



사단법인 대한치어리딩협회  
KOREA CHEERLEADING ASSOCIATION

# DAYTONA BEACH

# CHAMPIONSHIP

# OF ASIA

# KOREA SAMCHEOK WORLD BEACH CHEERLEADING OPEN MASTER



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SAMCHEOK BEACH



문화체육관광부

삼척시  
SAMCHEOK CITY



사단법인 대한치어리딩협회  
KOREA CHEERLEADING ASSOCIATION



# INTERMEDIATE DIVISION RULES (Equivalent to Level 2)

## INTERMEDIATE DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.  
*Clarification: 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.*  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump (rebound) over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.  
Exception: Dive rolls performed in a swan/arched position are not allowed.  
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

## INTERMEDIATE DIVISION- STANDING TUMBLING

- A. Flips and aeriels are not allowed.
- B. Series front and back handsprings are not allowed.  
*Clarification: A back walkover into a back handspring is allowed.*
- C. Jump skills in immediate combination with handspring(s) are not allowed.  
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.  
Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne.  
Exception: Round offs are allowed.

## INTERMEDIATE DIVISION- RUNNING TUMBLING

- A. Flips and aeriels are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne.  
Exception: Round offs are allowed.

## INTERMEDIATE DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg stunts above prep-level are not allowed. A single leg stunt may not pass above prep-level.  
*Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.*  
*Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*
- C. Twisting mounts and transitions are allowed up to a total of  $\frac{1}{2}$  twisting rotation by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotations. The safety judge will use the hip of the top person to determine the amount of total rotation at top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athlete shows a definite and clear stop, they may continue to walk the stunt in additional rotation.*

- D. During transitions, at least one base must remain in contact with the top person.
- 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.  
Example: A shoulder sit walking under a prep-level stunt is illegal.  
*Exception: An individual may jump over another individual.*
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.  
*Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep-level or below prep-level.*  
i.e. "True" (unassisted) Double Cupie = one base holding two top people.  
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.  
*Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.*  
*Clarification: The log roll may not be assisted by another top person.*
- J. Intermediate Division- Release Moves
  - 1. No release moves allowed other than those allowed in the Intermediate Division/Level 2 in "Dismounts" and "Tosses."
  - 2. Release moves may not land in a prone or inverted position.
  - 3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
*Exception: See Intermediate Division/Level 2 Dismount "C".*
  - 4. Helicopters are not allowed.
  - 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.  
*Clarification: The log roll may not be assisted by another top person.*  
*Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists*
  - 6. Release moves may not intentionally travel.
  - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. Intermediate Division – Inversions
  - 1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.  
Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.  
Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- 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.*

#### INTERMEDIATE DIVISION -PYRAMIDS

- A. Pyramids must follow Intermediate Division/Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 persons 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 dismount to the performing surface and must follow the Intermediate Division/Level 2 dismount rules.*
- C. Extended stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.  
Example: A shoulder sit walking under a prep-level stunt is illegal.
- E. Extended single-leg stunts:
  - 1. Extended single-leg stunts must be braced by at least one top person at pre-level or below with hand-arm connection only.  
The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
  - 2. The connection must be made prior to initiating the extended single leg stunt.
  - 3. Prep level top persons must have both feet in bases' hands.  
*Exception: Prep-level stunt top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.*

#### INTERMEDIATE DIVISION- 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 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 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. 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. Bases may not intentionally pop, move or toss an athlete to the performance 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 are not allowed. All other positions are not allowed.  
Example: toe touch, pike, tuck, etc. are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Cradles from extended single leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- 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.

#### INTERMEDIATE DIVISION -TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.
- C. 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.

# PREP ADVANCED DIVISION RULES

## (Equivalent to Level 3)

### PREP ADVANCED DIVISION- GENERAL TUMBLING

A. ~~tur~~bling must originate from and land on the performing surface.

*Clarification: 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.*

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

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

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

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

D. Dive rolls are allowed.

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

Exception: Dive rolls that involve twisting are not allowed.

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

Example: If an athlete in the Prep Advanced Division/Level 3 were to do a round off – toe touch – back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for the Prep Advanced Division/Level 3

### PREP ADVANCED DIVISION- STANDING TUMBLING

Aps are not allowed.

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

B. Series front and back handsprings are allowed.

C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.

D. No twisting while airborne.

Exception: Round offs are allowed.

### PREP ADVANCED DIVISION- RUNNING TUMBLING

Aps: F

1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).

Exception: Aerial cartwheels, running tuck fronts, and  $\frac{3}{4}$  front flips are allowed. The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.

*Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.*

2. Other skills with hand support prior to the round off or round off back handspring are allowed.

Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.

3. Cartwheel tucked flips and/or cartwheel>back handspring(s)>tucks are not allowed.

B. No tumbling is allowed after a flip or an aerial cartwheel.

Exception: A forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll. *Clarification: If any tumbling follows a forward or backward roll or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.*

C. No twisting while airborne.

Exception: Round offs are allowed.

Exception: Aerial cartwheels are allowed.

### PREP ADVANCED DIVISION- STUNTS

As potAter is required for each top person above prep level.

B. Single leg extended stunts are allowed.

C. Twisting mounts and transitions:

1. Twisting mounts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
2. Full twisting transitions must land at and originate from prep level or below only.  
Example: No full up stunts to an extended position.
3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation.*
- D. During transitions, at least one base must remain in contact with the top person.  
Exception: See Prep Advanced Division- 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.  
Example: A shoulder sit walking under prep is illegal.  
*Exception: An individual may jump over another individual.*
- G. Single based split catches are not allowed.
- H. Single based double cupies require a separate spotter for each top person.
- I. Prep Advanced Division -Release Moves
  1. Release moves are allowed but must not pass above extended arm level.  
*Clarification: If the release move passes above extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.
  3. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.
  4. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.  
Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
  5. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception: See Prep Advanced Division- Dismount "C".  
Exception: Dismounting True Double Cupies.
  6. Helicopters are not allowed.
  7. Release moves may not intentionally travel.
  8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  9. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting True Double Cupies.
- J. Prep Advanced Division- Stunt Inversions
  1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.  
Exception: Multi base suspended rolls to a cradle, load in position, flat body prep- level stunt or the performing surface are allowed. Multi base suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
  2. Inversions are limited to a ½ twisting rotation.  
Exception: Multi base suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)  
Exception: In a multi based suspended backward roll, the top person may not twist.
  3. Downward inversions are only allowed below prep-level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.  
*Clarification 1: The stunt may not pass through prep-level and then become inverted below prep-level (the momentum of the*

*top person coming down is the primary safety concern).*

*Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*

*Clarification 3: Two leg "Pancake" stunts are not allowed in the Prep Advanced Division/Level 3.*

4. Downward inversions may not come in contact with each other.
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.  
*Clarification: A person standing on the ground is not considered a top person.*

## PREP ADVANCED DIVISION- PYRAMIDS

Pyramids must follow Prep Advanced Division/Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.

- B. Top persons must receive primary support from a base. Exception:  
See Prep Advanced Division- Pyramids; Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.  
Example: shoulder sits walking under prep.
- E. Any skill legal as a Prep Advanced Division/Level 3 Pyramid Release Move is also legal if it remains connected to a base and two bracers.  
Example: Twisting mounts and transitions to extended skills are allowed up to 1 twist, if connected to two bracers at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
- F. Prep Advanced Division- Pyramids; Release Moves  
*Clarification: Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the Prep Advanced Division/Level 3 dismount rules.*
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below.  
*Clarification: Prep Advanced Division/Level 3 Pyramid Release Moves may now incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under the Prep Advanced Division/Level 3 Stunt Release Moves or the Prep Advanced Division/Level 3 Dismounts. Prep Advanced Division/Level 3 Pyramid Release moves must maintain contact with two other top persons if the release move begins at pre- level or above, passes above extended arm level, includes more than one skill, or is caught in an extended position.*
  2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep-level or below.  
*Clarification 1: Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.*  
*Clarification 2: If top person is braced on each side with arm-to-arm connection and a third bracer with hand-foot connection, the skill would be legal.*  
*Clarification 3: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*  
*Clarification 4: Twisting mounts and transitions are allowed up to 1 twist, if connected to two bracers at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.*
  3. These release transitions may not involve changing bases.
  4. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter).
    - a. Both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- G. Prep Advanced Division- Pyramids; Inversions
1. Must follow Prep Advanced Division/Level 3 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. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.  
Example: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill.  
Example: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.
- H. Prep Advanced Division- Pyramids; Release Moves w/ Braced Inversions
1. Pyramid transitions may not involve inversions while released from the bases.

## PREP ADVANCED DIVISION- 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 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 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. 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. Bases may not intentionally pop, move or toss an athlete to the performance 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 from any single leg stunt.
- E. Up to  $1\frac{1}{4}$  twists are allowed from any two leg stunts.  
*Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Mounts and Transitions only.*
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick allowed during a dismount from any two leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts must return to original base(s).
- K. Dismounts may not intentionally travel.
- L. Top persons in dismounts may not come in contact with each other while released from the bases.
- M. Tension drops/rolls of any kind are not allowed.
- N. When cradling true single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## PREP ADVANCED DIVISION- TOSSES

- A. ~~As se~~ are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: no intentional traveling tosses.
- C. 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 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.  
(ex 1: Legal: toe-touch, ball out, pretty girl)  
(ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch)  
*Clarification: The 'arch' does not count as a trick.*  
Exception: A Ball X toss is allowed at this level as an "EXCEPTION".
- F. During a twisting toss, no skill other than the twist is allowed.  
Example: No kick fulls,  $\frac{1}{2}$  twist toe touches.
- 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.

# ADVANCED DIVISION RULES (Equivalent to Level 4)

## ADVANCED DIVISION- GENERAL TUMBLING

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

## ADVANCED DIVISION- STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.  
Exception: Aerial cartwheels and Ono dis are allowed.
- C. Consecutive flip-flip combinations are not allowed.  
Example: Back tuck-back tuck, back tuck-punch front.
- D. Jump skills are not allowed in immediate combination with a standing flip.  
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.  
*Clarification: Jumps connected to ¼ front flips are not allowed.*  
*Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

## ADVANCED DIVISION- RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.  
Exception: Aerial cartwheels and Ono dis are allowed.

## ADVANCED DIVISION- STUNTS

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

*rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed (i.e. prep) and the athlete shows a definite and clear stop, they may continue to walk the stunt in additional rotation.*

- b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt.

Example: full up to immediate extended liberty is illegal, full up to extension is legal.

Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

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

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

Exception: See "Release Moves"

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

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

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

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

- G. Single based split catches are not allowed.

- H. Single based double cupies require a separate spotter for each top person.

- I. Advanced Division- Stunts; Release Moves

1. Release moves are allowed but must not exceed extended arm level.

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

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

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

3. Release moves must return to original bases.

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

Exception: See Advanced Division- Dismount "C".

Exception: Dismounting True Double Cupies.

4. Release moves that land in extended position must originate from ground-level and may not involve twisting or flipping.

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

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 True Double Cupies.

- J. Advanced Division- Stunts; Inversions

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

2. Downward inversions are allowed at prep level and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area.

Clarification 1: The stunt may not pass above prep level and then become inverted at prep-level or below. (The momentum of the top person coming down is the primary safety concern.)

Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 3: Downward inversions originating from below prep level do not require three bases.

Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to pass through the extended position during the skill.

Clarification: Two Leg Pancakes cannot stop or land inverted.

3. Downward inversions must maintain contact with an original base.  
Exception: Side rotating downward inversions  
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
  4. *Downward inversions may not come in contact with each other.*
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.  
*Clarification: A person standing on the ground is not considered a top person.*

#### ADVANCED DIVISION- PYRAMIDS

- A. Pyramids must follow Advanced Division/Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.  
Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace 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: See Advanced Division/Level 4 Pyramid Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.  
Example: shoulder sits walking under a prep-level stunt  
Exception 1: An individual may jump over another individual.  
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E. Any skill legal as an Advanced Division/Level 4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).  
Example 1: 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 skill or transition.  
Example 2: An extended pancake would be required to remain connected to two bracers.
- F. Advanced Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep-level or below.  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*  
*Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for the Advanced Division/Level 4, the same skill is legal in the Advanced Division/Level 4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.*
  2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep-level or below.
  3. Primary weight may not be borne at second level.  
*Clarification: The transition must be continuous.*
  4. Non-inverted transitional pyramids may involve changing bases.
    - a. The top person must maintain physical contact with a person at prep level or below.  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
    - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The 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 2 catchers (minimum of one catcher and one spotter).
    - a. Both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- G. Advanced Division-Pyramids; Inversions
1. Must follow Advanced Division / Level 4 Stunt Inversions rules.
- H. Advanced Division- Pyramids; Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout the entire transition with either the top person(s) or the base(s).  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

*Clarification: Braced flips must be braced on two separate sides (i.e. right side-left side, left side-back side, etc...) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.*

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers.  
Exception: Braced flips that land in an upright position at prep level or above (see #6 below).
  - a. All 3 catchers must be stationary
  - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 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.)
6. All braced inversions (including braced flips) that land in an upright position at prep-level or above require at least one base and 2 additional spotters.
  - a. The base(s) and spotter(s) must be stationary.
  - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
  - c. The base(s) and spotter(s) 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. Braced inversions (including braced flips) may not travel downward while inverted.
8. Braced flips may not come in contact with each other.

#### ADVANCED DIVISION- 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 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 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. 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. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Up to a 2-¼ twisting rotations allowed from all two leg stunts.  
*Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at the Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.*
- E. Up to a 1-¼ twisting rotation allowed from all single leg stunts.  
*Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Advanced Division/Level 4 Stunts Twisting Mounts and Transition only.*
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- 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 double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

#### ADVANCED DIVISION- TOSSES

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

- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.  
Exception: A  $\frac{1}{2}$  turn is allowed by bases as in a kick full basket.
- 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 2 tricks allowed during a toss.  
Example: Kick full, full up toe touch.
- F. During a toss that exceeds  $1\frac{1}{2}$  twisting rotations, no skill other than the twist is allowed.  
Example: No kick double tosses.
- G. Tosses may not exceed  $2\frac{1}{4}$  twisting rotations.
- H. Top persons in separate tosses may not come in contact with each other.
- I. Only a single top person is allowed during a toss.

# ELITE DIVISION RULES

## (Equivalent to Level 5)

### ELITE DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.  
*Clarification: 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.*  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump (rebound) over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

### ELITE DIVISION- STANDING / RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.  
*\* All Star 2 Twisting Rotations in Running Tumbling*
- B. Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
- C. Twisting skills immediately out of a twisting tumbling skill are not allowed.

### ELITE DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts 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 completed to a stopping position (i.e. prep) and the athlete shows a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- D. Free flipping mounts and transitions are not allowed.
- E. Single based split catches are not allowed.
- F. Single based double cupies require a separate spotter for each top person.
- G. Elite Division -Release Moves
  - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.  
Example: tic-tocks are allowed.  
*Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hip to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  - 2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.  
Exception: Front handspring half up (1/2 twist) to extended stunt.  
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
  - 3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*

Exception: See Elite Division Dismount "C".

Exception: Dismounting True Double Cupies.

4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel.
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: Dismounting True Double Cupies.

#### H. Elite Division-Stunts; Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from above prep level and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

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

*Clarification: Downward inversions originating from prep level or below do not require three bases.*

Exception: A controlled power pressing of an extended inverted stunt (example: needle or 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.

Example: A cartwheel roll off would be legal because the top person is landing on their feet.

Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.

- b. May not land on or touch the ground while inverted.

*Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.*

5. Downward inversions may not come in contact with each other.

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

### ELITE DIVISION- PYRAMIDS

A. Pyramids must follow Elite Division/Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.

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

Exception: See Elite Division/Level 5 Pyramid Release Moves.

#### C. Elite Division- Pyramids; Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.

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

2. Primary weight may not be borne at second level.

*Clarification: The transition must be continuous.*

3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).

- a. Both catchers must be stationary.

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

4. Noninverted transitional pyramids may involve changing bases. When changing bases:

- a. The top person must maintain physical contact with a person at prep level or below.

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

- b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

#### D. Elite Division- Pyramids; Inversions

1. Must follow Elite Division/Level 5 stunt inversions rules.

#### E. Elite Division- Pyramids; Release moves w/ braced inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotations.
3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.  
*Clarification: LEGAL - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with one bracer.*
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) must be caught by at least 3 catchers.  
*Exception: Brace flips that land in an upright position at prep level or above (see #7 below).*
  - a. The 3 catchers must be stationary.
  - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 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.)
7. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one base and 2 additional spotters.
  - a. The base(s) and spotter(s) must be stationary.
  - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
  - c. The base(s) and spotter(s) 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 each other.

#### ELITE DIVISION- 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 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 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. 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. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
  - D. Up to a 2-¼ twisting rotations allowed from all stunts.
  - E. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
  - F. No free flipping dismounts allowed.
  - G. Dismounts must return to original base(s).
  - H. Dismounts may not intentionally travel.
  - I. Top persons in dismounts may not come in contact with each other while released from the bases.
  - J. Tension drops/rolls of any kind are not allowed.
  - K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

#### ELITE DIVISION- TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area

of the top person. Bases must remain stationary during the toss.

*Clarification: no intentional traveling tosses*

Exception: A  $\frac{1}{2}$  turn is allowed by bases as in a kick full basket.

- 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  $2\frac{1}{2}$  twisting rotations allowed.
- F. Top persons in separate basket tosses may not come in contact with each other.
- G. Only a single top person is allowed during a basket toss.

# PREMIER DIVISION RULES (Equivalent to Level 6)

## PREMIER DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.  
Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition.  
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.  
Exception: Dive rolls that involve twisting are not allowed.

## PREMIER DIVISION- STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.  
\* All Star 2 Twisting Rotations in Running Tumbling.

## PREMIER DIVISION- STUNTS

- A. A spotter is required:
  - 1. During extended, one-arm stunts 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 release move with a twist greater than 360 degrees or an inversion.
  - 3. During stunts in which the top person is in an extended inverted position.
  - 4. When the top person is released from above ground level to a 1 arm stunt.
- B. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation at top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athlete shows a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- C. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.  
Exception 1: Rewinds to a cradle position are allowed 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers.  
(Example: a rewind that lands in a straddle position)  
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.  
*Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.*  
*Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.*
- D. Single based split catches are not allowed.
- E. Single based double cupies require a separate spotter for each top person.
- F. Premier Division- Stunts; Release Moves
  - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.  
*Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules.*
  - 2. Release moves may not land in an inverted position.
  - 3. Release moves must return to original bases.  
Exception: 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 transition is initiated.  
*Clarification: An individual may not land on the performing surface without assistance from above waist level.*
  - 4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 3 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 #3 above.

6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  7. Top persons in separate release moves may not come in contact with each other.
- G. Premier Division -Inversions
1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

## PREMIER DIVISION- PYRAMIDS

- A. Pyramids are allowed up to 2 ½ high.
- B. For 2½ high pyramids, there must be at least two spotters, one providing additional pyramid support, and both designated for each person who is above two persons high. 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 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/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 above two persons high. 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 to a review of any new pyramids where the spotting position may be in question.  
*Clarification: For all "2-1-1 thigh stand 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. If they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required. \*\**
- C. Free-flying 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) and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts originating from above ground level are permitted, may not originate in a handstand position, and are allowed up to 1 flipping (¾ maximum free flip between release and catch) and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations. 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. Premier Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 ½ high
    - a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person. (i.e. 2-1-1 thigh stand tower tic-tocks)
    - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. Premier Division- Pyramids; Inversions
1. Inverted stunts are allowed up to 2 ½ persons high.
  2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. Premier Division- Pyramids; Release Moves w/ Braced Inversions
1. Braced flips are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
  2. 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. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

## PREMIER DIVISION- DISMOUNTS

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

- A. Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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 performing 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 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.  
Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

- E. Free flipping dismounts to cradle:
  1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (arabians).
  2. Require at least 2 catchers, one of which is an original base.
  3. May not intentionally travel.
  4. Must originate from pre level or below. (May not originate from 2 ½ high pyramid.)  
Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ high may not twist.
- F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:  
Clarification: Back flipping dismounts must go to cradle.
  1. Allowed up to 1 front flipping and 0 twisting rotations.
  2. Must return to an original base.
  3. Must have a spotter.
  4. May not intentionally travel.
  5. Must originate from pre level or below. (May not originate from 2 ½ high pyramid.)
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must 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.

#### PREMIER DIVISION- TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 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. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

#### **Legal (Two Skills)**

Tuck flip, X-Out, Full Twist  
 Double Full-Twisting Layout  
 Kick, Full-Twisting Layout  
 Pike, Open, Double Full-Twist  
 Arabian Front, Full-Twist

#### **Illegal (Three Skills)**

Tuck flip, X-Out, Double Full Twist  
 Kick, Double Full-Full Twisting Layout  
 Kick, Full-Twisting Layout, Kick  
 Pike, Split, Double Full-Twist  
 Full-Twisting Layout, Split, Full-Twist

**NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.**

- 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. Non-flipping tosses may not exceed 3 ½ 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 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- 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.

# ICU World Championship

## Performance Cheer Rules 2016-2017

GENERAL RULES	
1	All teams/participants must be supervised during all official functions by a qualified director/advisor/coach.
2	Coaches must consider the performer and team skill level with regard to skills incorporated and proper progression.
3	All directors, advisors and coaches must have, and review, an emergency plan in the event of an injury.
4	Each team performance will have a maximum of 2 minutes and 30 seconds (2:30). Each doubles performance will have a maximum of 1 minute and 30 seconds (1:30). Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music. Violation of the time limit may result in a deduction.
5	Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.) Violation will result in a deduction.
6	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
7	Age requirement for the Junior World Championship Division is 12-16 years of age within the year of the competition. Age requirement for the World Championship Division is 14 years or older within the year of the competition. Violation of the age requirement will result in disqualification.
8	Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must abide by the age restrictions in all division in which they
9	Crossovers from Junior World Championship Division to World Championship Division and from Performance Cheer to Cheerleading are allowed . Crossovers must abide by the age restrictions in all divisions in which they compete.
10	All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for
CHOREOGRAPHY, MUSIC, and COSTUMING	
1	Suggestive, offensive, or vulgar choreography, costuming, makeup, and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
2	All choreography should be age appropriate.
3	Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4	Footwear is required. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the ICU Rules Committee for approval.
5	Jewelry as part of a costume is allowed.
6	All costuming should be secure and offer full coverage of body parts. Tights should be worn under briefs, hot pants or excessively short shorts. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
7	No cheers or chants allowed.
PROPS	
1	Handheld props and free standing props in all categories are not allowed. Use of parts of a costume (costume elements such as a necklace, jacket, hat, etc.) are allowed and may be used and discarded. <i>(Clarification: Poms are considered part of the costume in the Pom category and should be used throughout the</i>

# ICU Hip Hop Rules 2016-2017

## EXECUTED BY INDIVIDUALS (Tumbling & Aerial Street Style Skills)

*Tumbling as a skill is allowed, but not required in all divisions with the following limitations:*

<b>1</b>	<p><u>Inverted Skills:</u></p> <ul style="list-style-type: none"> <li>a. Non <u>airborne skills</u> are allowed</li> <li>b. Airborne skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed</li> </ul>
<b>2</b>	<p><u>Tumbling skills with hip over head rotation:</u></p> <ul style="list-style-type: none"> <li>a. Non airborne skills are allowed</li> <li>b. Airborne skills with hand support               <ul style="list-style-type: none"> <li>i. Are allowed (<i>Example: Back Handspring</i>)</li> <li>ii. Are limited to two consecutive hip over head rotation skills (<i>Clarification: Both skills must have hand support</i>).</li> </ul> </li> <li>c. Airborne skills without hand support are allowed provided all of the following:               <ul style="list-style-type: none"> <li>i. Involves no more than one twisting transition</li> <li>ii. May not connect to another skill that is airborne with hip over head rotation with or without hand support</li> </ul> </li> <li>d. Hip over head rotation skills with hand support must use free hand(s) for the supporting hand(s). (<i>Exception: Forward rolls and backward rolls</i>)</li> </ul>
<b>3</b>	Simultaneous tumbling over or under another individual that includes hip over head rotation by both performers is not allowed.
<b>4</b>	Only <u>drops (airborne)</u> to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed <u>hip-level</u> . ( <i>Clarification: Drops directly to the knee, thigh, front or head are not allowed</i> ).
<b>5</b>	Landing in a push up position may involve any jump.

## EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

<b>1</b>	A <u>Supporting Individual</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u> .
<b>2</b>	At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above <u>head-level</u> : <i>Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided :</i> <ul style="list-style-type: none"> <li>a. The Executing Individual does not pass through an <u>inverted</u> position after the release.</li> <li>b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.</li> <li>c. The Executing Individual is not caught in a prone position.</li> </ul>
<b>3</b>	<u>Hip over head rotation</u> of the Executing Individual(s) is allowed provided: <ul style="list-style-type: none"> <li>a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.</li> </ul>
<b>4</b>	A <u>Vertical Inversion</u> is allowed provided: <ul style="list-style-type: none"> <li>a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.</li> <li>b. When the height of the Executing Individual's shoulders exceeds shoulder-level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (<i>Clarification: When there are 3 Supporting Individuals an additional spot is not required</i>).</li> </ul>

## DISMOUNTS - To the performance surface (Clarification: May be assisted but not required):

<b>1</b>	An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided: <ul style="list-style-type: none"> <li>a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.</li> <li>b. The Executing Individual may not pass through the prone or inverted position after the release.</li> </ul>
<b>2</b>	A Supporting Individual(s) may <u>toss</u> an Executing Individual provided: <ul style="list-style-type: none"> <li>a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.</li> <li>b. The Executing Individual may be supine or inverted when released but s/he must land on their foot/feet.</li> <li>c. The Executing Individual may not pass through an inverted position after release.</li> </ul>

# ICU Freestyle Pom Rules 2016-2017

EXECUTED BY INDIVIDUALS (Tumbling & Aerial Skills)	
<i>Tumbling as a skill is allowed, but not required in all divisions with the following limitations:</i>	
<b>1</b>	<u>Hip over head rotation</u> skills with hand support are not allowed while holding <u>poms</u> in supporting hand(s). <i>(Exception: Forward rolls and backward rolls)</i>
<b>2</b>	<u>Airborne hip over head rotation</u> skills without hand support are not allowed. <i>(Exception: Front Aerials and Aerial Cartwheels are allowed).</i>
<b>3</b>	Simultaneous <u>tumbling over</u> or under another individual that includes hip over head rotation by both performers is not allowed.
<b>4</b>	<u>Drops (airborne)</u> to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.
<b>5</b>	Landing in a push up position onto the performance surface from an airborne skill is not allowed.
EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:	
<b>1</b>	A <u>Supporting Individual</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u> .
<b>2</b>	At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level: <i>Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:</i> <ol style="list-style-type: none"> <li>a. The Executing Individual does not pass through an <u>inverted</u> position after the release.</li> <li>b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.</li> <li>c. The Executing Individual is not caught in a <u>prone</u> position.</li> <li>d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.</li> </ol>
<b>3</b>	<u>Hip over head rotation</u> of the Executing Individual(s) is allowed provided: <ol style="list-style-type: none"> <li>a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is <b>returning</b> to the upright position.</li> </ol>
<b>4</b>	A <u>Vertical Inversion</u> is allowed provided: <ol style="list-style-type: none"> <li>a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or <b>returns</b> to the upright position.</li> <li>b. When the height of the Executing Individual's shoulders exceeds shoulder-level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. <i>(Clarification: When there are 3 Supporting Individuals an additional spot is not required).</i></li> </ol>
DISMOUNTS - To the performance surface (Clarification: May be assisted but not required):	
<b>1</b>	An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided: <ol style="list-style-type: none"> <li>a. The highest point of the released skill does not <u>elevate</u> the Executing Individual's hips above shoulder-level.</li> <li>b. <del>The Executing Individual may not pass through the prone or inverted position after the release</del></li> </ol>
<b>2</b>	A Supporting Individual(s) may <u>toss</u> an Executing Individual provided: <ol style="list-style-type: none"> <li>a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder-level.</li> <li>b. The Executing Individual is not <u>supine</u> or inverted when released.</li> <li>c. The Executing Individual may not pass through a prone or inverted position after release.</li> </ol>