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2024-2025
USASF Cheer Rules

Adjustments in RED indicate a change/addition since the previous season (2023-2024)
Adjustments in BLUE indicate a change/addition since the Early Release (2024-2025)

U.S. ALL STAR FEDERATION

USASF

CLUB CHEER & DANCE TEAMS

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USASF Cheer Rules
2024-2025

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Aerial (noun):
Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective):
To be free of contact with a person or the performing surface.

Airborne Tumbling Skill:
An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

All 4s:
An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

Assisted-Flipping Stunt:
A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Roll", "Braced Flip")

Backbend:
The athlete's body forms an arch by stretching through the upper back, typically supported by the hands and feet with the abdomen facing upward.

Backward Roll:
A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Ball–X:
A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

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 /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.

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

Block Cartwheel:
A cartwheel which becomes airborne after 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 constant physical contact with another top person(s).

Cartwheel:
A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher:
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.
- Example: A required catcher holding a sign.
- must make physical contact with the top person upon catching
- 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 and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of 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 a 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.
- must return to original base(s) unless dismounting single based stunts with multiple top persons.
- 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 tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

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 most of the 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 arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

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 laying horizontal, face-up, and is usually supported by two or more bases. 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 performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

Flyer:
See "Top Person".

Forward Roll:
A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free Flipping Stunt:
A Stunt Release Move in which the top person passes through an inverted position 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.

Full:
A 360-degree twisting rotation.

Ground Level:
To be 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 in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand:
A straight body inverted position 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 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 a building skill(s): stunt, pyramid, transition, release move, dismount, or toss 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 the 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 performance 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.

Kick Double:
Skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full:
Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Layout:
An airborne tumbling 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):
Bases 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:

- The top person's shoulders are at or above their waist.
- The top person's shoulders are below their waist and both feet are below their head.

Nugget:
A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Onodi:
Starting from a back hand-spring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

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.

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".

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 Position:
A face down, flat body position.

Prop:
An object that can be manipulated. Flags, standard flat banners/signs, pom pons, 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 created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into 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.

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 inches (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 ground instead of one foot at a time, facing the direction from which they arrived.

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. Single based split catches are not allowed.

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 whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques. The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- must be standing on the performing surface.
- must be attentive to the stunt being performed.
- must not be involved in anything that could prevent them from spotting. Example: A required spotter holding a sign.
- must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a 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.
- may not be considered 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. Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) 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.

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

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.

Three Quarter (3/4) Front Flip (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). Top person must have both feet in/on hands of bases at initiation of toss. Top persons in separate tosses may not come in contact with each other.

Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface and remain stationary during toss. 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.

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. 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.

Twisting Tosses: Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. ie. A 1/2 twist, X, 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. 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 making contact with the performance surface.

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 making contact with 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 position in which the body is bent at the waist/hips with the knees drawn into the torso.

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 axis 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 (2½) – 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 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.

"Above Two and One Half (2 1/2) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1/2 high chairs are considered 2 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).
ie. 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 stretching through the upper back, going backwards, similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands.

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.

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.

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.

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GENERAL RULES AND ROUTINE REQUIREMENTS

1. All skills allowed in a level encompass all skills allowed in the preceding level. If a skill is not allowed in a level, it is also not allowed in the preceding level(s).
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill level with regard to proper performance level placement. Athlete safety must be considered with all skills.
3. Athletes must practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions. Carpet over an inappropriate surface is not permitted for technical skills.
4. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
5. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
6. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
7. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
8. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
9. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
   Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
10. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from USASF, prior to use, to ensure the safety of the athletes. Flags, standard flat banners/signs, pom pons, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect it will be considered a prop.
12. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. Exception: All Star Prep routines shall not exceed 2:00. Novice routines shall not exceed 1:30. Non-tumbling routines may not exceed 2:00, ~~Global routines may not exceed 3:30 (30-40 seconds for opening Cheer portion, 20 second maximum to move from cheer portion and set up for music portion, and music may not exceed 2:30)~~.
13. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
14. Must follow the USASF Code of Conduct & Compliance.

ALL LEVEL RULES (Levels 1-6)

The **All Level Rules** must be used with the Level Specific Rules, General Rules, APS, etc.

The **All Level Rules** are the **same** for **every Level from 1 to 6**.

ALL LEVEL GENERAL

A. All Level GENERAL

1. An individual may jump/rebound over another individual.
2. Drops such as: knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless there is weight bearing contact on the hands or feet, which helps break the impact of the drop. Shushunovas are allowed.

ALL LEVEL TUMBLING

A. All Level GENERAL TUMBLING

1. All tumbling must originate and land on the performing surface.
2. A tumbler may rebound from his/her feet into a stunt transition.
   - **a.** When rebounding into a stunt transition, may not rebound to inverted or through an inverted position
3. Tumbling over/under (any body part), or through a stunt, individual, or prop, is not allowed.
4. Tumbling while holding or in contact with any prop is not allowed.

ALL LEVEL STUNTS

A. All Level STUNTS - General

1. Single based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions but may immediately pass through an extended position.

B. All Level STUNTS - Release Moves

1. Release moves:
   - **a.** Must return to original bases
   - **b.** May not land on the performing surface without assistance.
   - **c.** May not intentionally travel.
   - **d.** May not land in an inverted position.
   - **e.** May not pass over, under or through other stunts, pyramids, individuals or props.
   - **f.** That land in a **non-upright** position must have:
     - **(1)** 3 catchers for a multi-based stunt.
     - **(2)** 2 catchers for a single-based stunt.
   - **g.** The height of a release move is determined by:
     - **(1)** The highest point of the release
     - **(2)** The distance from the top person's hips to the extended arms of the bases (not the back spot)
2. Free flipping or assisted flipping stunts and transitions are not allowed.
   EXCEPTION: Senior & International Level 6 teams see Level 6 Stunt Release Moves
3. Single based split catches are not allowed.

C. All Level STUNTS - Inversions

1. An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.

ALL LEVEL PYRAMIDS

A. All Level PYRAMIDS

1. Pyramids must follow Stunts and Dismounts rules and are allowed up to 2 high
2. Top person must receive primary support from a base. **Exception:** Release Moves
3. Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and required bracer(s).
4. Primary weight may not be borne at second level. Transitions must be continuous.
5. Required brace/connection must be made prior to the initiation of the skill.

ALL LEVEL DISMOUNTS

A. All Level DISMOUNTS

1. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
2. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
4. All multi-based waist level cradles in which the bases begin underneath the top person's feet must follow toss rules.
5. Dismounts must return to original base(s).
   Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
   Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. *Clarification: An individual may not land on the performing surface from above waist level without assistance.*
   Exception: Dismounting single based stunts with multiple top persons.
6. 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.
7. No free flipping or assisted flipping dismounts allowed.
8. Dismounts may not invert or land inverted
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
    Exception: Dismounting single based stunts with multiple top persons.
11. Tension drops/rolls of any kind are not allowed.

ALL LEVEL TOSSES

A. All Level TOSSES (Levels 2-6, Youth-Senior)

1. **Tosses must**:
   - **a.** Have top person's feet(both) in/on hands of bases when the toss is initiated.
   - **b.** Not have more than one top person.
   - **c.** Have top person become free of all contact from bases, bracers and/or other top persons.
   - **d.** Have at least 3 bases with a maximum 4. All bases having their feet on the performing surface.
   - **e.** Have a base behind the top person during the toss and may assist the top person into the toss.
   - **f.** Have a base positioned at the head and shoulder area of the top person for the cradle.
   - **g.** Land in a cradle position caught by 3 original bases.
   - **h.** Bases must remain stationary during the toss. No intentional traveling tosses.
     Exception: Bases may turn a ¼ or a ½ for allowable skills with fractional twist. ie. Level 3 - 1¼ twist basket.
   - **i.** Include all multi-based waist level cradles in which the bases begin underneath the top person's feet and must follow toss rules.
   - **j.** Not flip, invert or travel.
   - **k.** Not have a stunt, pyramid, individual, or prop move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

LEVEL 1 RULES

These rules are level specific and in addition to the General Rules, All Level Rules & APS

LEVEL 1 TUMBLING

A. Standing/Running Tumbling

1. Skills must involve constant physical contact with the performing surface.
2. Forward/backward rolls (no dive rolls), cartwheels/block cartwheels, round offs, backbends, walkovers, handstands are allowed.
3. No tumbling is allowed in immediate combination after a round off or round off rebound.
   There must be a clear pause/stop of athlete momentum after the round off/rebound prior to the next tumbling skill.
4. Front and back handsprings are not allowed.

LEVEL 1 STUNTS

A. Spotters

1. A spotter is required for each top person at prep level and above.
2. A spotter is required for each top person in a floor stunt. The spotter may grab the top person's waist.
3. The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
4. Shoulder sits, T-Lifts, and stunts where the top person is only supported at the waist, do not require a spotter.

B. Stunts - General

1. At least one base must remain in contact with the top person.
2. Leap frogs and leap frog variations are not allowed.
3. Single based stunts with multiple top persons are not allowed.
4. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
   This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
5. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

C. Stunts - Levels

1. **Single leg** stunts are only allowed at **waist level**.
2. **Prep level single leg** stunts are allowed if:
   a. The top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter.
   b. The connection is hand/arm to hand/arm and made prior to initiating the single leg prep level stunt.
3. Walk up **shoulder stands** are allowed.
4. Stunts **above prep level** are not allowed.
   Exception: Two leg stunts may immediately pass through an extended position.

D. Stunts - Twisting

1. Up to **¼ twist** allowed.
2. Rebounding to a prone position (½ twist to stomach) in a stunt is allowed.
3. **½ Wrap** around stunts are allowed.
4. Up to a **½ twist** is allowed if the top person starts and ends on performance surface and is only supported at the waist.

E. Stunts- Release moves

1. Not allowed other than those allowed in Level 1 Dismounts.

F. Stunts-Inversions

1. Not allowed.

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LEVEL 1 PYRAMIDS

A. Pyramids - General

1. Required brace/connection(s) must remain **the same** and stay connected throughout the entire transition.

2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.

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

B. Pyramids- Levels

1. Two leg extended stunts:
- **a.** Must be braced to a top person at prep level or below with hand-arm connection.
- **b.** Prep level top persons bracers must be in a shoulder sit, flat back, straddle lift, shoulder stand **or** have both feet in the bases' hands.
- **c.** May not be connected to other extended stunts.

2. Prep level single leg stunts:
- **a.** Must be braced by at least one person at prep level or below with hand-arm connection.
- **b.** Prep level bracers must 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 not allowed.

C. Pyramids-Release Moves

1. Anytime a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules.

LEVEL 1 DISMOUNTS

A. Dismounts - General

1. 0 Twists (including ¼ turns) allowed.

2. No dismounts are allowed from skills **above prep level** in pyramids.

B. Dismounts to Cradles

1. Only basic **straight cradles** are allowed.

2. Sponge, Load In, Squish and Waist level cradles are not allowed.

C. Dismounts to the Performance Surface

1. Only **straight pop downs** are allowed.

LEVEL 1 TOSSES

A. Tosses

1. Not allowed (includes sponges tosses and waist level cradles).

LEVEL 2 RULES

These rules are level specific and in addition to the General Rules, All Level Rules & APS

LEVEL 2 TUMBLING

A. General Tumbling

1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed
2. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning. Example: Back handspring step out > ½ turn = Illegal.
3. Flips and aerials are not allowed.
4. No twisting while airborne.

B. Standing Tumbling

1. Series front/back handsprings are not allowed.
2. Jump skills in immediate combination with handspring(s) are not allowed.

C. Running Tumbling

1. Series front and back handsprings are allowed.

LEVEL 2 STUNTS

A. Spotters

1. A spotter is required for each top person:
   a. **Above prep level**.
   b. In a **floor stunt**. The spotter may grab the top person's waist.

B. Stunts -General

1. During transitions, at least one base must remain in contact with the top person.
2. Single based stunts with multiple top persons are not allowed.
3. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
   This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
4. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

C. Stunts - Levels

1. Single leg stunts above prep level are not allowed.
   Exception: Single leg stunts may immediately pass through an extended position.

D. Stunts - Twisting

1. Up to a **½ twist** allowed.
   Exception: A single full twisting log/barrel roll is allowed but must:
   a. Start and end in a cradle position.
   b. Be assisted by a base.
   c. Not be assisted by another top person.
   d. Not include any other skill than the twist.

E. Stunts - Release Moves

1. No release moves allowed other than those allowed in Level 2 Dismounts and Tosses.
   Exception: A single full twisting log/barrel roll is allowed but must:
   a. Start and end in a cradle position.
   b. Have 2 catchers for single-based log rolls. Multi-based log rolls have 3 catchers.
   c. Return to original bases
   d. Not be assisted by another top person.
   e. Not include any skill other than the twist.

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F. Stunts - Inversions

1. Transitions from ground level inversions to non-inverted positions are the only inversions allowed.
2. Inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.

LEVEL 2 PYRAMIDS

A. Pyramids - General

1. Required brace/connection(s) must remain the **same** and stay connected throughout the entire transition.
2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
3. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
4. Extended stunts may not connect to other extended stunts.

B. Pyramids - Levels

1. Extended single-leg stunts must:
   a. Be braced to a top person at prep level or below with hand-arm connection.
   b. Have prep level top persons bracers in a shoulder sit, flat back, straddle lift, shoulder stand **or** have both feet in the bases' hands.

C. Pyramids - Release Moves

1. Anytime a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules.
2. Release moves may not be braced/connected to top persons above prep level.

LEVEL 2 DISMOUNTS

A. Dismounts to Cradles

1. Only **basic straight cradles** and **¼ twist** cradles are allowed.
2. Body positions (toe touch, pike, etc.) are not allowed.
3. Waist level cradles are not allowed in the **Mini Division**.

B. Dismounts to the Performance Surface

1. Only **straight pop downs** are allowed.

LEVEL 2 TOSSES

A. Tosses

1. The only body position allowed is a **straight ride** (No exaggerated arch).
2. **Arm variations** such as a salute or blowing a kiss are allowed if the legs and body are in the straight ride position.
3. Tosses are not allowed in the **Mini division**. This includes "Sponge" tosses and waist level cradles.

LEVEL 3 RULES

These rules are level specific and in addition to the General Rules, All Level Rules & APS

LEVEL 3 TUMBLING

A. General Tumbling

1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed.

B. Standing Tumbling

1. Series front and back handsprings are allowed.
2. Flips and connected jump-flips are not allowed.
3. No twisting while airborne.

C. Running Tumbling

1. Flips
- **a. Back Flips** may ONLY be performed:
  - **(1)** In a tuck position (no additional skills)
  - **(2)** From a round off or round off back handspring(s).

2. Aerial cartwheels, ¾ front flips and running front tucks are allowed.
- **a.** No tumbling prior to front tuck except a front handspring.

3. No tumbling is allowed after a flip or an aerial cartwheel.
4. No twisting while airborne except aerial cartwheels.

LEVEL 3 STUNTS

A. Spotters

1. A spotter is required for each top person above prep level.
2. Single based stunts with multiple top persons require a separate spotter for each top person.

B. Stunts - General

1. During transitions, at least one base must remain in contact with the top person. Exception: See Release Moves
2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
3. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

C. Stunts - Levels

1. Single leg extended stunts are allowed.
2. Extended single leg stunts may not brace or be braced by any other extended stunts.

D. Stunts - Twisting

1. Up to **1 twist** allowed to prep level or below or if landing in an extended two-leg stunt.
2. Up to ½ twist if landing in an extended single-leg stunt.

E. Stunts - Release Moves

1. Release moves must:
- **a.** Start at waist level or below.
- **b.** Land at prep level or below.

2. Release moves must **not**:
- **a.** Pass through or land inverted.
- **b.** Release from inverted to non-inverted.
- **c.** Pass above extended arm level of the bases (not the back spot).
  If distance is greater than the length of the top person's legs must follow Toss or Dismount rules
- **d.** Come in contact with other top persons in separate release moves.

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

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4. **Skills** performed during the release move are restricted to:
   a. A single skill/trick.
   b. 0 twists.
5. **Log/barrel** rolls:
   a. Up to 1 twist.
   b. Must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
   c. Must have two catchers for single-based log rolls. Multi-based log rolls must have 3 catchers.
6. **Helicopters** are not allowed.

F. Stunts-Inversions

1. **Inversion Levels**
   a. No inverted stunts above prep level.
   b. Multi-based suspended rolls must:
   (1) Have **both** hands/arms of the top person connected to **separate hands** of the base(s).
2. **Twisting Inversions**
   a. Multi-based suspended rolls exceeding a ½ twist must land in cradle.
3. **Downward Inversions**
   a. Downward inversions are allowed at waist level and:
   (1) Must have two bases in contact with the torso.
   (2) Must maintain contact with an original base.
   (3) Are allowed to immediately pass through prep level during the skill.
   (4) Must not come in contact with other downward inversions.
   b. Two leg "Pancake" stunts are not allowed.

LEVEL 3 PYRAMIDS

A. Pyramids - General

1. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
2. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
3. Extended single leg stunts may not brace or be braced by any other extended stunts.

B. Pyramids - Twisting

1. Twisting **TO extended** single-leg is allowed up to 1 twist
   a. Must be connected to a bracer at prep level or below **and** a base.
   b. The connection to the bracer must be hand/arm to hand/arm.
   c. **The connection** to the bracer must **remain the same** and stay connected throughout the entire transition.

C. Pyramids - Inversions

1. Must follow Stunt Inversion rules.
2. A top person may pass through an inverted position if:
   a. Top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface **and** a bracer at prep level or below.
   b. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
   c. **The connection** to the bracer must **remain the same** and stay connected throughout the entire transition.

D. Pyramids - Release Moves

Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performing surface and follow the dismount rules.

1. During a pyramid transition, a top person may pass above 2 persons high and perform:
   - **a.** Level 3 **Stunt Release** skills or **Dismounts** if:
     - **(1)** Connected to one bracer at prep level or below.
   - **b.** Up to **1 twist** if:
     - **(1)** Connected to two bracers at prep level or below with arm/arm connections.
   - **c. Non-Twisting/Non-Inverted Release** Moves if:
     - **(1)** Connected to two different bracers at prep level or below.
     - **(2)** Connected to one bracer by hand/arm-to-hand/arm.
     - **(3)** Connected to a second bracer by hand/arm-to-hand/arm **or** hand/arm-to-foot/lower-leg (below knee).
     - **(4)** Braced on two separate sides (i.e. right side-left side, left side -back side, etc.) by two different bracers.
     - **(5)** Braced on 2 of the 4 sides of the top person (front, back, right, left).
   - **d.** Non-Twisting/Non-Inverted Release moves to extended with 1 bracer:
     - **(1)** Must initiate from waist level or below.
     - **(2)** The connection to the bracer must be hand/arm.
2. Contact must be maintained with the same bracer(s) until contact is made with a base on the performing surface (This does not include the uniform or hair).
3. These release transitions may not involve **changing bases**.
4. These transitions must be caught by **2 catchers** (minimum of one catcher and one spotter).
   - **a.** Both catchers must be **stationary**.
   - **b.** Both catchers must maintain **visual contact** with the top person throughout the entire transition.
5. Release moves may not be braced/connected to top persons above prep level.
6. Pyramid transitions may not involve **inversions** while released from the bases.

LEVEL 3 DISMOUNTS

A. Dismounts - General

1. Up to **1 trick** allowed during a dismount from any **two-leg stunt**.
2. Up to **1-¼ twists** are allowed from any **two-leg stunt**.
3. Any dismount from prep level and above **involving a skill/trick** (i.e. twist, toe touch) must be caught in a cradle.
4. Dismounts from an **inverted position** are not allowed.

B. Dismounts to Cradle

1. Up to **1¼ twists** are allowed from any **two-leg stunts** (does not include platform position).
2. Only basic **straight cradles** and **¼ twist** cradles are allowed from any **single leg stunt**.
3. When cradling **single based stunts** with **multiple top persons**:
   - **a.** 2 catchers must catch each top person.
   - **b.** Catchers and bases must be stationary prior to the initiation of the dismount.

C. Dismounts to the Performance Surface

1. Only **straight pop downs** from any **single leg stunt** allowed.
2. Only **straight pop downs** from any prep level or higher **two-leg stunt** allowed.
3. Up to **one trick** allowed from any waist level **two-leg stunt** allowed.

LEVEL 3 TOSSES

A. Tosses

1. Up to **1 trick** allowed (may not exceed 1¼ twist). *Clarification: An 'arch' is not a trick.* Exception: A Ball-X toss is allowed.
2. During a **twisting toss**, no skill other than the twist is allowed.

LEVEL 4 RULES

These rules are level specific and in addition to the General Rules, All Level Rules & APS

LEVEL 4 TUMBLING

A. General Tumbling

1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed.

B. Standing Tumbling

1. Up to **1 flipping** allowed and:
- **a.** 0 twists.
- **b.** Must be performed in a tuck position (no additional skills).
  Exception: Aerial cartwheels and Onodis are allowed.
- **c.** Standing flips and flips from a back handspring are allowed.
- **d.** May not be connected to a jump.

2. No tumbling is allowed after a flip, aerial cartwheel or Onodi.

C. Running Tumbling

1. Up to **1 flipping and 0 twists** allowed.
Exception: Aerial cartwheels and Onodis are allowed.

LEVEL 4 STUNTS

A. Spotters

1. A spotter is required for each top person above prep level.

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

B. Stunts- General

1. During transitions, at least one base must remain in contact with the top person. Exception: See Release Moves

2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
Exception: An individual **may** move under a stunt, or a stunt **may** move over an individual.

C. Stunts - Levels

1. Single leg extended stunts are allowed.

2. Extended single leg top persons may not connect to any other extended single leg top person.

D. Stunts - Twisting

1. Up to **1½ twist** allowed to prep level or below or if landing in an **extended two-leg stunt.**

2. Up to **1 twist** if landing in an **extended single-leg stunt.**

E. Stunts - Release Moves

1. **Release moves** must not:
- **a.** Pass through or land inverted.
- **b.** Pass above extended arm level of the bases (not the back spot)
  If distance is greater than the length of the top person's legs must follow Toss or Dismount rules
- **c.** Come in contact with other top persons in separate release moves.

2. Release moves that **land extended** must:
- **a.** Start at prep level or below.
- **b.** Not twist or flip.

3. Release moves **from extended** may not twist.

4. Release moves that land in a **non-upright** position must have:
- **a.** 3 catchers for a multi-based stunt
- **b.** 2 catchers for a single-based stunt.

5. Release moves from **inverted to non-inverted** must:
   - **a.** Be inverted at the bottom of the dip.
   - **b.** Not twist.
   - **c.** Have a spot if landing at prep level or higher.
6. **Helicopters** are allowed with:
   - **a.** Up to 180-degrees rotation
   - **b.** 0 Twists
   - **c.** Caught by 3 catchers, one of which is positioned at head and shoulder area of the top person.

F. Stunts-Inversions

1. **Inversion Levels**
   - **a.** Extended Inverted Stunts allowed.
2. **Downward Inversions**
   - **a.** Must have **3 catchers**
     Exception: Downward inversions that **do not pass above waist level** do not require 3 catchers.
   - **b.** **Two** of the catchers must be in contact with the waist to shoulder region.
   - **c.** Maintain contact with an **original base**.
     Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so.
   - **d.** Not come in contact with other downward inversions.
   - **e.** **Downward Inversion**:
     (1) Must start at prep level or below
     (2) Allowed to immediately pass through the extended position during the skill.
     (3) May not stop or land inverted if passing above prep level.
   - **f.** A controlled lowering of an **extended inverted stunt** (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended)

LEVEL 4 PYRAMIDS

A. Pyramids - General

1. No stunt or pyramid may move over or under another stunt, pyramid or prop.
This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
2. A top person may not **invert** over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
3. An individual may move under a stunt, or a stunt may move over an individual.
4. Extended single leg stunts may not be braced by any other single leg extended stunts.

B. Pyramids - Twisting

1. Twisting to extended single-leg is allowed up to **1½** twists.
   - **a.** Must be connected to a bracer at prep level or below.
   - **b.** A connection to the bracer must remain throughout the entire transition.

C. Pyramids-Inversions

1. Must follow L4 Stunt Inversion rules.

D. Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high and perform:
   - **a.** Up to **1½ twists**
   - **b.** **Non-Inverted Release** skills
   - **c.** **Non-Inverted Release** moves that **change bases** if:
     (1) Catchers are not involved with any other skill or choreography when the transition is initiated.

2. Connected to **one bracer** at prep level or below.
3. Contact must be maintained with the **same bracer**(s) until contact is made with a base on the performing surface. (This does not include the uniform or hair).
4. A top person may **travel over** another top person while connected to that top person at prep level or below.
5. Must be caught by at least **2 catchers** (minimum of one catcher and one spotter).
   a. Both catchers must be stationary.
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced/connected to top persons above prep level.

E. Pyramids - Release Moves w/Braced Inversions (including braced flips)
Are allowed if:
1. Contact is maintained with **two bracers** at prep level or below.
2. Contact is maintained with the **same bracers** until contact is made with a base on the performing surface. (This does not include the uniform or hair).
3. Braced on **2 separate sides** (i.e. right side-left side, left side -back side, etc.) by **2 different bracers**.
4. Braced on **2 of the 4 sides** of the top person (front, back, right, left).
5. Up to **1-¼ flipping** rotations, **0 twists**.
6. Not involving **changing bases**.
7. In **continuous** movement.
8. Caught by **3 catchers**.
   Exception: Braced flips that land in an **upright position** at prep level or above must have a minimum of one catcher and two spotters.
   a. All required catchers/spotters must be stationary
   b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
   c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated.
9. Not **traveling downward** while inverted.
10. Not **in contact** with other stunt/pyramid release moves.
11. Not braced/connected to top persons **above prep level**.

LEVEL 4 DISMOUNTS

A. Dismounts - General
1. Up to **2 tricks** allowed during a dismount.
2. Up to **2¼ twists** allowed from any **two-leg stunt**.
3. Up to **1¼ twists** allowed from a **platform position.**
4. Up to **1¼ twists** allowed from any **single leg stunt**.
5. Dismounts from an inverted position **may not twist**.

B. Dismounts to Cradles
1. A cradle from a two-leg stunt that exceeds **1¼** and up to **2¼** twists, no skill other than the twist is allowed.
2. When cradling single based stunts with **multiple top persons**:
   a. **2 catchers** must catch **each top** person.
   b. Catchers and bases must be **stationary** prior to the initiation of the dismount.

LEVEL 4 TOSSES

A. Tosses
1. Up to **2 tricks** allowed.
2. Up to **2¼** twists allowed.

LEVEL 5 RULES

These rules are level specific and in addition to the General Rules, All Level Rules & APS

LEVEL 5 TUMBLING

A. General Tumbling

1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed.

B. Standing Tumbling

1. Up to **1 flipping** and **0 twists** allowed.

C. Running Tumbling

1. Tumbling skills are allowed:

a. Up to **1 flipping** and **1 twist**.

(1) No tumbling is allowed after a full twisting skill.

(2) Must immediately be **preceded** by a round off, back handspring(s) or front handspring(s).

Exception: Simultaneous front flipping and twisting allowed from a running entry or front handspring.

(3) During a **full twisting** skill:

(a) **Both feet** must land and finish on the performing surface (i.e. no landing prone, seated, etc).

(b) **No other trick** allowed.

LEVEL 5 STUNTS

A. Spotters

1. A spotter is required for each top person above prep level.

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

B. Stunts - Levels

1. Single leg extended stunts are allowed.

C. Stunts - Twisting

1. Up to **2 twists** allowed to prep level or below or if landing in an **extended two-leg stunt.**

2. Up to **1 ½ twist** if landing in an **extended single-leg stunt.**

D. Stunts - Release Moves

1. Release moves must **not**:

a. Pass through or land **inverted**.

b. Exceed 18 inches above **extended arm level** of the bases (not the back spot)
(If distance is greater than the length of the top person's legs plus an additional 18 inches then must follow Toss or Dismount rules.)

c. Come in contact with other top persons in separate release moves.

2. Release moves that land in a **non-upright** position must have:

a. 3 catchers for a multi-based stunt

b. 2 catchers for a single-based stunt.

3. Release moves from **inverted to non-inverted** must:

a. Be inverted at the bottom of the dip.

b. Not twist.

c. Have a spot if landing at prep level or higher.

4. Helicopters are allowed with:

a. Up to 180-degrees rotation

b. Caught by 3 catchers, one of which is positioned at head and shoulder area of the top person.

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E. Stunts-Inversions

1. Inversion Levels

a. Extended Inverted Stunts allowed.

2. Downward Inversions

a. Must have **3 catchers**
Exception: Downward inversions that **do not originate or pass above prep level** do not require 3 catchers.

b. **Two** of the catchers must be in contact with the waist to shoulder region.

c. Contact must be initiated at the **shoulder level** (or above) of the bases.

d. Maintain contact with an **original base**.
Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so.

e. Not come in contact with other downward inversions.

f. Downward inversions are allowed **from above prep level**:
(1) May not **stop** in an **inverted** position
Exception: A controlled lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level require a minimum of 1 base and 1 spotter.
(2) May not **land** on or touch the **ground** while **inverted**.

LEVEL 5 PYRAMIDS

A. Pyramids - Twisting

1. Twisting to extended single leg is allowed up to **2** twists:

a. Must be connected to a bracer at prep level or below.

b. A connection to the bracer must remain throughout the entire transition.

B. Pyramids-Inversions

1. Must follow L5 Stunt Inversion rules.

C. Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high and perform:

a. Up to **2 twists**

b. **Non-Inverted Release** skills

c. **Non-Inverted Release** moves that **change bases** if:
(1) Catchers are not involved with any other skill or choreography when the transition is initiated.

2. Connected to **one bracer** at prep level or below.

3. Contact must be maintained with the **same bracer**(s) until contact is made with a base on the performing surface. (This does not include the uniform or hair).

4. Must be caught by at least **2 catchers** (minimum of one catcher and one spotter).

a. Both catchers must be stationary.

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

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

D. Pyramids - Release Moves w/Braced Inversions (including braced flips)
Are allowed if:

1. Contact is maintained with **one bracer** at prep level or below.
2. Contact is maintained with the **same bracer** until contact is made with a base on the performing surface. (This does not include the uniform or hair).
3. Up to **1¼ flipping** and **0 twist**.
4. May **change bases**.
5. In **continuous** movement.
6. Caught by **3 catchers**.
   Exception: Braced flips that land in an **upright position** at prep level or above must have **one catcher** and **two spotters.**
   a. All required catchers/spotters must be stationary
   b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
   c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated.
7. Not **traveling downward** while inverted.
8. Not **in contact** with other stunt/pyramid release moves.
9. Not braced/connected to top persons **above prep level**.

LEVEL 5 DISMOUNTS

A. Dismounts - General

1. Up to **2¼ twists** allowed.
2. Up to **3 tricks** allowed.
3. If dismount exceeds **1½** twists, no skill other than the twist is allowed (no kick doubles allowed).
4. Dismounts from an inverted position **may not twist**.

B. Dismounts to Cradles

1. When cradling single based stunts with **multiple top persons**:
   a. **2 catchers** must catch **each top** person.
   b. Catchers and bases must be **stationary** prior to the initiation of the dismount.

LEVEL 5 TOSSES

A. TOSSES

1. Up to **3 tricks** allowed.
2. Up to **2½** twists allowed.
3. If toss exceeds **1½** twists, no skill other than the twist is allowed (no kick doubles allowed).

LEVEL 6 RULES

These rules are level specific and in addition to the General Rules, All Level Rules & APS

LEVEL 6 TUMBLING

A. General Tumbling

1. **Dive rolls** are allowed. No twisting dive rolls.
2. **Double twisting** skills may **not** have:
   a. Flipping and twisting immediately **into the double**.
   b. Twisting **out of the double**.

B. Standing Tumbling

1. Up to **1 flipping** and **2 twists** allowed.
2. Skills with **more than 1 twist** must be:
   a. Immediately preceded by a minimum of **2 backward traveling**, **non-twisting** skills (excludes: back extension rolls) one of which is a **back handspring.**
   Exception: If these requirements have been met before performing a single full or an additional double, within the same pass, they are not required again.

C. Running Tumbling

1. Up to **1 flipping** and **2 twists** allowed.

LEVEL 6 STUNTS

A. Spotters

1. A spotter is required for each top person above prep level.
2. Single based stunts with multiple top persons require a separate spotter for each top person.

B. Stunts - Levels

1. Single leg extended stunts are allowed.

C. Stunts - Twisting

1. Up to **2¼ twists** allowed.

D. Stunts - Release Moves

1. **Release moves** must **not**:
   a. Pass through or land **inverted**.
   Exception: International Level 6 teams see Level 6 Stunt Release Moves D5
   b. Exceed 18 inches above **extended arm level** of the bases (not the back spot)
   (If distance is greater than the length of the top person's legs plus an additional 18 inches then must follow Toss or Dismount rules.)
   c. Come in contact with other top persons in separate release moves.
2. Release moves that land in a **non-upright** position must have:
   a. 3 catchers for a multi-based stunt
   b. 2 catchers for a single-based stunt
3. Release moves from **inverted to non-inverted**:
   a. Must be inverted at the bottom of the dip.
   b. Must have a spot if landing at prep level or higher.
   c. Up to a ½ twist allowed.
4. **Helicopters** are allowed with:
   a. Up to 180-degrees rotation
   b. Caught by 3 catchers, one of which is positioned at head and shoulder area of the top person.

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5. **Senior and International Divisions Only – Rewinds** are allowed with:
   - **a.** 1 flipping only and 0 twisting allowed.
   - **b.** No tumbling allowed prior to the rewind.
   - **c.** Toe pitch, leg pitch, or similar type tosses are not allowed in initiating rewind.
     Clarification: The top person must have both feet on the performing surface when a rewind is initiated.
   - **d.** Single based rewinds require a minimum of 1 catcher and 1 spotter.
   - **e.** Multi-based rewinds require a minimum of 2 catchers and 1 spotter.

E. Stunts-Inversions

1. **Inversion Levels**
   - **a.** Extended Inverted Stunts allowed.
2. **Downward Inversions**
   - **a.** Must have **3 catchers**
     Exception: Downward inversions that **do not originate or pass above prep level** do not require 3 catchers.
   - **b.** **Two** of the catchers must be in contact with the waist to shoulder region.
   - **c.** Contact must be initiated at the **shoulder level** (or above) of the bases.
   - **d.** Maintain contact with an **original base**.
     Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so.
   - **e.** Not come in contact with other downward inversions.
   - **f.** Downward inversions are allowed **from above prep level**:
     (1) May not **stop** in an **inverted** position
     Exception: A controlled lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level require a minimum of 1 base and 1 spotter.
     (2) May not **land** on or touch the **ground** while **inverted**.

LEVEL 6 PYRAMIDS

A. Pyramids - Twisting

1. Twisting is allowed up to **2¼** twists

B. Pyramids-Inversions

1. Must follow L6 Stunt Inversion rules.

C. Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high and perform:
   - **a.** Up to **2¼ twists**
   - **b.** **Non-Inverted Release** skills
   - **c.** **Non-Inverted Release** moves that **change bases** if:
     (1) Catchers are not involved with any other skill or choreography when the transition is initiated.
2. Connected to **one bracer** at prep level or below.
3. Contact must be maintained with the **same bracer**(s) until contact is made with a base on the performing surface. (This does not include the uniform or hair).
4. Must be caught by at least **2 catchers** (minimum of one catcher and one spotter).
   - **a.** Both catchers must be stationary.
   - **b.** Both catchers must maintain visual contact with the top person throughout the entire transition.
5. Release moves may not be braced/connected to top persons above prep level.

D. Pyramids - Release Moves w/Braced Inversions (including braced flips)

Are allowed if:

1. Contact is maintained with **one bracer** at prep level or below.
2. Contact is maintained with the **same bracer** until contact is made with a base on the performing surface. (This does not include the uniform or hair).
3. Up to **1¼ flipping** and a **½ twist**.
4. Up to **¾ flipping** and **1 twist**.
5. May **change bases**.
6. In **continuous** movement.
7. Caught by **3 catchers**.
   Exception: Braced flips **that do not twist** and land in an **upright position** at prep level or above must have **one catcher** and **two spotters**.
   - **a.** All required catchers/spotters must be stationary
   - **b.** All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
   - **c.** The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated.
8. Not **traveling downward** while inverted.
9. Not **in contact** with other stunt/pyramid release moves.
10. Not braced/connected to top persons **above prep level**.

LEVEL 6 DISMOUNTS

A. Dismounts - General

1. Up to **2¼ twists** allowed.
2. Up to **½ twist** dismount from an **inverted** position.

B. Dismounts to Cradles

1. When cradling single based stunts with **multiple top persons**:
   - **a. 2 catchers** must catch **each top** person.
   - **b.** Catchers and bases must be **stationary** prior to the initiation of the dismount.

LEVEL 6 TOSSES

A. Tosses

1. Up to **2½** twists allowed.

LEVEL 7 RULES

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

LEVEL 7 GENERAL

A. General

1. An individual may jump/rebound over another individual.
2. Drops such as: knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless there is weight bearing contact on the hands or feet, which helps break the impact of the drop. Shushunovas are allowed.

LEVEL 7 TUMBLING

A. General Tumbling

1. **Dive rolls** are allowed. No twisting dive rolls.
2. Up to **1 flipping** and **2 twists**.
3. No twisting **immediately out** of a **double** twist.
4. A tumbler may rebound from his/her feet into a stunt transition.
   - **a.** If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
     Exception: Cartwheel, round off and standing single back handspring rewinds are allowed.
     No tumbling skills prior to the cartwheel, round–off or standing back handspring are permitted.
5. Tumbling over/under (any body part), or through a stunt, individual, or prop, is not allowed.
6. Tumbling while holding or in contact with any prop is not allowed.

B. Standing Tumbling

1. Skills with **more than 1 twist** must be immediately preceded by a minimum of **1 backward traveling**, **non-twisting** skill.

LEVEL 7 STUNTS

A. Spotters

A spotter is required:

1. During one-arm stunts above prep level
   Excludes: cupies, liberties (with no body position variations)
2. When the load/transition involves:
   - **a.** A release move that **exceeds 1 twist**.
   - **b.** A release move with an **inverted position**, landing at prep level or above.
   - **c.** A **free flip**.
3. **Inverted** top person above prep level.
4. When the top person is **released** from above ground level to a **one-arm stunt**.
5. Single based stunts with **multiple top persons** require a separate spotter for each top person.
6. Coed Style tosses to a new base - tossing base may become spotter.

B. Stunts - Levels

1. Single leg extended stunts are allowed.

C. Stunts - Twisting

1. Up to **2¼ twists** allowed.

D. Stunts - Release Moves

1. **Release moves must**:
   - **a.** Return to original bases.
     Exception 1: **Coed style tosses** to a new base are **allowed if**:
     (1) Stunt is thrown by a single base
     (2) Caught by at least one base and an additional spotter
     (3) The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated.
     (4) The original tossing base may become the spotter.
     Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter.
2. **Release moves** must **not**:
   - **a.** Land **inverted**.
     Exception 1: Ground level handstand released to hand-to-hand stunt with 0 twisting and 0 flipping
     Exception 2: Release from prep level and below to prep level inverted position with 0 twisting and 0 flipping
   - **b.** Exceed 18 inches above **extended arm level** of the bases (not the back spot)
     (If distance is greater than the length of the top person's legs plus an additional 18 inches then must follow Toss or Dismount rules.)
   - **c.** Come in contact with other top persons in separate release moves.
     Exception: Single based stunts with multiple top persons.
   - **d.** Intentionally travel (excludes coed style tosses to a new set of bases)
   - **e.** Pass over, under or through other stunts, pyramids, individuals or prop.
   - **f.** Land on the performing surface without assistance from **above waist level.**
3. **Helicopters** are allowed with:
   - **a.** Up to 180-degree rotation
   - **b.** Caught by 2 catchers, one of which is positioned at head and shoulder area of the top person.
4. **Rewinds/Free Flipping** and assisted flipping stunts and transitions are allowed.
5. **Rewinds/Free Flipping** that **originate** from **ground level**
   - **a.** Up to **1¼ flipping** and **1¼ twist** allowed
   - **b.** Cartwheel rewind, round off rewind, and standing single back handspring rewinds are allowed
     (1) No tumbling prior to the cartwheel, round off or standing back handspring
   - **c.** Toe pitch, leg pitch or similar type tosses are ALLOWED in initiating free flipping skills.
   - **d.** Requires 1 catcher and 1 spotter.
6. **Free Flipping Transitions** that **originate** from a **stunt**:
   - **a.** Up to **1¼ flipping** and **½ twist** allowed.
   - **b.** Must initiate from **prep level** only.
   - **c.** Must land in a cradle, horizontal position or to a standing position on the performing surface (if landing on the performing surface must follow dismount rules)
   - **d.** 1 flipping rotation or less requires 2 catchers.
   - **e.** 1¼ flipping rotation requires 3 catchers.
7. Single based split catches are not allowed.

E. Stunts-Inversions

1. **Inversion Levels**
   - **a.** Extended Inverted Stunts allowed.
2. **Downward Inversions**
   - **a.** Maintain contact with an **original base**.
   - **b.** Must have **2 catchers**

   Exception: A lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level is allowed by a single base with a spotter.
3. An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.

LEVEL 7 PYRAMIDS

A. Pyramids - General

1. Must follow Stunts A: Spotter Rules.
   Exception: One arm extended Paper Dolls require a spotter for each top person.
2. Allowed up to 2 ½ high.
   Exception: Tower pyramids are allowed.

B. Pyramids -2½ High

1. **Spotters**
   - **a.** Must be a spotter in front and back for each person on the top level
   - **b.** Must be in position and maintain visual contact the entire time the top person(s) is at the 2 ½ high level(s).
   - **c.** May not be a primary support of the pyramid.
   - **d.** May stand slightly to the side but must remain in a position to adequately spot the top person.
   - **e. Tower pyramids**
     - **(1)** Must have a spotter who is **not in contact** with the pyramid in place behind the top person. A person assisting/touching the middle layer, does not fill this role.
   - **f. 2½ high pyramids with horizontal top persons** (ie. Flat back, prone and Swedish variations):
     - **(1)** Spotters must be on 2 of the 4 sides (front, back, right, left) of the pyramid. Required spotters cannot be on foot/feet/ leg side of top person.

C. Pyramid- Inversions

1. Allowed up to **2½** high.
2. **Downward inversions** from above prep level
   - **a.** Must be assisted by 2 bases.
   - **b.** Top person must maintain contact with a base or another top person.

D. Pyramids- Free Flying Mounts/Transitions

1. May not significantly exceed the height of the intended skill
2. May not pass over, under or through other stunts, pyramids, individuals or prop.
3. May not land inverted.
4. That **originate** from **ground level**
   - **a.** Up to **1 flipping** and **1 twist** allowed
   - **b. 0 flipping** and **2¼ twist** allowed.
5. That **originate** from **above ground level**:
   - **a.** Up to **1¼ flipping** and **0 twist** allowed.
   - **b.** Up to **0 flipping** and **2 twists** allowed.

E. Pyramid- Release Moves

1. May pass above 2½ high
2. May not pass over, under or through a prop.
3. May not land inverted.
4. If released from a second layer base and caught by a second layer base (i.e. tower pyramid tic-tocks)
   - **a.** The base that throws must be the catcher.
5. **From 2½ high** up to **0 flipping** and **1 twist** allowed.
   - **a.** Require 2 catchers.

F. Pyramid Release Moves w/Braced Inversions (including braced flips)

1. Up to **1¼ flipping** and **1 twist** allowed.
2. Top person must maintain contact with 1 top person at prep level or below
3. Must be caught by 2 catchers.
   Exception: Braced inversion **TO** 2½ high pyramids may be caught by 1 person.
   Exception: Braced inversions that land **upright** at **prep level** or above, require 1 base and 1 spotter
4. The required base/spotter must:
   - **a.** Be stationary.
   - **b.** Maintain visual contact with the top person throughout the entire transition.
   - **c.** Not be involved with any other skill or choreography when the transition is initiated.

LEVEL 7 DISMOUNTS

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

A. Dismounts - General

1. Dismounts must return to original base(s)
   Exception: Single based stunts with multiple top persons do not need to return to original base(s).
2. Dismounts may not pass over, under or through other stunts, pyramids, individuals or prop.
3. Dismounts may not intentionally travel.
4. Top persons in dismounts may not come in contact with each other while released from the bases.
5. Tension drops/rolls of any kind are not allowed.

B. Stunt - Dismounts to Cradle

1. Up to 2 ¼ twist
2. Single based:
   a. If **exceeds 1¼ twists** must have a spotter with one hand-arm supporting the head and shoulder of the top person.
3. Single based with **multiple top persons**:
   a. **2 catchers** must catch **each top** person.
   b. Catchers and bases must be **stationary** prior to the initiation of the dismount
4. **1-Arm stunts**:
   a. That **exceeds 1 twist** must have a spotter with one hand-arm supporting the head and shoulder of the top person.
5. **Free Flipping**
   a. Up to **1¼ flipping** and **½ twist**
   b. Must **originate** from **prep level**
   c. Must be caught by **2 catchers** one of which is **an original base.**
   d. **Back flipping** must go to **cradle.**

C. Stunt - Dismounts to the Performance Surface

1. Up to 2 ¼ twist
2. If **exceeds 1¼ twists** must have 2 catchers **or** 1 catcher and 1 spotter.
3. Must be assisted by either an original base and/or spotter
   Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
4. An individual may not land on the performing surface from above waist level without assistance.
5. **Free Flipping**
   a. Up to **1 flipping** and **0 twists**
   b. Must **originate** from **prep level**
   c. Must have a spotter
   d. **Front** flipping only allowed

D. 2½ High Pyramid - Dismounts to Cradle

1. Up to **2¼ twist**
   a. Must be caught by **2 catchers,** one of which is **stationary** at the initiation of the cradle.
2. Up to **¾ front flipping** and **½ twist**
   a. Must be caught by **2 catchers,** one on each side of the top person
   b. One catcher must be is **stationary** at the initiation of the cradle.

E. 2½ High Pyramid - Dismount to the Performance Surface

1. Up to **1¼ twists**
2. Must have 2 catchers **or** 1 catcher and 1 spotter.
3. Must be assisted by either an original base and/or spotter
   Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
4. An individual may not land on the performing surface from above waist level without assistance.

LEVEL 7 TOSSES

A. TOSSES

1. **Tosses must**:
   - **a.** Have at least 3 bases with a maximum 4.
   - **b.** Have a base behind the top person during the toss and may assist the top person into the toss.
     Exception: When tossing from one set of bases to another set of bases/catchers
     Exception: Arabians in which the 3rd person would need to start in front to be in a position to catch the head and shoulder area of the top person during the cradle.
   - **c.** Be performed from **ground level**.
   - **d.** Land in a cradle position.
   - **e.** Have a base positioned at the head and shoulder area of the top person for the cradle.
   - **f.** Not be directed so that the bases must move to catch the top person.
   - **g.** Have top person's feet(both) in/on hands of bases when the toss is initiated.
   - **h.** Up to **3½ twists**.
   - **i.** Not have a stunt, pyramid, individual, or prop move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
   - **j.** Not have more than one top person.
   - **k.** Have top person become free of all contact from bases, bracers and/or other top persons.

2. **Flipping Tosses**
   - **a.** Up to **1¼ flipping** and **2** additional **skills** allowed.
     (1) A tuck, pike or layout are not counted in the 2 additional skills.

3. **Flyover Tosses** (top persons tossed to another set of bases)
   - **a.** Up to **0 flipping** and **1½ twists** allowed.
   - **b.** Up to **¾ front flips** with **0 twists** allowed.
   - **c. Bases:**
     (1) Must be thrown by either 3 or 4 stationary bases.
     (2) Must be caught in a cradle by 3 stationary bases.
     (3) Must be stationary while tossing.
   - **d. Catchers:**
     (1) May not be involved in any other choreography.
     (2) Must have visual contact with top person when the toss is initiated.
     (3) Must maintain visual contact throughout the entire toss.

USASF ATHLETIC PERFORMANCE STANDARDS (APS)

Coaches must be discretionary with minor athletes to meet age appropriateness.

Cheer Teams

Judges reserve the right to assess warnings and/or deductions when a team's overall presentation does not meet the standards of "appropriate" as described in this policy. Overall presentation includes, but is not limited to, choreography, uniform, make up, hair, and bows.

COVER UP GUIDELINES

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm up area, or on the performance stage.

APPROPRIATE CHOREOGRAPHY

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

MAKEUP AND OTHER

MAKEUP - If worn, makeup should be uniform and appropriate for both the performance and the age of the athletes utilizing neutral colors for eyes and skin. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.
HAIR - Hair must be secured off of the face with a simple and unexaggerated style that is adaptable to all diversities.
BOWS - Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

APPROPRIATE UNIFORM

GENERAL UNIFORM GUIDELINES
No risqué, sexually provocative or lingerie looking inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

In addition to the below specific guidelines, coaches must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete's undergarments during the routine.

UNIFORM SKIRT/SHORTS GUIDELINES - When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

UNIFORM TOP GUIDELINES - Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Senior or Senior Open in the Club Elite Tier and U18 or International Open~~/Global~~ in the International Elite Tier divisions (exposed midriff not allowed in Prep/Novice). Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

Competitions that follow IASF Guidelines may have additional uniform restrictions for the International Divisions. For example, exposed midriffs are not allowed in any International division at the The Cheerleading Worlds. Please check with the Event Producer directly for further information.

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ALL STAR **PREP** DIVISIONS

Rule Differences from All Star Elite (Traditional All Star)

- **A.** Routines may not exceed 2:00 minutes
- **B.** **No Tosses** permitted
  Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
  Clarification: All waist level cradles are illegal.
- **C.** Performances may be performed on spring floor or carpet bonded foam.
- **D.** All Star Prep can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, they may compete or be evaluated ONE TIME ONLY and must exhibition if a second performance is an option.

ALL STAR **NOVICE** DIVISIONS

Rule Differences from All Star Elite (Traditional All Star)

- **A.** Routines may not exceed 1:30 minute
- **B.** **No Tosses** permitted
  Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
  Clarification: All waist level cradles are illegal.
- **C.** Performances may be performed on spring floor or carpet bonded foam.
- **D.** Novice can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, they may compete or be evaluated ONE TIME ONLY and must exhibition if a second performance is an option.
- **E.** Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) and not scored against other teams.
- **F.** Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
- **G.** **Level 1** additional rules:
  1. Single leg stunts are **only allowed** at **waist level** (Stunts C2-3 not allowed)
  2. Two leg stunts may not immediately pass through an extended position
  3. Up to a ¼ twist allowed (Stunts D2-4 not allowed)
  4. Transitions **TO** prone position are not allowed
  5. Straight pop down dismounts are not allowed
  6. **Tiny Novice Only:** No Building skills permitted **(stunts and pyramids)**. The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.
- **H.** **Level 2** additional rules:
  1. Single leg stunts may not immediately pass through an extended position
  2. Log/barrel rolls are not allowed
- **I.** **Level 3** additional rules:
  1. Twisting stunts **TO** and **FROM** extended single leg are not allowed
  2. Multi-based suspended rolls may not twist

ALL STAR **INTERNATIONAL** DIVISIONS

- **A.** Minimum number of athletes for all divisions is ~~10~~ 16. A penalty may be assessed for taking the floor with fewer than ~~10~~ 16 athletes.
- **B.** The maximum numbers of males on a Co-Ed team may not exceed 2/3 of the total athletes on the team.
- **C.** Routine time limit for International Divisions is a maximum of 2:30.
  Exception: Routine time limit for NON - TUMBLING Divisions is a maximum of 2:00.
  ~~Exception: Global Divisions - Time Limit: 3:30. Cheer = 30 seconds(minimum) 40 second (maximum), 20 seconds to move from cheer to and set for music portion, 2:30 maximum for music portion.~~
- **D.** Non-Tumbling Division: No Tumbling Allowed
  EXCEPTION: Forward rolls, handstands, cartwheels and round offs allowed for stunting purposes or formation changes and must follow appropriate level inversion rules.

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ALL STAR **Cheer ABILITIES** DIVISIONS

Exceptional Athletes (SPECIAL NEEDS TEAM)

The USASF follows the definition of **disability** as defined by the American Disability Act.

An individual with a **disability** is **defined** by the **ADA** as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

General Rules for ALL Cheer ABILITIES Teams:

A. All teams will follow the USASF General Rules, All Level Rules and APS.
B. **No Tosses** permitted (*This includes "Sponge" (also known as Load In or Squish tosses and waist level cradles)*
C. ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a coach/assistant. (See glossary for definition of spotter)
D. Performances may be performed on spring floor or carpet bonded foam.
E. Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. Ex: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirt. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
F. **MOBILITY & SUPPORT DEVICE RULES** *(Note: The use of the term "wheelchair" below also applies to the use of scooters and similar mobility devices, as is applicable)*
   1. All mobility equipment, prosthesis, canes, crutches, elbow crutches and braces are considered part of the athlete unless they are removed, in which case they are considered legal props and therefore are considered legal. **Please refer to USASF Coach App to send in videos of use of device if in question.**
   2. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill, wheels locked, with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the two back handles stabilizing the wheelchair with both wheels on the performance surface) for safety. *Clarification:* For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair, in working order and prepared to be used on the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface. **Wheelchairs MAY NOT be altered from the original manufacturer's design.**
   3. Athletes may not stand on any part of a mobility device (i.e. wheelchairs, crutches, etc.). Exception: A mobility device may be used to aid the top person in loading into a stunt and/or pyramid, but may not be utilized as the top person's primary support. Example: A top person may hitch their foot on the arm rail or handlebar of a wheelchair. Must have additional safety spotter behind mobility device. **All weight-bearing usage of wheelchairs must be pre-approved through the USASF Coach App.**
   4. Wheelchair users when basing stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt and wheels in locked position. **All weight-bearing usage of wheelchairs must be pre-approved through the USASF Coach App.**
   5. All athletes spotting, catching and/or cradling a skill have mobility through their lower body OR the strength in the upper body enough (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot and/or catch the skill.
   6. All athletes spotting and/or catching a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill. Release moves and dismounts may be caught by individuals who are not the original bases(s) if the main base(s) are not capable of catching and/or cradling the skill.
   7. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
   8. Motorized wheelchairs must have all 4 wheels on the floor at all times (EXCEPTION: if an assistant is needed to lift back wheels onto performance floor
G. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

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Additional Rules for Cheer ABILITIES EXHIBITION Teams

A. Routines may not exceed 2:30 minute
B. Teams **will not** receive ordinal rankings or ratings for their performance
C. Tumbling skills are allowed up to and including Level 2
D. Teams (using CheerABILITY athletes only for **required** positions) may execute building skills up to Level 2
Exception: Single leg stunts may not immediately pass through an extended position
Exception: Tosses and log/barrel rolls are not allowed
E. If Coaches/Buddies/Assistants are fulfilling a **required** position (base, back spot, top person, etc.) the group may only do **waist level** stunts. **Exception**: T-lifts are allowed
F. Spotted and assisted tumbling is allowed
G. There is no limit to the number of assistants on the floor assisting in skills and they **MAY** be included in choreography of dance and formations.

Additional Rules for Cheer ABILITIES NOVICE Teams

A. Routines may not exceed 1:30 minute
B. Teams may receive ratings for their performance (ordinal rankings not allowed)
C. CheerABILITY Novice can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, they may compete or be evaluated ONE TIME ONLY and must exhibition if a second performance is an option.
D. Cartwheels and forward rolls are the only allowable tumbling skills
E. Teams may execute Level 1 building skills
Exceptions:
1. Single leg stunts are **only allowed** at **waist level** (Stunts C2-3 not allowed)
2. Two leg stunts may not immediately pass through an extended position
3. Up to a ¼ twist allowed (Stunts D2-4 not allowed)
4. Transitions **TO** prone position are not allowed
5. Straight pop down dismounts are not allowed
6. If Coaches/Buddies/Assistants are fulfilling a **required** position (base, back spot, top person, etc.) the group may only do **waist level** stunts.
Exception: T-lifts are allowed

F. Spotted and assisted tumbling is NOT allowed
Exception: Assistants may help an athlete up after a forward roll to get to their feet.
G. There is no limit to the number of assistants on the floor assisting in skills but they **MAY NOT** be included in choreography of dance and formations.

Additional Rules for Cheer ABILITIES ELITE Teams

A. Routines may not exceed 2:30 minute
B. Teams may receive ordinal rankings for their performance
C. Tumbling skills are allowed up to and including Level 2
D. Teams may execute building skills up to and including Level 2
Exception: Tosses are not allowed
E. Coach/Assistant(s) may not provide support to athletes while the athletes are performing building skills.
Exception: Assistants may assist an athlete to the floor as a result of a fall or almost fall.
F. Spotted and assisted tumbling is not allowed.
Exception: Assistants may help an athlete up after a forward roll to get to their feet.
G. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. There is no limit to the number of assistants around the perimeter of the floor in a squat position or on the floor assisting wheelchairs and sight impaired athletes to their spots/positions on the floor.

Additional Rules for Cheer ABILITIES UNIFED Teams

A. Routines may not exceed 2:30 minute.
B. Teams **WILL NOT** receive ordinal rankings or ratings for their performances.
C. Tumbling skills are allowed up to Level 2
D. For tumbling: A United Partner (typical athlete) may only perform skills executed by an Exceptional Athlete in the routine. Example 1: If an exceptional athlete performs a cartwheel, Unified Partners (typical athletes) may perform a cartwheel in the routine. Example 2: If an Exceptional Athlete does not perform a back handspring, Unified Partners (typical athletes) may not perform a back handspring.
E. Spotted and assisted tumbling is not allowed.
EXCEPTION: Assistants may help an athlete up after a forward roll to get to their feet.
F. Teams may execute up to and including Level 2 stunts with additional spotters around the skill.
EXCEPTION: Single leg stunts may not immediately pass through an extended position
EXCEPTION: Tosses and log/barrel rolls are not allowed.
G. For stunts: An Exceptional Athlete must be included in any stunt performed as a required base, back base, or top person. Clarification: Front spotting does not meet this criteria for an Exceptional Athlete.
H. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct the Legality Judge's view. There is no limit to the number of Coaches/Assistants around the perimeter of the floor in a squat position, or on the floor assisting wheelchairs and sight impaired athletes to their spots/position on the floor.

REFER TO PAGE 40 FOR GENERAL RULES

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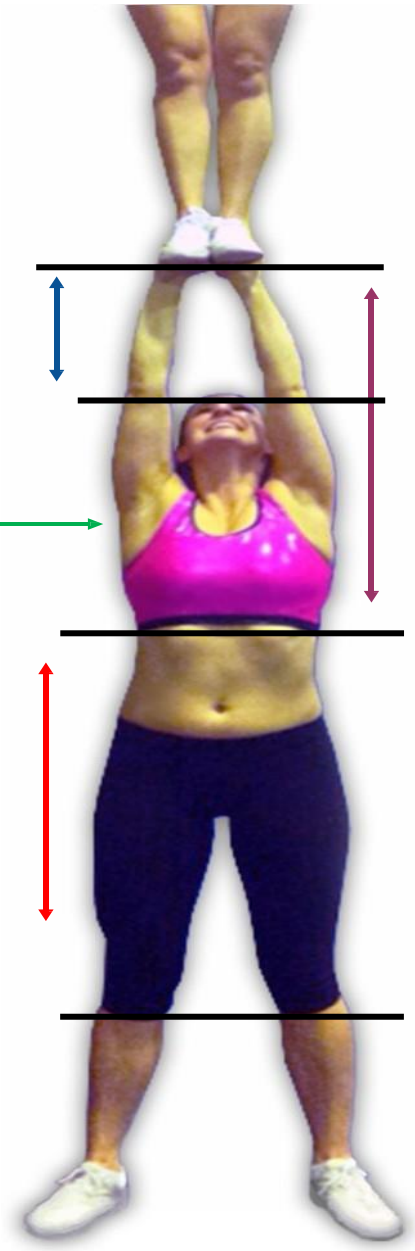
STUNT LEVEL ILLUSTRATION



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

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ALL LEVEL - RULE INTERPRETATIONS
(Levels 1-7)

(A guide to commonly used phrases in the rules and how to interpret)

TUMBLING

"All tumbling must originate from and land on the performing surface."

- A clear separation from the tumbling to the stunt is needed to make this legal.
- Catching the rebound and then dipping to create the throw for the rotation is legal.
  Illegal: Round off handspring and then a bump or contact from a base or bracer straight into a back flip.

Jumps are not considered a tumbling skill from a legalities point of view.

- If a jump is included in a tumbling pass, the jump will break up the pass.

If tumbling is not allowed in "**immediate combination**"

- A clear and distinct pause must immediately follow prior to the next tumbling skill beginning.

If "**no tumbling is allowed after a skill"**

- At least one step into the next tumbling skill must be included to separate the two passes.
- Stepping out of a flip is considered a continuation of the same tumbling pass.
- An athlete must take an additional step out of a flip step out.
- If the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass.

STUNTS/PYRAMIDS

General

- A supported handstand on the performance surface is not considered a stunt but is a ground level inversion.
- A person standing on the ground is not considered a top person.
- Braced or in contact "through the entire transition"
  - This does not include the uniform or hair
  - Transition: next point of "initiation"
  - Initiation: the **bottom of the dip** from which the skill originates
- "2 catchers/bases"
  - Additional catchers/bases are allowed, but you must have at least 2.

Over/Under: If **"No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual."**

- This pertains only to an athlete's torso moving over or under the torso of another athlete; not the arms or legs, regardless if the stunt or pyramid is separate or not
- An individual may jump over another individual.

"Pass above extended arm level of the bases"

- The highest point of the release
- The distance from the top person's hips to the extended arms of the bases (not the back spot)

Twisting

- The judge will use the hips of the top person to determine the amount of total rotation.
- A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds the twisting rotation allowed.
- A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.
- Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation.

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USASF COACH APP

(For Cheer and Dance Rules)

USASF COACH APP:

Routine skills may be submitted through the USASF Coach App prior to competition.

All **PROPS** are **required** to be submitted and have **a ruling of Legal** prior to competition.

Visit https://resources.usasfmembers.net/coach-app/ for download and use instructions along with video submission guidelines.

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