

CHEERLEADING
GLOSSARY OF TERMS
AND
LEVELBOOK

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GLOSSARY OF TERMS - CHEERLEADING

1. 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 of the base.

2. Aerial (noun)

Cartwheel or walkover executed without placing hands on the ground.

3. Airborne / Aerial (adjective)

To be free of contact with a person or the performing surface.

4. 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.

5. All 4s Position

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.

6. 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”).

7. Backbend

An athlete’s body position created when an athlete bends forming a backward arched body position, typically supported by the athlete’s hands and feet with the abdomen facing upward.

8. Back Walkover

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

9. 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.

10. 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.

11. Barrel Roll

See “Log Roll”.

12. 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.

13. Basket Toss

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

14. 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.

15. Block Cartwheel

A momentarily airborne cartwheel created by the athlete "blocking" through the shoulders against the performing surface during the execution of the skill.

16. 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.

17. 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).

18. 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.

19. 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.

20. Catcher

Person(s) responsible for the safe landing of a top person during a stunt/ dismount/toss/release.

All catchers:

- Must be attentive & must not be involved in other choreography.
- Must make physical contact with the top person upon catching.
- Must be on the performing surface when the skill is initiated.

21. 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.

22. Coed Style Toss

A toss skill that involves a single base grabbing the top person at the waist and tossing the top person from ground level.

23. Cradle

A dismount in which the top person is caught in a cradle position.

24. 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.

25. 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".

26. 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.).

27. 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.

28. Double - Leg Stunt

See "Stunt".

29. Double Cartwheel

An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

30. Downward Inversion

A stunt or pyramid in which an inverted top person's center of gravity is moving towards the performing surface.

31. 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.

32. 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.

33. Extended Position

A top person, in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

34. Extended Stunt

When the entire body of the top person is extended in an upright position over 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, and straddle lifts.

(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).

35. Extension Prep

See "Prep".

36. Flat Back

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

37. Flip (Stunt)

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.

38. 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.

39. Flipping Toss

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

40. Floor Stunt

Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

41. Flyer

See "Top Person".

42. 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.

43. 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 in an inverted and rotate to a non-inverted body position).

44. Free Release Move

A release move in which the top person becomes free of contact with all bases, bracers or the performance surface.

45. Front Limber

A non-aerial tumbling skill where the 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 performance surface landing on both feet/legs at the same time.

46. Front Tuck

A tumbling skill in which the tumbler generates momentum upward to perform a forward flip.

47. 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.

48. Full

A 360 degree twisting rotation.

49. Ground Level

To be on the performing surface.

50. Half (Stunt)

See "Prep".

51. 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.

52. 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.

53. Handstand

A straight body inverted position where the arms of an athlete are extended straight by the head and ears.

54. Hanging Pyramid

A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and ½ high pyramid due to the weight of the top person being borne at the second level.

55. Helicopter Toss ("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.

56. Horizontal Axis (Twisting in Stunts)

An invisible line drawn from front to back through belly button of the top person.

57. Initiation / Initiating

The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

58. Inversion

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

59. Inverted

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

60. 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.

61. Jump Skill

A skill that involves a change in body position during a jump (e.g. toe touch, pike, etc.).

62. Jump Turn

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

63. Kick Double Full ("Kick Double")

A skill, typically in a toss, that 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.

64. Kick Full

A skill, typically in a toss, that 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.

65. Knee (Body) Drop

See "Drop".

66. Layout

An airborne tumbling skill which involves a hip over head rotation in a stretched, hollow body position.

67. Leap Frog (*Second Level Leap Frog see 98.*)

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.

68. 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.

69. Liberty

A stunt in which the base(s) hold one foot of the top person while the top person's other leg is bent placing the bent leg foot next to the supporting leg knee.

70. 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.

71. Log Roll

A release move 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.

72. Mount

See "Stunt".

73. Multi - Based Stunt

A stunt having 2 or more bases not including the spotter.

74. New Base(s)

Bases previously not in direct contact with the top person of a stunt.

75. 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.

76. 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.

77. Onodi

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

78. Original Base(s)

Base(s) that is/are in contact with the top person during the initiation of the skill/stunt.

79. 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.

80. Paper Dolls

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

81. Pike

Body position with the body bent forward at the hips with legs straight and together.

82. 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".

83. Power Press

When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

84. Prep (Stunt)

A multi-based, two leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

85. Prep Level

The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit etc.). A stunt may also be considered at prep level if the arms 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 (e.g. flatback, straddle lifts, chair, T-lift, etc.).

Clarification: 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 sits are prep level stunts).

86. Primary Support

Supporting a majority of the weight of the top person.

87. Prone Position

A face down, flat body position.

88. Prop

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

89. Punch

See "Rebound".

90. Punch Front

See "Front Tuck".

91. Pyramid

Two or more connected stunts.

92. 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.

93. Release Move

When top person becomes free of contact with all people on the performing surface; see "Free Release Move".

94. Rewind

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

95. 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.

96. Running Tumbling

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

97. Second Level

Any person being supported above the performance surface by one or more bases.

98. Second Level Leap Frog (*Leap Frog see 67.*)

Same as "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

99. Series Front and/or Back Handsprings

Two or more front or back handsprings performed consecutively by an athlete.

100. Shoulder Level

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

101. 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.

102. Shoulder Stand

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

103. Show and Go

A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

104. Shushunova

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

105. Single-Based Double Cupie

A single base supporting two top persons who each have both feet in a separate hand of the base; see "Cupie".

106. Single-Based Stunt

A stunt using a single base for support.

107. Single Leg Stunt

See "Stunt".

108. 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.

109. 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.

110. 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 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 skill 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).

Note: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST 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.

111. 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".

112. Step Out

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

113. Straight Cradle

A release move/dismount from a stunt to a catching 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.

114. 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.

115. 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 skill will be considered a "Two leg" stunt.

Exception: A Chair will be considered a "Two leg" stunt.

* *One-arm Stunt = A stunt on one arm.*

116. 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 during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

117. Suspended Forward Roll

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

118. Suspended Backward Roll

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

119. 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.

120. 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.

121. Three Quarter (¾) Front Flip (stunt)

A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

122. Three Quarter (¾) Front Flip (tumbling)

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.

123. 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.

124. Toe / Leg Pitch

A single or multi-based skill 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.

125. Torso

The midsection / waist area of an athlete's body.

126. 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 the 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 Move).

127. Top Person

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

128. Tower Pyramid

A stunt on top of a waist level stunt.

129. 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.

130. 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.

131. Traveling Toss

A toss which intentionally requires the bases or catchers to move in a certain direction to catch the top person. (This does not include ¼ or ½ turn by the bases in tosses such as a "Kick Full").

132. Tuck Position

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

133. Tumbling

Any hip over head skill that is not supported by a base that begins and ends on the performance surface.

134. Twist

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

135. 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.

136. Twisting Toss

A toss in which the athlete rotates around their body's "Vertical Axis".

137. Twisting Tumbling

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

138. 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.

139. Two & One Half (2½) - High Pyramid

A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half (2 and ½) High Pyramid" is measured by body lengths as follows:

- Chairs, thigh stands and shoulder straddles are 1 and ½ body lengths.
- Shoulder stands are 2 body lengths.

140. 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).

141. 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.

142. 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.

143. 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, based on the point of connection to the base(s), and is not considered a waist level stunt.

144. 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.

145. Whip

A non-twisting, backward-travelling, 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.

146. X - Out

A tumbling skill or toss in which an athlete performs a flip while spreading 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, coaches and program 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 always 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 are **not allowed**. Jewelry must be removed and may not be taped over.
Exception: medical ID tags/bracelets.
Clarification: Rhinestones are legal whether adhered to the uniform or the skin.
- 8) Any height increasing apparatus used **to propel an athlete is not allowed**.
Exception: spring floor as a performance surface specifically for All Star Cheerleading Teams.
- 9) **Flags, banners, signs, pom poms, megaphones, and pieces of cloth** are the only props allowed. 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 is not allowed). 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** that are unaltered from the manufacturer's original design / production do not require 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 ½ inch / 1.27 centimeters thick if the athlete is involved in stunts, pyramids, tumbling or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
- 11) From a **level grid** standpoint, all skills allowed for a particular level additionally 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. Shushinovas are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
- 14) **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.
- 15) 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**.
- 16) 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.
- 17) *For purposes of promotion of international sport and the global athletic image of the Sport of Cheer, athletes are recommended to compete in national team attire that does not intentionally expose the midriff/mid-section of the athlete while the athlete is in a standing position. For purposes of awareness, this is only a recommendation for 2020.*

LEVEL 0 (BEGINNER)

LEVEL 0 - 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.
Exception: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed in Level 0.
- 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 0 - 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** are allowed.
- C. **Cartwheels, round offs and handstands** are allowed.
- D. Front and back walkovers are not allowed.
- E. 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**.
- F. Front and back handsprings are not allowed.

LEVEL 0 - STUNTS

A. Spotters:

- 1) A spotter is required for each top person **above ground level**.
Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.
Clarification: The spotter may grab the top person's waist for all stunts above ground level.

B. Stunt Levels:

- 1) Single leg, two leg and all stunts are only allowed **at waist level** if the top person is connected to someone standing on the performing surface (e.g. spotter grabbing the waist of the top person, a hand/arm connection etc.), which must be a separate person other than the base(s) or spotter
- 2) Stunts above waist level are not allowed. A stunt may not pass above waist level.
Clarification: Taking the top person above the waist level of the bases is not allowed.

C. Twisting stunts and transitions are not allowed.

Clarification: Rebounding to a prone position (½ twist to stomach) is a stunt allowed in Level 0.

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

Exception: Leap frogs and leap frog variations are not allowed in Level 0.

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 1: This pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A load-in walking under another stunt is not allowed.

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. Stunt Release Moves:

- 1) Release moves are not allowed.
Clarification 1: Helicopters are not allowed.
Clarification 2: Log / barrel rolls are not allowed.

J. Stunt Inversions:

- 1) Inversions are not allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see L0 Tumbling).
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 0 - PYRAMIDS

A. Pyramids must follow **L0 Stunts and L0 Dismounts rules**.

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

Clarification: Anytime a top person is released by the base(s) during a pyramid transition, the top person must dismount to the performing surface, may not cradle and must follow the L0 Dismount rule.

C. 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 (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A load-in walking under another stunt is not allowed.

LEVEL 0 - DISMOUNTS

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

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

Clarification 1: Dismounts to the performing surface **must be assisted** by either an original base and/or spotter.

Clarification 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below to the performance surface require assistance in Level 0.

Clarification 3: An individual may not land on the performance surface from waist level without assistance.

B. Waist level cradles are not allowed.

C. Twisting dismounts (including a ¼ turn / rotation) are not allowed.

D. 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.

E. No dismounts are allowed from skills above waist level in pyramids.

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

F. No free flipping or assisted flipping dismounts are 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.

LEVEL 0 - TOSSES

A. Tosses are not allowed.

Clarification 1: This includes Sponge (also known as Load-In or Squish) tosses.

Clarification 2: All waist level cradles are not allowed.

LEVEL 1 (NOVICE)

LEVEL 1 - 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.
Exception: Rebounding to a prone position ($\frac{1}{2}$ 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 pas.

LEVEL 1 - RUNNING / STANDING 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 (e.g. **v-sits, extended flat backs**, etc.) are considered prep level stunts.
Clarification 1: 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 not allowed, regardless of the back spot's position.
Exception: Shoulder sits/straddles, t-lifts and stunts with up to a $\frac{1}{2}$ twist transition where the top person starts and ends on the performance surface while only being supported continuously 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 allowed 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) **Two leg stunts** are allowed **at prep level**. 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 is not allowed.

C. **Twisting stunts and transitions** allowed up to a total of a $\frac{1}{4}$ **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, is not allowed if the resulting cumulative rotation of the top person exceeds a $\frac{1}{4}$ 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.

Exception 1: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) is a stunt that is allowed in Level 1.

Exception 2: $\frac{1}{2}$ **Wrap around** stunts are allowed in Level 1.

Exception 3: Up to a $\frac{1}{2}$ 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 not allowed in Level 1.

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 1: This rule pertains to an athlete's torso (midsection of an athlete's body) moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

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. **Stunt Release Moves:**

1) No release moves are allowed other than those allowed in L1 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. **Stunt Inversions:**

1) Inversions are not allowed.

Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see L1 Tumbling).

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 **L1 Stunts and L1 Dismounts** rules and are allowed **up to 2 high**.

Note: Single-based / assisted single-based **EXTENDED** stunts are not allowed in Youth divisions or any of the younger 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, may not be connected to a bracer above prep level and must follow the L1 Dismounts rules.

C. Two leg stunts:

- 1) Two leg **extended** stunts must be **braced by a top person at prep level or below** with a **hand/arm** connection only, with the following conditions:
 - 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: This rule does not apply if the top person is 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, with the following conditions:
 - a. The connection must be made prior to initiating the single leg prep level stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.
Exception: This rule does not apply if the top person is 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 (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

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 1: Sponge, Load-In, Squish cradles are considered tosses and are not allowed in Level 1.
Clarification 2: All waist level cradles are not allowed.
- C. Dismounts must **return to the original base(s)**.
Exception 1: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the 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 a ¼ turn/rotation) 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.
- H. No free flipping or assisted flipping dismounts are 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. Tosses are not allowed.
Clarification 1: This includes Sponge (also known as Load-Ins or Squish) tosses.
Clarification 2: All waist level cradles are not allowed.

LEVEL 2 (INTERMEDIATE)

LEVEL 2 - 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.
- 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 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: 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: A back handspring step out immediately moving into a ½ turn is not allowed.

LEVEL 2 - STANDING TUMBLING

- A. Flips and aeriels are not allowed.
- B. *Front / back handsprings are allowed*. 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 aeriels 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 is not allowed.
Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

Note: Single-based / assisted single-based EXTENDED stunts are not allowed in Youth divisions or any of the younger divisions.

C. Twisting stunts and transitions

allowed up to a total of a ½ **twisting rotation** by the top person in relation to the performing surface.
Clarification 1: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 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.

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 2: A log/barrel roll may not include any other skills (e.g. kick full twists, etc.) other than the twist.

Clarification 3: A log/barrel 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 1: This rule pertains to an athlete's torso (midsection of an athlete's body) moving over or under the torso of another athlete; this does not pertain to an athlete's arms or leg.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

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. Stunt Release Moves:

- 1) No release moves are allowed other than those allowed in L2 Dismounts and L2 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 Dismounts C.
- 4) Releasing from inverted to non-inverted body positions is not allowed.
- 5) Helicopters are not allowed.
- 6) A single **full twisting barrel roll** is allowed as long as it starts and ends in a **cradle** position.
Clarification 1: Single-based barrel rolls must have two catchers. Multi-based barrel rolls must have three catchers.
Clarification 2: A barrel roll may not be assisted by another top person.
Clarification 3: A barrel roll must return to the original bases and may not include any skill other than the twist (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. Stunt Inversions:

- 1) Transitions **from ground level inversions to non-inverted positions** are allowed. No other inversions are allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.
Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).
Example 2: Not allowed: Transition from a cradle to a handstand or a transition 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 **L2 Stunts and L2 Dismounts rules** and are allowed **up to 2 high**.
- 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 must dismount to the performing surface, may not be connected to a bracer above prep level, and must follow the L2 Dismounts 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 (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
- 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 connection of the top person must be, and must 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 the bases' hands.
Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is 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 the original base(s)**.
Exception 1: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the 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 $\frac{1}{4}$ turns are allowed.
- E. Twisting dismounts exceeding $\frac{1}{4}$ **turn/rotation** are not allowed. All other positions / additional skills are not allowed.
Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.
- 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 are 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 four 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 **three 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.
- C*. *The top person in a toss must have both feet in/on the hands of bases when the toss is initiated.*
- C. Flipping, twisting, inverted or traveling tosses are not allowed.
- D. 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.
- E. 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.
- F. 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.
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

LEVEL 3 (MEDIAN)

LEVEL 3 - TUMBLING

- A. All tumbling must **originate from and land on the performing surface**.
Clarification: A tumbler may rebound from his/her feet into a 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. 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 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: 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] would be illegal since a standing back tuck is not allowed in Level 3.

LEVEL 3 - STANDING TUMBLING

- A. Flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.
- B. **Series front and back handsprings** are allowed. *That also applies for jump skills combinations.*
- C. Twisting while airborne is not allowed.
Exception: Round offs are allowed.

LEVEL 3 - RUNNING TUMBLING

- A. **Flips:**
- Back Flips** may ONLY be performed in **tuck position** only **from a round off** or [round off + back handspring(s)].
Example: Skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers and arabians.
 - Other **skills with hand support** prior to the round off or round off back handspring are allowed.
Example: [Front handspring(s) / walkover(s) + round off + back handspring + tuck] is allowed.
 - [Cartwheel + tucked flips] and/or [cartwheel + back handspring(s) + tuck(s)] is not allowed.
 - Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips** are allowed.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.
- 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 **required to create a new tumbling pass**.
- C. Twisting while airborne is not allowed.
Exception 1: Round offs are allowed.
Exception 2: 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.

Note: Single-based / assisted single-based EXTENDED stunts are not allowed in Youth divisions or any of the younger divisions.

C. Twisting stunts and transitions:

- 1) Twisting stunts and transitions are allowed **up to 1 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, is not allowed 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 the 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 $\frac{1}{2}$ **twisting rotation**.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would not be allowed if the resulting cumulative rotation of the top person exceeds a $\frac{1}{2}$ rotation.

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

Exception: See L3 Stunt Release Moves.

- E. Free flipping mounts and transitions are not allowed.

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

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not. Example: A shoulder sit walking under a prep is not allowed.

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. Stunt 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 L3 Tosses and/or L3 Dismounts rules. 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.
- 2) Release moves may not land in an inverted position. Releasing from inverted to non-inverted positions is not allowed.
- 3) Release moves must **start at waist level or below** and must be **caught at prep level or below**.
- 4) Release moves that **land in a non-upright position** must have **three catchers for a multi-based** stunt and **two catchers for a single-based** stunt.
- 5) Release moves are restricted to a **single skill/trick + 0 twists**. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.
Exception: Barrel rolls may twist up to 1 rotation and must land in a cradle or flat and horizontal (e.g. flat back / prone) body position.
Clarification: Single-based barrel rolls must have two catchers. Multi-based log rolls must have three catchers.
- 6) Release moves must **return to original bases**.
Clarification: An individual may not land on the performing surface without assistance.
Exception 1: See L3 Dismounts C.
Exception 2: 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. **Stunt Inversions:**

- 1) No inverted stunts above **shoulder level** are allowed. 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, to a load-in position, to flat body prep level stunt or to 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 hand of the base(s).
 - 2) Inversions are limited to a $\frac{1}{2}$ **twisting rotation to extended level** and **1 twisting rotation to prep level and below**.
Exception: Multi-based suspended forward roll(s) may twist up to 1 twisting rotation (see J1 Exception above).
 - 3) **Forward Suspended Rolls exceeding $\frac{1}{2}$ twist** must land in **cradle**.
Exception: In a multi-based suspended backward roll, the top person may not twist.
 - 4) **Downward inversions** are allowed at **waist level** and must be assisted by at least **two 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 of the top.
Clarification 3: Two leg Pancake stunts are not allowed in Level 3.
 - 5) 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 **L3 Stunts and L3 Dismounts rules** and are allowed **up to 2 high**.
- B. Top persons must receive primary support from a base.
Exception: See L3 Pyramid Release Moves.
- C. **Extended single leg stunts may be connected to bracers at prep level or below**. **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 (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
- 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** (excluding shoulder). The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.

F. **Pyramid Release Moves:**

Any skill that is allowed within L3 Pyramids Release Moves is also allowed 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 rules (below), the top person must land in a cradle or dismount to the performing surface and must follow the L3 Dismounts 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 / 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: Pyramid release moves may incorporate stunt release moves that maintain contact with one other top person provided the Release Move meets the criteria established under L3 Stunt Release Moves or L3 Dismounts rules.
- 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; the other connection may be either a hand/arm or a hand/arm to foot/lower leg (below the knee).
Clarification 1: 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. A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
Clarification 2: Two bracers on the same side is not permitted.
Clarification 3: Contact between a top person and base(s) that are in contact with the performing surface must be made **BEFORE** contact with the bracer(s) is lost.
- 3) Primary weight may not be borne at the 2nd level.
Clarification: The transition must be **continuous**.
- 4) These release transitions may not involve changing bases.
- 5) These release transitions must be caught by at least **two catchers** (one catcher and one spotter) under the following conditions:
 - 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. Pyramid 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**. These connections must be maintained throughout the entire 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 1: A flat back split which rolls to a load-in position is allowed even if the base extends their arms during the inversion.

Example 2: A flat back split which rolls to an extended position would not be allowed because it did not first land in a position below extended level.

H. Pyramid Release Moves with 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 the original base(s).**

Exception 1: Dismounts to the performing surface must be assisted by either an original base(s) or and/or a spotter(s).

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the 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 a 1¼ twisting rotations** are allowed from all two leg stunts.

Clarification: Twisting from a platform position is not allowed. A platform is not considered a two leg stunt. There are specific exceptions given for the platform body position within the L4 Stunts regarding Twisting Stunts and Transitions specifically.
- 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** is allowed during a dismount from any two leg stunt.
- H. Any dismount from prep level and above** involving a **skill/trick** (e.g. twist, toe touch) must be caught in a **cradle**.
- I. No free flipping dismounts** are 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, two 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 ~~may not twist~~ are not allowed.**

LEVEL 3 - TOSSES

- A. Tosses are allowed up to a total of four 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 **three 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 the hands of bases when the toss is initiated.*
- C. Flipping, inverted or traveling tosses are not allowed.
- D. 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.
- E. Up to **one trick** allowed during a toss. Twisting tosses may not exceed **1 twisting rotation**.
Example 1: *Legal: Toe touch, ball out, pretty girl.*
Example 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.*
- F. During a **twisting** toss, **no skill other** than the twist is allowed.
Example: *Kick twist, ½ twist toe touch are not allowed.*
- G. Top persons in separate basket tosses may not come in contact with each other.
- H. Only a single top person is allowed during a basket toss.

LEVEL 4 (ADVANCED)

LEVEL 4 - TUMBLING

- A. All tumbling must **originate from and land on the performing surface**.

Clarification: A tumbler may rebound from his/her feet into a 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. 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 1: Dive rolls performed in a swan/arched position are not allowed.

Exception 2: 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 + whip-layout] would not be allowed since consecutive flip-flip combinations are not allowed within the L4 Standing Tumbling regulations.

LEVEL 4 - STANDING TUMBLING

- A. **Standing flips** and **flips from a back handspring entry** are allowed.

- B. Skills are allowed **up to 1 flipping + 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] are not allowed.

- D. Jump skills are not allowed in immediate combination with a standing flip.

Example: [Toe touch + back tuck], [back tuck + toe touch], [pike jump + front flip] are not allowed.

Clarification 1: Jumps connected to $\frac{3}{4}$ front flips are not allowed.

Clarification 2: [**Toe touch + back handspring + back tuck**] is allowed as the flip skill is not connected immediately after the jump skill.

LEVEL 4 - RUNNING TUMBLING

- A. Skills are allowed **up to 1 flipping + 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.

- C. **Twisting stunts and transitions to prep level** are allowed up to **1½ 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, is not allowed if the resulting cumulative rotation of the top person exceeds a 1½ 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. **Twisting stunts and transitions to an extended position** are allowed under the following conditions:
- 1) Extended skills up to a ½ twist are allowed.
Example: A ½ up to extended single leg stunt is allowed.
Clarification: Any additional turn performed by the bases in the same skill set would not be allowed 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.
 - 2) Extended skills **exceeding a ½ twist but not exceeding 1 twist** must land in a **two leg stunt, platform position or liberty** (body position variations are not allowed).
Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a **full up (1 twist) to an extension** is allowed.
Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.
Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed 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.
- E. During transitions, at least 1 base must remain in contact with the top person.
Exception: See L4 Stunt Release Moves.
- F. Free flipping mounts and transitions are not allowed.
- G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Example: A shoulder sit walking under a prep is not allowed.
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.
- H. Single-based split catches are not allowed.
- I. 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.
- J. **Stunt 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 L4 Tosses and/or L4 Dismounts rules. 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.
 - 2) Release moves may not land in an inverted position.
 When releasing 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 **landing at prep level or higher** must have a **spot**. Release moves from inverted to non-inverted positions may not twist.
 - 3) Release skills that **land in a non-upright position** must have **three catchers for a multi-based** stunt and **two catchers for a single-based** stunt.
 - 4) Release moves must **return to original bases**, unless the original base(s) are not physically capable of catching the release move as designated.
Clarification: An individual may not land on the performing surface without assistance.
Exception 1: See L4 Dismount C.
Exception 2: Dismounting single-based stunts with multiple top persons.
 - 5) Release moves that **land in an 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 0 twisting and must be caught by at least **three catchers**, one of which is positioned at head and shoulder area of the top person.
 - 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.

K. **Stunt Inversions:**

- 1) **Extended** inverted stunts allowed. Also, see L4 Stunts and L4 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 1: 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 of the top.
Clarification 3: Downward inversions originating from below prep level do not require three bases.
Exception 2: **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 in an inverted position.
 - 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.
 - 4) Downward inversions may not come in contact with each other.
- L. 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 **L4 Stunts and L4 Dismounts rules** and are allowed **up to 2 high**.
Exception: Twisting mounts and transitions **to extended skills** are allowed **up to 1½ 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 transition.
- B. Top persons must receive primary support from a base.
Exception: L4 Pyramid Release Moves.
- C. **Extended single leg stunts may be connected to an extended two leg stunt**. 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 (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not. *Example:* A shoulder sit walking under a prep is not allowed.
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 allowed as a pyramid release move is also allowed if it remains connected to a base and a bracer (or two bracers, if required).
Example: An **extended pancake** would be required to remain connected to **two bracers**.
- F. **Pyramid 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 the entire transition.
Clarification 1: 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 (e.g. '**low to high**' and '**high to high**') is not allowed in stunts, the same skill is allowed in pyramids, if the skill is braced by at least one person at prep level or below the entire time during the release from the bases.
Clarification 2: Pyramid release moves may incorporate stunt release moves that maintain contact with one other top person provided the release move meets the L4 Stunt Release Moves or L4 Dismounts criteria.
Clarification 3: Twisting stunts and transitions are allowed up to 1½ 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 the second level.
Clarification: The transition must be **continuous**.
 - 4) **Non-inverted** transitional pyramids may involve **changing bases** under the following conditions:
 - 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 two 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) **Non-inverted** pyramid release moves must be caught by at least **two catchers** (minimum of one catcher and one spotter) under the following conditions:
 - 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. **Pyramid Inversions:**

- 1) Must follow L4 Stunt Inversions rules.

H. **Pyramid Release Moves with Braced Inversions:**

- 1) Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least **two bracers at prep level or below**. Contact must be maintained with the same bracer(s) throughout entire transition.

Clarification 1: Contact must be made with a base on the performing surface before contact with the bracer(s) is lost.

*Clarification 2: Braced flips must be braced **on two separate sides** (i.e. right side & left side, left side & back side, etc.) by two separate bracers. A top person must be braced on 2 of the 4 sides (front, back, right, left) of their body. Two bracers on the same side will no longer be permitted*
- 2) Braced inversions (including braced flips) are allowed **up to 1¼ flipping + 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) ~~that do not twist~~ must be caught by at least **three catchers**.

Exception: Braced flips that land in an upright position at prep level or above require 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 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.

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 1 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 1: Dismounts to the performing surface must be assisted by either an original base(s) and/or a spotter(s).

Exception 2: Straight drops or small hop offs, with no additional skill(s), 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 2¼ twisting rotations are allowed from all two leg stunts.

Clarification: Twisting from a platform position may not exceed 1 ¼ rotation. A platform is not considered a two leg stunt. There are specific exceptions given for the platform body position within twisting stunts and transitions specifically.

E. Up to a 1¼ twisting rotations are allowed from all single leg stunts.

Clarification: A Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position within the L4 Stunts regarding Twisting Stunts and Transitions specifically.

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. During a cradle that exceeds 1¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts are 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, two 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 four 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 three 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 kick twist baskets.

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

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

D. 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.

E. Up to two tricks are allowed during a toss.

Example: Kick twist, full up toe touch are allowed.

F. During a toss that exceeds 1½ twisting rotations, no skill other than the twist is allowed.

Example: Kick double twist is not allowed.

G. Tosses may not exceed 2¼ twisting rotations.

H. Top persons in separate basket tosses may not come in contact with each other.

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

LEVEL 5 (ELITE)

LEVEL 5 - TUMBLING

- A. All tumbling must **originate from and land on the performing surface**.

Clarification: A tumbler may rebound from his/her feet into a 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. 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** performed in a **swan/arched position** 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 / RUNNING TUMBLING

- A. Skills are allowed up to **1 flipping + 1 twisting rotation**.

LEVEL 5 - STUNTS

- A. **Spotters:** A spotter is required for each top **above prep level**.
- B. **Stunt Levels:** Single leg extended stunts are allowed.
- C. **Twisting stunts and transitions** are allowed **up to 2¼ 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 2¼ 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. **Stunt Release Moves:**
- 1) Release moves are allowed but must not exceed more than **0,5 m above extended arm level**.
Clarification: If the release move exceeds more than 0,5 m above the bases' extended arm level, it will be considered a toss and/or a dismount, and must follow the L5 Tosses and/or L5 Dismounts rules. 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.
 - 2) Release moves may not land in an inverted position.
When releasing 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 landing at prep level or higher** must have a **spot**. Release moves from inverted to non-inverted positions may not twist.
Exception: **Front handspring up to an extended stunt** may include **up to a ½ twist**.
 - 3) Release skills that **land in a non-upright position** must have **three catchers for a multi-based stunt** and **two 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 1: See L5 Dismounts C.
Exception 2: Dismounting single-based stunts with multiple top persons.
 - 5) **Helicopters** are allowed **up to a 180 degree rotation, may twist** and must be caught by at least **three 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. **Stunt Inversions:**
- 1) Extended inverted stunts are allowed. Also, see L5 Stunts and Pyramids.
 - 2) **Downward inversions** are allowed **from prep level and above** 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 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification 2: 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 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 necessary to do so.
Example: Cartwheel-style transition dismounts.
 - 4) **Downward inversions from above prep level:**
 - a. May not stop in an inverted position. *Must continuously become non-inverted.*
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. *Must become non-inverted before landing or touching the ground.*
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 **L5 Stunts and L5 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. **Pyramid 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 the 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 the second level.
*Clarification: The transition must be **continuous**.*
- 3) Non-inverted pyramid release moves must be caught by at least **two catchers** (minimum of one catcher and one spotter) under the following conditions:
 - 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 two 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. **Pyramid Inversions:**

- 1) Must follow **L5 Stunt Inversions rules**.

E. **Pyramid 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 **one bracer at prep level or below**. Contact must be maintained with the same bracer throughout the 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 **1¼ flipping + 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, flatback, prone) and doesn't exceed 1 twisting rotation.
Clarification: An athlete tossed from an upright, non-inverted position may perform ¾ flipping rotation backwards to a prone position + 1 twist while in contact with one bracer (i.e. basket toss / sponge).
- 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 three 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 three catchers/spotters must be stationary.
 - b. The three catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The three 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 twist or more) must be caught by at least **three 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 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 separate **spotter** with at least 1 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 separate **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 1: Dismounts to the performing surface must be assisted by either an original base(s) and/or spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), 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 2¼ twisting rotations** are 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, two 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.

LEVEL 5 - TOSSES

- A. Tosses are allowed up to a total of four 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 **three 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 kick twist baskets.
- C. The top person in a toss must have both feet in/on the 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. *The number of tricks is not restricted.*
- 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 top persons.*
- H. Only a single top person is allowed during a basket toss.

LEVEL 6 (PREMIER)

LEVEL 6 - 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 + rewind]** and **[standing single back handspring + rewind]** 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 *performed in a swan/arched position* are allowed.

Exception: Dive rolls that involve twisting are not allowed.

LEVEL 6 - STANDING / RUNNING TUMBLING

- A. Skills are allowed **up to 1 flipping + 1 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 1 rotation.**
 - 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 **2¼ 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 2¼ 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 + 1¼ twisting rotations.**

Exception 1: Rewinds to a cradle position are 1¼ flips. All rewinds caught below shoulder level must use two catchers.

Example: A rewind that lands in a cradle position is allowed.

Exception 2: [Round off + rewind] and [standing single back handspring + rewind] are allowed. No tumbling skills prior to the round off or standing back handspring are permitted.

Clarification 1: Free flipping stunts and transitions that do not start on the performing surface are not allowed.

Clarification 2: 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. Stunt Release Moves:

- 1) Release moves are allowed but must not exceed more than **0,5 m above extended arm level.**
Clarification: If the release move exceeds more than 0,5 m above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the L6 Tosses and/or L6 Dismount 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 and must be caught by at least **three catchers**, one of which is positioned at head and shoulder area of the top person.
- 5) Release moves may not intentionally travel. See exception in G3 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. Stunt Inversions:

- 1) **Downward inversions from above prep level** must be assisted by at least **two catchers.** Top person must **maintain contact with a base.**

LEVEL 6 - PYRAMIDS

- A. Pyramids are allowed **up to 2½ high**.
- B. For each **top person in a 2½ high pyramid** (whose primary support does not have at least one foot on the ground), there must be at least **two spotters**, one providing additional pyramid support. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be **behind the top person** and the other spotter must be **in front of the top person or at the side of the pyramid** in a position to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle.
As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.
- C. **Free-flying mounts** are allowed.
- All non-flipping** free free-flying mounts are allowed **up to 2 twisting rotations**.
Free **flipping** mounts **originating from ground level** may not originate in a handstand position and are allowed **up to 1 flipping** (¾ maximum free flip between release and catch) **+ 1 twisting rotation**.
Free **flipping** mounts **originating from above ground level** are allowed **up to 1 flipping** (¾ maximum free flip between release and catch) **+ 0 twisting rotation**.
Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.
- D. **Pyramid Release Moves:**
- 1) During a pyramid transition, a top person may **pass above 2½ high** under the following conditions:
 - a. Anytime a pyramid release move is released and caught by a second layer base, the top must **return to the same second layer base** (i.e. tower pyramid tic-tocks).
 - b. Free release moves from 2½ high pyramids may not land in a prone or inverted position.
- E. **Pyramid Inversions:**
- 1) Inverted stunts are allowed **up to 2½ persons high**.
 - 2) **Downward inversions** from **above prep level** must be assisted by at least **two bases**. Top person must maintain contact with a base or another top person.
- F. **Pyramid Release Moves w/ Braced Inversions:**
- 1) **Braced flips** are allowed up to **1¼ flipping + 1 twisting rotation**.
 - 2) Braced flips are allowed if direct **physical contact** is maintained with at least **one top person at prep level or below** and must be caught by at least **two catchers**.
Exception: Braced inversion to 2½ high pyramids may be caught by one 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 one additional **spotter** under the following conditions:
 - 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 2½ High Pyramids:**
- 1) May not land in a prone or inverted position.
 - 2) Are allowed **up to 0 flipping + 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 performance surface.

- A. Single-based cradles** that **exceed 1¼ 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 to the performance surface must be assisted by an original base 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 that do not require assistance.
Clarification: An individual may not land on the performance surface from above waist level without assistance.
- C. Up to a 2 ¼ twist cradle** is allowed from all stunts and pyramids up to **2 persons high** and requires at least **two catchers**.
Up to 1½ twist cradle is allowed from **2 ½ high** pyramids and requires **two catchers**, one of which must be stationary at the initiation of the cradle.
Exception: From forward facing positions (i.e. extension, liberty, heel stretch) in 2-1-1 Thigh stands 2 twists are allowed.
- D.** *Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.*
- E. Free flipping dismounts to a cradle:**
- 1) Are allowed **up to 1¼ flipping + ½ twisting rotations** (Arabian).
 - 2) Require at least **two 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: ¼ front flip to cradle may occur from a 2½ high pyramid, may not twist and requires two catchers, one on each side of the top person and one of which must be stationary when the cradle is initiated.
- 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 + 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 2½ high pyramids).
- G.** Tension drops/rolls of any kind are not allowed.
- H.** When **cradling single-based** stunts with **multiple top persons**, **two catchers** must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from one-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 must **return to original base(s)**.
Exception: Single-based stunts with multiple top persons do not need to return to original base(s).
- L.** Dismounts may not intentionally travel.
- M.** 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 four 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 **three 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 the hands of bases when the toss is initiated.
- D. Flipping tosses are allowed **up to 1¼ flipping rotation + two additional skills**. A tuck, pike or lay out are not counted in the two additional skills.
- **Tuck flip, X-Out, Full Twist** is allowed (Tuck flip, X-Out, Double Full Twist is illegal; X-out is considered a skill).
 - **Double Full-Twisting Layout** is allowed (Full-Twisting Layout, Split, Full-Twist is illegal).
 - **Kick, Full-Twisting Layout** is allowed (Kick, Full-Twisting Layout, Kick / Kick, Double Full-Full Twisting Layout are illegal).
 - **Pike, Open, Double Full-Twist** is allowed (Pike, Split, Double Full-Twist is illegal).
 - **Arabian Front, Full-Twist** is allowed.
- Note: An Arabian Front 1½ twist is considered to be a legal 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 are allowed **up to 3½ twists**.
- G. *Fly away tosses are allowed.* Top persons tossed to another set of bases must be caught in a cradle position by at least three 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 + 1½ twisting or ¾ front flipping + 0 twisting rotations**. The bases involved in the toss must be stationary while tossing.
- 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 top persons.
- I. Only a single top person is allowed during a basket toss.



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