



**IASF CHEER LEGALITY
RULES
2023-2025**

IASF GLOSSARY

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

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

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

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

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

Barrel Roll: See "log roll"

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Flat Body: When the top person’s torso is parallel to the performing surface.

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

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

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

Flyer: See “Top Person”.

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

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

Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

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

Full: A 360 degree twisting rotation.

Ground Level: On the performing surface.

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

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

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

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

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

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

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

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

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

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

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

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

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg.

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll: A release move that is initiated at waist level, in which the top person's body typically rotates 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from a base that maintains contact throughout the transition.

Multi-based Stunt: A stunt having 2 or more bases not including the spotter.

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

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

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

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

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

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

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

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

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

Prone: Flat body, face downward position.

Prop: An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Once a uniform piece is purposefully used for visual effect, it will be considered a prop.

Punch Front: See “Front Tuck”.

Pyramid: Two or more connected stunts.

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

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

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

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

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

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

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

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

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

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

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

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

Single Leg Stunt: See "Stunt".

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

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

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

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

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

Straddle Lift: See "V-Sit".

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

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

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

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

T-Lift:

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

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

Three Quarter (3/4) Front Flip: (Stunt) A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position. (Tumble) A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

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

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

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

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

Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See Release Moves).

Twisting Tosses: Twisting is cumulative. All twisting up to 1 ¼ is considered 1 skill, exceeding 1 ¼ up to 2 ¼ is two skills. ie. A ½ twist, X, ½ twist is considered 2 skills: 1 full twist and 1 additional skill.

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

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

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

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

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

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

Two and One Half (2 ½) – High Pyramid: A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a “Two and One Half High Pyramid” is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths.

“Above Two and One Half (2 ½) High Pyramid” is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 ½ high chairs are considered 2 ½ high pyramids.

Upright: A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). i.e. star, liberty, v-sit.

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

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

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

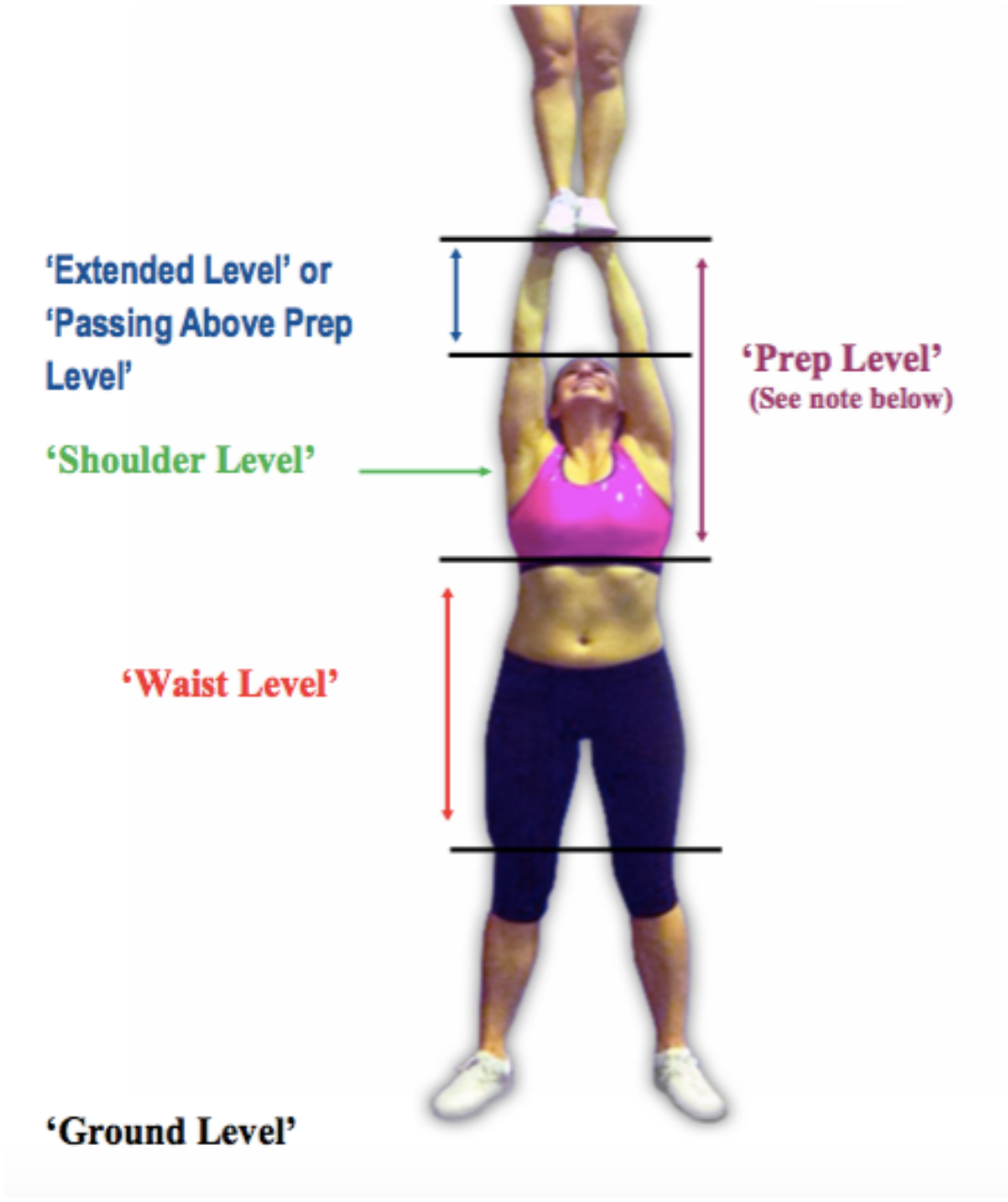
Waist Level Cradle: A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

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

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

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

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



Please consult the glossary and the rules for further explanations and restrictions when interpreting the stunt level.

GENERAL 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. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions during practice or a performance.
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 is prohibited (e.g., navel jewelry, tongue jewelry, earrings, necklaces, pins on uniforms, etc.) and must be removed. Rhinestones may not be adhered to the skin. Medical bracelets are allowed provided they are taped to the body.
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 the IASF, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect, it will be considered a prop.
10. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. On the level grid, all skills allowed at a particular level encompass all skills allowed in the preceding level. If a skill is not allowed in a particular level, it is also not allowed in the preceding level(s).
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
14. 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. Routine performance time may not exceed 2:30. Non-tumbling routines may not exceed 2:00. Global routines may not exceed 3:30(30-40 seconds for opening Cheer portion, 20 second maximum to move from cheer portion and set up for music portion, and music portion may not exceed 2:30).
15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during the 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.

TUMBLING

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
<p>A. GENERAL</p> <p>May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position; NO tumbling over, under, or through a stunt, individual or prop; NO tumbling while holding/contact with prop</p>	<p>½ rebound to prone allowed</p> <p>NO dive rolls</p>	<p>NO dive rolls in arched or swan position and may not twist</p>	<p>NO dive rolls in arched or swan position and may not twist</p>	<p>NO dive rolls in arched or swan position and may not twist</p>	<p>NO dive rolls in arched or swan position and may not twist</p>	<p>Dive rolls may not twist</p>
<p>B. STANDING</p>	<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers, handstands</p> <p>Blocked cartwheels allowed</p>	<p>Single handspring</p> <p>NO twisting or turning allowed after back handspring step out; NO jump skills connected to handspring; NO twisting while airborne except round offs</p>	<p>Series handsprings; Jump in combination with handspring(s)</p> <p>NO flips allowed; NO twisting while airborne except round-offs</p>	<p>Standing tucks and tucks from a back handspring entry; 1 flip and 0 twisting; NO tumbling allowed after a tuck, Aerials (front walkover and cartwheel) and Onodis are allowed.</p> <p>NO jump flip or consecutive flip/flip</p>	<p>Jump flip; Up to 1 flipping and 0 twisting rotation</p>	<p>Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, must be preceded by a minimum of 2 non-twisting, backward traveling tumbling skills, (one must be back handspring, excludes back extension roll)</p> <p>NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.</p>
<p>C. RUNNING</p>	<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers</p> <p>Blocked cartwheels and round offs allowed</p> <p>NO tumbling immediately after round off or round off rebound</p>	<p>Handspring series</p> <p>NO twisting or turning allowed after back handspring step out; NO twisting while airborne except round offs</p>	<p>Round off or round off back handspring(s) into back tuck; Aerial cartwheels; Front tucks; ¾ front flips,</p> <p>NO tumbling after a tuck or aerial cartwheel; NO tumbling prior to front tuck except front handspring; NO twisting while airborne except round offs and aerial cartwheels</p>	<p>1 flipping and 0 twisting; Aerial cartwheels/walkovers, and Onodis allowed</p>	<p>Up to 1 flipping and 1 twisting rotation from a running, round off, back handspring or front handspring entry.</p> <p>NO trick allowed during full twisting skills and must land with both feet on the performing surface. NO tumbling after full twisting skill.</p>	<p>Up to 1 flipping and 2 twisting rotations</p> <p>NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.</p>

STUNTS-PAGE 1

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. SPOTTERS	Prep level and above; Floor stunt Exception: Shoulder sit, T-lift, Stunts only supported at waist	Above prep level; Floor stunt	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person
B. STUNT HEIGHT NO single based or assisted single based extended stunts for U12 and below but may pass above prep level if allowed	Waist level single leg; Prep level two leg (may pass above prep level); Prep level single leg with additional base with hand/arm connection to top person prior to initiation; Walk up shoulder stand NO single based stunts with multiple top persons	Prep level single leg (may pass above prep level); Above prep level two leg NO single based stunts with multiple top persons	Above prep level single leg	Above prep level single leg	Above prep level single leg	Above prep level single leg
C. TRANSITION	Must remain in contact with at least one base No leap frog/leap frog variations	Must remain in contact with at least one base	Must remain in contact with at least one base unless legal as release move	Must remain in contact with at least one base unless legal as release move	See release moves	See release moves
D. TWISTING	Up to ¼ EXCEPTION: Rebound ½ turn to prone; Wrap around; Up to ½ twist starts & ends on performing surface and only supported at the waist	Up to ½ twist EXCEPTION: Single full twisting log roll with no additional skills that starts and ends in cradle position	Up to 1 twist to prep level or below; Up to ½ twist to extended single leg; Up to 1 twist to extended two leg stunt	Up to 1 ½ twists to prep level or below; Up to 1 ½ twists to extended two leg stunt; Up to 1 twist to extended single leg stunt	Up to 2 twists to prep level or below; Up to 2 twists to extended two leg stunt; Up to 1 1/2 twists to extended single leg stunt	Up to 2 ¼ twists
E. RELEASE MOVES Requires 3 catchers for multi-based stunt, and 2 catchers for single based stunt that lands in a horizontal position; May not land inverted; May not intentionally travel; Must return to original base(s); NO free flips (see Exception for Level 6)	Not allowed other than dismounts	Not allowed other than dismounts, tosses, and full twisting log rolls with no additional skills that start and end in a cradle position	Starts at waist level or below and lands at prep level or below; May not exceed extended arm level; 1 skill and 0 twisting EXCEPTION: Log rolls up to one twist and must land in cradle, flat back or prone NO helicopters; May not involve inversions	Starts at prep or below if lands at extended; May not exceed extended arm level; 2 skills; Helicopters 180 degrees with 0 twisting, 3 catchers; Inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above NO twisting to and from an extended stunt; May not pass through an inverted position.	Does not exceed 18 inches/46 cm above bases' extended arm level; Helicopters 180 degrees, 3 catchers; Inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above May not pass through an inverted position	Does not exceed 18 Inches/46cm above bases' extended arm level; Inverted to non-inverted up to ½ twist, requires spotter if lands at prep level or above; Helicopters 180 degrees, 3 catchers May not pass through an inverted position EXCEPTION (EXCLUDES JUNIOR 6): Rewinds are allowed 1 flipping rotation ONLY, 0 twisting, requires minimum of 1 catcher/1 spotter for single based stunt, minimum of 2 catchers/1 spotter for multi-based stunt. Leg pitch, toe pitch or similar type tosses not allowed to initiate skill; No tumbling prior to rewind

STUNTS-PAGE 2

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
F. INVERSIONS	Not allowed (Inverted athlete must maintain contact with performing surface)	Ground level inversions that transition directly to non-inverted position.	Prep Level Suspended rolls that exceed ½ twist must land in cradle	Extended	Extended	Extended
G. DOWNWARD INVERSIONS Downward inversions may not come in contact with each other; Must maintain contact with original base EXCEPTION: Original base may lose contact when becomes necessary to do so such as in cartwheel-style transitions	Not allowed	Not allowed	Waist level or below (may pass through prep level); Must have 2 catchers in contact between waist and shoulder region of torso of top person NO 2 leg pancake style stunts	Prep level with 3 catchers (may pass above prep level), 2 in contact between waist and shoulder region of top person EXCEPTION: Controlled lowering of extended inverted stunt to prep level If passes above prep level may not land, stop or touch the ground inverted EXCEPTION: Controlled lowering of extended inverted stunt to prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may not land, stop or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may not land, stop or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level
H. OVER/UNDER Stunt or individual passing over/under a separate stunt or individual	Arms and Legs allowed	Arms and Legs allowed	Arms and Legs Allowed	Individual under stunt; stunt over an individual	Allowed	Allowed

PYRAMIDS-PAGE 1

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL	Must follow stunt and dismount rules and allowed up to 2 high; Top person must receive primary support from a base unless legal as a release transition; Released transitions may not come in contact with other stunt/pyramid release moves; Required catchers/spotters must be stationary, must maintain visual contact with the top person throughout the entire transition, and may not be involved in any other skill or choreography when the transition is initiated; Primary weight may not be borne at second level.					
B. STRUCTURES (Single based or assisted single based extended stunts are not allowed in U12 and below; Required bracer(s)/connection(s) must be connected to top person by initiation of skill, and remain in contact throughout skill)	Two leg extended connected to prep level or below bracer with hand/arm connection; Prep level single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand	Extended single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand	No extended single leg connected to extended stunt	No extended single leg connected to extended single leg stunt		
C. NON-RELEASED TRANSITIONS	TWISTING- Up to ¼ twist INVERSIONS- Must follow stunt rules	TWISTING- Up to ½ twist Log rolls may not be assisted by another top person INVERSIONS- Must follow stunt rules	TWISTING- Up to 1 twist (must be connected to a hand/arm bracer at prep level or below if exceeds ½ twist to extended single leg stunt) INVERSIONS- Must follow stunt rules. EXCEPTION: Top person may pass through an inverted position and must remain in contact with base and bracer at prep level or below through entire transition, must start and end at prep level or below	TWISTING- Up to 1 ½ twists (must be connected to a bracer at prep level or below if exceeds one twist to extended single leg stunt) INVERSIONS- Must follow stunt rules	TWISTING- Up to 2 twists (must be connected to a bracer at prep level or below if exceeds 1 ½ twists to extended single leg stunt) INVERSIONS- Must follow stunt rules	TWISTING- Up to 2 ¼ twists INVERSIONS- Must follow stunt rules

PYRAMIDS-PAGE 2

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
<p>D. RELEASED TRANSITIONS</p> <p>(Contact must be maintained with the same bracer/bracers throughout the transition; Contact must be made with a base on the performing surface before contact with the bracer(s) is lost (this does not include the uniform or hair); If 2 bracers are required, must be on 2 separate sides of the body; May not be connected/braced to top persons above prep level; Braced inversions/flips may not travel downward while inverted)</p>	<p>Not allowed other than dismounts</p>	<p>Not allowed other than dismounts and tosses</p> <p>Log rolls may not be assisted by another top person</p>	<p>NON-INVERTED- 2 bracers (one of which must be hand/arm to hand/arm, the other may be hand/arm or hand/arm to foot/lower leg); 2 catchers; May not change bases EXCEPTION: Legal stunt release moves may be performed with 1 bracer; release moves to extended with 1 bracer must initiate from waist level or below with hand/arm connection</p> <p>TWISTING- 1 twist 2 bracers hand/arm connections</p> <p>BRACED INVERSIONS- Not allowed</p>	<p>NON-INVERTED- 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>TWISTING- 1 ½ twists with 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>BRACED INVERSIONS/FLIPS- 2 bracers; Up to 1 ¼ flipping, 0 twisting; May not change bases; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters); EXCEPTION: Legal stunt release moves may be performed with only 1 bracer</p>	<p>NON-INVERTED- 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>TWISTING- 2 twists; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>BRACED INVERSIONS/FLIPS- 1 bracer; Up to 1 ¼ flipping, 0 twisting; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters</p>	<p>NON-INVERTED- 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>TWISTING- 2 ¼ twists; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>BRACED INVERSIONS/FLIPS- 1 bracer; Up to 1 ¼ flipping and ½ twisting or ¾ flipping and up to 1 twist; 3 catchers EXCEPTION: Non-twisting braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters</p>
<p>E. OVER/UNDER</p> <p>Stunt, pyramid or individual over/under a separate stunt, pyramids or individual</p>	<p>Arms and legs allowed</p>	<p>Arms and legs allowed</p> <p>Top person may not pass over/under torso of another top person</p>	<p>Arms and legs allowed</p> <p>Top person may not pass over/under torso of another top person</p>	<p>No stunt over separate stunt</p> <p>Top person may not invert over/under torso of another top person</p>		

DISMOUNTS AND TOSSES

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL DISMOUNT	Single based cradles require a spotter with at least one hand-arm supporting waist to shoulder region of top person; Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person; Cradles from single based stunts with multiple top persons require 2 catchers for each top person, and catchers and bases must be stationary prior to initiation; Dismounts may not invert or land inverted; No free flipping or assisted flipping dismounts allowed					
B. DISMOUNTS	Straight pop downs, basic straight cradles NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids	Straight pop downs, basic straight cradles, and ¼ turn cradles NO waist level cradles in U8 division	1 ¼ twist or 1 trick from two legs; ¼ twist cradles from single leg; All dismounts from prep level and above involving a trick must land in cradle NO dismounts from an inverted position	2 ¼ twist from two legs; 1 ¼ twist from single leg; May not exceed 2 tricks Dismounts from an inverted position may not twist	2 ¼ twist; May not exceed 3 tricks If exceeds 1 ½ twists, no other skill allowed Dismounts from an inverted position may not twist	2 ¼ twists Dismounts from an inverted position may twist up to a 1/2
A. GENERAL TOSSES	Minimum of 3, maximum of 4 tossing bases, one base must be behind the top person; Must be caught in cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person; NO flipping, inverted, or intentionally traveling tosses					
B. TOSSES	Not allowed including waist level cradles and sponge tosses	Straight ride NO tosses allowed in U8 Division	1 trick or up to 1 ¼ twists Exception: Ball X Arch does not count as trick	2 ¼ twists; May not exceed 2 tricks	2 ½ twists; May not exceed 3 tricks If exceeds 1 ½ twists, no other skill allowed	2 ½ twists

LEVEL 7

TUMBLING

A. GENERAL	May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position (EXCEPTIONS: Cartwheel rewind, round off rewind and standing single back handspring rewinds allowed. NO tumbling skills prior to the cartwheel, round off or standing back handspring); NO tumbling over, under, or through a stunt, individual, or prop; NO tumbling while holding/contact with prop; Dive rolls may NOT twist
B. STANDING	Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, must be preceded by at least one backward traveling, non-twisting tumbling skill. NO twisting out of a double twisting skill.
C. RUNNING	Up to 1 flipping and 2 twisting rotations NO twisting out of a double twisting skill.

STUNTS

A. SPOTTERS	During one-arm stunts above prep level other than cupies and liberties; When the load transition involves a release move exceeding one twist, a release move to/from an inverted position landing at prep level or above, a free flip; Stunt with inverted top person above prep level; When the top person is released from above ground level to a one-arm stunt; Coed style tosses to a new base (base that is tossing top person may become the spotter); Single based stunts with multiple top persons require a separate spotter for each top person
B. STUNT HEIGHT	Above prep level single leg stunt
C. TWISTING	2 ¼
D. RELEASE MOVES	May not exceed 18 inches/46cm above extended arm level; May not land inverted (EXCEPTIONS: Ground level handstand may be released to hand-to-hand stunt with 0 twisting and 0 flipping; Release from prep level and below to a prep level inverted position with 0 twisting and 0 flipping); Must return to original bases (EXCEPTION 1: Coed style tosses to a new base if stunt is thrown by a single base and caught by at least one base not involved in any other skill or choreography when transition is initiated, the original tossing base may become the spotter. EXCEPTION 2: Toss single based stunts with multiple top persons, the original base may become the spotter); Helicopters up to 180 degree rotation with at least 2 catchers with one positioned at head and shoulder area of top person; May not intentionally travel except for exceptions above.
E. REWINDS/FREE FLIPPING TRANSITIONS	Must return to original bases. Originate from ground level: 1 ¼ flipping and 1 ¼ twisting rotations; Toe pitch, leg pitch or similar type tosses ALLOWED in initiating free flipping skills; Cartwheel rewind, round off rewind, and standing single back handspring rewinds allowed with no tumbling skills allowed prior to the cartwheel, round off or standing back handspring. Originate from stunt: 1 ¼ flipping and ½ twisting rotation; Must initiate from prep level only and must land in a cradle, horizontal position or in a standing position on the performing surface (if lands on the performing surface, must follow dismount rules). 1 flipping rotation or less requires 2 catchers, if exceeds 1 flipping rotation requires 3 catchers.
F. INVERSIONS	Downward inversions from above prep level require at least 2 catchers; Top person must maintain contact with a base. EXCEPTIONS: Lowering of an inverted stunt to prep level, passing above prep level to prep level, or from an extended non-inverted to inverted stunt at prep level.

LEVEL 7

PYRAMIDS

A. GENERAL	Up to 2 ½ high. EXCEPTION: Tower pyramids are allowed
B. SPOTTERS	Must follow stunt spotter rules. EXCEPTION: One arm extended paper dolls require a spotter for each top person. 2 ½ High Pyramid: Require a spotter in front and back for each top person on the top level in position the entire time the top person is at 2 ½ high. Spotters may stand slightly to the side but must remain in position to spot top person, must maintain visual contact with the top person the entire time the top person is at 2 ½ high level, may not be primary support of the pyramid; 2 ½ HIGH PYRAMID WITH HORIZONTAL TOP PERSON must be on 2 of the 4 sides of pyramid, may not be on foot/feet/leg side of top person; TOWER PYRAMID requires a spotter not in contact with the pyramid behind the top person. If a base is needed to assist middle layer, an additional spotter who is not in contact with the pyramid is required.
C. FREE FLYING MOUNTS/ TRANSITIONS	From ground level allowed 1 flipping and 1 twisting rotation or 0 flipping and 2 ¼ twisting rotations. From above ground level allowed 1 ¼ flipping and 0 twisting or 0 flipping and 2 twisting rotations. May not land in an inverted position; May not significantly exceed the height of intended skill; May not pass over, under or through other stunts, pyramids, individuals or props.
D. RELEASE MOVES	May pass above 2 ½ high during transitions; If released from a second layer base and caught by a second layer base, the second layer base catching the top person must be the second layer base that originally released top person; May not land inverted; May not pass over, under, or through a prop. Free release moves from 2 ½ high pyramids may not land in an inverted position; Up to 0 flipping and 1 twisting rotation. Requires 2 catchers.
E. INVERSIONS	Allowed up to 2 ½ high; Downward inversions from above prep level require assistance by at least 2 catchers and must maintain contact with a base or another top person.
F. RELEASED BRACED INVERSIONS/ FLIPS	Up to 1 ¼ flipping and 1 twisting rotation; Requires 1 prep level or below bracer for 2 high pyramids; 2 catchers (EXCEPTION: If lands in an upright position at prep level or above requires 1 base and 1 additional spotter); Braced inversions to 2 ½ high pyramids may be caught by 1 person; Base/Spotter must be stationary, must maintain visual contact with the top person through transition, may not be involved with any other skill or choreography when transition is initiated.

LEVEL 7

DISMOUNTS

A. GENERAL

See "Dismounts" in Glossary

B. REQUIREMENTS

STUNT DISMOUNTS TO CRADLE: Up to 2 ¼ twist cradle; Dismounts that exceed 1 ¼ twists require an additional spotter that assists on the cradle; When cradling single based stunts with multiple top persons, 2 catchers must catch each top person and must be stationary prior to dismount; Cradles from 1 arm stunts 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; Free flipping dismounts to cradle up to 1 ¼ flipping and ½ twisting rotations, must originate from prep level, require at least 2 catchers, one of which is an original base; Back flipping dismounts must go to cradle.

STUNT DISMOUNT TO PERFORMING SURFACE: Up to 2 ¼ twists; If exceeds 1 ¼ twist must be assisted by 2 catchers or 1 catcher with a spotter; Free flipping dismounts are only allowed in front flipping rotation, up to 1 front flipping and 0 twisting rotations, must have spotter, must originate from prep level.

2 HIGH PYRAMID DISMOUNTS TO CRADLE: Must follow stunt dismount rules.

2 ½ HIGH PYRAMID DISMOUNTS TO CRADLE: Up to 2 ¼ twists, requires 2 catchers, 1 of which must be stationary at initiation of cradle; Up to ¾ front flip and ½ twist, requires 2 catchers, one on each side of the top person and 1 of which must be stationary when the cradle is initiated.

2 ½ HIGH PYRAMID DISMOUNT TO PERFORMING SURFACE: Up to 1 ¼ twists and must be assisted by 2 catchers or 1 catcher with a spotter.

TOSSES

A. GENERAL

Minimum of 3, maximum 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: Tossing from one set of bases to another set of bases/catchers. EXCEPTION 2: Arabians). Must be performed from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulder area of the top person.

B. REQUIREMENTS

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

C. FLYOVERS

Top persons tossed to another set of bases must be thrown by 3 or 4 stationary bases and must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists.

NON-TUMBLING

A.
TIME LIMIT

2:00

B.
TUMBLING

Not allowed

EXCEPTIONS: Forward rolls, handstands, cartwheels and round offs allowed for stunting purposes or formation changes and must follow appropriate level inversion rules.

EXAMPLE: Level 3 downward inversion from cradle position, "back walkover" out to the performing surface would be legal if starts at waist level, has 2 catchers between the waist and shoulder region of torso of the top person as it transitions through a handstand position.

7/8/24