



# General Safety Guidelines

- 1 All teams must be supervised during all official functions by a qualified director/coach.
- 2 Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
- 3 All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
- 4 Coaches are recommended that their athletes practice and perform on an appropriate surface.
- 5 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. Clarification: If you can roll it up and put it in your pocket, it's illegal.
- 6 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 prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)
- 7 Routines shall not exceed 2 minutes and 30 seconds. Cheerleaders must have at least one foot on the performing surface when the routine starts.
- 8 Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor)
- 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 harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
- 10 Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
- 11 On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
- 12 Required spotters for all levels must be your own team's members.
- 13 Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. Shushinovas are allowed.

## Level 1 Rules

### General Tumbling 1

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. All dive rolls are illegal at this level.

### Standing/Running Tumbling 1

- A. Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels/round offs)
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed. Clarification: One-arm cartwheels are not allowed.
- D. Front and back handsprings, and dive rolls are not allowed.

### Stunts 1

- A. No extended stunts allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position. (Clarification: Passing through an extended position is illegal. If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, than it is a violation of this rule. Taking the top
- B. During a transitional stunt, if the weight of the top person does not remain within the original vertical axis of the stunt group, three stationary catchers are required. Physical contact must be maintained with the base(s). (Example: During a transitional stunt, if the entire stunt group moves, the skill is illegal because it doesn't stay within the vertical axis.) (Clarification: Walking Stunts [where the top person is stationary] are allowed.)

- C. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- D. Single based split catches are prohibited.
- E. Single leg stunts are only allowed below shoulder (prep) level. Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
- F. Transitional stunts may not involve changing bases. All bases need to remain in contact with the stunt.
- G. Twisting mounts are not allowed.
- H. No free flipping or assisted flipping mounts or transitional stunts allowed.
- I. All stunts at shoulder level and above (except a shoulder straddle/sit) require a back spotter. (Example: suspended splits, flat-bodied positions, extension preps, etc) Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.

### Dismounts 1

- A. Cradles from single based stunts at prep level must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- D. No free flipping or assisted flipping dismounts allowed.
- E. Tension drops/rolls of any kind are prohibited.
- F. Only straight pop downs and basic straight cradles are allowed.
- G. 1/4 turns are not allowed.
- H. No cradles are allowed from extended stunts in pyramids.

### Release Moves 1

- A. Release moves are not allowed.

### Inversions 1

- A. No inversions allowed.

### Pyramids 1

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons in two leg extended stunts must be braced by at least two top persons at prep level with hand/arm connection only. The connection must be made at or below prep level.
- C. One leg stunts at prep level must be braced by at least two top persons at prep level or lower with hand/arm connection only. The connection must be made prior to executing single leg stunt & must be made at or below prep level.
- D. No cradles are allowed from extended stunts in pyramids.
- E. All stunts at shoulder level and above (except a shoulder straddle/sit) require a back spotter (Example: suspended splits, flat-bodied positions, extension preps, etc) .) Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.

### Tosses 1

- A. No tosses allowed.

## Level 2 Rules

### General Tumbling 2

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

### Standing Tumbling 2

- A. No flips or aerials allowed.
- B. Series front and back handsprings are not allowed. Clarification: Back walk over into a back handspring is allowed.
- C. No jump skills are allowed in immediate combination with a standing handspring. (e.g. no toe touch back handsprings or back handspring toe touches)

- D. No twisting while airborne. (Exception: Round offs)
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.

## Running Tumbling 2

- A. No flips or aerials allowed.
- B. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- C. Series front and back handsprings are allowed.
- D. No twisting while airborne. (Exception: Round offs)

## Stunts 2

- A. A spotter is required for all extended stunts.
  - B. Single based double awesomes/cupies require a separate spotter for each top person.
  - C. Single leg stunts may not be held at or pass through an extended position. Clarification 1: Passing through an extended position is illegal. If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule. Taking the top person above the head of the bases would be illegal.
- Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- D. During transitions, at least one base must remain in contact with the top person.
  - E. Twisting mounts and transitions are permitted up to 1/2 twist by the top person. Exception: Assisted log rolls are allowed.
  - F. Single based split catches are prohibited.
  - G. See Level 2 "Pyramids" for further restrictions and/or exceptions.
  - H. No free flipping or assisted flipping mounts or transitional stunts allowed.
  - I. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required.

## Dismounts 2

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. Cradles are allowed from extended single leg stunts in pyramids.
- F. No free flipping or assisted flipping dismounts allowed.
- G. Tension drops/rolls of any kind are prohibited.
- H. Only straight pop downs, basic straight cradles and quarter turns are allowed.
- I. Twist cradles exceeding 1/4 turn are not allowed. All other positions (e.g. toe touch, pike, tuck, etc) are not allowed.

## Release Moves 2

- A. No release moves allowed other than those permitted at Level 2 in "Dismounts" and "Tosses."
- B. Release moves may not land in a prone position.
- C. Release moves must return to original bases.
- D. Helicopters are not allowed.
- E. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).

## Inversions 2

- A. No inversions above ground level allowed. (Exception: Transitions from ground level inversions to non-inverted positions are allowed.) (Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is legal.) (Example: Going from a cradle to a handstand would be illegal.)

## Pyramids 2

- A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high with the following exceptions: Extended single-leg stunts 1) must be braced by two top persons at prep level or below and 2) the connection to the braces can be hand or foot and must be established at or below prep level. Prep level top persons must have both feet in bases hands. (Exception: shoulder sit, double base thigh stand or shoulder stand) 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.
- B. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

- C. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- D. Extended one-legged stunts may not brace or be braced by any other extended stunts.
- E. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- F. Cradles are allowed from extended single leg stunts in pyramids.

## Tosses 2

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. The only body positions allowed are straight rides. (Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position)
- D. 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.
- 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.

## Level 3 Rules

### General Tumbling 3

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

### Standing Tumbling 3

- A. No flips or aerials allowed. Clarification: Front flipping seat drops are illegal at this level.
- B. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- C. Series front and back handsprings are allowed.
- D. No twisting while airborne (Exception: round offs)

### Running Tumbling 3

- A. Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). (Exception: aerial cartwheels and running tuck fronts are allowed). (The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walk overs and Arabians) Other skills with hand support prior to the round off or round off back handspring are allowed. Ex: front handsprings and front walkover through to round off back handspring back tucks are allowed.
- B. Cartwheel tucked flip are not permitted.
- C. No tumbling is allowed after a tuck flip. (Exception: a forward or backward roll is allowed after a tuck flip —no tumbling allowed after forward or backward roll)
- D. No twisting while airborne. (Exception: round offs)

### Stunts 3

- A. A spotter is required for all extended stunts.
- B. Single based double awesomes/cupies require a separate spotter for each top person.
- C. Single based split catches are prohibited.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- E. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- F. Single leg extended stunts are allowed.
- G. Twisting mounts and transitions are permitted up to one twist by the top person.

- H. During transitions, at least one base must remain in contact with the top person.
- I. No free flipping mounts or transitional stunts allowed.

### Dismounts 3

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are prohibited.
- G. Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.
- H. Up to 1-1/4 full twists are allowed from any two legged stunts.
- I. Up to 1 trick allowed during a dismount from any two legged stunt.

### Release Moves 3

- A. No release moves allowed other than those permitted at Level 3 in "Dismounts" and "Tosses."
- B. Release moves may not land in a prone position.
- C. Release moves must return to original bases.
- D. Helicopters are not allowed.
- E. Log/barrel roll is allowed.

### Inversions 3

- A. No inverted stunts above shoulder level. (Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed) The connection and support of the top person with the base(s) must be at shoulder level or below. (An Arm-and-arm would be legal at this level.)
- B. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base. (Clarification: The stunt may not pass through a level at prep level and then become inverted below prep level. [The momentum of force of the top person coming down is the primary safety concern.])

### Pyramids 3

- A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep). Illegal: leap frog pyramids and wolf wall transitions.
- C. Extended one-legged stunts may not brace or be braced by any other extended stunts.
- D. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- E. During pyramid transition, a top person may pass above 2 persons high only while in direct arm-to-arm contact with at least two top persons at prep level or below. These transitions may not involve changing bases. (Clarification: Arm-Arm/Hand-to-Hand connection must be made with EACH of the two supporting bracers. Top person must be braced arm-to-arm with EACH of the two bracers. Being braced by one side with both arms and the other side by hand-foot connection is NOT permitted. If top person is braced on each side with arm-to-arm connection and a THIRD bracer with hand-foot connection would be permitted.)
- F. Pyramid transitions may not involve inversions while released from the bases.
- G. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

### Tosses 3

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. Flipping and traveling tosses are not allowed.

- D. Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch) Clarification: The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.
- E. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, ½ twist toe touches, etc... are not allowed)
- F. 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.
- G. No inversions allowed.
- H. Other toss positions besides straight rides are allowed.
- I. Helicopter tosses are not allowed.

## Level 4 Rules

### General Tumbling 4

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

### Standing Tumbling 4

- A. Standing flips and flips from a back handspring entry are allowed.
- B. No jump skills are allowed in immediate combination with a standing flip (e.g. no toe touch back tucks, no back tuck toe touches, or pike jump front flips, etc - However, toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill).
- C. No consecutive flip-flip combinations are allowed (e.g. back tuck-back tuck, back tuck-punch front, etc).
- D. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)

### Running Tumbling 4

- A. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)

### Stunts 4

- A. A spotter is required for all extended stunts.
- B. Single based split catches are prohibited.
- C. Single based double awesomes/cupies require a separate spotter for each top person.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- E. No free flipping mounts or transitional stunts allowed.
- F. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. Single leg extended stunts are allowed.
- H. Twisting mounts and transitions are permitted up to 1-1/2 twists by the top person.
- I. During transitions, at least one base must remain in contact with the top person. Exception: See "Release Moves"

### Dismounts 4

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are prohibited.
- G. Up to a 1-1/4 twisting rotation allowed from all single leg stunts.
- H. Up to a 2-1/4 twisting rotation allowed from all two legged stunts.
- I. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.

#### Release Moves 4 (Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed but must not exceed extended arm level (exception: cradles). If the base(s) releases stunt, then it must come back to original base(s). (i.e. Tick-tocks are permitted.)
- B. Release moves may not land in a prone position.
- C. Helicopters are not allowed.

#### Inversions 4

- A. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
- B. Downward inversions are allowed at prep level or below and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base. Clarification: The stunt may not pass through a level above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern.)

#### Pyramids 4

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. No stunt or pyramid may move over or under another stunt or pyramid (e.g. shoulder sits walking under prep). In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below. Clarification: Leap frog pyramids are legal. Clarification: Leap frog pyramids are legal.
- C. Extended one-legged stunts may not brace or be braced by any other extended stunts.
- D. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- E. 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. Primary weight may not be borne at second level.
- F. Pyramid transitions may involve inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below and the top person that has been released from the bases stays in continuous movement.
- G. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations, may not travel downward while inverted, and may not involve changing bases.
- H. Non inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below.
- I. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

#### Tosses 4

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). Exception: A 1/2 turn is allowed by bases as in a kick full basket.
- C. 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.
- D. Up to 2 tricks allowed during a toss. (e.g. kick full, full up toe touch, etc.)
- E. Tosses may not exceed 2 twisting rotations.
- F. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. (e.g. kick doubles are not allowed)
- G. No flips or inversion are allowed.

### Level 5 Rules

#### General Tumbling 5

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

#### Standing/Running Tumbling 5

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

## Stunts 5

- A. A spotter is required for all extended stunts.
- B. Single based split catches are prohibited.
- C. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- D. Single based double awesomes/cupies require a separate spotter for each top person.
- E. Twisting mounts and twisting transitions are permitted up to 2 twisting rotations by the top person.
- F. No free flipping mounts or transitional stunts allowed.

## Dismounts 5

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Up to a 2-1/4 twisting rotation allowed from all stunts.
- G. Tension drops/rolls of any kind are prohibited.

## Release Moves 5 (Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. If the base(s) releases stunt, then it must come back to original base(s). (i.e. Tick-tocks are permitted.)
- B. Release moves may not land in a prone position.
- C. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

## Inversions 5

- A. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
- B. Downward inversions are allowed from an extended position if the primary weight of the top person is assisted by at least three bases, at least one of which is assisting at the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. (Exception: A controlled powerpressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed).
- C. Downward inversions must maintain contact with an original base.

## Pyramids 5

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules.
- B. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- C. Non inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with at least one person at prep level or below.
- D. Pyramid transitions may involve inversions (including braced flips up to 1 and ¼ flipping rotations) while released from the bases if contact is maintained with at least 1 person at prep level or below.
- E. Braced Inversions (including braced flips) are allowed up to 1 and ¼ flipping rotations and 1 twisting rotation.
- F. Braced inversions (including braced flips) that maintain contact with only 1 top person at prep level or below may not twist.
- G. All braced inversions (including braced flips) must be caught by at least two catchers. Catchers must be stationary and must maintain visual contact with the top person when the braced inversion (including braced flips) is initiated. Clarification: Visual contact must be maintained throughout the entire transition.
- H. Braced inversions (including braced flips) may not travel downward while inverted.
- I. Pyramids are allowed up to 2 persons high.
- J. 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. Primary weight may not be borne at second level. (Clarification: The transition must be continuous.)

## Tosses 5

- A. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- B. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- C. 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.
- D. Up to 2-1/2 twisting rotations allowed.
- E. No flipping rotations allowed.

## Level 6 Rules

### General Tumbling 6

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are allowed.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

### Standing/Running Tumbling 6

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

### Stunts 6

- A. Single based split catches are prohibited.
- B. Single based double awesomes/cupies require a separate spotter for each top person.
- C. Transitional stunts may involve changing bases.
- D. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
- E. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations. Clarification: Rewinds to a cradle position are also permitted.

### Dismounts 6

- A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person. Dismounts to the performing surface from stunts and pyramids must be assisted.
- B. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- C. Tension drops/rolls of any kind are prohibited.
- D. Free flipping dismounts to the performance surface are prohibited.
- E. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high. Cradles from 2-1/2 high pyramids are allowed up to 1-1/4 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).
- F. Free flipping skills are allowed up to 1 flipping and 0 twisting rotations.
- G. Flips into cradles from prep level require at least 2 catchers, one of which is an original base.
- H. Flips that originate above prep level are prohibited. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)

### Release Moves 6 (Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed.
- B. Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

### Inversions 6

- A. Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
- B. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

## Pyramids 6

- A. For 2-½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.
- B. Braced flips are allowed up to up to 1-1/4 flipping and 1 twisting rotation.
- C. Pyramids are allowed up to 2-1/2 high.
- D. During a pyramid transition, a top person may pass above 2-1/2 persons high while in direct physical contact with at least one person at prep level or below.
- E. Free-flipping mounts must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.
- F. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
- G. No rewinds on to 2-1/2 high pyramids.

## Tosses 6

- A. Tosses must be performed from ground level and must land in a cradle position by 3 bases, one of which is positioned at the head and shoulders area of the top person. (Exception: Helicopter tosses).
- B. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- C. 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.
- D. Non-flipping tosses may not exceed 3-1/2 twists.
- E. Flipping tosses are allowed up to 1 flipping rotation and 2 twists.
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss.. The toss is allowed up to 0 flipping and 1-1/2 twisting rotations. (Exception: ¾ front flips with no twists are allowed)



