mandatory one (1) base and one (1) spotter at minimum. The lowering of the inverted extended stunt must be controlled.
 - ii. Cannot end/land on or touch the ground while inverted

Level 6 Pyramids

- A. Pyramids - Twisting
 1. Maximum 2¼ twists permitted
- B. Pyramids - Inversions
 1. Must follow level 6 stunt inversion rules
- C. Pyramids - Release moves
 1. During transition (pyramid section), the flyer may pass above two (2) high and perform:
 - a. Maximum 2 ¼ twists
 - b. Non-Inverted release skills
 - c. Non-inverted release skills can change bases if:
 - i. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
 2. Connected to one (1) support athlete at prep level or below.

3. Connection must remain with the same support athlete until contact is made with a base on the performance floor.
4. Must be caught by at least two (2) catchers at minimum (one catcher, one spotter)
 - a. Both catchers must be stationary
 - b. Catchers/spotters must remain in constant visual contact with flyer throughout the transition.
5. Release moves are **prohibited** from being connected/supported to the flyer above prep level.

D. Pyramids - Release moves with Athlete Supported inversions (included supported flips)

Permitted if:

1. Remains in constant contact with one (1) athlete supports at prep level or below.
2. Remains in constant contact with the same athlete supports until contact is made with base on the performance floor.
3. Maximum $1\frac{1}{4}$ flip and $\frac{1}{2}$ twists
4. Maximum $\frac{3}{4}$ flip and one (1) twist
5. Changing of bases is permitted.
6. Continuous movement.
7. Three (3) catchers required:

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

 - a. Catchers/spotters must be stationary
 - b. Catchers/spotters must be in constant visual contact with flyer throughout the transition
 - c. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
8. Cannot traveling downward while inverted
9. Cannot be in contact with other stunt/pyramid release moves.
10. Cannot be supported/connected to flyers above prep level

Level 6 Dismounts

A. Dismounts - General

1. Maximum $2\frac{1}{4}$ twists permitted
2. Maximum $\frac{1}{2}$ twist dismount from an inverted position

B. Dismounts to cradles

1. When cradling single based stunts with more than one (1) flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers/bases must be stationary before the dismount begins.

Level 6 Tosses

A. Tosses - General

1. Maximum $2\frac{1}{2}$ twists permitted.

LEVEL 7

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

Level 7 General

A. General

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

Level 7 Tumbling

A. Tumbling - General

1. Dive rolls are permitted. Twisting dive rolls are **prohibited**
2. Maximum 1 flip and 2 twists permitted
3. Twisting immediately out of a double twist is **prohibited**
4. Tumbling is permitted to rebound from his/her feet into a stunt transition
 - a. If the tumbler's rebound includes a hip-over-head rotation, the tumbler must be caught/stopped in a non-inverted position prior to the completion of the hip-over-head stunt/transition.
EXCEPTION: Cartwheel, round off and standing one (1) back handspring rewinds are permitted.
 - b. Tumbling skills before the cartwheel, round-off or standing back handspring are **prohibited**.
5. Tumbling over/under or through a stunt, athlete or prop is **prohibited**. *This includes any body part.*
6. Tumbling while holding or making contact with a prop is **prohibited**

B. Tumbling - Standing tumbling

1. Minimum of one (1) backward non-twisting skill is required prior to executing any skill with more than one (1) twist.

Level 7 Stunts

A. Stunts - Spotters

Spotter is mandatory:

1. One-arm stunts above prep level
EXCLUDES: cupies, liberties (no body positions)
2. Load/transition includes:
 - a. More than one (1) twist release moves.
 - b. Inverted position release mover that end at prep level or above
 - c. Free flip
3. Inverted flyer above prep level
4. Flyers released from above ground level to one arm stunt
5. Single based stunts with more than one flyer require a spotter for each flyer (one spotter per one flyer)
6. Coed style tosses to new base - the original base is permitted to become the spotter

B. Stunts - Levels

1. Single leg extended level stunts are permitted

C. Stunts - Twisting

1. Maximum 2¼ twist permitted

D. Stunts - Release moves

1. Release moves require:

a. Return to original bases

EXCEPTION: Coed style tosses to a new base are permitted if:

- i. Single base tosses the stunt
- ii. Minimum one (1) base and one (1) spotter catches.
- iii. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
- iv. The ending/catching spotter is permitted to be the original tossing base.

EXCEPTION: Single base toss stunts that have more than one (1) flyers are permitted to change bases. The original base is permitted to become the spotter.

2. Release moves are **prohibited** from:

a. Landing inverted

EXCEPTION: Zero (0) twist or flip handstands released from ground level to hand-to-hand stunt

EXCEPTION: Zero (0) twist or flip released from prep level and below to prep level inverted position.

b. Release extends beyond 18 inches above the extended arm level of the bases

If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.

c. It is in contact with other flyers in separate release skills/moves

EXCEPTION: single based stunts with more than one (1) flyer

d. Intentional moving/traveling of stunt (excludes coes style tosses to new set of bases)

e. Travel over, under or through other stunts, pyramids, athletes or props.

f. Ending on the performance floor with no assistance from above waist level.

3. Helicopters are permitted with:

a. Maximum 180 degree rotation

b. Two (2) catchers required, one (1) catcher must be positioned at the flyers head/shoulder area.

4. Rewinds/free flip and supported and transitions with flips are permitted

5. Rewinds/free flip that begins at ground level:

a. Maximum 1¼ flipping and 1¼ twist permitted.

b. Cartwheel rewind, round off rewind, and standing back handspring rewinds are permitted

i. Tumbling before to the roundoff, cartwheel or standing backhandspring is **prohibited**

c. Pitch (i.e toe, leg, or similar) type tosses are permitted in starting free flipping skills

d. One (1) catcher and one (1) spotter is mandatory

6. Free flipping transitions that begin from a stunt:

a. Maximum 1¼ flip and ½ twist permitted

b. Must begin at prep level

c. Must end/land in a cradle, horizontal position or to a standing position on the performance floor. (must follow dismount rules when landing on performance floor)

d. Two (2) catchers are mandatory one (1) flip rotation or less

e. Three (3) catchers mandatory for 1¼ flip rotation

f. Single based split catches are not **prohibited**

E. Stunts - Inversions

1. Inversion Levels

a. Extended level inverted stunts permitted.

2. Downward Inversions
 - a. Must remain in contact with an original base
 - b. Two (2) catchers are required.

EXCEPTION: A lowering of an extended inverted stunt to prep level, traveling above prep level to prep level or from extended level non-inverted to inverted stunt at prep level is permitted with one (1) base with a spotter.
3. Athletes on the performance floor in a backbend or inverted position are **prohibited** from being in contact with flyer.

LEVEL 7 PYRAMIDS

- A. Pyramids - General
 1. Must follow Stunts A: Spotter Rules

EXCEPTION: One (1) spotter for each flyer is mandatory for one arm extended level paper dolls
 2. 2½ high is permitted

EXCEPTION: Tower pyramids are permitted
- B. Pyramids 2½ high
 1. Spotters
 - a. Spotter in front and back is mandatory for each athlete on the top level
 - b. Required to be in position and remain in visual contact the entire time the flyer(s) is at the 2½ high level(s)
 - c. **Prohibited** from being the main support of the pyramid
 - d. Permitted to stand to the side of pyramid but must stay in a position to spot the flyer
 - e. Tower pyramids
 - i. A spotter who is not in contact with the pyramid is required to be in place behind the top person. A person assisting/touching the middle layer, cannot be this spotter.
 - f. 2½ high pyramids with horizontal top persons (Prone, flat back, and swedish variations)
 - i. Spotter is mandatory to be on two (2) of the four (4) sides (left, right, back, front) of the pyramid
- C. Pyramids - Inversions
 1. 2½ high is permitted
 2. Downward inversions from above prep level
 - a. Required to be assisted by two (2) bases
 - b. Flyer must remain in contact with a base or another flyer
- D. Pyramids - Free Flying mounts/transitions
 1. Cannot exceed the height of the intended skill.
 2. Traveling over, under or through other stunts, pyramids, athletes or props is **prohibited**
 3. Cannot land inverted
 4. If begins from ground level:
 - a. Maximum one (1) flip and one (1) twist permitted.
 - b. Zero (0) flip and 2¼ twist permitted
 5. If begins from above ground level
 - a. Maximum 1¼ flip and zero (0) twist permitted
 - b. Maximum zero (0) flip and two (2) twists permitted
- E. Pyramids - Release moves
 1. Permitted to travel above 2½ high

2. **Prohibited** to travel over, under or through a prop
 3. **Prohibited** from landing inverted
 4. If second level base releases flyer and then caught by a second level base (ex: tower pyramid tic-tocks):
 - a. Base that throws must also be the catcher
 5. Maximum zero (0) flip and one (1) twist permitted from 2½ high
- F. Pyramids - Release Moves with Support Athlete (including supported flips)
1. Maximum 1⅓ flip and one (1) twist permitted.
 2. Flyer must remain in contact with one (1) flyer at prep level or below
 3. Caught by two (2) catchers is required

EXCEPTION: Supported inversions to 2 ½ high pyramids are permitted to be caught by one (1) person

EXCEPTION: Supported inversions that land upright at prep level or above, require one (1) base and one (1) spotter
 4. The mandatory base/spotter must:
 - a. Be stationary
 - b. Remain in visual contact with the flyer throughout the transition
 - c. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.

LEVEL 7 DISMOUNTS

Movements are only considered “dismounts” if released to a cradle or released and assisted to the performance floor.

- A. Dismounts - General
1. Required to return to original base(s)

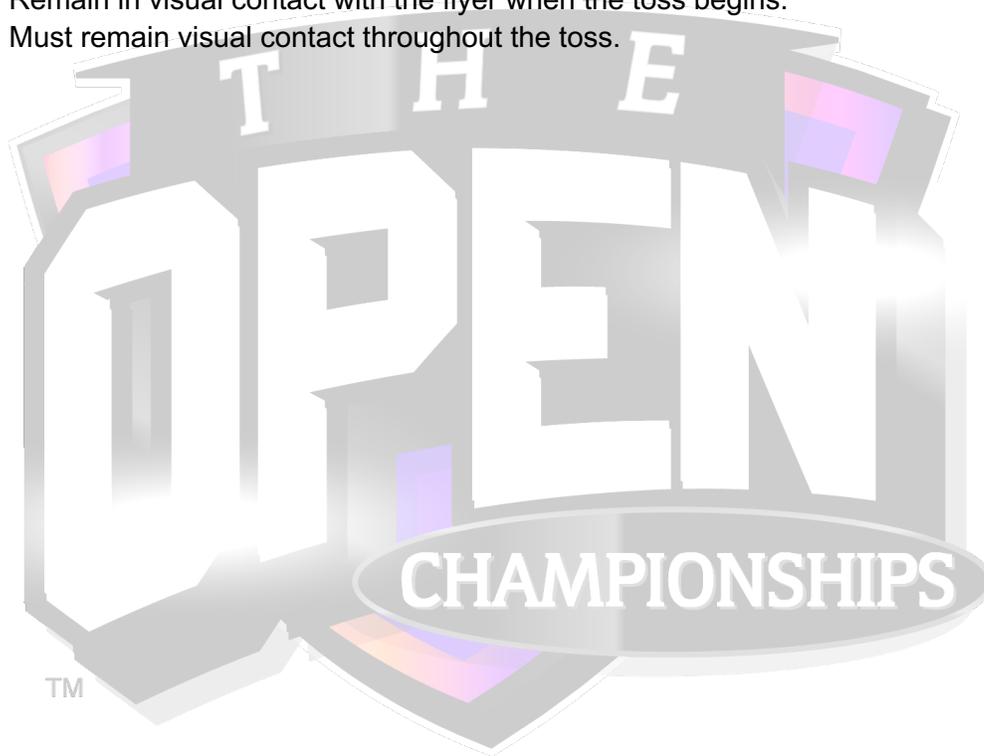
EXCEPTION: single based stunts with more than one flyer are not required to return to original base(s)
 2. Traveling over, under or through other stunts, pyramids, athletes or props is **prohibited**
 3. Cannot intentionally move/travel
 4. When flyers are released from the bases for the dismount they cannot come in contact with each other.
 5. Tension drops/rolls are **prohibited**
- B. Stunt - Dismounts to Cradle
1. Maximum to 2¼ twist
 2. Single based:
 - a. Dismounts that involve more than 1¼ twists are required to have a spotter with one arm-hand supporting the head and shoulder of the flyer
 3. Single based with more than one (1) flyer:
 - a. Two (2) catchers per flyer is required
 - b. Catchers/bases must be stationary before the start of the dismount
 4. 1-Arm stunts
 - a. Dismounts that involve more that 1¼ twists are required to have a spotter with one arm-hand supporting the head and shoulder of the flyer
 5. Free flipping
 - a. Maximum 1¼ flip and ½ twist permitted
 - b. Required to begin at prep level
 - c. Required to be caught by two (2) catchers. One must be the original base.
 - d. Back flips must end in cradle
- C. Stunt - Dismounts to the Performance floor

1. Maximum $2\frac{1}{4}$ twist permitted
 2. Dismounts that involve more than $1\frac{1}{4}$ twists are required to have two (2) catchers or one (1) catcher and one (1) spotter
 3. Required to be assisted by an original base and/or spotter
EXCEPTION: Hop offs or straight drops that do not include additional skills are permitted without assistance from waist level or below.
 4. Athletes are **prohibited** from landing on the performance floor from above waist level without assistance.
 5. Free Flipping
 - a. Maximum one (1) flip and zero (0) twist permitted.
 - b. Required to begin at prep level
 - c. Spotter is required
 - d. Front flipping only permitted
- D. $2\frac{1}{2}$ high pyramid - Dismounts to Cradle
1. Maximum $2\frac{1}{4}$ twist permitted
 - a. Required to be caught by two (2) catchers, one must be stationary at the start of the cradle
 2. Maximum $\frac{3}{4}$ front flip and $\frac{1}{2}$ twist
 - a. Required to be caught by two (2) catchers, one on each side of the flyer
 - b. One (1) catcher is required to be stationary at the start of the cradle
- E. $1\frac{1}{2}$ high Pyramid - Dismount to the Performance Floor
1. Maximum $1\frac{1}{4}$ twists permitted
 2. Required to have two (2) catchers or one (1) catcher and one (1) spotter
 3. Required to be assisted by an original base and/or spotter
EXCEPTION: Hop offs or straight drops that do not include additional skills are permitted without assistance from waist level or below.
 4. An athlete cannot land on performance floor from above waist level without assistance

Level 7 Tosses

- A. Tosses - General
1. Require:
 - a. Minimum three (3) bases and maximum four (4) bases
 - b. Base is required to be behind the flyer during the toss and can assist the flyer into the toss
EXCEPTION: Tossing from one set of bases to another set of bases/catchers
EXCEPTION: Arabian tosses in which the third base would need to start in front to be in a position to catch the head/shoulder area of the flyer during the cradle
 - c. Executed from ground level
 - d. End in a cradle position
 - e. Base positioned at the head/shoulder area of the flyer for the cradle
 - f. Not choreographed so that the bases are required to move in order to catch the flyer
 - g. Flyers feet in/on hands of bases when the toss begins.
 - h. Maximum $3\frac{1}{2}$ twists permitted
 - i. Other stunt, pyramid, athlete, or prop can travel over or under a toss, and a toss cannot be thrown over, under or through stunts, pyramids, athletes or props.
 - j. **Prohibited** from having more than one (1) flyer
 - k. Flyer must become free of all contact from bases, support athletes and/or other flyers.

2. Flipping Tosses
 - a. Maximum $1\frac{1}{4}$ flip and two (2) additional skills permitted.
 - i. Tuck, pike, or layout are not counted as the two (2) additional skills.
3. Flyover Tosses
 - a. Maximum zero (0) flip and $1\frac{1}{2}$ twists permitted
 - b. Maximum $\frac{3}{4}$ front flip with zero (0) twists permitted
 - c. Bases:
 - i. Required to be tossed by three (3) or four (4) bases.
 - ii. Required to be caught in cradle by three (3) bases.
 - iii. Required be stationary while tossing.
 - d. Catchers
 - i. **Prohibited** from being in any other choreography.
 - ii. Remain in visual contact with the flyer when the toss begins.
 - iii. Must remain visual contact throughout the toss.



PREP DIVISIONS

Rule differences from All Star Elite

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

NOVICE DIVISIONS

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

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 athletes on the coed team.
- C. Routine time limit is 2:30.
 - EXCEPTION:** Non-Tumbling divisions: 2:00.
 - EXCEPTION:** Global divisions: 3:30. Cheer = 30 seconds minimum, 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 required to follow level appropriate inversion rules.