

**2019-2020
USASF Cheer Rules**

U.S. ALL STAR FEDERATION



CLUB CHEER & DANCE TEAMS

Released: August 28, 2019 - **Effective 2019-2020 Season**

USASF Cheer Rules 2019-2020



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USASF GLOSSARY

Aerial (noun):

Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective):

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

Airborne Tumbling Skill:

An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

All 4s:

An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

Assisted-Flipping Stunt:

A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Roll", "Braced Flip")

Backbend (Stunting):

The athlete's body forms an arch by stretching through the upper back, typically supported by the hands and feet with the abdomen facing upward.

Backward Roll:

A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Ball-X:

A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

Barrel Roll:

See "Log Roll".

Base:

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

Basket Toss:

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

Block Cartwheel:

A cartwheel which becomes airborne after the tumbler pushes through the shoulders against the performing surface during the skill.

Brace/Bracer:

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

Braced Flip:

A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Cartwheel:

A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher:

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

All catchers:

- must be attentive
- must not be involved in other choreography
- must not be involved in anything that could prevent them from catching. Example: A required catcher holding a sign.
- must make physical contact with the top person upon catching
- must be on the performing surface when the skill is initiated

Chair:

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

Coed Style Toss:

A single base grabs the top person at the waist and tosses the top person from ground level.

Cradle:

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

Cupie:

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

Dismount:

The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface.

If released to the performing surface, top person must land on their feet.

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

Dismounts:

- may not intentionally travel.
- must return to original base(s) unless dismounting single based stunts with multiple top persons.
- to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface.

Top persons may not be, or come, in contact with each other while released from bases.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Dive Roll:

An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Downward Inversion:

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

Drop:

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

Extended Arm Level:

The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt:

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

Flat Back:

A stunt in which the top person is laying horizontal, face-up, and is usually supported by two or more bases. This is considered a two-leg stunt.

Flat Body:

When the top person's torso is parallel to the performing surface.

Flip:

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

Flipping Toss:

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

Floor Stunt:

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

Flyer:

See "Top Person".

Forward Roll:

A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free Flipping Stunt:

A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move:

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

Front Tuck:

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

Full:

A 360-degree twisting rotation.

Ground Level:

To be on the performing surface.

Hand/Arm Connection:

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

Handspring:

An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand:

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

Helicopter:

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

Horizontal Axis (Twisting in Stunts):

An invisible line drawn from front to back through belly button of a non-upright top person.

Initiation/Initiating:

The beginning of a skill; the point from which it originates. The point of initiation for a building skill(s): stunt, pyramid, transition, release move, dismount, or toss is the bottom of the dip from which the skill originates.

Inversion/Inverted:

Athlete has at least one foot above the head and shoulders are below the waist.

Jump:

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

Jump Skill:

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

Kick Double:

Skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full:

Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Layout:

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

Leap Frog:

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

Leg/Foot Connection:

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

Liberty:

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

Load-In:

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

Log Roll:

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

Multi-based Stunt:

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

New Base(s):

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

Non-Inverted Position:

A body position in which either of the conditions below are met:

- The top person's shoulders are at or above their waist.
- The top person's shoulders are below their waist and both feet are below their head.

Nugget:

A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Onodi:

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

Original Base(s):

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

Pancake:

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

Paper Dolls:

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

Pike:

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

Platform Position:

A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

Prep Level:

The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

Primary Support:

Supporting a majority of the weight of the top person.

Prone Position:

A face down, flat body position.

Prop:

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

Punch Front:

See "Front Tuck".

Pyramid:

Two or more connected stunts.

Rebound:

An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

Release Move:

The top person is free of contact with all athletes on the performing surface.

May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be, or come, in contact with each other.

To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs (Level 3-4), or greater than the length of the top person's legs plus an additional 18 inches (Level 5-7), it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Rewind:

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

Round Off:

Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.

Running Tumbling:

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

Second Level:

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

Series Front or Back Handsprings:

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

Shoulder Level:

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

Shoulder Sit:

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

Shoulder Stand:

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

Shushunova:

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

Single Based Stunt:

A stunt using a single base for support.

Single Leg Stunt:

See "Stunt".

Split Catch:

A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. Single based split catches are not allowed.

Sponge Toss:

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

Spotter:

A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques. The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- must be standing on the performing surface.
- must be attentive to the stunt being performed.
- must not be involved in anything that could prevent them from spotting. Example: A required spotter holding a sign.
- must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

Standing Tumbling:

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

Step Out:

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

Straddle Lift:

See "V-Sit".

Straight Cradle:

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

Straight Ride:

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

Stunt:

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

Suspended Roll:

A stunt skill that involves hip over head rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended and will release the feet/legs during the rotation of the skill. The rotation of the top person is limited to either forward or backward. This is considered a prep level stunt.

T-Lift:

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

Tension Roll/Drop:

A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other. Tension rolls/drops of any kind are not allowed.

Three Quarter (3/4) Front Flip (stunt):

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

Three Quarter (3/4) Front Flip (tumble):

A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock:

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

Toe/Leg Pitch:

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

Top Person:

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

Toss:

An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person.

The top person becomes free from all contact of bases, bracers and/or other top persons.

The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Top person must have both feet in/on hands of bases at initiation of toss. Top persons in separate tosses may not come in contact with each other.

Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface and remain stationary during toss. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person.

No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, individuals or props. Only a single top person is allowed during a toss.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

(continued on the next page)

Twisting Tosses: Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. ie. A 1/2 twist, X, 1/2 twist is considered 2 skills: 1 full twist and 1 additional skill.

Tower Pyramid:

A stunt on top of a waist level stunt.

Transitional Pyramid:

A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person. Each point of **initiation** is used in determining the beginning of a transition. The end of a transition is defined as a new point of **initiation**, a stop of movement, and/or the top person making contact with the performance surface.

Transitional Stunt:

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

Traveling Toss:

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

Tuck Position:

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

Tumbling:

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

When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting:

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

Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis.

Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axis will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation). A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

Two – High Pyramid:

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

Two and One Half (2½) – High Pyramid:

A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths. "Above Two and One Half (2 1/2) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1/2 high chairs are considered 2 1/2 high pyramids.

Upright:

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

V-Sit:

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

Vertical Axis (Twisting in Stunts or Tumbling):

An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level:

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

Waist Level Cradle:

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

Walkover:

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

Whip:

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

Wrap around:

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

X-Out:

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

GENERAL RULES AND ROUTINE REQUIREMENTS

- 1.** All skills allowed in a level encompass all skills allowed in the preceding level. If a skill is not allowed in a level, it is also not allowed in the preceding level(s).
- 2.** Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill level with regard to proper performance level placement. Athlete safety must be considered with all skills.
- 3.** Athletes must practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions. Carpet over an inappropriate surface is not permitted for technical skills.
- 4.** Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
- 5.** Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
- 6.** The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
- 7.** An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
- 8.** 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.
- 9.** Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
- 10.** Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
- 11.** Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from USASF, prior to use, to ensure the safety of the athletes. Flags, standard flat banners/signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect it will be considered a prop.
- 12.** Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last.
Exception: All Star Prep routines shall not exceed 2:00. Novice routines shall not exceed 1:30. Non-tumbling routines may not exceed 2:00, Global routines may not exceed 3:30 (30-40 seconds for opening Cheer portion, 20 second maximum to move from cheer portion and set up for music portion, and music may not exceed 2:30).
- 13.** Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
- 14.** Must follow the USASF Professional Responsibility Code (PRC)

USASF ATHLETIC PERFORMANCE STANDARDS (APS)

Coaches must be discretionary with minor athletes to meet age appropriateness

Cheer Teams

Judges reserve the right to assess warnings and/or deductions when a team's overall presentation does not meet the standards of "appropriate" as described in this policy. Overall presentation includes, but is not limited to, choreography, uniform, make up, hair, and bows.

COVER UP GUIDELINES

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm up area, or on the performance stage.

APPROPRIATE CHOREOGRAPHY

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

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

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

MAKEUP AND OTHER

MAKEUP

If worn, makeup should be uniform and appropriate for both the performance and the age of the athletes utilizing neutral colors for eyes and skin. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.

HAIR

Hair must be secured off of the face with a simple and unexaggerated style that is adaptable to all diversities.

BOWS

Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

APPROPRIATE UNIFORM

GENERAL UNIFORM GUIDELINES

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

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

UNIFORM SKIRT/SHORTS GUIDELINES

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

UNIFORM TOP GUIDELINES

Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Senior Club Elite Tier and International Senior/Open Tier divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

Competitions that follow IASF Guidelines may have additional uniform restrictions for the International Divisions. Please check with the Event Producer directly for further information.

ALL STAR **PREP** DIVISIONS

Rule Differences from All Star Elite (Traditional All Star)

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

ALL STAR **NOVICE** DIVISIONS

Rule Differences from All Star Elite (Traditional All Star)

- A. Routines may not exceed 1:30 minute
- B. **No Tosses** permitted
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- C. Performances may be performed on spring floor or carpet bonded foam.
- D. Novice can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- E. Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.
- F. Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
Tiny Novice Only: No Building skills permitted (**includes tosses, stunts and pyramids**). The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

ALL STAR **INTERNATIONAL** DIVISIONS

- A. An athlete must meet the age requirement within the calendar year of 2020. The USASF member database will calculate the age on December 31, 2020.
EXAMPLE: If a 13-year-old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 on or before December 31st, 2020.
EXAMPLE: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in 2020.
- B. Background checks are an eligibility requirement for "adult" athletes on U.S. based open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2020.
- C. Minimum number of athletes for all divisions is 16. A penalty may be assessed for taking the floor with fewer than 16 athletes.
- D. The maximum numbers of males on a Co-Ed Division team may not exceed 2/3 of the total athletes on the team.
- E. Routine time limit for International Divisions is a maximum of 2:30.
Exception: Routine time limit for NON - TUMBLING Divisions is a maximum of 2:00.
Exception: Global Divisions - Time Limit: 3:30. Cheer = 30 seconds(minimum) 40 second (maximum), 20 seconds to move from cheer to and set for music portion, 2:30 maximum for music portion.
- F. Non-Tumbling Division: No Tumbling Allowed
EXCEPTION: Forward rolls, handstands, cartwheels and round offs allowed for stunting purposes or formation changes and must follow appropriate level inversion rules.

ALL STAR CheerABILITIES DIVISIONS

Exceptional Athletes (SPECIAL NEEDS TEAM)

General Rules for CheerABILITY Competition and Exhibition Teams:

- A. All teams will follow the USASF General Rules, All Level Rules and APS.
- B. Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirt, if athlete is in light uniform top, all Assistants will be in dark colored matching t-shirt. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
- C. Wheelchair/Walking Devices/Aids
 1. All wheelchairs must be visually locked when using as a base for athletes to stand or put any amount of weight on the chair.
 2. Non-motorized wheelchairs
 - a. With or without assistance, must have at least 2 wheels on the floor at all times.
Either 2 front or 2 back wheels. Must not tip to side. Tipping backwards or forwards only allowed with aid of tipping device.
 - b. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
 3. Motorized wheelchairs must have all 4 wheels on floor at all times (exception – if assistance is needed to lift back wheels onto cheer floor).
 4. Any Assistive Walking Devices/Aids such as canes, crutches or elbow crutches, etc., cannot be used as a prop in any manner. Please refer to USASF Coach App to send in videos of use of device if in question.
- D. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

Additional Rules for CheerABILITY Competition Teams

- A. Teams may execute skills up to and including Level 2. **Exception:** Tosses are not permitted.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses. Clarification: All waist level cradles are illegal.
- B. Coach/Assistant(s) may not provide support to athletes while the athletes are performing building skills.
- C. ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a coach/assistant. (See glossary for definition of spotter)
- D. Spotted and assisted tumbling is not allowed.
- E. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. **There is no limit to the number of assistants around the perimeter of the floor in a squat position or on the floor assisting wheelchairs and sight impaired athletes to their spots/positions on the floor.**

Additional Rules for CheerABILITY Exhibition Teams

- A. Teams may execute skills up to and including Level 2. **Exception:** Tosses are not permitted.
 1. If Coaches/Buddies/Assistants are fulfilling a **required** position (base, back spot, top person, etc.) the group may only do **waist level** stunts and below.
- B. Coaches/Assistants cannot replace an Exceptional Athlete when it comes to meeting the number of bases or back spots required for a specific skill.
- C. Spotted and assisted tumbling is allowed
- D. **There is no limit to the number of assistants on the floor assisting in skills but they MAY NOT be included in choreography of dance and formations. May assist during transitions and in skills only.**

USASF CHEER RULES

OVERVIEW

Levels 1-6

Not every single rule/wording are listed in the chart format on the following pages
This should be used as a quick reference guide

TUMBLING

(Not all rules/wording are listed in this chart format)

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
<p>GENERAL (Must originate and land on performing surface; May rebound from feet into stunt transition; May jump(rebound) over individual.</p> <p>NO rebound to inverted; NO tumbling over, under, through a stunt, individual or prop; NO tumbling while holding/contact with a prop; Jump skill breaks up pass)</p> <p>Drops are not allowed unless weight bearing contact on hands/feet</p>	<p>NO dive rolls NO handsprings</p> <p>Skills with constant physical contact with the performing surface such as cartwheels, rolls, backbends, walkovers</p> <p>Block cartwheels and round-offs allowed</p> <p>NO tumbling in immediate combination after round off or round off rebound</p>	<p>NO dive rolls in swan/arched position; Dive rolls may not twist</p> <p>NO twisting or turning allowed after back handspring step out;</p> <p>NO twisting while airborne</p>	<p>NO dive rolls in swan/arched position; Dive rolls may not twist</p>	<p>NO dive rolls in swan/arched position; Dive rolls may not twist</p>	<p>NO dive rolls in swan/arched position; Dive rolls may not twist</p>	<p>Dive rolls may not twist</p> <p>NO flipping and twisting into double twisting skill; NO twisting out of double twisting skill.</p>
<p>STANDING</p>		<p>Single handspring</p> <p>NO jump skills in immediate combination with handspring;</p>	<p>Series handsprings; jump in combination with handspring(s)</p> <p>NO flips allowed; NO twisting while airborne except round offs</p>	<p>Up to 1 flipping and 0 twisting rotation; flips must be performed in tuck position; standing flips and flips from a back handspring entry; aerial cartwheels; onodis</p> <p>NO jump flip; NO tumbling after a flip, aerial cartwheel or onodi</p>	<p>Jump flip</p> <p>Up to 1 flipping and 0 twisting rotation</p>	<p>Up to 1 flipping and 2 twisting rotations; must have minimum of 2 backward traveling, non-twisting skills (one must be a back handspring, excludes back extension roll) to double twisting skill</p>
<p>RUNNING</p>		<p>Series handsprings</p>	<p>Round off or round off back handspring(s) into back tuck; aerial cartwheels; running front tucks; ¾ front flip</p> <p>NO tumbling after a flip or aerial cartwheel; front handspring front tuck is NOT allowed</p>	<p>1 flipping and 0 twisting; aerial cartwheels; onodis</p>	<p>Up to 1 flipping and 1 twisting rotation from a round off, back handspring or front handspring entry.</p> <p>NO tumbling after twisting skill; NO trick allowed during full twisting skills and both feet must land on performing surface</p>	<p>Up to 1 flipping and 2 twisting rotations</p>

STUNTS-PAGE 1

Not all rules/wording are listed in this chart format)

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
SPOTTERS	Prep level; floor stunt (may be on waist) Exception: Shoulder sits, T-lift, stunts where top person is only supported at waist	Above prep level; floor stunt (may be on waist)	Above prep level Single based stunts with multiple top persons require a separate spotter for each top person	Above prep level Single based stunts with multiple top persons require a separate spotter for each top person	Above prep level Single based stunts with multiple top persons require a separate spotter for each top person	Above prep level Single based stunts with multiple top persons require a separate spotter for each top person
STUNT HEIGHT (NO single based or assisted single based extended stunts for Youth and below)	Waist level single leg; Prep level two leg; Prep level single leg requires base, spotter and additional base with hand/arm connection; walk up shoulder stand NO passing above prep level; Two leg stunts may immediately pass through an extended position; NO single base with multiple top persons	Prep level single leg; Single leg stunts may immediately pass through an extended position; Above prep level two leg NO single base with multiple top persons	Above prep level single leg	Above prep level single leg	Above prep level single leg	Above prep level single leg
TRANSITION	Must remain in contact with at least one base NO leap frog/leap frog variations	Must remain in contact with at least one base	Must remain in contact with at least one base unless legal as release move	Must remain in contact with at least one base unless legal as release move	See release moves	See release moves
TWISTING	Up to 1/4 Exception: Rebound 1/2 turn to prone; 1/2 wrap around; up to 1/2 if starts and ends on performing surface and only supported at waist	Up to 1/2 twist Assisted full twisting log roll starts and ends in cradle position	Up to 1 twist originating and landing at prep level or below; 1/2 twist to and from extended position	Up to 1 1/2 twists to prep level or below; 1 twist to above prep level two leg, platform, or liberty; 1/2 twist to extended single leg	Up to 2 1/4 twists to prep level or below; 1 1/2 twists landing in extended two leg; 1 twist to extended single leg	Up to 2 1/4 twists
RELEASE MOVES (Requires 3 catchers for multi-based stunt, and 2 catchers for single based stunt that land in non-upright position; may not pass through or land inverted; may not intentionally travel; must return to original base(s); NO free flips; NO single based split catches; may not pass over, under, or through other stunts, pyramids, individuals or props; top persons in separate release moves may not come in contact with each other except for dismounting single based stunts with multiple top persons)	Not allowed other than dismounts	Not allowed other than dismounts, tosses, and full twisting log rolls that start and end in a cradle position with no other skill other than the twist	Starts at waist level or below and lands at prep level or below; does not exceed extended arm level; 1 skill and 0 twisting except log rolls (must land in cradle, or flat and horizontal body position) NO helicopters, NO inverted to non-inverted	Starts at prep level or below; does not exceed extended arm level; helicopters up to 180 degrees with no twisting caught by at least 3 catchers; inverted to non-inverted with 0 twisting; release moves landing at extended must originate at waist level or below with 0 twisting; release moves initiating at extended may not twist	Does not exceed 18 inches above extended arm level; inverted to non-inverted 0 twisting; helicopters up to 180 degrees with at least 3 catchers	Does not exceed 18 inches above extended arm level; inverted to non-inverted 1/2 twisting; helicopters up to 180 degrees with at least 3 catchers

STUNTS-PAGE 2

(Not all rules/wording are listed in this chart format)

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
INVERSIONS (base may not support any weight of top person while base is in backbend or inverted position)	Not allowed (Inverted athlete must maintain contact with performing surface)	Ground level inversions to non-inverted position	May not be above shoulder level (connection with base); limited to ½ twist to extended and 1 twist to prep level or below EXCEPTION: Multi-based suspended rolls (hand/hand connection to cradle, load in, flat body prep level stunt, or performing surface); forward may twist up to one twist (if it exceeds ½, must land in cradle); backwards may not twist	Extended inverted stunts	Extended inverted stunts	Extended inverted stunts
DOWNWARD INVERSIONS (may not come in contact with each other and must maintain contact with an original base)	Not allowed	Not allowed	Waist level or below; 2 bases/catchers between waist to shoulder region NO 2 leg pancake style stunts	Prep level with 3 catchers, 2 between waist and shoulder region; controlled lowering of extended inverted stunt to shoulder level if initiated from extended inverted stunt (does not include passing thru extended); two leg pancakes must start at shoulder level and may immediately pass through extended position but cannot land or stop inverted.	Above prep level with 3 catchers, 2 between waist and shoulder region; must maintain contact with an original base (EXCEPTION: may lose contact with top person when becomes necessary to do so such as in cartwheel style transitions) From above prep level may not land, stop or touch the ground inverted EXCEPTION: controlled lowering of extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level	Above prep level with 3 catchers, 2 between waist and shoulder region; must maintain contact with an original base (EXCEPTION: may lose contact with top person when becomes necessary to do so such as in cartwheel style transitions) From above prep level may not land, stop or touch the ground inverted EXCEPTION: controlled lowering of extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level
OVER/UNDER (torso/head over torso/head)	Not allowed	Not allowed	Not allowed	Individual under stunt, stunt over an individual	Allowed	Allowed

PYRAMIDS-PAGE 1 *(Not all rules/wording are listed in this chart format)*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
STRUCTURES (NO single based or assisted single based extended stunts for Youth and below; up to 2 high)	Two leg extended connected to prep level or below bracer with hand/arm; Prep level single leg connected to prep level or below bracer with hand/arm; NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift or shoulder stand; connection to bracer must be made by initiation and remain the same and connected	Extended single leg connected to prep level or below bracer with hand/arm. NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift or shoulder stand; connection to bracer must be made by initiation and remain the same and connected	NO extended single leg connected to extended stunt	NO extended single leg connected to extended single leg		
TWISTING (Not released)	Up to ¼ twist	Up to ½ twist	Up to 1 twist TO extended connected to prep level or below bracer, must be hand/arm connection; must be made prior to initiation and remain the same and connected	Up to 1 ½ twist connected to prep level or below bracer with connection made prior to initiation and must remain the same and connected	Up to 2 ¼ twists connected to prep level or below bracer	Up to 2 ¼ twists
RELEASE TRANSITIONS (Non-inverted) (Primary weight may not be borne at second level; direct physical contact with required bracer(s) throughout the entire transition; required catchers must maintain visual contact with top person throughout the entire transition and may not be involved with any other skill or choreography when the skill is initiated; may not be braced/connected to top person's above prep level)	Not allowed other than dismounts	Not allowed other than tosses and dismounts.	Requires 2 bracers (one of which is hand/arm) to hand/arm, the other other hand/arm to hand/arm or hand/arm to hand/foot) at prep level or below and 2 separate sides; 2 stationary catchers; may not change bases	Requires 1 bracer at prep level or below; may change bases; 2 stationary catchers (minimum of 1 catcher and 1 spotter); Top person may travel over another top person while connected to that top person at prep level or below	Requires 1 bracer at prep level or below; may change bases; 2 stationary catchers (minimum of 1 catcher and 1 spotter)	Requires 1 bracer at prep level or below; may change bases, 2 stationary catchers (minimum of 1 catcher and 1 spotter)
TWISTING (Released)	Not allowed	Not allowed other than dismounts.	Up to 1 twist connected to 2 bracers at prep level or below prior to initiation, both bracers must have hand/arm connection, 2 stationary catchers	Up to 1 ½ twist connected to 1 bracer at prep level or below, 2 stationary catchers (minimum of 1 catcher and 1 spotter)	Up to 2 ¼ twist connected to 1 bracer at prep level or below	Up to 2 ¼ twist

PYRAMIDS-PAGE 2 *(Not all rules/wording are listed in this chart format)*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
INVERSIONS (Not released)	Must follow stunt rules	Must follow stunt rules	Must follow stunt rules. EXCEPTION: top person must remain in contact with base and bracer at prep level or below throughout transition, must start and end at prep level or below.	Must follow stunt rules	Must follow stunt rules	Must follow stunt rules
RELEASE TRANSITIONS (Braced inversions/flips) (Primary weight may not be borne at second level; must be in continuous movement; contact maintained with same bracers throughout the transition; required catchers must maintain visual contact with the top person throughout the entire transition and may not be involved with any other skill or choreography when the transition is initiated; may not travel downward while inverted; may not come in contact with other stunt/pyramid release moves; may not be braced/connected to top persons above prep level)	Not allowed	Not allowed	Not allowed	Requires 2 bracers at prep level or below; braced on 2 separate sides; up to 1 ¼ flipping, 0 twisting; 3 stationary catchers; may not involve changing bases EXCEPTION: braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters	Requires 1 bracer at prep level or below; up to 1 ¼ flipping, 0 twisting; 3 stationary catchers EXCEPTION: braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters	Requires 1 bracer at prep level or below; up to 1 ¼ flipping and ½ twisting or ¾ flipping and up to 1 twist from upright, non-inverted position, and doesn't transition past horizontal position; 3 stationary catchers EXCEPTION: braced flips that do not twist and land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters
OVER/UNDER (torso/head over torso/head)	Not allowed	Not allowed Top person may not pass over/under torso/head of another top person	Not allowed Top person may not pass over/under torso/head of another top person	NO stunt over separate stunt Top person may not invert over/under torso/head of another top person		

DISMOUNTS AND TOSSES *(Not all rules/wording are listed in this chart format)*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
GENERAL DISMOUNT (All multi-based waist level cradles in which bases begin under top person's feet must follow toss rules)	Single based cradles require 2 catchers; multi-based cradles require 3 catchers; dismounts from prep level to performance surface require assistance from original base/spotter (EXCEPTION: when cradling single based stunts with multiple top persons, 2 catchers must catch each top person, and catchers and bases must be stationary prior to initiation); straight drops/small hop offs with no additional skills from waist level or below to the performing surface do not require assistance; no free flipping or assisted flipping dismounts allowed; may not intentionally travel; top persons may not come in contact with each other while released from bases; tension drop/rolls of any kind are not allowed					
DISMOUNTS (waist level cradles not allowed in Mini and Prep divisions)	Only straight pop downs, basic straight cradles. NO dismounts from above prep level in pyramids	Straight pop downs; basic straight cradles; ¼ turn cradles	1 ¼ twist or 1 trick from 2 leg stunt (from prep level and above must land in cradle); straight pop downs, basic straight cradles and ¼ turn cradles from single leg stunt NO dismount from an inverted position	2 tricks; 2 ¼ twist from 2 leg stunt; 1 ¼ twist from single leg stunt; if exceeds 1 ¼ twist to cradle, no other skill allowed; dismounts from an inverted position may not twist	2 ¼ twists; 3 tricks; dismounts from an inverted position may not twist If exceeds 1 ½ twists no other skill allowed	2 ¼ twists; ½ twist dismounts from an inverted position
GENERAL TOSSES (Includes all multi-based waist level cradles in which bases begin under top person's feet)	Minimum of 3 tossing bases, and up to a total of 4 tossing base; one base must be behind the top person; all bases must have feet on the performing surface; toss must land in cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person; top person must have both feet in/on hands of bases at initiation; NO flipping, inverted, or intentionally traveling tosses; NO stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, individuals or props; top persons in separate tosses may not come in contact with each other; only a single top person is allowed during a toss					
TOSSES (Not allowed in Mini and Prep divisions including waist level cradles)	Not allowed including waist level cradles	Straight ride	1 trick or 1 ¼ twists EXCEPTION: Ball X Arch does not count as skill	2 tricks; 2 ¼ twists	3 tricks; 2 ½ twists If exceeds 1 ½ twists no other skill allowed	2 ½ twists; unlimited tricks

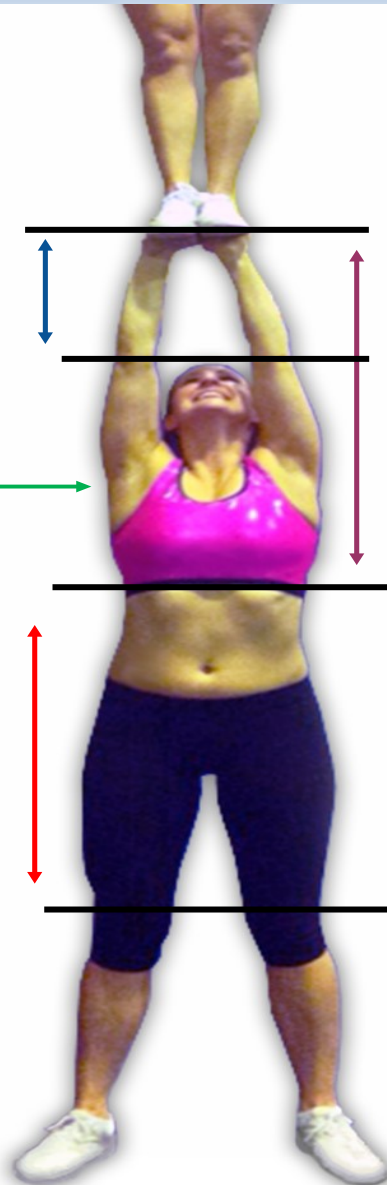
STUNT LEVEL ILLUSTRATION

'Extended Level' or
'Passing Above Prep
Level'

'Shoulder Level'

'Waist Level'

'Ground Level'



'Prep Level'
(See note below)

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