UFU   PROAE   IESU

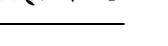# II TORNEIO CHEERLEADING

REGULAMENTO GERAL

REVISÃO 05

UBERLÂNDIA/MG

MARÇO 2018

SUMÁRIO

TÍTULO I – DAS DISPOSIÇÕES GERAIS

Art. 1. O presente instrumento contém disposições que regem o 2º Torneio de Cheerleading da Universidade Federal de Uberlândia – 2018, denominado por II TORNEIO DE CHEERLEADING UFU/2018.

Art. 2. É de inteira responsabilidade da Coordenação Geral, em conjunto com as demais comissões fazer a sua interpretação e execução, bem como da resolução dos casos omissos neste regulamento.

Art. 3. É de competência e responsabilidade dos participantes o conhecimento dos dados específicos deste regulamento bem como das regras esportivas oficiais de 2018.

Art. 4. Para todos os fins, os participantes do II TORNEIO DE CHEERLEADING UFU/2018 serão considerados conhecedores das regras desportivas adotadas por este Regulamento, ficando submetidos a todas as suas disposições e às penalidades que delas possam emanar.

Art. 5. O II TORNEIO DE CHEERLEADING UFU/2018 será realizado nos dias 23 de junho de 2018.

Art. 6. Podem participar acadêmicos regularmente matriculados, nos cursos de graduação ou de pós-graduação da UFU. A inscrição deve ser feita preferencialmente por meio das Equipes de Cheerleading associadas às Associações Atléticas Acadêmicas (A.A.A.).

§ Único. Acadêmicos que perderem o vínculo com a Universidade Federal de Uberlândia e não estiverem regularmente matriculados no semestre vigente após o dia 22 de junho de 2018 perdem o direito de participarem do II TORNEIO DE CHEERLEADING UFU/2018, sendo considerados atletas irregulares.

Art. 7. Somente será permitida a inscrição de uma Equipe de Cheerleading por entidade ou curso.

Art. 8. Caso a Associação Atlética Acadêmica (A.A.A.) da Equipe de Cheerleading agremie mais de um curso e a inscrição no II TORNEIO DE CHEERLEADING UFU/2018 seja feita por ela, então, os atletas associados aos cursos agremiados pela A.A.A. em questão perdem o direito de se inscrever por meio de outra Equipe de Cheerleading na competição.

§ Único. Equipes de Cheerleading que não estiverem associadas à alguma A.A.A. podem se inscrever no II TORNEIO DE CHEERLEADING UFU/2018, desde que seus atletas estejam devidamente matriculados no(s) curso(s) agremiados pela Equipe.

TÍTULO II – DOS PRINCÍPIOS GERAIS

Art. 9. O II TORNEIO DE CHEERLEADING UFU/2018 tem como objetivos:

1. Promover a ampla mobilização da juventude universitária em torno do esporte por meio da participação em diversas modalidades esportivas;

2. Propiciar a integração sócio-esportiva entre os universitários da UFU, estreitando os laços de amizade e congregando-os em um evento esportivo de qualidade;

3. Contribuir para a elevação da qualidade de vida e para o processo de formação integral do universitário, socializando o conhecimento sobre a importância da atividade física e do lazer na vida do ser humano;

4. Despertar e revigorar o interesse dos universitários em competições esportivas;

5. Facilitar a aproximação e confraternização de acadêmicos dos vários cursos da UFU por meio de uma competição levada avante com respeito ao adversário, vencido ou vencedor;

6. Oportunizar a participação de universitários/atletas em competições com nível técnico mais elevado de forma a estimular o desenvolvimento técnico-esportivo de atletas e dirigentes;

7. Elevar o compromisso da Universidade Federal de Uberlândia com o esporte universitário.

Art. 10. No II TORNEIO DE CHEERLEADING UFU/2018 serão reconhecidos os seguintes poderes:

1. Comissão de Honra;
2. Comissão Organizadora.

CAPÍTULO I – Comissão de Honra

Art. 11. A Comissão de Honra do II TORNEIO DE CHEERLEADING UFU/2018 será composta das seguintes autoridades:

1. Reitor da Universidade Federal de Uberlândia;
2. Pró-Reitor de Assistência Estudantil;

3. Diretor de Qualidade de Vida do Estudante.

CAPÍTULO II – Comissão Organizadora

Art. 12. O Comitê Organizador do II TORNEIO DE CHEERLEADING UFU/2018 será constituído pelos seguintes órgãos:

1. Coordenação Geral;
2. Direção Técnica;
3. Direção Operacional

Art. 13. A Coordenação Geral será exercida pelo coordenador da DIESU.

Art. 14. A Direção Técnica será exercida pelos técnicos administrativos da DIESU.

Art. 15. A Direção Técnica será composta pelas seguintes comissões:

1. Comissão de arbitragem;
2. Comissão de materiais esportivos;
3. Comissão de regras e regulamento.

Art. 16. A Direção Operacional será exercida pelos técnicos administrativos da DIESU.

Art. 17. A Direção Operacional será composta pelas seguintes comissões:

1. Comissão de Comunicação de Marketing;
2. Comissão de Cerimônias e Eventos Culturais;
3. Comissão de Segurança;
4. Comissão de Voluntários;
5. Comissão Médica.

Art. 18. A Direção Técnica e a Direção Operacional serão subordinadas à Coordenação Geral.

§ Único. A Comissão Organizadora do II TORNEIO DE CHEERLEADING UFU/2018 não se responsabilizará pela continuidade do tratamento médico de acidentes de qualquer natureza, ocorridos com os participantes antes, durante e após as competições.

TÍTULO III – DAS FUNÇÕES

Art. 19. Ao Comitê Organizador do II TORNEIO DE CHEERLEADING UFU/2018, caberá:

1. Supervisionar permanentemente a execução do Projeto de Organização do evento;

2. Estimular a participação dos diversos cursos de graduação e pós-graduação da UFU, fazendo uso dos meios e divulgação ao seu alcance;

3. Buscar o envolvimento dos órgãos competentes da UFU, particularmente no que se refere à viabilização das estruturas físicas e meios materiais necessários à realização das competições esportivas.

Art. 20. À Coordenação Geral caberá:

1. Indicar o Diretor Técnico;

2. Inspecionar e aprovar, em conjunto com a Empresa Contratada, os locais e instalações a serem utilizadas durante as competições;

3. Elaborar o plano de necessidade dos recursos destinados às competições no aspecto técnico inclusive material esportivo;

4. Elaborar o regulamento geral do II TORNEIO DE CHEERLEADING UFU/2018.

Art. 21. O representante de cada Entidade Estudantil será responsável por:

1. Representar oficialmente a delegação perante a Comissão Organizadora do II TORNEIO DE CHEERLEADING UFU/2018;

2. Supervisionar e responsabilizar-se pela conduta dos atletas e membros de sua equipe dentro dos locais de competições e demais ambientes;

3. Preservar, juntamente com sua delegação os locais de competições;

4. Responsabilizar-se pelo cumprimento dos dispositivos reguladores do II TORNEIO DE CHEERLEADING UFU/2018;

5. Averiguar e apresentar à Coordenação Geral o autor de atos que tenham causado quaisquer danos a terceiros ou aos locais de competições pertencentes à sua equipe no prazo de 24 (vinte e quatro) horas.

§ Único. O ressarcimento pelo(s) dano(s) causado(s) será de responsabilidade da delegação do infrator e deverá ser feito no prazo de até 72 (setenta e duas) horas após apresentação do orçamento pelo requerente, sob pena de sua exclusão na modalidade desta e de futuras competições organizadas pela DIESU, cabendo ainda processo administrativo.

TÍTULO IV – DAS INSCRIÇÕES

Art. 22. Para que a Equipe de Cheerleading possa se inscrever no II TORNEIO DE CHEERLEADING UFU/2018, deverá percorrer as seguintes etapas:

1º ETAPA – **INSCRIÇÃO DA EQUIPE** – Prazo: de 14/05/2018 a 18/05/2018.
.

2ª ETAPA – **AJUSTE DE INSCRIÇÃO** – Prazo: de 21/05/2018 a 20/06/2018.

§ Único. O limite mínimo de atletas por equipe é de 5 (cinco) atletas e o limite máximo é de 41 (quarenta e um) atletas, sendo que, no tatame de apresentação, o limite máximo de atletas por equipe é de 36 (trinta e seis) pessoas.

TITULO V – DA PARTICIPAÇÃO

Art. 23. Somente poderá participar do II TORNEIO DE CHEERLEADING UFU/2018, na qualidade de atleta e/ou de Equipe de Cheerleading, o estudante e/ou a entidade que estiver:

1. Devidamente inscrito até o congresso técnico (20/04/2018) para a sua inscrição pela Comissão Organizadora;

2. Regularmente matriculado (com vinculo) algum curso de graduação, pós-graduação (especialização, mestrado, doutorado ou pós-doutorado) ou curso técnico da UFU até o dia 22 de junho de 2018;

3. Inscrito, somente, pela entidade estudantil que represente seu curso de origem;

4. Oficializada a nova associação, ou junção de atléticas e inclusão de cursos, até no mínimo, 06 meses antes do inicio do II TORNEIO DE CHEERLEADING UFU/2018.

§ 1º. Os alunos da Pós Graduação e/ou Residência somente poderão compor equipes de Atléticas que representam um curso que pertence a uma Unidade Acadêmica (Faculdade/Instituto) em que a Pós-Graduação esteja sendo desenvolvida. Ex.: Os alunos de mestrado ou doutorado do Programa de Ciências da Saúde que é ligado à Faculdade de Medicina (FAMED) poderão optar por defender Equipes de Cheerleading associadas à AAA Nutrição, AAA Medicina ou AAA Enfermagem, pois, são as Atléticas que representam os cursos que compõe a FAMED.

§ 2º. Matrículas isoladas e alunos especiais não são considerados vinculados ao curso da graduação ou pós-graduação, portanto, não poderá representar qualquer curso.

§ 3º. Outras entidades estudantis que representem os estudantes da UFU como DCE e APG não poderão formar equipes.

§ 4º. Em caso de inscrição irregular de atletas, a Equipe de Cheerleading será eliminada da competição.

§ 5º. Entende-se por atleta irregular os seguintes casos:

    a) Aquele que não possui vínculo conforme item 2 do Art. 23;

    b) Aquele que atue por uma Equipe de Cheerleading associada a uma A.A.A. que não represente seu curso;

    c) Aquele que seu nome não conste na ficha de inscrição.

Art. 24. Nenhum componente da entidade estudantil poderá participar do II TORNEIO DE CHEERLEADING UFU/2018, sem que seu nome conste na relação nominal da ficha de inscrição aprovada pela Comissão de Controle e assinada pelo(s) coordenador(es) de(os) curso(s), exceto os integrantes da comissão técnica.

Art. 25. Os atletas, técnicos, assistentes e dirigentes só poderão participar da competição, após apresentarem-se à mesa de controle da modalidade com algum dos documentos oficiais da competição e com vestimentas dentro, dos padrões, das regras da modalidade para a função que desempenha.

Art. 26. Serão considerados documentos oficiais do II TORNEIO DE CHEERLEADING UFU/2018:

    1. RG;

    2. Carteira de habilitação;

    3. Identidade Estudantil (carteirinha da UFU);

    4. Reservista (com foto);

    5. Carteira de trabalho (com foto);

    6. Passaporte.

§ 1º. O aluno que não comparecer à competição com algum desses documentos ficará completamente impedido de participar da mesma.

§ 2º. Não será emitido qualquer tipo de autorização para jogar sem os documentos oficiais da competição, salvo o atleta que comprovar (por meio de Boletim de Ocorrência – B.O.) que teve seus documentos perdidos, furtados ou roubados.

TÍTULO VI – DO CONGRESSO TÉCNICO

Art. 27. O Congresso Técnico será realizado no dia 20/06/2018 às 14:00h no anfiteatro do CENESP, Campus Educação Física.

Art. 28. O Congresso Técnico será dirigido pelo Coordenador Geral e Diretor Técnico.

Art. 29. Poderá participar do Congresso Técnico apenas um dos representantes inscritos como responsável pela delegação, tendo direito a voz e voto.

Art. 30. Objetivos do Congresso Técnico:

      1. Informes sobre pontos importantes do Regulamento;

      2. Sorteio da ordem de apresentação;

      3. Tratar de assuntos gerais da competição.

      4. Definir de maneira absoluta a lista de inscritos de cada equipe.

Essa lista não se alterará até o momento de apresentação de cada equipe, respeitando os limites de inscrição (41 atletas) e apresentação no tatame (36 atletas).

§ 1º. Para fins de Sessões Especiais e Extraordinárias, o não comparecimento da Equipe de Cheerleading participante, implicará na impossibilidade de requerer impugnação de qualquer das decisões adotadas, exceto no caso de violação legal.

TÍTULO VII – DA COMPETIÇÃO

Art. 31. O sistema de pontuação utilizado será o *Varsity Scoring System* (anexo).

Art. 32. As regras de segurança adotadas durante as rotinas devem seguir as regras de segurança da *USASF* (anexo).

Art. 33. O II TORNEIO DE CHEERLEADING UFU/2018 contará com as categorias *Cheer Dance* e *Team Cheer.*

§ 1º. O II TORNEIO DE CHEERLEADING UFU/2018 contará com as competições na categoria *Team Cheer* nos níveis 1, 2 e 3.2 da *USASF*.

§ 2º. Caso as inscrições em algum nível/categoria não superem a quantidade de 1 (uma) Equipe de Cheerleading, não haverá disputa. A Equipe de Cheerleading inscrita será avaliada normalmente e receberá medalhas de participação, sem distinção de colocação final.

Art. 34. O atleta deverá levar no dia da competição 1 kg de alimento não perecível no ato do check in.

§ Único. Os alimentos não perecíveis serão destinados a instituição beneficente.

Art. 35. Ao inscrever sua Equipe de Cheerleading, o(s) responsável(is) (coach/capitão) pela mesma declara(m), para todos os fins de fato e de direito, que os atletas inscritos gozam de plena saúde física, mental e emocional e estão aptos a participarem do II TORNEIO DE CHEERLEADING UFU/2018. Também afirma(m) que os atletas da equipe, cientes dos riscos inerentes do esporte, atestam que não possuem contraindicações para a prática de atividades físicas.

§ 1º. As entidades são responsáveis pela condição física e mental dos seus participantes, ficando às comissões Organizadora e Técnica e seus parceiros isentos das responsabilidades (indenizações, reclamações, julgamentos, perdas, obrigações, custos e gastos de qualquer natureza) por eventuais problemas que venham ocorrer com os participantes antes, durante ou depois de cada apresentação. Caso necessário, os primeiros socorros serão prestados.

§ 2º. Todos declaram estar cientes de que a omissão de qualquer doença ou problema físico, mental e emocional será de total responsabilidade do próprio indivíduo.

§ 3º. O participante autoriza os organizadores a procurar atenção médica, custeada pelo participante, caso necessário.

Art. 36. O(s) coach(es) e/ou capitão(es) se responsabiliza(m) por garantir o comportamento adequado de todas as pessoas relacionadas ao seu programa, seja atletas ou espectadores.

§ 1º. Os responsáveis garantem que este Regulamento foi lido e entendido na sua totalidade e repassado a todos os atletas e envolvidos, em que todos aceitam e concordam em seguir os termos aqui contidos.

§ 2º. É expressamente proibido o consumo de bebidas alcoólicas nas dependências do evento. Em caso de insistência a equipe será desclassificada.

Art. 37. Os participantes menores de 18 anos deverão ser supervisionados por um responsável (maior de idade) durante toda a permanência destes no evento.

Art. 38. Os presentes no evento concordam em fornecer, de forma gratuita, sua imagem e dados para a produção de vídeos, fotos, publicidade e qualquer outro tipo de mídia.

Art. 39. Será permitida a presença em quadra durante a apresentação apenas dos atletas inscritos.

§ 1º. Os integrantes devem permanecer os mesmos durante toda a apresentação, não podendo um atleta ser substituído no seu decorrer.

§ 2º. Em caso de substituição antes do início da apresentação, a Comissão Organizadora deve ser informada.

§ 3º. É proibida qualquer interação de atletas com os árbitros.

Art. 40. Cada equipe deve providenciar no mínimo 3 (três) safety spotters (indivíduos que ficam na área de competição, responsáveis por garantir a segurança dos atletas em determinados elementos da rotina).

§ 1º. Os safety spotters poderão atuar nas seções de stunts, pirâmides e/ou baskets, mas não poderão tocar, auxiliar ou salvar habilidades. Deverão agir apenas de forma a prevenir uma queda.

§ 2º. Os safety spotters deverão se vestir de forma a serem distinguidos dos atletas (cores diferentes e contrastantes) e deverão permanecer no fundo da área de competição quando não estiverem atuando.

Art. 41. A apresentação deve ser feita necessária e exclusivamente em uma superfície de EVA (tatame), cuja responsabilidade é da Comissão Organizadora do evento.

§ 1º. A área de apresentação deve ser de 14m x 10m.

§ 2º. Serão descontados pontos caso a equipe exceda os limites da área de apresentação.

§ 3º. Apenas na divisão *Cheer Dance* a área de competição será o piso do ginásio, podendo exceder o limite de 13m x 16,5m.

§ 4º. Na divisão *Team Cheer*, os acessórios utilizados no Grito de Guerra poderão ficar fora dos limites estabelecidos da área de competição durante a rotina.

Art. 42. As músicas de apresentação deverão ser enviadas à Comissão Organizadora via e-mail devidamente identificadas até o dia 20/06/2018.

§ 1º. Recomenda-se o uso do "cheer mix", gênero musical utilizado pelas equipes em eventos de cheerleading em que é feita uma mixagem de diversas músicas com transições e efeitos sonoros destacando a movimentação exibida.

§ 2º. A música deve ser adequada a todos os membros presentes no evento (ambiente familiar).

§ 4º. A Comissão Organizadora não se responsabiliza por músicas não entregues no prazo e nem por pendrives esquecidos no local do evento.

§ 5º. As equipes deverão levar a(s) música(s) em 1 (um) pendrive para o caso de imprevistos, no dia da competição (23 de junho de 2018).

Art. 43. A cronometragem da rotina começará ao primeiro movimento coreografado ou nota musical, o que ocorrer primeiro, e o término do tempo será ao último movimento coreografado ou nota de música, o que acontecer por último.

§ 1º. É proibida a execução de habilidades antes ou após o tempo destinado à apresentação, estando a equipe sujeita a penalização.

§ 2º. Os atletas deverão adentrar de forma rápida à área de competição assim que forem anunciados. O mesmo deverá ser feito ao terminar a apresentação.

§ 3º. Recomenda-se deixar alguns segundos a menos como margem de segurança por possíveis variações nos equipamentos de som.

Art. 44. Caso os árbitros julguem que uma apresentação foi prejudicada devido a falhas de equipamentos ou outros fatores de responsabilidade da Comissão Organizadora, a mesma será interrompida.

§ 1º. Em caso de interrupção pelos árbitros, a equipe voltará a apresentação desde o início, mas apenas será avaliada a partir da interrupção.

§ 2º. A equipe não poderá interromper sua apresentação sem autorização dos árbitros.

§ 3º. Em caso de lesão durante a apresentação, o atleta será responsável pela continuação de sua participação. Cabe aos árbitros a decisão de nova apresentação da equipe.

Art. 45. O uso do uniforme que represente a equipe e de tênis por todos os integrantes é obrigatório.

§ 1º. Sobre o tatame, só será permitido o uso de tênis de solado macio.

§ 2º. Na divisão *Cheer Dance* será permitido que os atletas se apresentem descalços.

§ 3º. As peças de roupa devem ser adequadas para qualquer público e devem cobrir com segurança as partes do corpo (é importante testar a resistência das roupas com antecedência).

§ 4º. O uso de brincos, broches, pulseiras, colares, anéis, presilhas, relógios, pingentes, braceletes ou demais objetos que possam causar acidentes é proibido. O uso de joelheiras, munhequeiras, cotoveleiras e faixas é permitido.

UNIVERSIDADE FEDERAL DE UBERLÂNDIA
PRÓ-REITORIA DE ASSUNTOS ESTUDANTIS
DIRETORIA DE QUALIDADE DE VIDA DO ESTUDANTE
DIVISÃO DE ESPORTE E LAZER UNIVERSITÁRIO

UFU   PROAE   IESU

§ 5º. Piercings de difícil remoção devem ser protegidos com curativo adesivo.

Art. 46. A equipe que usar de coreografia vulgar, ofensiva e/ou música imprópria para uma plateia familiar poderá ser desclassificada, caso que será analisado pelos árbitros técnicos.

Art. 47. Falta de desportismo por parte da equipe, de seus integrantes, ou da torcida que a representa levará à desqualificação da equipe.

§ Único. Tal artigo deverá ser alertado ao público antes do início da competição.

Art. 48. As regras não seguidas deste regulamento estão passíveis de punição, podendo a Equipe de Cheerleading ser desclassificada da competição e perder a premiação adquirida.

Art. 49. As interpretações válidas serão as da Comissão Organizadora para as questões deste regulamento que sejam passíveis de mais de uma interpretação.

§ Único. Os casos não abrangidos neste regulamento serão resolvidos pela Comissão Técnica.

Art. 50. A divisão Dance é separada em Hip-Hop e Pom Dance. A apresentação deve ser feita no estilo de cada categoria, não sendo aceitas misturas.

§ 1º. O julgamento será com relação à execução, coreografia, técnica e impressão geral das rotinas.

§ 2º. As rotinas devem ter até 2 (dois) minutos e 30 (trinta) segundos e ter acompanhamento musical.

§ 3º. Não será permitido o uso de acessórios além de poms na divisão *Cheer Dance.*

§ 4º. É permitido o uso de acessórios apenas no Grito de Guerra, quando existir.

Art. 51. A disputa será composta de etapa única.

§ 1º. O cronograma do evento será divulgado no dia do Congresso Técnico. O evento terá início oficial às 14 horas do dia 23 de junho de 2018.

§ 2º. A ordem de apresentação será divulgada no dia do Congresso Técnico.

§ 3º. A Comissão Organizadora se reserva no direito de fazer alterações caso seja necessário.

§ 4º. Cada equipe é responsável por comparecer às dependências da área de apresentação com antecedência.

Art. 52. Cada equipe terá o direito de marcar a rotina em um espaço reservado antes do início do evento.

§ 1º. A marcação poderá ser feita sem música, por ordem de apresentação. Cada equipe terá 10 (dez) minutos para fazer sua marcação.

§ 2º. Os atletas deverão ser pontuais em relação ao cronograma do evento.

§ 3º. Somente atletas e coaches devidamente inscritos serão permitidos na área de aquecimento.

TITULO VIII – DA CESSÃO DE DIREITOS

Art. 53. Todos os competidores, técnicos e quaisquer outros participantes do II TORNEIO DE CHEERLEADING UFU/2018, devidamente representados por quem de direito, por meio da adesão ao presente regulamento, autorizam, em caráter universal, gratuito, irrevogável e irretratável, a Comissão Organizadora, ou terceiros devidamente autorizados, a captar e fixar sua imagem e voz durante todo o período de realização do II TORNEIO DE CHEERLEADING UFU/2018, seja durante as competições, seja durante os aquecimentos, os treinamentos, em qualquer suporte existente ou que venha a ser criado, podendo utilizá-los a seu exclusivo critério, a qualquer tempo, em número ilimitado de vezes, podendo, inclusive, fixá-los em películas cinematográficas de qualquer CD ROM, CD-I, "home vídeo", DAT, DVD e suportes de computação gráfica em geral, ou armazená-los em banco de dados, podendo também disseminá-los, transmitilos, exibi-los e ré exibi-los através de projeção de tela em casas de freqüência coletiva ou em locais públicos, via televisão de qualquer espécie, através da internet, satélite, rádio, livros, jornais, revistas, telefonia fixa e móvel, ou por qualquer outra forma, podendo a Comissão Organizadora, ainda, ceder os direitos ora adquiridos a quaisquer terceiros, gratuita ou onerosamente.

§ Único. A Comissão Organizadora, nos mesmos termos dispostos acima, fica expressamente autorizado a utilizar as marcas, insígnias e emblemas de todas as Equipes de Cheerleading participantes do II TORNEIO DE CHEERLEADING UFU/2018.

TITULO IX – DA CLASSIFICAÇÃO E PREMIAÇÃO

Art. 54. Os árbitros técnicos deverão ser imparciais e especializados em cheerleading, dança, ginástica rítmica e/ou ginástica artística.

§ 1º. As notas poderão ser inteiras ou fracionadas, podendo ser justificadas tecnicamente pelos árbitros.

§ 2º. Será eleito, dentre os árbitros, um Presidente ao qual será designada a responsabilidade pela cronometragem e conferência final das avaliações (notas, justificativas e somatórias).

§ 3º. Poderão as notas dos árbitros ter pesos diferentes, ficando a cargo da Comissão Técnica defini-los.

§ 4º. As folhas de avaliação serão disponibilizadas para o(s) coach(es) após o término do evento.

Art. 55. Nas divisões *Team Cheer* e *Team Dance* o evento seguirá o formato de competição, com classificação e premiação para os primeiros, segundos e terceiros colocados.

Art. 56. Serão premiadas com troféus/medalhas as 3 (três) Equipes de Cheerleading que obtiverem as maiores pontuações no II TORNEIO DE CHEERLEADING UFU/2018.

§ 1º. Em cada categoria serão entregues medalhas aos atletas vencedores.

§ 2º. Serão entregues troféus de primeiro colocado em cada categoria.

Art. 57. Contestações ou questões referentes à pontuação e/ou classificação deverão ser feitas exclusivamente pelo(s) responsável(eis) da Equipe de Cheerleading à Comissão Organizadora.

§ 1º. Ao participarem desta competição, todos os envolvidos concordam que a decisão dos árbitros será definitiva.

§ 2º. Ninguém está autorizado a se dirigir aos árbitros para tratar desse tipo de questão, sob pena de punição.

TITULO X – DAS RESPONSABILIDADES

Art. 58. Cada Equipe de Cheerleading deverá nomear 02 (dois) representantes, os quais ficarão incumbidos de comparecer às reuniões convocadas pela Comissão Organizadora, podendo estes revezar, desde que estejam devidamente credenciados junto à organização;

Art. 59. A Comissão Organizadora será incumbida de convocar os representantes de cada entidade estudantil para as reuniões, sejam ordinárias ou extraordinárias.

§ Único. Os representantes que não comparecerem ao congresso técnico e ou reuniões, terão que acatar as deliberações tomadas pelos presentes, independentemente de quorum.

Art. 60. Será de inteira responsabilidade de cada Equipe de Cheerleading fazer o controle de punições, não cabendo qualquer ônus a comissão organizadora se o atleta vier a se apresentar de maneira irregular.

Art. 61. A Comissão Organizadora não se responsabiliza por eventuais tratamentos médicos decorridos por causa e no transcorrer do II TORNEIO DE CHEERLEADING UFU/2018.

Art. 62. Os casos omissos a este Regulamento serão resolvidos pela direção geral e coordenação técnica.

Art. 63. Após ter feito a leitura, com as assinaturas dos representantes, não caberá recursos contra este regulamento.

ANEXOS

Varsity 2017-2018 All-Star Scoring System

Varsity 2017-2018 All-Star Scoring Deduction System

Varsity 2017-2018 All-Star Scoring System Score Sheet

2017-2019 USASF Cheer Safety Rules

Varsity All-Star Dance Category Descriptions and Score Sheet Criteria

Varsity All-Star Dance Scoring System Score Sheet

2017-2018 USASF Dance Safety Rules

2017 - 2018 ALL STAR SCORING SYSTEM - BUILDING

STUNT DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

For Level 6 Stunts: All Level 5 & 6 level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 6 skills are required to score in High range).

STUNT QUANTITY
(BASED ON A TRADITIONAL GROUP OF 4, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)

4.0	Less than a Majority of the team performs a level appropriate building skill
4.2	Majority of the team performs a level appropriate building skill
4.4	Most of the team performs a level appropriate building skill
4.6	Less than a Majority of the team performs the same Elite level appropriate building skill
4.8	Majority of the team performs the same Elite level appropriate building skill
5.0	Most of the team performs the same Elite level appropriate building skill

STUNT CREATIVITY

2.0 - 2.3	Less than 50% of the stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills
2.3 - 2.5	50% of the stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills

TOSS DIFFICULTY

4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

TECHNIQUE

3.5 - 4.0	Less than 50% of the athletes execute excellent precision and form
4.0 - 4.5	50% of the athletes execute excellent precision and form
4.5 - 5.0	75% of the athletes execute excellent precision and form

STUNT/TOSS QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

COED QUANTITY CHART

# OF MALES ON TEAM	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 15	7
16 - 17	8
18 - 19	9

PYRAMID DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills, 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills, 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills, 2 structures performed by Most of the team

PYRAMID CREATIVITY

2.0 - 2.3	Less than 50% of the pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills
2.3 - 2.5	50% of the pyramid skills incorporate visual, unique or innovative ideas. This includes Level and non-level appropriate skills

COED QUANTITY - LEVEL 3 & 4 SENIOR TEAMS (BASED ON A GROUP OF 3, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)

	Coed Style ASSISTED	Coed Style UNASSISTED
3.5	Skills performed do not meet 4.0 requirement	
4.0	Walk-in Hands Toss Hands	N/A
4.2	Walk-in Hands press Extension Toss Hands press Extension	N/A
4.4	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Walk-in Hands Toss Hands
4.6	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)	Walk-in Hands press Extension Toss Hands press Extension
4.8	N/A	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
5.0	N/A	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)

COED QUANTITY - LEVEL 5 & 6 WORLDS TEAMS (BASED ON A GROUP OF 3, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)

	Coed Style ASSISTED	Coed Style UNASSISTED
3.5	Skills performed do not meet 4.0 requirement	
4.0	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Walk-in Hands Toss Hands
4.2	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt	Walk-in Hands press Extension Toss Hands press Extension
4.4	Toss ¼ - ¾ Twist to Extended single leg stunt	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/ single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
4.6	Toss Extended 1 Arm Stunt Toss Full up to Extended Stunt Toss Front handspring ½ up to Extended stunt	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt
4.8	N/A	Toss ¼ - ¾ Twist to Extended single leg Stunt
5.0	N/A	Toss Extended 1 Arm Stunt Toss Full up to Extended Stunt Toss Front handspring ½ up to Extended Stunt

Coed stunts must be performed with the same entry (toss or walk-in) and same skill to receive quantity credit. For unassisted credit, the entire skill must be performed unassisted, up through the actual dismount of the skill to a cradle or to the performing surface.

2017 - 2018 ALL STAR SCORING SYSTEM - TUMBLING

STANDING TUMBLING DIFFICULTY (Level 1 - 5 Youth, Junior & Restricted)

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

STANDING TUMBLING DIFFICULTY (Level 5 - 6 Worlds)

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs an Elite level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs an Elite level appropriate pass in the same section

RUNNING TUMBLING DIFFICULTY (Level 1 - 5 Youth, Junior & Restricted)

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a level appropriate pass

RUNNING TUMBLING DIFFICULTY (Level 5 - 6 Worlds)

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Majority of the team performs an Elite level appropriate pass

JUMP DIFFICULTY

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety Tiny/Mini: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected.

All approaches within the jumps must use a whip approach to be considered connected. Teams must perform the required skill set or they will be given a lower score. BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	3	4
8 - 9	4	6
10 - 11	5	7
12 - 14	6	9
15 - 16	7	11
17 - 19	8	12
20 - 22	10	15
23 - 25	11	17
26 - 27	13	19
28 - 30	14	21
31 - 38	15	23

TECHNIQUE

3.5 - 4.0	Less than 50% of the athletes execute excellent precision and form
4.0 - 4.5	50% of the athletes execute excellent precision and form
4.5 - 5.0	75% of the athletes execute excellent precision and form

2017 - 2018 ALL STAR SCORING SYSTEM - OVERALL

DANCE

9.0 - 10	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floorwork. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

PERFORMANCE

9.0 - 10	A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

ROUTINE COMPOSITION

9.0 - 10	A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.

BODY POSITIONS
- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion, etc.

COED QUANTITY
- Level 3 - 5 Senior Coed and Level 5 - 6 International Open Coed must satisfy this requirement.
- Only the skills listed on the coed requirement grid will count for Coed Quantity.
- Performing the same skill includes performing the same entry into the skill. Stunts may be rippled or synchronized.

COED STYLE
- Consists of a Base, Top Person and Spotter.
- Entry must be a Toss or Walk-In.
- Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist.
- Walk-In - Top person and Base start facing each other with one foot loaded in.
- Base must be directly under the stunt.
- Base and Spotter may not be chest to chest.

STANDING TUMBLING/RUNNING TUMBLING/JUMPS
- Tumbling passes and jump skills must land on feet to be considered level appropriate and recieve difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, jumps that land on knee(s) or seat, etc. would not count).

JUMPS
- Variety - at least 2 different jumps.

SAME SECTION
- Single portion of the routine where skills from a skill set (i.e. Standing Tumbling, Tosses, etc.) are performed.

DRIVERS - DIFFICULTY & TECHNIQUE
- Factors that judges will consider when determining an actual score within range.

LEVEL 1/LEVEL 2 MINI
- Tosses have been removed from the score sheet.
- Total possible score is out of 90 points.
- All scores will be converted to Percent of Perfection score out of 100%, then any deductions will be taken from that score.

ALL STAR PREP
- Stunts, Pyramids, Standing Tumbling and Running Tumbling Difficulty scores will cap out at the LOW range (4.0).
- Jump Difficulty will cap at 4.5.
- Tosses and Stunt Quantity have been removed from the score sheet.
- Total possible score is out of 80.5 points.
- All scores will be converted to Percent of Perfection score out of 100%, then any deductions will be taken from that score.

TINY NOVICE
- Standing Tumbling and Running Tumbling Difficulty scores will cap out at the LOW range (4.0).
- Jump Difficulty will cap at 4.5.
- Stunts, Pyramids, Tosses and Stunt Quantity have been removed from the score sheet.
- Total possible score is out of 57.5 points.
- All scores will be converted to Percent of Perfection score out of 100%, then any deductions will be taken from that score.

DIFFICULTY DRIVERS
- Difficulty of the skill
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

STUNTS/PYRAMIDS TECHNIQUE DRIVERS
- Top Person
- Bases/Spotters
- Transitions/Dismounts
- Perfection
- Synchronization

TOSSES TECHNIQUE DRIVERS
- Top Person
- Bases/Spotters
- Height
- Dismount/Cradle
- Synchronization/Timing

TUMBLING TECHNIQUE DRIVERS
- Approach
- Speed
- Body Control
- Landings
- Synchronization

JUMPS TECHNIQUE DRIVERS
- Arm Placement
- Leg Placement
- Hyperextension/Height
- Landings
- Synchronization

2017 - 2018 ALL STAR
SCORING DEDUCTION SYSTEM

ROUTINE INFRACTIONS

ATHLETE FALL - .25
- Drops to the performance surface during tumbling and/or jump skills
    Other Examples:
    - Hand, hands or head down in tumbling or jump skills
    - Knee or knees down in tumbling or jump skills

BUILDING FALL - .75
- Drops to a cradle, uncontrolled dismounting and/or uncontrolled lowering of a building skill (not timing issues)
    Other examples:
    - Base or spotter drops to the performance surface during a building skill

MAJOR BUILDING FALL - 1.25
- Drops to the performance surface from a stunt, pyramid or toss by the top person and/or the bases/spotters
    Other examples:
    - Top person drops to the performance surface
    - Multiple bases and/or spotters drop to the performance surface
    - Top person lands on base and/or spotter who drops to the performance surface

MAXIMUM - 1.75
- When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid transition, then the sum of those deductions will not be greater than 1.75.

USASF RULE VIOLATIONS

BOUNDARY VIOLATIONS - .25
The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

TIME LIMIT VIOLATIONS - .25
Teams that exceed 2:30 will be subject to the following deduction:
- 1 or more seconds over time will result in a .25 deduction

    The routine time limit is 2:30. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:33.

SAFETY VIOLATIONS
- **.50 -** Tumbling skills performed out of level and General Safety Guidelines will be issued a .50 deduction.
- **1.0 -** Building skills performed out of level will be issued a 1.0 deduction.

IMAGE POLICY - .25
Inappropriate choreography and/or music, as well as violations that break the image policy will be issued a .25 deduction.

UNSPORTSMANLIKE CONDUCT DEDUCTION - 1.0
When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so will result in 1.0 deduction and removal of coach or disqualification.

VARSITY ALL STAR SCORING SYSTEM
SCORE SHEET

varsityallstar.com

BUILDING SKILLS	TOTAL	DIFFICULTY	TECHNIQUE	CREATIVITY
STUNTS	12.5	5.0	5.0	2.5
PYRAMIDS	12.5	5.0	5.0	2.5
TOSSES	10.0	5.0	5.0	
QUANTITY/COED	5.0	5.0		

TUMBLING SKILLS	TOTAL	DIFFICULTY	TECHNIQUE
STANDING TUMBLING	10.0	5.0	5.0
RUNNING TUMBLING	10.0	5.0	5.0
JUMPS	10.0	5.0	5.0

OVERALL ROUTINE	TOTAL	DIFFICULTY
ROUTINE COMPOSITION	10.0	10.0
PERFORMANCE	10.0	10.0
DANCE	10.0	10.0

TOTAL	100

VARSITY
ALL STAR

2017-2019
USASF Cheer Safety Rules

2017-2019 USASF Safety Rules
January 26, 2017

All adjustments in RED indicate a change/addition since the previous year (2016-2017).

Table of Contents

2017-19
USASF GLOSSARY

- ½ Wrap Around
- Aerial
- Airborne/Aerial
- Airborne Tumbling Skill
- All 4s
- Assisted-Flipping Stunt
- Backbend
- Back Walkover
- Backward Roll
- Ball-X
- Barrel Roll
- Base
- Basket Toss
- Block
- Block Cartwheel
- Brace
- Braced Flip
- Bracer
- Cartwheel
- Catcher
- Chair
- Coed Style Toss
- Cradle
- Cradle Position
- Cupie
- Dismount
- Dive Roll
- Downward Inversion
- Drop
- Extended Arm Level
- Extended Position
- Extended Stunt
- Flat Back
- Flip (Stunt)
- Flip (Tumbling)
- Flipping Toss
- Floor Stunt
- Flyer
- Forward Roll
- Free Flipping Stunt
- Free Release Move
- Front Tuck
- Front Walkover
- Full

- Ground Level
- Hand/Arm Connection
- Handspring
- Handstand
- Helicopter
- Horizontal Axis
- Initiation/Initiating
- Inversion
- Inverted
- Jump
- Jump Skill
- Jump Turn
- Kick Double
- Kick Full
- Layout
- Leap Frog
- Leg/Foot Connection
- Liberty
- Load In
- Log Roll
- Multi-based Stunt
- New Base(s)
- Non-Inverted Position
- Nugget
- Onodi
- Original Base(s)
- Pancake
- Paper Dolls
- Pike
- Platform Position
- Prep
- Prep Level
- Primary Support
- Prone Position
- Prop
- Punch Front
- Pyramid
- Rebound
- Release Move
- Rewind
- Round Off
- Running Tumbling
- Second Level
- Series Front or Back Handsprings

- Shoulder Level
- Shoulder Sit
- Shoulder Stand
- Shushunova
- Single-Based Stunt
- Single-Leg Stunt
- Split Catch
- Sponge Toss
- Spotter
- Standing Tumbling
- Step Out
- Straight Cradle
- Straight Ride
- Stunt
- Suspended Roll
- Suspended Forward Roll
- Suspended Backward Roll
- T-Lift
- Tension Roll/Drop
- Three Quarter (3/4) Front Flip
- Tic-Tock
- Toe/Leg Pitch
- Toss
- Top Person
- Tower Pyramid
- Transitional Pyramid
- Transitional Stunt
- Traveling Toss
- Tuck Position
- Tumbling
- Twist
- Twisting Stunt
- Twisting Toss
- Twisting Tumbling
- Two-High Pyramid
- Two and One Half High Pyramid
- Upright
- V-Sit
- Vertical Axis
- Waist Level
- Walkover
- Whip
- X-Out

USASF Glossary

½ Wrap around:
A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in "Swing Dancing"). The base then releases the legs of the top person and swings the legs (which are together) 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 or the base.

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 Flip", "Braced Flip")

Backbend (Stunting):
The athlete's body forms an arch, typically supported by the hands and feet with the abdomen facing upward.

Back Walkover:
A non-aerial tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

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 is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: New Base and/or Original Base). If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

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

Block:
A tumbling term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill.

Block Cartwheel:
A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Brace:
A physical connection that helps to provide stability from one top person to another top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid 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).

Bracer:
A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

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:

  1   must be attentive
  2   must not be involved in other choreography
  3   must make physical contact with the top person upon catching
  4   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.

Cradle Position:
Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V"/pike/hollow body position (face up, legs straight and together) below prep level.

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 to a cradle or the performing surface.
Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
Movement from a cradle to the ground is not considered a "Dismount". When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.)

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 Position:
A top person, in an upright position, supported by a base(s) with the base(s) arms extended. 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).
Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie
Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms, straddle lifts, suspended rolls and leap frogs. (These are stunts where the base(s) arm(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.)

Flat Back:
A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.

Flip (Stunting):
A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

Flip (Tumbling):
A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

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.

Front Walkover:
A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

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:
See "Inverted"; it is the act of being inverted.

Inverted:
When the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

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

Jump Turn:
Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

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 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.

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 rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional 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.
1. The top person's shoulders are at or above their waist.
2. The top person's shoulders are below their waist and both feet are below their head.

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 (stunt):
A, two leg stunt in which the top person is being held at shoulder level by the bases in an upright 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. flatback, straddle lifts, chair, T-lift.
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, 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:
When the top person becomes free of contact with all people on the performing surface; see "Free Release Move"

Rewind:
A 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.

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:
- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.
- 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 MUST be placed at the back of the <u>ankle/leg</u> 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.

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 non-upright position, which is not supported under any foot, then 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/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended and will release the feet/legs during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

Suspended Forward Roll:
A suspended roll that rotates in a forward rotation. See Suspended Roll

Suspended Backward Roll:
A suspended roll that rotates in a backward rotation. See Suspended Roll

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

Tension Roll/Drop:
A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other.

Three Quarter (3/4) Front Flip (stunt):
A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

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.

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). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See Release Moves).
Twisting Tosses: Twisting is cumulative. All twisting up to 1 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.

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

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

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

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

Twist:
An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis)

Twisting Stunt:
Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twisting rotation, starts a new transition.

Twisting Tumbling:
A tumbling skill involving hip over head rotation in which an athlete rotates around their body's "Vertical Axis".

Two – High Pyramid:
A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight- bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", *regardless of the height of the release*, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2-1/2) – High Pyramid:
A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 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 position on at least one foot while being supported by a base(s).

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.

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.

Walkover:
A non-aerial tumbling skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

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.

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

X-Out:
A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
    Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from USASF, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom pons, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
10. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed.
    Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
14. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last.
    Clarification: All Star Prep routines shall not exceed 2:00.
15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.
    Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
17. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

LEVEL 1 RULES

LEVEL 1 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 1 STANDING/RUNNING TUMBLING
A. Skills must involve constant physical contact with the performing surface.
Exception: Block cartwheels and round offs are allowed.
B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
C. Cartwheels and round offs are allowed.
D. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off a clear and distinct pause must immediately follow a round off or round off rebound.
E. Front and back handsprings are not allowed.

LEVEL 1 STUNTS
A. Spotters
  1. A spotter is required for each top person at prep level and above.
  Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc…) are considered prep level stunts.
  Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
  Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
  Exception: Shoulder sits/straddles & T-Lifts and stunts with up to a ½ twist transition where the top person starts and ends on the performance surface and is only supported at the waist, do not require a spotter.
  2. A spotter is required for each top person in a floor stunt.
  Clarification: The spotter may grab the top person's waist in a floor stunt.
B. Stunt Levels
  1. Single leg stunts are only allowed at waist level.
  Exception 1: Prep level single leg stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.
  Exception 2: A walk up shoulder stand is legal in level 1 if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.
  2. Stunts above prep level are not allowed. A stunt may not pass above prep level.
  Clarification: Taking the top person above the head of the bases would be illegal.

C. Twisting stunts and transitions are allowed up to a ¼ twisting rotation by the top person in relation to the performing surface.

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

Exception 1: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.

Exception 2: ½ Wrap around stunts are legal in Level 1*.*

Exception 3: Up to a ½ twist is allowed if the top person starts and ends on performance surface and is only supported at the waist and does not require an additional spotter.

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

Exception: Leap frogs and leap frog variations are <u>not</u> allowed in L1.

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

F. No stunt, pyramid, or individual may move over or under another <u>separate</u> stunt, pyramid or individual.

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

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

Example: A shoulder sit walking under prep is illegal.

Exception: An individual may jump over another individual*.*

G. Single based split catches are not allowed.

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

I. L1 Stunts-Release Moves
  1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
  2. Release moves may not land in a prone or inverted position.
  3. Release moves must return to original bases.
  Clarification: An individual may not land on the performing surface without assistance.
  4. Helicopters are not allowed.
  5. A single full twisting log/barrel roll is not allowed.
  6. Release moves may not intentionally travel.
  7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. L1 Stunts-Inversions
  1. Inversions are not allowed.
  Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling L1 tumbling rules).
  Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

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

LEVEL 1 PYRAMIDS
A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
  1. Single based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.
B. Top person must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L1 dismount rules.
C. Two leg stunts:
  1. Two leg extended stunts must be braced by a top person at prep level or below with hand-arm connection only.
    a. The connection must be made prior to initiating the two leg extended stunt.
    b. Prep level top person bracers must have both feet in bases' hands.
      Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand
  2. Two leg extended stunts may not brace or be braced by other extended stunts.

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

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

LEVEL 1 TOSSES
A. No tosses allowed.
   Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
   Clarification: All waist level cradles are illegal.

LEVEL 2 RULES

LEVEL 2 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed.

Exception: Dive rolls performed in a swan/arched position are not allowed.

Exception: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
F. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.

Example: Back handspring step out > ½ turn = Illegal.

LEVEL 2 STANDING TUMBLING
A. Flips and aerials are not allowed.
B. Series front and back handsprings are not allowed.

Clarification: A back walkover into a back handspring is allowed.

C. Jump skills in immediate combination with handspring(s) are not allowed.

Example: Toe touch handsprings and handspring toe touches are not allowed.

D. No twisting while airborne.

Exception: Round offs are allowed.

LEVEL 2 RUNNING TUMBLING
A. Flips and aerials are not allowed.
B. Series front and back handsprings are allowed.
C. No twisting while airborne.

Exception: Round offs are allowed.

LEVEL 2 STUNTS
A. Spotters
  1. A spotter is required for each top person above prep level.
  2. A spotter is required for each top person in a floor stunt.

  Clarification: The spotter may grab the top person's waist in a floor stunt.

B. Stunt Levels
  1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.

  Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.

  Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.

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

C. Twisting stunts and transitions are allowed up to a total of ½ twisting rotation by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep)

and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

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

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

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

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

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

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

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

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

Example: A shoulder sit walking under prep is illegal.

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

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

I. L2 Stunts - Release Moves
  1. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."
  2. Release moves may not land in a prone or inverted position.
  3. Release moves must return to original bases.
  Clarification: An individual may not land on the performing surface without assistance.
  Exception: See L2 Dismount "C".
  4. Releasing from inverted to non-inverted is not allowed.
  5. Helicopters are not allowed.
  6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
  Clarification: Single based log rolls must have two catchers. Multi-based log rolls must have 3 catchers.
  Clarification: The log roll may not be assisted by another top person.
  Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.
  Example: no kick full twists
  7. Release moves may not intentionally travel.
  8. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. L2 Stunts-Inversions
  1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
  Clarification: All inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.
  Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
  Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

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

LEVEL 2 PYRAMIDS

A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
  1. Single based or assisted single based EXTENDED stunts are not allowed in Mini and Youth divisions.

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

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

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

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

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

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

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

LEVEL 2 DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
A. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to original base(s).
   Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
   Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
   Clarification: An individual may not land on the performing surface from above waist level without assistance.
D. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
E. Twisting dismounts exceeding ¼ turn are not allowed. All other positions are not allowed.
   Example: toe touch, pike, tuck, etc. are not allowed.
F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
G. Cradles from extended single leg stunts in pyramids are allowed.
H. No free flipping or assisted flipping dismounts allowed.
I. Dismounts may not intentionally travel.
J. Top persons in dismounts may not come in contact with each other while released from the bases.
K. Tension drops/rolls of any kind are not allowed.

LEVEL 2 TOSSES
A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
   Example: No intentional traveling tosses.
C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
D. Flipping, twisting, inverted or traveling tosses are not allowed.
E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
F. The only body position allowed is a straight ride.
   Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.
G. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
H. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
I. Only a single top person is allowed during a toss.
J. Tosses are not allowed in the Mini division.
   Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
   Clarification: All waist level cradles are illegal.

LEVEL 3 RULES

LEVEL 3 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: round off >toe touch> back handspring >back tuck= Illegal. A back tuck is not allowed in Standing Tumbling in L3.

LEVEL 3 STANDING TUMBLING
A. Flips are not allowed.
Clarification: Jumps connected to ¾ front flips are also not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne.
Exception: Round offs are allowed.

LEVEL 3 RUNNING TUMBLING
A. Flips:
  1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
  Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
  2. Other skills with hand support prior to the round off or round off back handspring are allowed.
  Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.
  3. Cartwheel tucked flips and/or cartwheel>back handspring(s)>tucks are not allowed.
  4. Aerial cartwheels, running front tucks, and ¾ front flips are allowed.
  Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.

B. No tumbling is allowed after a flip or an aerial cartwheel.
Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass.

C. No twisting while airborne.
Exception: Round offs are allowed.
Exception: Aerial cartwheels are allowed.

LEVEL 3 STUNTS
A. Spotters
  1. A spotter is required for each top person above prep level.
B. Stunt Levels
  1. Single leg extended stunts are allowed.
  2. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
C. Twisting stunts and transitions:
  1. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.

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

2. Full twisting transitions must land at and originate from prep level or below only.
Example: No full ups to an extended position.

3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation.

D. During transitions, at least one base must remain in contact with the top person.
Exception: See L3 Release Moves

E. Free flipping stunts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs.
Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is underline separate or not.
Example: A shoulder sit walking under prep is illegal.
Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person.

I. L3 Stunts-Release Moves
1. Release moves are allowed but must not pass above extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.

3. Release moves must start at waist level or below and must be caught at prep level or below.

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

5. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.
Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
Clarification: Single based log rolls must have two catchers. Multi-based log rolls must have 3 catchers.

6. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See L3 Dismount "C".
Exception: Dismounting single based stunts with multiple top persons.

7. Helicopters are not allowed.

8. Release moves may not intentionally travel.

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

10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

J. L3 Stunts–Inversions
1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.
Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or the performing surface are allowed. Multi-based suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).

2. Inversions are limited to a ½ twisting rotation to extended level and one twisting rotation to prep level and below.
Exception: Multi-based suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)

Forward Suspended Roll exceeding ½ twist must land in cradle.
Exception: In a multi-based suspended backward roll, the top person may not twist.
3. Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.
Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification 3: Two leg "Pancake" stunts are not allowed in Level 3.
4. *Downward inversions may not come in contact with each other.*
K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

LEVEL 3 PYRAMIDS
A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
  1. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
B. Top persons must receive primary support from a base.
  Exception: See L3 Pyramid Release Moves.
C. Extended single leg stunts may not brace or be braced by any other extended stunts.
D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
  Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not.
  Example: shoulder sits walking under a prep.
E. Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least ONE bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. Hand/arm does not include shoulder.
F. L3 Pyramids-Release Moves
  Any skill legal as a L3 Pyramid Release Move is also legal if it remains connected to a base and two bracers.
  Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the L3 dismount rules.
  1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition.
    Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least two bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
    Clarification 2: Level 3 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L3 Stunt Release Moves or L3 Dismounts.
  2. Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-hand/arm. The second contact may be either hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee).
    Clarification: Pyramid Release Moves must be braced on two separate sides (i.e. right side-left side, left side - back side, etc…) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
    Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
  3. Primary weight may not be borne at second level.
    Clarification: The transition must be continuous.
  4. These release transitions may not involve changing bases.

  5. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter).
    a. Both catchers must be stationary.
    b. Both catchers must maintain visual contact with the top person throughout the entire transition.
  6. Release moves may not be braced/connected to top persons above prep level.

G. L3 Pyramids-Inversions
   1. Must follow L3 Stunt Inversions rules.
   2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
   Example: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill.
   Example: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.
H. L3 Pyramids - Release Moves w/ Braced Inversions
   1. Pyramid transitions may not involve inversions while released from the bases.

LEVEL 3 DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
A. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to original base(s)
   Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
   Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
   Clarification: An individual may not land on the performing surface from above waist level without assistance.
D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg stunt.
E. Up to 1-¼ twists are allowed from any two leg stunts.
   Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.
F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
G. Up to 1 trick allowed during a dismount from any two leg stunt.
H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
I. No free flipping dismounts allowed.
J. Dismounts may not intentionally travel.
K. Top persons in dismounts may not come in contact with each other while released from the bases.
L. Tension drops/rolls of any kind are not allowed.
M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
N. Dismounts from an inverted position are not allowed.

LEVEL 3 TOSSES
A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
   Example: no intentional traveling tosses.
   Exception: A ¼ turn is allowed by bases as in a 1¼ twist basket.
C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
D. Flipping, inverted or traveling tosses are not allowed.
E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
F. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1¼ twisting rotation.
   (ex 1:Legal: toe-touch, ball out, pretty girl)
   (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch)

Clarification: The 'arch' does not count as a trick.
Exception: A Ball-X toss is allowed at this level as an "EXCEPTION".

G. During a twisting toss, no skill other than the twist is allowed.
Example: No kick fulls, ½ twist toe touches.

H. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

I. Only a single top person is allowed during a toss.

LEVEL 4 RULES

LEVEL 4 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in L4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for L4.

LEVEL 4 STANDING TUMBLING
A. Standing flips and flips from a back handspring entry are allowed.
B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.
C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck-back tuck, back tuck-punch front.
D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification: Jumps connected to ¾ front flips are not allowed.
Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

LEVEL 4 RUNNING TUMBLING
A. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.

LEVEL 4 STUNTS
A. Spotters
   1. A spotter is required for each top person above prep level.
B. Stunt Levels
   1. Single leg extended stunts are allowed.
   2. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
C. Twisting stunts and transitions:
   1. Twisting stunts and transitions to prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface.
   Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1-½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

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

J. L4 Stunts-Inversions
1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed at prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder *area.*
Clarification 3: Downward inversions originating from below prep level do not require three bases.
Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
Clarification 4: Two Leg Pancakes cannot stop or land inverted.
3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. *Downward inversions may not come in contact with each other.*
K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

LEVEL 4 PYRAMIDS
A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
1. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
B. Top persons must receive primary support from a base.
Exception: See L4 Pyramid Release Moves.
C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso of another top person regardless if the stunt or pyramid is <u>separate</u> or not.
Example: shoulder sits walking under a prep
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
E. Any skill legal as a L4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: An extended pancake would be required to remain connected to two bracers.
F. L4 Pyramids-Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Exception: While a tic-tock from prep level or higher to an extended position (low to high and high to high) is illegal in stunts for L4, the same skill is legal in L4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.
Clarification: Level 4 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L4 Stunt Release Moves or L4 Dismounts.
Clarification: Twisting stunts and transitions are allowed up to 1 ½ twists, if connected to at least one bracer at prep level or below.
2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

3. Primary weight may not be borne at second level.
   Clarification: The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases.
   a. The top person must maintain physical contact with a person at prep level or below.
      Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
   a. Both catchers must be stationary.
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced/connected to top persons above prep level.

G. L4 Pyramids-Inversions
1. Must follow L4 Stunt Inversions rules.

H. L4 Pyramids-Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition.
   Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracers is lost.
   Clarification: Braced flips must be braced on two separate sides (i.e. right side-left side, left side -back side, etc…) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers
   Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.
   a. All required catchers/spotters must be stationary
   b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
   c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 4 DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
A. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to original base(s).
   Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
   Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
   Clarification: An individual may not land on the performing surface from above waist level without assistance.
D. Up to a 2-¼ twisting rotations allowed from all two leg stunts.
   Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.

E. Up to a 1-¼ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Stunts and Transitions only.

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

G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts allowed.

I. Dismounts may not intentionally travel.

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

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

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

M. Dismounts from an inverted position may not twist.

LEVEL 4 TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
Exception: A ½ turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

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

F. Up to 2 tricks allowed during a toss.
Example: Kick full, full up toe touch.

G. During a toss that exceeds 1-½ twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.

H. Tosses may not exceed 2-¼ twisting rotations.

I. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

J. Only a single top person is allowed during a toss.

LEVEL 4.2 RULES

LEVEL 4.2 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 4.2 STANDING TUMBLING
A. Flips and aerials are not allowed.
B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
C. Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
D. No twisting while airborne.
Exception: Round offs are allowed.

LEVEL 4.2 RUNNING TUMBLING
A. Flips and aerials are not allowed.
B. Series front and back handsprings are allowed.
C. No twisting while airborne.
Exception: Round offs are allowed.

LEVEL 4.2 STUNTS
A. Spotters
  1. A spotter is required for each top person above prep level.
B. Stunt Levels
  1. Single leg extended stunts are allowed.
C. Twisting stunts and transitions
  1. Twisting stunts and transitions to prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1-½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
  2. Twisting stunts and transitions to an extended position are allowed and must meet the following conditions:
    a. Extended skills up to ½ twist are allowed.
    Example: ½ up to extended single leg stunt is legal.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

 b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt, platform position or a liberty (body position variations are not allowed).
  Example: full up to immediate extended heel stretch is illegal, full up to extension is legal.
  Clarification: An extended platform position must be visibly held prior to hitting a single leg stunt other than a liberty.
  Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

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

E. Free flipping stunts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual.
 Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs.
 Example: A shoulder sit walking under a prep is illegal.
 Exception 1: An individual may jump over another individual.
 Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons require a separate spotter for each top person. A single leg extended top person may not connect to any other single leg extended top person.

I. L4.2 Stunts-Release Moves
 1. Release moves are allowed but must not exceed extended arm level.
  Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.
  Release moves from inverted to non-inverted positions may not twist.
  Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
 3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
 4. Release moves must return to original bases.
  Clarification: An individual may not land on the performing surface without assistance.
  Exception: See L4.2 Dismount "C".
  Exception: Dismounting single based stunts with multiple top persons.
 5. Release moves that land in extended position must originate from waist level or below and may not involve twisting or flipping.
 6. Release moves initiating from an extended level may not twist.
 7. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
 8. Release moves may not intentionally travel.
 9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
 10. Top persons in separate release moves may not come in contact with each other.
  Exception: Dismounting single based stunts with multiple top persons.

J. L4.2 Stunts-Inversions
 1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
 2. Downward inversions are allowed at prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area.
  Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
  Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
  Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
  Clarification 3: Downward inversions originating from below prep level do not require three bases.

Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
Clarification 4: Two Leg Pancakes cannot stop or land inverted.
3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. *Downward inversions may not come in contact with each other.*
K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

LEVEL 4.2 PYRAMIDS
A. Pyramids must follow Level 4.2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
B. Top persons must receive primary support from a base.
Exception: See L4.2 Pyramid Release Moves.
C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso of another top person regardless if the stunt or pyramid is <u>separate</u> or not.
Example: shoulder sits walking under a prep
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
E. Any skill legal as a L4.2 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: An extended pancake would be required to remain connected to two bracers.
F. L4.2 Pyramids-Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Exception: While a tic-tock from prep level or higher to an extended position (low to high and high to high) is illegal in stunts for L4.2, the same skill is legal in L4.2 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.
Clarification: Level 4.2 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L4.2 Stunt Release Moves or L4.2 Dismounts.
Clarification: Twisting stunts and transitions are allowed up to 1 ½ twists, if connected to at least one bracer at prep level or below.
2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases.
   a. The top person must maintain physical contact with a person at prep level or below.
   Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
   a. Both catchers must be stationary.
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.

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

G. L4.2 Pyramids-Inversions
   1. Must follow L4.2 Stunt Inversions rules

H. L4.2 Pyramids-Release Moves w/ Braced Inversions
   1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition.
    Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracers is lost.
    Clarification: Braced flips must be braced on two separate sides (i.e. right side-left side, left side -back side, etc…) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
   2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
   3. Braced inversions (including braced flips) may not involve changing bases.
   4. Braced inversions (including braced flips) must be in continuous movement.
   5. All braced inversions (including braced flips) must be caught by at least 3 catchers
    Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.
      a. All required catchers/spotters must be stationary
      b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
      c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)
   6. Braced inversions (including braced flips) may not travel downward while inverted.
   7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
   8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 4.2 DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

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

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

C. Dismounts must return to original base(s).
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Up to a 2-¼ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4.2 Stunts Twisting Stunts and Transitions only.

E. Up to a 1-¼ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4.2 Stunts Twisting Stunts and Transitions only.

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

G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts allowed.

I. Dismounts may not intentionally travel.

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

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

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

M. Dismounts from an inverted position may not twist.

LEVEL 4.2 TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
Exception: A ½ turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

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

F. Up to 2 tricks allowed during a toss.
Example: Kick full, full up toe touch.

G. During a toss that exceeds 1-½ twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.

H. Tosses may not exceed 2-¼ twisting rotations.

I. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

J. Only a single top person is allowed during a toss.

YOUTH LEVEL 5 RULES

YOUTH LEVEL 5 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed:
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

YOUTH LEVEL 5 STANDING TUMBLING
A. Tumbling skills are allowed up to 1 flipping and 1 twisting rotation.
    1. Twisting skills may ONLY be performed if immediately preceded by at least two back handsprings. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar).
    Clarification: All skills up to a full twist are also allowed. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the back handsprings.
    2. No tumbling is allowed after the twisting skill.
    Clarification: If any tumbling follows a twisting skill at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out. However, if the athlete finishes the twisting skill with both feet together, then one step is all that is needed to create a new tumbling pass.

YOUTH LEVEL 5 RUNNING TUMBLING
A. Tumbling skills are allowed up to 1 flipping and 1 twisting rotation.
    1. Twisting skills may ONLY be performed if immediately preceded by a round off or back handspring(s). During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar).
    Clarification: All skills up to a full twist are also allowed. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring(s).
    2. No tumbling is allowed after the twisting skill.
    Clarification: If any tumbling follows a twisting skill at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out. However, if the athlete finishes the twisting skill with both feet together, then one step is all that is needed to create a new tumbling pass.

YOUTH LEVEL 5 STUNTS

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

B. Stunt Levels
    1. Single leg extended stunts are allowed.
    2. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.

C. Twisting Stunts and Transitions
    1. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
    Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
    2. Twisting stunts and transitions are allowed up to a maximum of 1 ½ twisting rotations by the top person in relation to the performing surface when landing in an EXTENDED 2 leg position and 1 twisting rotation by the top person in relation to the performing surface to an EXTENDED 1 leg position. (1 ¼ twisting to an extended single leg stunt is not allowed.)
    Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person 1 ½ rotations when landing in an extended 2 leg position or 1 twisting rotation to an extended 1 leg position. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

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

G. YL5 Stunts-Release Moves
    1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
    Example: tic-tocks are allowed.
    Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
    2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.
    Release moves from inverted to non-inverted positions may not twist.
    Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
    3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
    4. Release moves must return to original bases.
    Clarification: An individual may not land on the performing surface without assistance.
    Exception: See Y5 Dismount "C".
    Exception: Dismounting single based stunts with multiple top persons.
    5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
    6. Release moves may not intentionally travel.
    7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
    8. Top persons in separate release moves may not come in contact with each other.
    Exception: Dismounting single based stunts with multiple top persons.

H. YL5 Stunts-Inversions
    1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
    2. Downward inversions are allowed from above prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
    Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder

area.
Clarification: Downward inversions originating from prep level or below do not require three catchers. If the stunt begins at prep level or below and passes above prep level it requires three catchers. (The momentum of the top person coming down is the primary safety concern.)
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

3. Downward inversions must maintain contact with an original base.
   Exception: The original base may lose contact with the top person when it becomes <u>necessary</u> to do so.
   Example: cartwheel-style transition dismounts
4. Downward inversions from above prep level:
   a. May not stop in an inverted position.
      Example: A cartwheel roll off would be legal because the top person is landing on their feet.
      Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
   b. May not land on or touch the ground while inverted.
      Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
5. Downward inversions may not come in contact with each other.

I. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

YOUTH LEVEL 5 PYRAMIDS

A. Pyramids must follow Youth Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting stunts and transitions to extended skills are allowed up to 2 ¼ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
   1. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.
B. Top persons must receive primary support from a base.
Exception: See Y5 Pyramid Release Moves.
C. YL5 Pyramids-Release Moves
   1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
      Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
      Clarification: Twisting stunts and transitions are allowed up to 2 ¼ twists, if connected to at least one bracer at prep level or below.
   2. Primary weight may not be borne at second level.
      Clarification: The transition must be continuous.
   3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
      a. Both catchers must be stationary.
      b. Both catchers must maintain visual contact with the top person throughout the entire transition.
   4. Non inverted transitional pyramids may involve changing bases.
      a. The top person must maintain physical contact with a person at prep level or below.
         Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
      b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)
   5. Release moves may not be braced/connected to top persons above prep level.
D. YL5 Pyramids-Inversions
   1. Must follow YL5 stunt inversions rules.
E. YL5 Pyramids-Release moves w/ braced inversions
   1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
      Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

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

YOUTH LEVEL 5 DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to original base(s).
   Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
   Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
   Clarification: An individual may not land on the performing surface from above waist level without assistance.
D. Up to a 2-¼ twisting rotations allowed from all stunts.
E. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
F. No free flipping dismounts allowed.
G. Dismounts may not intentionally travel.
H. Top persons in dismounts may not come in contact with each other while released from the bases.
I. Tension drops/rolls of any kind are not allowed.
J. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
K. Dismounts from an inverted position may not twist.

YOUTH LEVEL 5 TOSSES
A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
   Clarification: no intentional traveling tosses.
   Exception: A ½ turn is allowed by bases as in a kick full basket.
C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
D. Flipping, inverted or traveling tosses are not allowed.
E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
F. Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full).
G. Tosses that involve more than 1 1/2 twist may not involve an additional skill (i.e. kick doubles are not allowed).
H. Up to 2-½ twisting rotations allowed.
I. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
J. Only a single top person is allowed during a basket toss.

JUNIOR/SENIOR RESTRICTED LEVEL 5 RULES
The following skill restrictions only apply for JR/SR RESTRICTED LEVEL 5 divisions:

JR/SR RESTRICTED LEVEL 5 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed:

Exception: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

JR/SR RESTRICTED LEVEL 5 STANDING TUMBLING
A. Tumbling skills are allowed up to 1 flipping and 1 twisting rotation.

1. Twisting skills may ONLY be performed if immediately preceded by at least two back handsprings. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar).

Clarification: All skills up to a full twist are also allowed. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the back handsprings.

2. No tumbling is allowed after the twisting skill.

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

JR/SR RESTRICTED LEVEL 5 RUNNING TUMBLING
A. Tumbling skills are allowed up to 1 flipping and 1 twisting rotation.

1. Twisting skills may ONLY be performed if immediately preceded by a round off or back handspring(s). During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar).

Clarification: All skills up to a full twist are also allowed. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring(s).

Exception: Simultaneous front flipping and twisting may be performed if executed from a running entry or from a front handspring and does not exceed 1 twisting rotation.

(ie. Front Baranis, front full up to one twist with no additional skills are legal)

2. No tumbling is allowed after the twisting skill.

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

JR/SR RESTRICTED LEVEL 5 STUNTS
A. Spotters

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

B. Stunt Levels

    1. Single leg extended stunts are allowed.

C. Twisting Stunts and Transitions

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

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

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

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

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

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

G. Jr/Sr5R Stunts-Release Moves

    1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.

    Example: tic-tocks are allowed.

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

    2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.

    Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

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

    4. Release moves must return to original bases.

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

    Exception: See Jr/Sr5R Dismount "C".

    Exception: Dismounting single based stunts with multiple top persons.

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

    6. Release moves may not intentionally travel.

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

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

    Exception: Dismounting single based stunts with multiple top persons.

H. Jr/Sr5R Stunts-Inversions

    1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."

    2. Downward inversions are allowed from above prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

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

    Clarification: Downward inversions originating from prep level or below do not require three catchers. If the stunt begins at prep level or below and passes above prep level it requires three catchers. (The momentum of the top

person coming down is the primary safety concern.)
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
3. Downward inversions must maintain contact with an original base.
Exception: The original base may lose contact with the top person when it becomes <u>necessary</u> to do so.
Example: cartwheel-style transition dismounts.
4. Downward inversions from above prep level:
    a. May not stop in an inverted position.
    Example: a cartwheel roll off would be legal because the top person is landing on their feet.
    Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
    b. May not land on or touch the ground while inverted.
    Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
5. Downward inversions may not come in contact with each other.
I. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

JR/SR RESTRICTED LEVEL 5 PYRAMIDS
A. Pyramids must follow Level Jr/Sr5R "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting stunts and transitions to extended skills are allowed up to 2 ¼ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
B. Top persons must receive primary support from a base.
Exception: See Jr/Sr5R Pyramid Release Moves.
C. Jr/Sr5R Pyramids-Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Clarification: Twisting stunts and transitions are allowed up to 2 ¼ twists, if connected to at least one bracer at prep level or below.
2. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
    a. Both catchers must be stationary.
    b. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non inverted transitional pyramids may involve changing bases.
    a. The top person must maintain physical contact with a person at prep level or below.
    Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
    b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)
5. Release moves may not be braced/connected to top persons above prep level.
D. Jr/Sr5R Pyramids-Inversions
1. Must follow Jr/Sr5R stunt inversions rules.
E. Jr/Sr5R Pyramids-Release moves w/ braced inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Braced inversions (including braced flips) are limited to up to 1¼ flipping and 0 twisting rotations.
3. Inverted transitional pyramids may involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.

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

JR/SR RESTRICTED LEVEL 5 DISMOUNTS

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

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

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

C. Dismounts must return to original base(s).
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Up to a 2-¼ twisting rotations allowed from all stunts.

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

F. No free flipping dismounts allowed.

G. Dismounts may not intentionally travel.

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

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

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

K. Dismounts from an inverted position may not twist.

JR/SR RESTRICTED LEVEL 5 TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Clarification: no intentional traveling tosses
Exception: A ½ turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

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

F. Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full, kick double).

G. Up to 2-½ twisting rotations allowed.

H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

I. Only a single top person is allowed during a basket toss.

LEVEL 5 RULES

LEVEL 5 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 5 STANDING TUMBLING
A. Skills are allowed up to 1 flipping and 2 twisting rotations.
B. Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
C. Twisting skills immediately out of a double twisting tumbling skill are not allowed.
D. Skills involving more than one twist (i.e. Double fulls) must be immediately preceded by a minimum of two backward traveling, non-twisting tumbling skills (excludes: back extension rolls and jumps). One of these skills must be a back handspring.
Example: standing back handspring>whip>whip>double full = Legal
Clarification: If the requirements in "D" are met before performing a single full, or an additional double full within the same pass, *then only letters A, B and C need to be followed.*
Example: standing back handspring>back handspring>double full>back handspring>double full=Legal
Example: standing back handspring>whip>whip>SINGLE full>back handspring>double full=Legal

LEVEL 5 RUNNING TUMBLING
A. Skills are allowed up to 1 flipping and 2 twisting rotations.
B. Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
C. Twisting skills immediately out of a double twisting tumbling skill are not allowed.

LEVEL 5 STUNTS
A. Spotters
   1. A spotter is required for each top person above prep level.
B. Stunt Levels
   1. Single leg extended stunts are allowed.
C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
D. Free flipping stunts and transitions are not allowed.
E. Single based split catches are not allowed.
F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. L5 Stunts-Release Moves
  1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
     Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
  2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.
     Exception: Front handspring up to an extended stunt may include up to a 1/2 twist.
     Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
  3. Release skills that land in a non-upright position must have 3 catchers for a multi base stunt and 2 catchers for a single based stunt.
  4. Release moves must return to original base(s).
     Clarification: An individual may not land on the performing surface without assistance.
     Exception: See L5 Dismount "C".
     Exception: Dismounting single based stunts with multiple top persons.
  5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
  6. Release moves may not intentionally travel.
  7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  8. Top persons in separate release moves may not come in contact with each other.
     Exception: Dismounting single based stunts with multiple top persons.
H. L5 Stunts-Inversions
  1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
  2. Downward inversions are allowed from above prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
     Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
     Clarification: Downward inversions originating from prep level or below do not require three catchers. If the stunt begins at prep level or below and passes above prep level it requires three catchers. (The momentum of the top person coming down is the primary safety concern.)
     Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
  3. Downward inversions must maintain contact with an original base.
     Exception: The original base may lose contact with the top person when it becomes <u>necessary</u> to do so.
     Example: cartwheel-style transition dismounts
  4. Downward inversions from above prep level:
     a. May not stop in an inverted position.
        Example: A cartwheel roll off would be legal because the top person is landing on their feet.
        Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
     b. May not land on or touch the ground while inverted.
        Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
  5. Downward inversions may not come in contact with each other.
I. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
  Clarification: A person standing on the ground is not considered a top person.

LEVEL 5 PYRAMIDS
A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
B. Top persons must receive primary support from a base.
  Exception: See L5 Pyramid Release Moves.

C. L5 Pyramids-Release Moves
   1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
   Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   2. Primary weight may not be borne at second level.
   Clarification: The transition must be continuous.
   3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
      a. Both catchers must be stationary.
      b. Both catchers must maintain visual contact with the top person throughout the entire transition.
   4. Non-inverted transitional pyramids may involve changing bases. When changing bases:
      a. The top person must maintain physical contact with a person at prep level or below.
      Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
      b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
   5. Release moves may not be braced/connected to top persons above prep level.
D. L5 Pyramids-Inversions
   1. Must follow L5 stunt inversions rules.
E. L5 Pyramids-Release moves w/ braced inversions
   1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
   Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotations.
   3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flat back, prone) and doesn't exceed one twisting rotation.
   Clarification: LEGAL - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with one bracer.
   4. Inverted transitional pyramids may involve changing bases.
   5. Braced inversions (including braced flips) must be in continuous movement.
   6. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
   Exception: Brace flips that land in an upright position at prep level or above require a minimum of one catcher and two spotters.
      a. The 3 catchers/spotters must be stationary.
      b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
      c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
   7. All braced inversions (including braced flips) that twist (including ¼ and higher) must be caught by at least 3 catchers. All three catchers must make contact during the catch.
      a. The catchers must be stationary.
      b. The catchers must maintain visual contact with the top person throughout the entire transition.
      c. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
   8. Braced inversions (including braced flips) may not travel downward while inverted.
   9. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
   10. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 5 DISMOUNTS

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

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

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

C. Dismounts must return to original base(s).
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Up to a 2-¼ twisting rotations allowed from all stunts.

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

F. No free flipping dismounts allowed.

G. Dismounts may not intentionally travel.

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

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

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

K. Dismounts from an inverted position may not twist.

LEVEL 5 TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Clarification: no intentional traveling tosses
Exception: A ½ turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

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

F. Up to 2-½ twisting rotations allowed.

G. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

H. Only a single top person is allowed during a basket toss.

LEVEL 6 RULES

LEVEL 6 GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Exception 1: *A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round–off or standing back handspring are permitted.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed.
Exception: Dive rolls that involve twisting are not allowed.

LEVEL 6 STANDING/RUNNING TUMBLING
A. Skills are allowed up to 1 flipping and 2 twisting rotations.

LEVEL 6 STUNTS
A. Spotters
A spotter is required:
  1. During one-arm stunts above prep level, other than cupies or liberties.
  Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
  2. When the load/transition involves:
    a. A release move with a twist greater than 360 degrees.
    b. A release move with an inverted position landing at prep level or below.
    c. A free flip.
  3. During stunts in which the top person is in an inverted position above prep level.
  4. When the top person is released from above ground level to a one-arm stunt.
B. Stunt Levels
  1. Single leg extended stunts are allowed.
C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
D. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1¼ twisting rotations.
Exception 1: Rewinds to a cradle position are allowed 1¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a cradle position)
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round–off or standing back handspring are permitted.
Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.
Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.
E. Single based split catches are not allowed.
F. Single based stunts with multiple top persons require a separate spotter for each top person.
G. L6 Stunts-Release Moves
  1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
  Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismounts" rules.
  2. Release moves may not land in an inverted position.
  3. Release moves must return to original bases.
  Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at

least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons.

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

4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 2 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. See exceptions in #3 above.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.
   Exception: Single based stunts with multiple top persons.

H. L6 Stunts-Inversions
1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

LEVEL 6 PYRAMIDS
A. Pyramids are allowed up to 2 ½ high.
B. For 2 ½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotters must be in position the entire time the top person(s) is at the 2 ½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2 ½ high level. Spotters may not be a primary support of the pyramid.

Exception: Tower pyramids are allowed.

Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the middle layer, they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required.

Clarification: For all 2 ½ high pyramids with horizontal top persons (ie. Flat back, prone and swedish variations):
   Spotters must be on 2 of the 4 sides (front, back, right, left) of the pyramid.
   An athlete on the foot/feet side or leg side will not be considered a spotter.

C. Free-flying mounts or transitions originating from ground level are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts or transitions originating from above ground level stunts are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.

Clarification: Free flying mounts or transitions may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.

Clarification: Free flying mounts or transitions may not land in an inverted position.

D. L6 Pyramids–Release Moves
1. During a pyramid transition, a top person may pass above 2 ½ high
   a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person. (i.e. tower pyramid tic-tocks)
   b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

E. L6 Pyramids-Inversions
1. Inverted skills are allowed up to 2 ½ persons high.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

F. L6 Pyramids–Release Moves w/ Braced Inversions
1. Braced inversions (including braced flips) are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
2. Braced inversions (including braced flips) are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
   Exception 1: Braced inversion to 2½ high pyramids may be caught by 1 person.
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one base and 1 additional spotter.
   a. The base/spotter must be stationary.
   b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
   c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

G. Free release moves from 2 ½ high pyramids
  1. May not land in a prone or inverted position.
  2. Are allowed up to 0 flipping and 1 twisting rotation
H. One arm extended Paper Dolls require a spotter for each top person.

LEVEL 6 DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface"
A. Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
B. Dismounts must return to original base(s).
  Exception: Single based stunts with multiple top persons do not need to return to original base(s).
  Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
  Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
  Clarification: An individual may not land on the performing surface from above waist level without assistance.
  1. Dismounts to the performing surface are allowed up to 2-1/4 twists.
  2. Dismounts to the performing surface exceeding 1-1/4 twist must be assisted by 2 catchers or 1 catcher with a spotter.
  Exception: Dismounts to the performing surface from 2 1/2 high pyramids are allowed up to 1 1/4 twist and must be assisted by 2 catchers or 1 catcher with a spotter.
C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
  Exception: 2-1-1 tower pyramids may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
D. Free released moves from 2 ½ high pyramids may not land in a prone or inverted position.
E. Free flipping dismounts to cradle:
  1. Are allowed up to 1 ¼ flipping and 1/2 twisting rotations (arabians).
  2. Require at least 2 catchers, one of which is an original base.
  3. May not intentionally travel.
  4. Must originate from prep level or below. (May not originate from 2 ½ high pyramid.)
    Exception: 3/4 front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ high may not twist.
F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:
  Clarification: Back flipping dismounts must go to cradle.
  1. Allowed up to 1 front flipping and 0 twisting rotations.
  2. Must return to an original base.
  3. Must have a spotter.
  4. May not intentionally travel.
  5. Must originate from prep level or below. (May not originate from 2 ½ high pyramid.)
G. Tension drops/rolls of any kind are not allowed.
H. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
I. Cradles from a 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
K. Dismounts may not intentionally travel.
L. Top persons in dismounts may not come in contact with each other while released from the bases.

LEVEL 6 TOSSES
A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
  Exception 1: Fly away tosses that would go over the back person
  Exception 2: Arabians in which the 3rd person would need to start in front to be in a position to catch the cradle.

B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.

C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.

D. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

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

F. Non-flipping tosses may not exceed 3 ½ twists.

G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.

H. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

I. Only a single top person is allowed during a basket toss.

SPECIAL ATHLETE TEAM

A. All teams with special needs will follow the USASF general rules and routines requirements.
B. Teams may execute skills up to, and including Level 2.
Exception: See letter "D" below.
C. All Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a Coach/Assistant.
D. Tosses are not allowed.
E. Spotted and assisted tumbling is not allowed in the Special Athlete (competitive) division but is allowed in the Special Athlete (exhibition) division.
F. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. No limit to amount of assistants around perimeter of the floor in a squat position.
G. Assistants will be dressed in contrasting t-shirt and jeans or dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirts, if athlete is in light uniform top, all Assistants will be in dark colored matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
H. It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

ALL STAR PREP

Level/Safety Rule Differences from Traditional All Star

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

PRE-TEAM EXHIBITION

Level/Safety Rule Differences from Traditional All Star

A. Routines may not exceed 1:30 minute
B. **No Building** skills permitted in pre-team exhibition **(includes tosses, stunts and pyramids)**
C. The **ONLY TUMBLING** skills allowed are cartwheels and forward rolls.

USASF IMAGE POLICY

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

COVER UP GUIDELINES
Cover Up went into effect with the 2012---2013 season.
Athletes with non---full top uniforms must wear a t---shirt or other suitable cover up over their uniforms unless they are in the warm---up area, traveling as a group directly to or from the warm up area, or on the performance stage.

APPROPRIATE CHOREOGRAPHY
APPROPRIATE CHOREOGRAPHY went into effect with the 2012---2013 season.

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

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

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

MAKEUP AND OTHER
MAKE UP AND OTHER went into effect with the 2013---2014 season.

MAKEUP
Makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.

BOWS
Bows should not be excessive in size (acceptable bows are generally no more than 3" in width) and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

APPROPRIATE UNIFORM
APPROPRIATE UNIFORM went into effect with the 2015---2016 season.

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

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

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

UNIFORM TOP GUIDELINES
Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Senior divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

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

'Extended Level' or 'Passing Above Prep Level'

'Shoulder Level'

'Prep Level'

(See note below)

'Waist Level'

'Ground Level'

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

Varsity All Star Dance Category Descriptions

JAZZ
A jazz routine can incorporate the following approaches to movement: traditional, stylized, hard-hitting, crisp and/or aggressive, all with possible moments of softness while integrating musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication and technical skills.

POM
A pom routine incorporates the following characteristics: clean, sharp, strong, precise motions; synchronization; visual effects. It may also include Pom Skills (i.e. pom passes, kick lines, leaps and turns, jumps, etc.). Pom pons must be used 80% of the routine. Males are not required to utilize poms.

HIP HOP
A hip hop routine incorporates street style movements with emphasis on the following: body isolations and control, rhythm, style, creativity, execution, uniformity and musicality.

CONTEMPORARY/LYRICAL
A contemporary or lyrical routine can incorporate the following approaches to movement: organic, pedestrian, traditional modern, and/or traditional ballet. Movement complements the lyric and/or rhythmic value of the music. Emphasis is placed on sustained, expressive movement, control, contraction/release, use of breath, body placement, uniformity, communication and technical skills.

VARIETY
A variety routine must include a blend of at least two or more styles throughout the routine. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed.

DANCE
A routine in this category may incorporate any one style or combination of styles. All styles will be judged against each other in this category. Varsity All-Star Dance Event Producers may choose to use this category when necessary to combine divisions for competitive purposes.

VARSITY
ALL STAR

Varsity All Star Jazz Category Score Sheet Criteria

GROUP EXECUTION

Overall Impression – Genuine projection, confidence, and eye contact. Dancers must display expression and emotion to convey and maintain mood of intended style/story/concept. Appropriateness of music, costume and choreography. Reflects overall audience appeal and personal impression of each judge.

Uniformity – Consistent unison and timing/rhythm by the group as a whole. Clarity and accuracy demonstrated by the team throughout all movement, in both choreography and skills.

Spacing – The ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

Execution of Technical Elements – The demonstration of proper execution of skills including, but not limited to, leaps, turns, lifts, etc.

Movement Technique – The dancers' ability to exhibit the presented style effectively and continually throughout the routine. This includes the overall ease and execution in the strength of movement, as well as the dancers' superior musicality, motion control and precision. This includes the accuracy of body placement, alignment, extension and posturing.

CHOREOGRAPHY

Creativity & Originality – Originality of routine, new concepts and movement, incorporation of a variety of movement within the chosen style(s) that supports the flow of the routine and complements the music. Visual effects that are developed through use of creative floor work, group/partner work, level changes and opposition.

Routine Staging – The seamless incorporation of unique and challenging formations and transitions. Transitions create a natural flow within the routine and across the performance space.

Difficulty – The difficulty of the routine (does not reflect execution). Overall level, pace and intricacy of movement within each style such as footwork, direction changes and technical elements. Effective incorporation of challenging elements while utilizing the appropriate ability level of the team. The choreographic choice of mastered movement and technical elements, as well as utilizing a majority of the team to execute difficult movement and/or skills is also considered. Feature and/or soloist moments enhance the routine without dominating it.

Varsity All Star Pom Category Score Sheet Criteria

GROUP EXECUTION
Overall Impression – Genuine projection, energy, and eye contact. Dancers must display confident, authentic expression to convey the intended message and/or concept.
Appropriateness of music, costume and choreography. Reflects overall audience appeal and personal impression of each judge.

Uniformity – Consistent unison and timing/rhythm by the group as a whole. Uniformity and precision demonstrated by the team in both choreography and skills.

Spacing – The ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

Execution of Technical Elements – The demonstration of proper execution of technical skills and elements including, but not limited to, pom passes, kick lines, jumps, leaps, turns, etc.

Movement Technique – The dancers' ability to exhibit the presented style effectively and continually throughout the routine. This includes the overall strength and sharpness of pom motions and movement, as well as the dancers' superior musicality, motion control and precision. This includes the accuracy of pom work and body placement.

CHOREOGRAPHY
Creativity & Originality – Originality of routine, new concepts and visuals, incorporation of a variety of pom motions that supports the flow of the routine and complements the music. Creative and unpredictable visual effects that are developed through use of creative floor work, group/partner work, level changes, variety of pom motions and opposition.

Routine Staging – The seamless incorporation of unique and challenging formations and transitions. Transitions create a natural flow between formations and visuals within the routine and across the performance space.

Difficulty – The difficulty of the routine (does not reflect execution). Overall level, pace and intricacy of pom motions and movement such as footwork, direction changes and skills.
Effective incorporation of challenging elements while utilizing the appropriate ability level of the team. The choreographic choice of mastered movement and technical elements, as well as utilizing a majority of the team to execute difficult movement and/or skills is also considered. Feature and/or soloist moments enhance the routine without dominating it.

Varsity All Star Hip Hop Category Score Sheet Criteria

GROUP EXECUTION

Overall Impression – Genuine projection, energy, intensity and eye contact. Dancers must display confident, authentic expression to convey the intended message and/or style(s).
Appropriateness of music, costume and choreography. Reflects overall audience appeal and personal impression of each judge.

Uniformity – Consistent unison and timing/rhythm by the group as a whole. Uniformity of team movement within both choreography and skills. Commitment to the selected style(s) as a group.

Spacing – The ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

Execution of Technical Elements – The demonstration of proper execution of style specific skills and elements, including the approach, release, balance and form.

Movement Technique – The dancers' ability to exhibit the presented style(s) effectively, continually and distinctly throughout the routine. This includes the overall quality of execution, approach and attack in the strength and intensity of movement, as well as the dancers' superior musicality, motion control, stabilization and momentum. The accurate demonstration of correct technique within the selected hip hop/street dance style(s).

CHOREOGRAPHY

Creativity & Originality – Originality of routine, new concepts and movement, incorporation of a variety of movement within the selected style(s) that supports the flow of the routine and complements the music. Creative and unpredictable visual effects that are developed through use of interactive group/partner work, levels, group builds, illusions and/or opposition.

Routine Staging – The seamless incorporation of unique and challenging formations and transitions. Transitions create a natural flow between formation changes and visuals within the routine and across the performance space.

Difficulty – The difficulty of the routine (does not reflect execution). Overall level, pace and intricacy of movement within each style such as footwork, direction changes and technical elements. Effective incorporation of challenging elements while utilizing the appropriate ability level of the team. The choreographic choice of mastered movement and technical elements, as well as utilizing a majority of the team to execute difficult movement and/or skills is also considered. Feature and/or soloist moments enhance the routine without dominating it.

VARSITY
ALL STAR

Varsity All Star Contemporary/Lyrical Category
Score Sheet Criteria

GROUP EXECUTION

Overall Impression – Genuine projection, confidence and eye contact. Dancers must display authentic expression and emotion to convey and maintain mood of intended style/story/concept. Appropriateness of music, costume and choreography. Reflects overall audience appeal and personal impression of each judge.

Uniformity – Consistent unison and timing/rhythm by the group as a whole. Uniformity of team movement within both choreography and skills. Commitment to the style as a group.

Spacing – The ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

Execution of Technical Elements – The demonstration of proper execution of style specific skills and elements including, but not limited to, leaps, turns, lifts, partnering, etc.

Movement Technique – The dancers' ability to exhibit the presented style effectively and continually throughout the routine. This includes the overall ease and execution in the strength of movement, as well as the dancers' superior musicality, use of breath, motion control, extension, and precision. This includes the accuracy of body placement, alignment and posture within the style.

CHOREOGRAPHY

Creativity & Originality – Originality of routine, artistic interpretation of theme, story or unique concepts that supports the flow of the routine and complements the music and/or lyrics.
Visual effects that are developed through use of creative floor work, interactive group/partner work, level changes and opposition.

Routine Staging – The seamless incorporation of unique and challenging formations and transitions. Transitions create a natural flow within the routine and across the performance space.

Difficulty – The difficulty of the routine (does not reflect execution). Overall level, pace and intricacy of movement within each style such as footwork, direction changes and technical elements. Effective incorporation of challenging elements while utilizing the appropriate ability level of the team. The choreographic choice of mastered movement and technical elements, as well as utilizing a majority of the team to execute difficult movement and/or skills is also considered. Feature and/or soloist moments enhance the routine without dominating it.

Varsity All Star Variety Category Score Sheet Criteria

GROUP EXECUTION

Overall Impression – Genuine projection, energy, and eye contact. Dancers must display confident, authentic expression to convey the intended message and/or concept.
Appropriateness of music, costume and choreography. Reflects overall audience appeal and personal impression of each judge.

Uniformity – Consistent unison and timing/rhythm by the group as a whole. Uniformity and precision of each style throughout team movement, in both choreography and skills.

Spacing – The ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

Execution of Technical Elements – The demonstration of proper execution of style specific skills and elements including, but not limited to, leaps, turns, lifts, power moves, pom passes, etc.

Movement Technique – The dancers' ability to exhibit the presented styles effectively and distinctly throughout the routine. This includes the overall ease and execution in the strength of movement, superior musicality, motion control, and precision, including the accuracy of body placement within each style presented.

CHOREOGRAPHY

Creativity & Originality – Originality of routine, new concepts and movement, incorporation of a variety of movement within each style that supports the flow of the routine and complements the music. Visual effects that are developed through use of creative floor work, group/partner work, level changes and opposition.

Routine Staging – The seamless incorporation of unique and challenging formations and transitions. Transitions create a natural flow from style to style within the routine and across the performance space.

Difficulty – The difficulty of the routine (does not reflect execution). Overall level, pace and intricacy of movement within each style such as footwork, direction changes and technical elements. Effective incorporation of challenging elements while utilizing the appropriate ability level of the team. The choreographic choice of mastered movement and technical elements, as well as utilizing a majority of the team to execute difficult movement and/or skills is also considered. Feature and/or soloist moments enhance the routine without dominating it.

VARSITY
ALL STAR

Varsity All Star Dance Category Score Sheet Criteria

GROUP EXECUTION

Overall Impression – Genuine projection, energy, and eye contact. Dancers must display confident, authentic expression and emotion to convey and maintain mood of intended style/ story/concept. Appropriateness of music, costume and choreography. Reflects overall audience appeal and personal impression of each judge.

Uniformity – Consistent unison and timing/rhythm by the group as a whole. Uniformity and precision of style throughout team movement, in both choreography and skills.

Spacing – The ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

Execution of Technical Elements – The demonstration of proper execution of style specific technical skills and elements including, but not limited to, leaps, turns, lifts, power moves, pom passes, etc.

Movement Technique – The dancers' ability to exhibit the presented style(s) effectively and continually throughout the routine. This includes the overall ease and execution in the strength of movement, as well as the dancers' superior musicality, motion control and precision. This includes the accuracy of body placement within the selected style(s).

CHOREOGRAPHY

Creativity & Originality – Originality of routine, new concepts and movement, incorporation of a variety of movement within the style(s) that supports the flow of the routine and complements the music. Visual effects that are developed through use of creative floor work, group/partner work, level changes and opposition.

Routine Staging – The seamless incorporation of unique and challenging formations and transitions. Transitions create a natural flow within the routine and across the performance space.

Difficulty – The difficulty of the routine (does not reflect execution). Overall level, pace and intricacy of movement within each style such as footwork, direction changes and technical elements. Effective incorporation of challenging elements while utilizing the appropriate ability level of the team. The choreographic choice of mastered movement and technical elements, as well as utilizing a majority of the team to execute difficult movement and/or skills is also considered. Feature and/or soloist moments enhance the routine without dominating it.

VARSITY
ALL STAR

VARSITY ALL STAR DANCE
SCORE SHEET

DIVISION _____

TEAM _____

	MAX. VALUE	TEAM SCORE	COMMENTS
GROUP EXECUTION	60		
OVERALL IMPRESSION Communication / Projection / Appropriateness	10		
UNIFORMITY Synchronization / Timing	10		
SPACING	10		
MOVEMENT TECHNIQUE Placement / Control / Strength / Musicality	20		
EXECUTION OF TECHNICAL ELEMENTS Proper Execution of Style Specific Skills & Featured Elements	10		
CHOREOGRAPHY	40		
CREATIVITY & ORIGINALITY Musical Interpretation / Visual Effects / Variety	20		
ROUTINE STAGING Formations / Transitions / Flow of Routine	10		
DIFFICULTY Incorporation of Level Appropriate Movement & Skills	10		
TOTAL			

VARSITY ALL STAR

GENERAL RULES	
1	All teams (4 or more members) must be supervised during all official functions by a qualified coach/instructor.
2	Coaches must consider the dancer and team skill level with regard to skills incorporated and proper progression.
3	All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
4	All programs should have and review an emergency action plan in the event of an injury.
5	Each team will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 30 seconds (2:30) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever happens last.
6	Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
7	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation of this rule may result in disqualification.
8	Teams may not compromise the integrity of the performance surface. *(Examples: residues from sprays, powders, oils, etc.)* Teams are responsible for clearing the performance surface from debris *(Examples: poms, props, petals, etc.)*
9	Legality officials shall document and report any imminent safety concerns to the Director of Rules and Safety.
CHOREOGRAPHY, MUSIC, and COSTUMING	
1	Routine choreography, music, costuming (including make up) should be appropriate and acceptable for family viewing. Vulgar or suggestive material is not permitted. This may include music, movement and/or choreography that is profane, inflammatory, offensive, sexual in content, and/or relays lewd gestures. Inappropriate choreography, costuming and/or music may also affect the panel judges' overall impression and/or score of the routine. Music labeled "explicit" is not allowed. Music labeled "radio" or "clean" is permissible as long as it is suitable for family audiences.
2	Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited. *(Exception: socks are allowed on a carpeted performance surface)*
3	Jewelry as a part of a costume is allowed. *(Clarification: safety of the dancer should be considered)*
PROPS	
1	Wearable and/or handheld items are allowed in all categories and may be removed and discarded from the body.
2	Standing props that are used to bear the weight of the dancer(s) are not allowed. *(Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)*

Effective June 1, 2017 to May 31, 2018 and are subject to review by the USASF Rules Committee at any time.

2017-2018
USASF Dance Division Grid

Division	Age	Team Size	Gender
Tiny	6 years & younger	4 or more dancers	N/A
Mini Small	9 years & younger	4 - 14 dancers	0 males
Mini Large	9 years & younger	15 or more dancers	0 males
Mini Coed	9 years & younger	4 or more dancers	male(s) and female(s)
Mini Male	9 years & younger	4 or more dancers	0 females
Youth Small	12 years & younger	4 - 14 dancers	0 males
Youth Large	12 years & younger	15 or more dancers	0 males
Youth Coed	12 years & younger	4 or more dancers	male(s) and female(s)
Youth Male	12 years & younger	4 or more dancers	0 females
Junior Small	15 years & younger	4 - 14 dancers	0 males
Junior Large	15 years & younger	15 or more dancers	0 males
Junior Coed	15 years & younger	4 or more dancers	male(s) and female(s)
Junior Male	15 years & younger	4 or more dancers	0 females
Senior Small	18 years & younger	4 - 14 dancers	0 males
Senior Large	18 years & younger	15 or more dancers	0 males
Senior Small Coed	18 years & younger	4 - 14 dancers	male(s) and female(s)
Senior Large Coed	18 years & younger	15 or more dancers	male(s) and female(s)
Senior Male	18 years & younger	4 or more dancers	0 females
Open Small	14 years & older	4 - 14 dancers	0 males
Open Large	14 years & older	15 or more dancers	0 males
Open Small Coed	14 years & older	4 - 14 dancers	male(s) and female(s)
Open Large Coed	14 years & older	15 or more dancers	male(s) and female(s)
Open Male	14 years & older	4 or more dancers	0 females

Rules for age divisions are further divided into categories: Hip Hop, Jazz, Contemporary/Lyrical, Kick & Pom

RED font: Please read these carefully as anything **red** is a deliberate change to the guidelines.

Underlined Font- Denotes a Glossary term

Skill videos may be submitted to rules.dance@usasf.net and must have division & category and USASF member number noted. Full routines will not be reviewed.

2017-2018
USASF Hip Hop Rules

EXECUTED BY INDIVIDUALS (HIP HOP)		
Tumbling & Aerial Street Style Skills as a dance skill are allowed but not required in all divisions with the following limitations:		
Tiny & Mini	**Youth & Junior**	**Senior & Open**

1 Inverted skills:
  a. Non airborne skills are allowed. *(Example: headstand)*
  b. Airborne skills with or without hand support that land in a perpendicular inversion or shoulder inversion are not allowed. *(Clarification: may not have airborne backward momentum in the approach)*
	Inverted skills:
	  a. Non airborne skills are allowed. *(Example: headstand)*
	  b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
		Inverted skills:
		  a. Non airborne skills are allowed *(Example: Headstand)*
		  b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.

2 Skills with hip-over-head rotation:
  a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
  b. Non airborne skills are allowed.
  c. Airborne skills with hand support are allowed provided:
      i. Are limited to two consecutive hip-over-head rotation skills.
     ii. It is not airborne in approach but may be airborne in the descent. *(Clarification: in the approach the hands must touch the ground before the feet leave the ground.)*
  d. Airborne skills without hand support are not allowed. *(Exception: aerial cartwheel that is not connected to any other skill with hip over head rotation)*
	Skills with hip-over-head rotation:
	  a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
	  b. Non airborne skills are allowed.
	  c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation skills. *(Clarification: both skills must have hand support)*
	  d. Airborne skills without hand support are allowed provided all of the following:
	      i. Involves no more than one twisting transition.
	     ii. May not connect to another skill that is airborne with hip-over-head rotation with or without hand support.
		Skills with hip-over-head rotation:
		  a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
		  b. Non airborne skills are allowed.
		  c. Airborne skills with hand support are allowed provided:
		      i. Are limited to two consecutive hip-over-head rotation skills.
		  d. Airborne skills without hand support are allowed provided all of the following:
		      i. Involves no more than one twisting transition.
		     ii. May not connect to another skill that is airborne with hip-over-head rotation without hand support.
		     iii. Are limited to two consecutive hip-over-head rotation skills.

3 Simultaneous tumbling over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.		
4 Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Only drops to the shoulder, back or seat are permitted provided the height of the airborne dancer does not exceed hip level. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*	Only drops to the shoulder, back or seat are permitted provided the height of the airborne dancer does not exceed hip level. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*
5 Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.	Landing in a push up position may involve any jump.	Landing in a push up position may involve any jump.

EXECUTED BY GROUPS OR PAIRS (Hip Hop)
Lifts and *Partnering* are allowed but not required in all divisions with the following limitations:

	Tiny & Mini	Youth & Junior	Senior & Open
1	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder-level.	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *(*Exception: Jr follows Sr. & Open Rule 2)*	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *Exception:* When an Executing Dancer is supported by a single Supporting Dancer they may be released at any level provided: a. The Executing Dancer does not pass through an inverted position after the release. b. The Executing Dancer is either caught or supported to the performance surface by one or more Supporting Dancers. c. The Executing Dancer is not caught in a prone position.
3	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position. b. The Executing Dancer is limited to one continuous [hip-over-head] rotation.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
4	A Vertical-Inversion is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position. b. When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. *(Clarification: When there are 3 Supporting Dancers an additional spot is not required)*		

Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)

	Tiny & Mini	Youth & Junior	Senior & Open
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: *(*Exception: Jr follows Sr. & Open Rule 5)* a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step, or push off a Supporting Dancer(s) provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	A Supporting Dancer(s) may toss an Executing Dancer provided: a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: *(*Exception-Jr follows Sr. & Open Rule 6)* a. The highest point of the toss does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet. c. The Executing Dancer may not pass through an inverted position after the release.

EXECUTED BY INDIVIDUALS (Pom)		
Tumbling as a dance skill is allowed but not required in all divisions with the following limitations:		
Tiny & Mini	**Youth & Junior**	**Senior & Open**
1 Airborne inverted skills with or without hand support are not allowed.	Airborne inverted skills with hand support are not allowed while holding poms.	Airborne inverted skills with hand support are not allowed while holding poms.

2 Skills with hip-over-head rotation:
a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
b. Non airborne skills are allowed.
c. Airborne skills with or without hand support are not allowed. *(Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation)*
	Skills with hip-over-head rotation:
	a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
	b. Non airborne skills are allowed.
	c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation skills. *(Clarification: both skills must have hand support)*
	d. Airborne skills without hand support are not allowed. *(Exception: front aerials and aerial cartwheels are allowed)*
		Skills with hip-over-head rotation:
		a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
		b. Non airborne skills are allowed.
		c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation skills.
		d. Airborne skills without hand support are allowed provided all of the following:
		   i. Involves no more than one twisting transition.
		   ii. May not connect to another skill that is airborne with hip-over-head rotation without hand support.
		   iii. Are limited to two consecutive hip-over-head rotation skills.

3 Simultaneous tumbling over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.		
4 Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Only drops to the shoulder, back or seat are permitted provided the height of the airborne dancer does not exceed hip level. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*
5 Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

	Tiny & Mini	Youth & Junior	Senior & Open
1	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface *(Exception: kick line leaps)*.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder-level.	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head -level. *(*Exception: Jr follows Sr & Open Rule 2)*	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *Exception:* When an Executing Dancer is supported by a single Supporting Dancer they may be released at any level provided: a. The Executing Dancer does not pass through an inverted position after the release. b. The Executing Dancer is either caught or supported to the performance surface by one or more Supporting Dancers. c. The Executing Dancer is not caught in a prone position. d. Supporting Dancer(s) may not hold poms at any point during the skill.
3	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position. b. The Executing Dancer is limited to one continuous [hip-over-head] rotation.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
4	A Vertical Inversion is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position. b. When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. *(Clarification: when there are 3 Supporting Dancers an additional spot is not required)*		
	Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)		
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	A Supporting Dancer(s) may toss an Executing Dancer provided: a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer is not supine or inverted when released. c. Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: a. The highest point of the toss does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dance provided: a. The highest point of the toss does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.

2017-2018
USASF Jazz, Contemporary/Lyrical & Kick Rules

EXECUTED BY INDIVIDUALS (Jazz, Contemporary/Lyrical & Kick)

Tumbling & Aerial Street Style Skills as a dance skill are allowed but not required in all divisions with the following limitations:

	Tiny & Mini	Youth & Junior	Senior & Open
1	Airborne inverted skills with or without hand support are not allowed.	Inverted skills: a. Non airborne skills are allowed. *(Example: headstand)* b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.	Inverted skills: a. Non airborne skills are allowed. *(Example: headstand)* b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.

2	Skills with hip-over-head rotation:
	a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
	b. Non airborne skills are allowed.
	c. Airborne skills with or without hand support are not allowed. *(Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation*
		Skills with hip-over-head rotation:
		a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
		b. Non airborne skills are allowed.
		c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation skills. *(Clarification: both skills must have hand support)*
		d. Airborne skills without hand support are not allowed. *(Exception: front aerials and aerial cartwheels are allowed)*
			Skills with hip-over-head rotation:
			a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
			b. Non airborne skills are allowed.
			c. Airborne skills with hand support are allowed provided:
			  i. Are limited to two consecutive hip-over-head rotation skills.
			d. Airborne skills without hand support are allowed provided all of the following:
			  i. Involves no more than one twisting transition.
			  ii. May not connect to another skill that is airborne with hip-over-head rotation without hand support.
			  iii. Are limited to two consecutive hip-over-head rotation skills.

3	Simultaneous tumbling over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.		
4	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Only drops to the shoulder, back or seat are permitted provided the height of the airborne dancer does not exceed hip level. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*
5	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.	Landing in a push up position may involve any jump.	Landing in a push up position may involve any jump.

	EXECUTED BY GROUPS OR PAIRS (Jazz, Contemporary/Lyrical & Kick)		
	Lifts and Partnering are allowed but not required in all divisions with the following limitations:		
	Tiny & Mini	**Youth & Junior**	**Senior & Open**
1	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface. *(Exception: kick line leaps).*	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2	At least one Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *(*Exception –Jr follows Sr & Open Rule 2.)*	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *Exception:* When an Executing Dancer is supported by a single Supporting Dancer they may be released at any level provided: a. The Executing Dancer does not pass through an inverted position after the release. b. The Executing Dancer is either caught or supported to the performance surface by one or more Supporting Dancers. c. The Executing Dancer is not caught in a prone position.
3	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position. b. The Executing Dancer is limited to one continuous [hip-over-head] rotation.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
4	A Vertical Inversion is allowed provided: a. Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position. b. When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. *(Clarification: when there are 3 Supporting Dancers an additional spot is not required)*		
	Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)		
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: *(*Exception –Jr follows Sr & Open Rule 5)* a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	A Supporting Dancer(s) may toss an Executing Dancer provided: a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: *(*Exception-Jr follows Sr & Open Rule 6)* a. The highest point of the toss does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet. c. The Executing Dancer may not pass through an inverted position after the release.

	EXECUTED BY INDIVIDUALS (Tumbling and Aerial Street Style Skills) *Tumbling & Aerial Street Style Skills as a dance skill are allowed but not required in all divisions with the following limitations:*
	PREP: Tiny, Mini, Youth, Junior, Senior

1	Inverted skills:
	  a. Non airborne skills must involve hand support with at least one hand throughout the skill *(Example: headstand)*
	  b. Airborne skills with or without hand support are not allowed. *(Exception: kip-up originating from the performance surface with hand support)*
	  c. Inverted skills with hand support are not allowed while holding poms/props in supporting hand(s).

2	Skills with hip-over-head rotation:
	  a. Non airborne skills with hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
	  b. Non airborne skills are allowed. (limited to two consecutive skills)
	  c. Airborne skills with or without hand support are not allowed. *(no exceptions)*

3	Simultaneous tumbling over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.
4	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

	EXECUTED BY GROUPS OR PAIRS *Lifts and Partnering are allowed but not required in all divisions with the following limitations:*
	PREP: Tiny, Mini, Youth, Junior, Senior
1	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.
2	At least one Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill and the Executing Dancer's hips cannot elevate above head-level. *(Clarification: the Executing Dancer may not be released)*
3	Hip-over-head rotation of the Executing Dancer(s) is not allowed when elevated from the performance surface.
4	The Executing Dancer cannot be inverted in any elevated skill. *(Clarification: the Executing Dancer may be vertically inverted if connected to the performance surface.)*
Dismounts to the performance surface	
5	The Executing Dancer may not be released.
6	The Executing Dancer may not be released.

2017-2018
USASF Prep Individual Technical Skill Rules

Prep routines must abide by the following limitations in all age divisions
PREP Hip Hop Technical Skill Rules

1	Each series of power moves is limited to **two (2)** (*Clarification: Skills not broken by a pause or step are considered multiple skills*). *Examples of Power Moves include but are not limited to: kip up, headstand/handstand*
2	Jumps are allowed provided the following: a. Torso does not move off of the vertical axis while airborne. (Example: C-jump is not allowed) b. Legs do not move across the vertical axis while airborne. (Example: switch leaps are not allowed)

PREP Pom Technical Skill Rules

1	Each series of technical skills is limited to **two (2)** (*Clarification: skills not broken by a pause or step are considered multiple skills. Example: a double pirouette is considered 2 skills. Exception: Kicks & connecting skills are not considered technical skills*)
2	Leaps and jumps are allowed provided the following: a. Torso does not move off of the vertical axis while airborne. *(Example: tilt jump is not allowed)* b. Legs do not move across the vertical axis while airborne. *(Example: switch leaps are not allowed)*
3	Stationary Turns are allowed provided the following: a. Working leg is held in a passé or coupé position. *(Exception: Junior & Senior Prep teams may hold the working leg in second position)* b. Rotations are limited to 2 rotations. *(Example: double pirouette)* c. Axle turns are not allowed.

PREP Jazz, Contemporary/Lyrical & Kick Technical Skill Rules

1	Each series of technical skills is limited to **two (2)**. (*Clarification: skills not broken by a pause or step are considered multiple skills. Example: a double pirouette is considered 2 skills. Exception: Kicks & connecting skills are not considered technical skills*) Examples of technical skill series include, but are not limited to: • Chainé jeté • Pique chassé jeté (chassé is considered a connecting skill) • Chainé pique chassé jeté
2	Leaps and jumps are allowed provided: a. Torso does not move off of the vertical axis while airborne *(Example: tilt jump is not allowed)* b. Legs do not move across the vertical axis while airborne *(Example: switch leaps are not allowed)*
3	Stationary Turns are allowed provided the following: a. Working leg is held in a passé or coupé position. *(Exception: Junior & Senior Prep teams may hold the working leg in second position)* b. Rotations are limited to 2 rotations. *(Example: double pirouette)* c. Axle turns are not allowed.