

# CANADIAN SCHOLASTIC

# ICU RULES & REGULATIONS

2018-2019



These rules are taken from the International Cheer Union '2018 ICU Rules' and 'WSCC 2018 Divisions, Rules and Regulations' rule books and are published by Cheer Canada with permission from the International Cheer Union.

## **APPROVED COMMITTEE RECOMMENDATIONS FOR SCHOLASTIC CHEER**

1. That Cheer Canada embrace and implement the ICU Safety Rules according to the recommended Scholastic Grid at the link below.
2. That PSO's completely implement the Scholastic Grid as approved by the Cheer Canada Board by the 2020/2021 cheer season.
3. That PSO's implement a required a minimum of 30-second cheer requirement with a max routine time of 2:30 for 2018/19. In 2019/20 this would be modified to a music limit of 1:30 and a routine limit of 2:30 to align fully with ICU.
  - a. Cheers can be in French and/or English.
  - b. The ICU routine requirements are 1:30 of music, the maximum time for a routine is 2:30, therefore most cheers would be 45-50 seconds in length.
  - c. It is understood that many provinces do not currently require a cheer. In order to recognize the importance of this portion of our sport, and to gradually reintroduce school teams to cheering, the Committee recommends a minimum 30-second cheer requirement with a maximum routine time of 2:30. In 2019/20 this would be modified to a music limit of 1:30 and a routine limit of 2:30 to align fully with ICU.
4. The Tumbling/Non-Tumbling Divisions may be offered by a PSO for the High School level in order to increase success at the ICU's World School Cheerleading Championship.
  - a. These Divisions should only be offered to the Advanced Division.
  - b. Tumbling/Non-Tumbling Divisions are a PSO choice division until the 2019/2020 season when Cheer Canada will nationally mandate all divisions.
5. That the Scholastic Cheer Season be recognized as:
  - a. Competition Season, September 1 to April 30: Teams may hold tryouts and compete within this time frame.
  - b. Off-Season, May 1 to August 31: Teams may practice, work on team development, technique, skill progression, but may not compete in the off-season.

6. That these rules be implemented for the 2018/19 and 2019/20 cheer seasons and re-evaluated by the Scholastic and University Cheer Committee before the 2020/2021 season. The purpose of this re-evaluation is to:
  - a. Evaluate the effectiveness of the Scholastic Grid in the provinces; and,
  - b. Make sure that the long-term goals of the Committee are still relevant.

## **GENERAL SAFETY RULES**

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, coaches and programme directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.  
*Clarification: Rhinestones are legal whether adhered to the uniform or the skin.*
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor as a performance surface specifically for All Star Cheerleading Teams.
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way

(example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

10. Supports, braces and soft casts that are unaltered from the manufacturer's original design/production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch/1.27 centimeters thick if the athlete is involved in stunts, pyramids or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids or tosses.
11. From a level grid standpoint, all skills allowed at particular level additionally encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.  
*Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
15. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
16. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
17. A team's native and local language is recommended for all cheers and chants.
18. A team's native and local culture is recommended for inclusion within the performance routine.

19. The ICU is committed to protecting clean athletes and strictly follows the enclosed ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport. [http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013\\_Website/WADA/ICU\\_2015\\_WADA-Code.pdf](http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADA-Code.pdf) 17
20. The ICU is committed to fair play for our athletes and the integrity of sport, and follows ICU's rules and regulations in the fight against illegal betting and competition fixing. [http://cheerunion.org.ismmedia.com/ISM3/stdcontent/repos/Top/2013\\_Website/About%20Us/Documents/ICU\\_Rules\\_Competition-Fixing.pdf](http://cheerunion.org.ismmedia.com/ISM3/stdcontent/repos/Top/2013_Website/About%20Us/Documents/ICU_Rules_Competition-Fixing.pdf)
21. All athletes must be legal residents or legal student residents of their respective team's country, as well as within compliance of tournament eligibility rules. A minimum of 6 months of consecutive legal residence in a respective country represented or where the team is located is recommended.
22. An athlete in full head and/or body costume must not spot, stunt, or tumble except for a forward roll or cartwheel.
23. Cheerleading apparel must be conducive to safe performance. The Safety Judge has the right to check any participant for jewellery or other potentially unsafe attire. The following items are considered unsafe for competition and may be assessed a penalty:
  - A. Pantyhose/nylons;
  - B. High-heeled or canvas shoes;
  - C. Unsafe hair & makeup accessories;
  - D. Gum or food;
  - E. Pins on uniforms;
  - F. Nails that extend past the tip of the finger when viewed from the palm.
  - G. Other items deemed unsafe by the Safety Judge(s).

## **TIME OF ROUTINE**

- A. Cheerleading Team Cheer Routine:
  1. Cheer Portion: Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty (30) seconds.
  2. Routine total: Two minutes, thirty seconds (2:30).

B. Game Day:

1. Each element: Average thirty seconds (:30) to one minute (1:00) each, with breaks in between each element.

## **APPEARANCE POLICY**

These guidelines go into effect at the beginning of the 2020/2021 season.

Uniforms should promote a clean, professional image. Athletes undergarments must be appropriately covered at all times, and uniform pieces should be secured to prevent wardrobe malfunctions. There should be at least one strap secured over the shoulder or around the neck. Uniform tops for athletes in Grades One to Twelve must cover the midriff while standing at attention.

Uniform tops for athletes in CEGEP or Post-Secondary divisions may include an exposed midriff. Midriff baring tops must be covered unless athletes are in the warm-up area, traveling as a group directly to or from the warm up area, on the performance stage, or participating in school/community events.

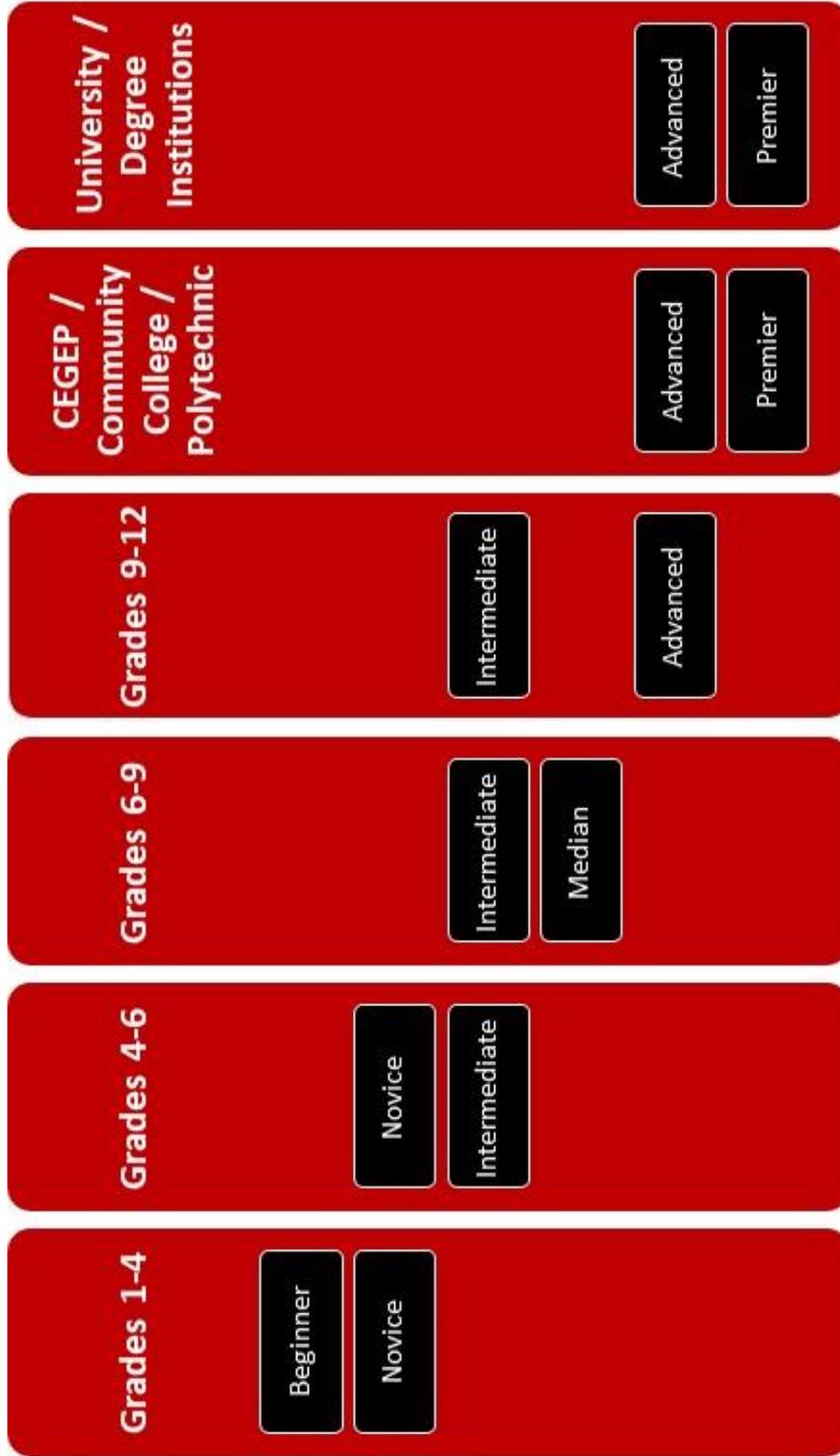
Athletes wearing skirts must also wear briefs; the skirt should cover, and must extend at least 2.5cm below, the briefs. Shorts must have an inseam of a minimum of 5cm.

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.

**CHEER CANADA APPROVED SCHOLASTIC GRID**  
**2018/19 & 2019/2020**

Grade	ICU Level	Gender	Team Size
1-4	Beginner	All Gender	5-30
	Novice	All Gender	
4-6	Novice	All Gender	
	Intermediate	All Gender	
6-9	Intermediate	All Gender	
	Median	All Gender	
9-12	Intermediate	All Gender	
	School Advanced	All Girl All Gender (1+ males) All Gender (1- 2 males) Non Tumbling	
	Game Day	All Gender	

Type of Post-Secondary	ICU Level	Gender	Team Size
CEGEP / Community College / Polytechnic (Institutions that only offer 1-2 Year Programs)	School Advanced	All Girl Small Coed (1-4 males) Large Coed (5+ males)	5-36
	University Premier	All Girl Small Coed (1-4 males) Large Coed (5+ males)	
University / Degree Institutions (Institutions that only offer 3-4+ Year Programs)	School Advanced	All Girl Small Coed (1-4 males) Large Coed (5+ males)	
	University Premier	All Girl Small Coed (1-4 males) Large Coed (5+ males)	



# BEGINNER DIVISION RULES

(Grades 1-4)

## BEGINNER DIVISION

### GENERAL TUMBLING

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

*Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant Divisions, if the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner – Advanced Divisions.

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. Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Beginner Division.

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

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

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

- D. Dive rolls are not allowed.

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

## BEGINNER DIVISION

### STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performance surface.

Exception: Block cartwheels and round offs are allowed.

- B. Forward and backward rolls are allowed.
- C. Cartwheels, round offs and handstands are allowed.
- D. Front and back walkovers are not allowed.
- E. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.
- F. Front and back handsprings are not allowed.

## **BEGINNER DIVISION**

### **STUNTS**

#### A. Spotters:

1. A spotter is required for each top person above ground level. Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.

*Clarification: The spotter may grab the top person's waist for all stunts above ground level.*

#### B. Stunt Levels:

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

*Clarification 1: Taking the top person above the waist level of the bases is not allowed.*

#### C. Twisting stunts and transitions are not allowed.

*Clarification 1: Rebounding to a prone position (1/2 twist to stomach) is a stunt allowed in the Beginner Division.*

#### D. During transitions, at least one base must remain in contact with the other top person. Exception: Leap frogs and leap frog variations are not allowed in the Beginner Division.

- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

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

*Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not. Example: A load in walking under another stunt is not allowed. Exception: An individual may jump over another individual.*

- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.

**I. BEGINNER DIVISION Stunts-Release Moves**

- 1. Release moves are not allowed.

*Clarification 1: Helicopters are not allowed.*

*Clarification 2: Log/barrel rolls are not allowed.*

**J. BEGINNER DIVISION Stunts-Inversions**

- 1. Inversions are not allowed.

*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Beginner Division "Standing/Running Tumbling").*

*Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.*

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

*Clarification: A person standing on the ground is not considered a top person.*

**BEGINNER DIVISION**

**PYRAMIDS**

- A. Pyramids must follow Beginner Division "Stunts" and "Dismounts rules.
- B. Top persons must receive primary support from a base

*Clarification: Anytime a top person is released by the base(s) during a pyramid transition, the top person must dismount to the performance surface, may not cradle and must follow the Beginner Division “Dismount” rules.*

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

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

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

## **BEGINNER DIVISION**

### **DISMOUNTS**

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

- A. Only straight pop downs are allowed.

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

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

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

- B. Waist level cradles are not allowed.
- C. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. No dismounts are allowed from skills above waist level in pyramids. Clarification: An individual may not land on the performance surface from above waist level without assistance.
- F. No free flipping or assisted flipping dismounts are allowed.

- G. Dismounts may not intentionally travel.
- H. Top persons in dismounts may not come in contact with each other while released from the bases.
- I. Tension drops/rolls of any kind are not allowed.

## **BEGINNER DIVISION**

### **TOSSES**

- A. Tosses are not allowed.

*Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.*

*Clarification 2: All waist level cradles are not allowed.*

# NOVICE DIVISION RULES

(Grades 1-4, 4-6)

## NOVICE DIVISION

### GENERAL TUMBLING

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

*Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant Divisions, if the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner – Advanced Divisions. 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. Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Novice Division.

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

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

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

- D. Dive rolls are not allowed:

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

## NOVICE DIVISION

### STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performance surface. Exception: Block cartwheels and round offs are allowed.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.

- D. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.
- E. Front and back handsprings are not allowed.

## **NOVICE DIVISION**

### **STUNTS**

#### **A. Spotters:**

1. A spotter is required for each top person at prep level and above. Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (e.g. v-sits, extended flats backs, etc.) are considered prep level stunts.

*Clarification 1: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.*

*Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position. Exception: Shoulder sits/straddles, t-lifts and stunts with up to a 1/2 twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.*

2. A spotter is required for each top person in a floor stunt.

*Clarification: The spotter may grab the top person's waist in a floor stunt.*

#### **B. Stunt Levels:**

1. Single leg stunts are only allowed at waist level.

Exception 1: Prep level single legs stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.

Exception 2: A walk up shoulder stand is allowed in the Novice Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.

2. Stunts above prep level are not allowed. A stunt may not pass above prep level.

Clarification: Taking the top person above the head of the bases is not allowed.

- C. Twisting stunts and transitions are allowed up to a total of a  $\frac{1}{4}$  twisting rotation by the top person in relation to the performing surface.

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a  $\frac{1}{4}$  rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*

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

Exception 2:  $\frac{1}{2}$  wrap around stunts are allowed in the Novice Division.

Exception 3: Up to a  $\frac{1}{2}$  twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.

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

Exception: Leap frogs and leap frog variations are not allowed in the Novice Division.

- E. Free flipping or assisted flipping stunts and transitions are not allowed.

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

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

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

- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.

**I. NOVICE DIVISION Stunts-Release Moves**

1. No release moves are allowed other than those allowed in Novice Division “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.*

4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is not allowed.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

**J. NOVICE DIVISION Stunts-Inversions**

1. Inversions are not allowed.

*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Novice Division “Standing/Running Tumbling”).*

Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

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

*Clarification: A person standing on the ground is not considered a top person.*

**NOVICE DIVISION**

**PYRAMIDS**

- A. Pyramids must follow Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

**Note:** Single based or assisted single based EXTENDED stunts are not allowed in Elementary Divisions.

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

*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Novice Division “Dismount” rules.*

C. Two leg stunts:

1. Two leg stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:
  - a. The connection must be made prior to initiating the two leg extended stunt.
  - b. Prep level top person bracers must have both feet in bases’ hands.  
Exception: Prep level top persons are not required to have both feet in the bases’ hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
2. Two leg extended stunts may not brace or be braced by other extended stunts.

D. Single leg stunts:

1. Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:
  - a. The connection must be made prior to initiating the single leg prep level stunt.
  - b. Prep level top person bracers must have both feet in bases’ hands.  
Exception: Prep level bracers are not required to have both feet in the bases’ hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
2. Extended single leg stunts are not allowed.

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

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

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

## NOVICE 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 spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

*Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in the Novice Division.*

*Clarification 2: All waist level cradles are not allowed.*

- C. Dismounts must return to the original base(s):

Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.

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

- D. Only straight pop downs, basic straight cradles are allowed.
- E. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No dismounts are allowed from skills above a prep level in pyramids.
- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

## **NOVICE DIVISION**

### **TOSSES**

A. Tosses are not allowed.

*Clarification 1: This includes “Sponge” (also known as Load Ins or Squish) tosses.*

*Clarification 2: All waist level cradles are not allowed.*

# INTERMEDIATE DIVISION RULES

(Grades 4-6, 6-9, and 9-12)

## INTERMEDIATE DIVISION

### GENERAL TUMBLING

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

*Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner – Advanced Divisions. 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 over (rebound) another individual.*

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

- D. Dive rolls are allowed:

Exception 1: Dive rolls performed in a swan/arched position are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

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

- F. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.

Example: A back handspring step out immediately moving into a ½ turn is not allowed.

## INTERMEDIATE DIVISION

### STANDING TUMBLING

- A. Flips and aerials 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) is not allowed. Example: Toe touch handsprings and handspring toe touches are not allowed.

D. No twisting while airborne.

Exception: Round offs are allowed.

## **INTERMEDIATE DIVISION**

### **RUNNING TUMBLING**

A. Flips and aerials are not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne. Exception: Round offs are allowed.

## **INTERMEDIATE DIVISION**

### **STUNTS**

A. A. Spotters:

1. A spotter is required for each top person above prep level.

2. A spotter is required for each top person in a floor stunt.

*Clarification: The spotter may grab the top person's waist in a floor stunt.*

B. Stunt Levels:

1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.

*Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.*

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

C. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person in relation to the performing surface.

*Clarification 1: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*

Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.

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

*Clarification 3: A log/barrel roll may be assisted by another top person.*

- D. During transitions, at least one base must remain in contact with the other top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

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

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

- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.

#### **I. INTERMEDIATE DIVISION Stunts-Release Moves**

1. No release moves are allowed other than those allowed in Intermediate Division "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 Dismount “C”.

4. Releasing from inverted to non-inverted body positions is not allowed.
5. Helicopters are not allowed.
6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

*Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.*

*Clarification 2: A log/barrel roll may not be assisted by another top person.*

*Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.*

Example: No kick full twists.

7. Release moves may not intentionally travel.
8. Release moves may not pass over, under or through other stunts, pyramids or individuals.

#### **J. INTERMEDIATE DIVISION Stunts-Inversions**

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.

*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.*

Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).

Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

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

*Clarification: A person standing on the ground is not considered a top person.*

## **INTERMEDIATE DIVISION**

### **PYRAMIDS**

- A. Pyramids must follow Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

Note: Single based or assisted single based EXTENDED stunts are not allowed in Elementary Divisions.

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

*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Intermediate Division "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.

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

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

- E. Extended single-leg stunts:

1. Extended single-leg stunts must be braced by at least one (1) top person at prep level or below with hand arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.
2. The connection must be made prior to initiating the extended single leg stunt.
3. Prep level top persons must have both feet in the bases' hands.
4. Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.

## **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 spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to the original base(s):
  - Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
  - Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.
  - Clarification: An individual may not land on the performance surface from above waist level without assistance.*
- D. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
- E. Twisting dismounts exceeding ¼ turn/rotation are not allowed. All other positions/additional skills are not allowed.
  - Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Cradles from extended single-leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

## **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.

# MEDIAN DIVISION RULES

(Grades 6-9)

## MEDIAN DIVISION

### GENERAL TUMBLING

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

*Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner – Advanced Divisions. 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, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.

*Clarification: An individual may jump over another individual.*

- C. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.

- D. Dive rolls are allowed:

Exception 1: Dive rolls performed in a swan/arched position are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

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

Example: If an athlete in Median performs a round off - toe touch - back handspring-back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median Standing Tumbling regulations.

## **MEDIAN DIVISION**

### **STANDING TUMBLING**

A. Flips are not allowed.

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

B. Series front and back handsprings are allowed.

C. Twisting while airborne is not allowed. Exception: Round offs are allowed.

## **MEDIAN DIVISION**

### **RUNNING TUMBLING**

A. Flips:

1. Back Flips may ONLY be performed in a tuck position only from a round off or round off back handspring(s). Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front hand spring(s) and front walk over(s) through to round off back handspring tuck is allowed.
3. Cartwheel tucked flips and/or cartwheel to back handspring(s) to tuck(s) is not allowed.
4. Aerial cartwheels, running front tucks, and  $\frac{3}{4}$  front flips are allowed.

*Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.*

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

*Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one (1) step into the next tumbling skill must be included to separate the two (2) passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then step (1) step is all that is required to create a new tumbling pass.*

C. Twisting while airborne is not allowed.

Exception 1: Round offs are allowed. Exception 2: Aerial cartwheels are allowed.

## MEDIAN DIVISION

### STUNTS

- A. A spotter is required for each top person above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions:
  - 1. Twisting stunts and transitions are allowed up to one (1) twisting rotation by the top person in relation to the performance surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds one (1) rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*
  - 2. Full twisting transitions must land at and originate from the prep level or below only. Example: No full ups to an extended position.
  - 3. Twisting transitions to and from an extended position may not exceed a  $\frac{1}{2}$  twisting rotation.  
*Clarification: A twist performed with an additional turn by the bases performed in the same set, would not be allowed if the resulting cumulative rotation of the top person exceeds a  $\frac{1}{2}$  rotation.*
- D. During transitions, at least 1 base must remain in contact with the top person. Exception: See Median 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.  
*Clarification 1: This rule pertains to an athlete’s torso (midsection of an athlete’s body) not moving over or under the torso of another athlete; this does not pertain to an athlete’s arms or legs.*

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

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

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person.

### **I. MEDIAN DIVISION Stunts-Release Moves**

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

*Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow 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 positions is not allowed.

3. Release moves must start at waist level or below and must be caught at prep level or below.

4. Release moves that land in a non-upright position must have three (3) catchers for a multi-based stunt and 2 catchers for a single based stunt.

5. Release moves are restricted to a single skill/trick and zero (0) 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 (e.g. flat back or prone body position).

*Clarification: Single base log rolls must have two (2) catchers. Multi-based log rolls must have three (3) catchers.*

6. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
 Exception 1: See Median Division Dismount “C”.  
 Exception 2: Dismounting single based stunts with multiple top persons.
7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.  
 Exception: Dismounting single based stunts with multiple top persons.

**J. MEDIAN DIVISION Stunts-Inversions**

1. No inversion stunt above shoulder stunts is allowed. The connection and support of the top person with the base(s) must be at shoulder level or below. Exception: Multi-based suspended rolls to a cradle, to a load in position, to flat body prep level stunt or to the performance surface are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a hand of the base(s).
2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.  
 Exception: Multi-based suspended forward roll(s) may twist up to 1 twisting rotation. (see #1. Exception above)
3. Forward Suspended Rolls exceeding ½ twist must land in a cradle. Exception: In a multi-based suspended backward roll, the top person may not twist.
4. Downward inversions are allowed at waist level and must be assisted by at least 2 catchers positioned at the waist to shoulder region to protect the head and shoulder area. The top person must maintain contact with an original base.  
*Clarification 1: The stunt may not pass through prep level and then become inverted below prep level. (The momentum of the top person coming down is the primary safety concern.)*

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

*Clarification 3: Two-leg "Pancake" stunts are not allowed in the Median Division.*

5. Downward inversions may not come into contact with each other.
6. 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.*

## **MEDIAN DIVISION**

### **PYRAMIDS**

- A. Pyramids must follow Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high. Note: Single based or assisted single based EXTENDED stunts are not allowed in Elementary Divisions.
- B. Top persons must receive primary support from a base. Exception: See Median Division "Pyramid Release Moves"
- C. Extended single leg (1 leg) stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

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

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

- E. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at least 1 bracer at prep level or below and at least 1 base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. The hand/arm connection does not include the shoulder.
- F. **MEDIAN DIVISION Pyramids - Release Moves** Any skill that is allowed within the Median Division Pyramid "Release Move" is also allowed if it remains connected to a base and 2 bracers. Anytime a top person is released by the bases during a pyramid

transition and does not adhere to the following rules (below), the top person must land in a cradle or dismount to the performance surface and, must following the Median Division “Dismount” Rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout the entire transition.

*Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least 2 bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.*

*Clarification 2: Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided that the Release Move meets the criteria established under Median Division Pyramid “Release Moves” or “Dismounts” rules.*

2. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One (1) of these contacts must be in a hand/arm-to-foot/lower leg (below the knee) connection.

*Clarification 1: Pyramid release moves must be braced on 2 separate sides (i.e. right side & left side, left side & back side, etc.) by 2 separate bracers. A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.*

*Clarification 2: Two (2) bracers on the same side is not permitted.*

*Clarification 3: Contact between a top person and base(s) that are in contact with the performance surface must be made BEFORE contact with the bracer(s) is lost.*

3. Primary weight may not be borne at the 2nd level.

*Clarification: The transition must be continuous.*

4. These release transitions may not involved changing bases.
5. These release transitions must be caught by are least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
  - a. Both catchers must be stationary.

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

6. Release moves may not be braced/connected to the top persons above prep level.

#### **G. MEDIAN DIVISION Pyramids-Inversions**

1. Must follow Median Division “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 performance surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.

Example 1: A flat back split which rolls to a load in position would be allowed even if the base extends their arms during the inversion skill.

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

#### **H. MEDIAN DIVISION Pyramids-Release Moves w/braced inversions**

1. Pyramid transitions may not involve inversions while released from the bases.

### **MEDIAN 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 spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to the original base(s).

Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s). Exception 2: Straight drops or small hop offs, with no

additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.

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

- D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg (1 leg) stunt.
- E. Up to a 1 ¼ twisting rotations are allowed from all 2-leg stunts.  
*Clarification: Twisting from a platform position is not allowed. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Median Division “Stunts” regarding Twisting Stunts and Transitions specifically.*
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick is allowed during a dismount from any 2-leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (e.g. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts are allowed.
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- N. Dismounts from an inverted position may not twist.

## **MEDIAN 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, 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, ½ 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.

# **SCHOOL ADVANCED DIVISION RULES**

(AACCA and NFHS Endorsed Rules, Grades 9-12 & Post-Secondary)

## **ADVANCED SCHOOL DIVISION**

### **TUMBLING AND JUMPS**

- A. Dive rolls are prohibited.
- B. Flips greater than 1 rotation are prohibited.
- C. Twists greater than 1 rotation are prohibited.
- D. A forward  $\frac{3}{4}$  flip to the seat or knees is prohibited.
- E. Tumbling or rebounding over, onto, or under a stunt, person or prop is prohibited.

Exceptions:

- 1. Cartwheels, rolls and walkovers with poms or over a person are allowed.
  - 2. Aerials and standing back tucks with poms are allowed. (Back handsprings with poms are prohibited)
- F. A flip that lands in a partner stunt or cradle is prohibited. (Example: A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.)
  - G. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump directly to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
  - H. Knee drops are prohibited without first bearing weight on the hands.
  - I. Drops to a prone position (e.g. pushup) on the performance surface are prohibited.
  - J. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulder and hands. (This rule only refers to a type of entrance into the “kip-up/rubber band” skill.)

## ADVANCED SCHOOL DIVISION

### STUNTS

- A. A spotter is required for any static extended stunt where the top person's weight is being borne by the base(s) Exception: "Show and Go" stunts, where the top person is not in an extended static position, do not require a spotter.
- B. A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
- C. In stunts requiring a spotter, a spotter:
  - 1. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
  - 2. Must be in position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts, this required spotter position is located behind or beside the top person.
  - 3. Must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
  - 4. May not have their hands behind their back.
  - 5. May not support under the heel or sole of the top person's foot in a single based extended stunt. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
  - 6. May not hold any objects in their hands.
- D. The top person cannot travel over another person from Quick Tosses or Partner Tosses.
- E. The base of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
- F. Bases may not:
  - 1. Hold any objects in a hand that is supporting the top person.
  - 2. Assume a backbend, handstand or headstand position.
- G. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
- H. The total number of twists in a dismount from a stunt cannot be greater than 1¼ rotations.

- I. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in a position to protect the head, neck and shoulders of the top person.
- J. In all dismounts to catchers who are not the original bases, the following conditions must be met:
  - 1. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
  - 2. The new catchers must remain close to the original bases.
  - 3. The new catchers must be in place and not involved in any other skill when the release is initiated.
  - 4. The top person may not perform any skills (twist, toe touch, etc.) following the release.
- K. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
- L. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
  - 1. Helicopters are allowed provided all of the following conditions are met:
    - a. The top person makes no more than a 180 degree rotation (half / ½ turn).
    - b. Four bases must be in position during the entire release.
    - c. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
    - d. The bases are not allowed to change positions during the release.
    - e. The top person must begin and end in a face up position.
    - f. The top person cannot perform a twisting skill.
  - 2. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with another person in a release stunt. The following additional conditions apply:
    - a. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
    - b. In a multi-base log roll, the top person must begin and end in a face-up or face-down position.

3. A top person in a vertical position at prep level may be released to a stunt at any level provided that the top person remains vertical, and the top person performs no more than 1¼ twisting rotations.
  4. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or to a stunt at shoulder height or below.
  5. Legal inversion releases are listed under Inversions Rule D.
- M. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
1. The top person must have both hands in continuous hand-to-hand contact with a post or with both bases' hands or,
  2. During transitions to the split without continuous hand-to-hand contact under the following conditions:
    - a. There are a total of three bases that support the top person.
    - b. At least two of the bases must support under the legs of the top person.  
The third base may support the top person under the legs or in contact with the hands of the top person.
    - c. The top person must have both hands in contact with the bases during the split portion of the transition.
- N. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
- O. Single-based stunts in which the top person is parallel to the performance surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person (e.g. Bird, Side T, SingleBased Flatback, etc.)
- P. A top person may be moved from a vertical position to a horizontal position (straight body or cradle) provided all the following conditions are met:
1. The top person maintains contact with at least one original base or spotter.
  2. At least two catchers and/or based catch the upper body of the top person.
  3. The catchers must be to the side or front of the person(s) moving the top person.
  4. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.

5. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three catchers are required.
- Q. A single-base may not be the only primary support for two extended top persons.  
Exception: Double Cupies/Awesomes are allowed. (If dismounted to cradles, there must be three people for each top person being cradled.)
- R. Dismounts to the performance surface from shoulder height or above must have assisted landings. This assistance must be sufficient to slow the momentum of the top person. If the dismount involves a skill (e.g. toe touch, twist, etc.), there must be an additional spotter who may, but is not required to provide assistance.
- S. A swinging stunt is legal provided all of the following conditions are met:
1. A downward movement is only allowed from below shoulder height.
  2. The top person is face up.
  3. The top person begins from the performance surface or in a stunt that is below shoulder height.
- T. A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
- U. Single-based split catches are prohibited.
- V. Tension drops are prohibited.

## **SCHOOL ADVANCED DIVISION**

### **INVERSIONS**

Note: Inversions are partner stunts or pyramids in which the top person has her or his shoulders below the waist. In addition to the following rules, all persons involved in an inversion must follow all rules from the School Advanced Division Stunt and Pyramid sections.

- A. Unless allowed under the rules of this section, a top person must not be in an inverted position.
- B. An inverted top person may pass through an extended position, but must not begin, end, pause or stop in a static extended inverted position.
- C. Suspended rolls are allowed provided:

1. Two people on the performance surface control the top person with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface.
  2. A single base or post controls the top person with continuous hands-to-hands contact to a stunt, twoperson cradle, loading position or the performance surface.
  3. A single base/post suspended roll that ends on the performance surface requires a spotter.
  4. If caught in a cradle, load or stunt, the new catches are in place and are not involved in any other skill when the suspended roll is initiated.
  5. The feet/ankles of the top person are released.
- D. Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:
1. Braced inversions that release must follow the Release Pyramid Transition Rule G.  
*Clarification: Braced inversions that do not release are treated just like any other non-released braced stunts and must follow Pyramid Rules A-E. Braced rolls are in this category.*
- E. Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:
1. The top person begins in multi-base loading position, stunt, cradle, or on the performance surface.
  2. The top person maintains continuous hand-to-hand/arm contact with two bracers who are in double base preps with a spotter. Each arm of the top person must be connected to a bracer.
  3. The top person is not behind the bracers.
  4. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performance surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
  5. The top person ends in a non-inverted position.

6. The top person does not perform more than one and one quarter ( $1\frac{1}{4}$ ) flipping rotations and no more than one half ( $\frac{1}{2}$ ) twist.
7. The bases/catchers remain stationary except as necessary for safety adjustments.

F. In all other inversions:

1. A top person in an inverted position on the performance surface may be released to a loading position below prep level.
2. Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.
3. A release transition from a static inverted position to a non-inverted position is allowed provided all of the following conditions are met:
  - a. The top person lands at or below prep level.
  - b. The top person does not twist more than a  $\frac{1}{4}$  rotation.
  - c. There is a spotter.
4. In inversions where the base of support begins and remains below prep level:
  - a. At least one base or spotter must be in a position to protect the head/neck of the top person.
  - b. The base or spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performance surface. The contact must be sufficient to stabilize/control the top person's position.
5. In inversions where the base of support begins at or passes through prep level:
  - a. At least two people on the performance surface must be in a position to protect the head/neck of the top person.
  - b. The bases/spotters must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performance surface. The contact must be sufficient to stabilize/control the top person's position.

Exception: A foldover stunt that begins at or below prep level and does not stop in an extended position is allowed without initial upper body contact.
  - c. The top person must not go directly to an inverted position on the performance surface from a prep or higher.

6. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
  7. Dismounts from inverted stunts to a cradle or an upright position on the performance surface are allowed provided that the top person begins in a static or “pump and go” position (e.g. handstand) and does no more than a ¼ turn. Dismounts to the performance surface from shoulder height or above must follow all Dismount Rules.
- G. An inverted top person must not hold objects (e.g. poms, signs, etc.) in his/her hands. Exception: During a transition from an inverted position on the performance surface to a non-inverted stunt, a top person can hold objects.

## **SCHOOL ADVANCED DIVISION**

### **PYRAMIDS**

*Note: In addition to these specific pyramids rules, all persons and stunts involved in a pyramid must follow all rules from the School Advanced Division Stunt and Inversion sections.*

- A. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
- B. A bracer may not support a majority of a top person’s weight.
- C. In pyramids where one static extended stunt braces another static extended stunt, the connection must be hand/arm to hand/arm.
- D. Partner stunt and pyramids may not pass over, under or through other partner stunts of pyramids.
- E. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person’s weight. (To demonstrate this, the foot of the top person’s braced leg must be at or above the knee of their supporting leg.) F. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
- F. In a Released Pyramid Transition, the following rules apply:
  1. The skills before and after the release must be legal, including the required spotters.

2. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
3. The top person and each bracer must have a separate spotter. Exception: Bracers in shoulder sits and thigh stands do not require a spotter.
4. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (e.g. shoulders of the bracer).
5. The released top person and bases make no more than a  $\frac{1}{4}$  turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that there is a pause during the transition.
6. The bracer must be at prep level or below and must not serve as the primary support for the top person.
7. The top person must be caught by the original bases. (For Braced Inversion Pyramid Rules see School Advanced Division “Inversions”).

## **SCHOOL ADVANCED DIVISION**

### **TOSSES**

*The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, toe pitch tosses, etc.*

#### A. In all tosses:

1. No more than four tossers are allowed.
2. The top person must be caught in a cradle.
3. The cradle must include at least three of the original tossers.
4. One of the catchers must be at the head and shoulders of the top person.
5. The toss may not be directed so that the bases must travel to catch the top person.(The bases can turn/ rotate under the toss.)
6. The top person must not land in an inverted position.
7. The top person may not hold any objects (poms, signs, etc.) during the toss.
8. The top person cannot travel over or under another person or through a prop.
9. The total number of twists cannot be greater than one and one quarter ( $1\frac{1}{4}$ ) rotations.

Exception: Switch liberties (also called “Giddy Up” or “Tick Up”) are allowed.

# **UNIVERSITY PREMIER DIVISION RULES**

## **(AACCA/NCCA Endorsed Rules, Post-Secondary)**

### **UNIVERSITY PREMIER**

#### **TUMBLING**

- A. Tumbling skills performed over, under, or through a partner stunt, pyramids, or individuals are prohibited.
- B. Tumbling skills that exceed one (1) flipping rotation are prohibited.
- C. Tumbling skills with two (2) or more twisting rotations are prohibited.
- D. Dive rolls are prohibited.
- E. Airborne drops to a prone position on the performance surface are prohibited.

Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal -as it is not airborne prior to the prone landing.

### **UNIVERSITY PREMIER**

#### **STUNTS**

- A. Dismounts with more than one and one quarter twists require an additional spotter that assists on the cradle.
- B. Releasing load-ins from a handstand position (stationary or through a handspring load-in) to a partner stunt require an additional spotter.
- C. Stunts in which the top person is in a handstand position require an additional spotter.
- D. Stunts in which the base uses only one arm for support require a spotter when:
  - 1. The stunt is anything other than a cupie/awesome or basic liberty. All other one-arm stunts require a spotter (e.g. heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.)
  - 2. The load-in and dismount involves a twist. The spotter must be in a place during the twist to assist on the cradle during the twisting dismounts.
  - 3. The top person is popped from one arm to the other.
- E. A top person can be released from a handstand position on the ground to a hand-to-hand stunt provided that the top person does not twist or rotate.

- F. A top person can be released from a cradle to an inverted position.
- G. Single based split catches are prohibited.
- H. Twisting dismounts greater than two (2) rotations are prohibited.  
Exception: Side-facing stunts – i.e. Arabesque, Scorpion with double full twisting cradles to the front are legal.
- I. Front, back and side tension drops are prohibited.
- J. All leg pitch, toe pitch, walk-in, sponge, and straddle catch flips to the performing surface are prohibited.
- K. Flips into or from partner stunts are prohibited, with the following exceptions:
  - 1. Rewinds into a pyramid, stunt, loading position or cradle are allowed under the following conditions:
    - a. The top person is limited to one and one quarter rotations and one half twist.
    - b. Based are limited to one-quarter turn under the top person.
    - c. Bases or spotters may not throw from under the foot of the top person (toe pitch).
    - d. An active spotter is required throughout the skill.
    - e. If the rewind is continuous to a cradle, the spotter must assist in the cradle.
    - f. In a rewind to another base, the original base may serve as the spotter.
  - 2. Flips from stunts in which the top person is in an upright position standing in the hand(s) of the base(s) are allowed under the following conditions:
    - a. An additional spotter must be active throughout the following skills.  
Exception: An additional spotter is not required for a double base front flip to the performing surface.
    - b. The top person is limited to one and one quarter flipping rotations and one half twist rotations,
    - c. Front flips to the performing surface, a cradle, or double-based horizontal positions are allowed from single or double base shoulder level stunts.  
Flips to the performing surface require the top person landing on at least one foot with assistance from at least one base.

- d. Front flips to a cradle or horizontal position are allowed from single or double base stunts shoulder level and below.
- 3. Flips from stunts in which the top person is in a horizontal position not being supported at their feet are allowed under the following conditions:
  - a. Front flips and back flips from shoulder level double base stunts to a stunt, loading position, cradle or the performing surface with assistance from a base. Note that flips are not permitted from a horizontal position below shoulder level or from a single base.
  - b. The top person is limited to one and one quarter rotation and may not twist.
  - c. A spotter is not required.

## **UNIVERSITY PREMIER**

### **PYRAMIDS**

- A. Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths.

Exception: An extended stunt on top of a thigh stand is allowed.
- B. In all pyramids, there must be at least two spotters designated for each person who is above two persons high and whose primary support does not have at least one foot on the ground. Both spotters must be in a position as the top person is loading onto the pyramid. One spotter must be behind the top person, and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person or at the side of the pyramid to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
- C. In 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. If a bracer is needed to assist the thigh

stand middle layer, they do not fill this role and an additional spotter who is not in contact with a pyramid is required.

- D. Cradles and horizontal landings from pyramids over two high must use at least two catchers, one on each side of the top person.
- E. All flips from pyramids are prohibited, with the exception of a forward flip dismount to a cradle, face up horizontal position or the performance surface. All flip dismounts require two catchers, one on each side of the top person.
- F. Flips into a pyramid are allowed under the following conditions:
  - 1. The flip is from a handstand on the performance surface, rewind toe pitch, or a double base “sponge” loading position. (Basket toss flips are not allowed.)
  - 2. The top person is limited to one and one quarter rotation with a  $\frac{3}{4}$  rotation from moment of release from the base to contact with the pyramid middle layer (e.g. rewind to pyramid) and may not twist.
  - 3. The top person may not land in an inverted position.
  - 4. A rewind to a pyramid does not require an additional spotter.
- G. Front, back and side tension drops are prohibited.

## **UNIVERSITY PREMIER**

### **TOSSES**

- A. Basket tosses or similar tosses may only be performed from ground level, can use no more than four (4) bases, and must be cradled by three (3) of the original bases, one (1) of which must catch in a scoop under the head and shoulders.  
Exceptions:
  - 1. Elevator tosses may flip into pyramids as outlined above.
  - 2. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill.
- B. Basket tosses and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
- C. Basket tosses and elevator/sponge tosses cannot exceed one (1) flipping and two (2) twisting rotations.

D. In flipping basket or elevator/sponge tosses (tuck, layout or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.

Examples:

1. Legal (two skills)

- a. Tuck flip, X-out, Full Twist
- b. Double Full-twisting Layout
- c. Kick, Full-twisting Layout
- d. Pike, Open, Double Full Twist
- e. Arabian Front, Full Twist

2. Illegal (three skills)

- a. Tuck flip, X-out, Double Full Twist
- b. Kick, Double Full-twisting Layout
- c. Kick, Full-twisting Layout, Kick
- d. Pike, Split, Double Full Twist
- e. Full-twisting Layout, Split, Full Twist

Note: An Arabian Front followed by a 1½ twist is considered to be a legal skill. A Kick Double Full Twist with no flip is allowed.

# **GAME DAY DIVISION RULES**

(Grades 9-12, Post Secondary)

## **GAME DAY COMPETITION ROUTINE**

1. The Game Day Championships showcases what traditional cheerleading is all about leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations/performance, motion/dance and overall routine.
2. The performance will follow this order: Band Chant/Dance, Situational Sideline into Time-Out Cheer, Fight Song. Collectively the Situational Sideline and Time-Out Cheer section will be defined as the Crowd Leading portion of the routine.
3. The use of crowd leading tools such as signs, poms, flags and/or megaphones is required. (native language is encouraged)
4. The incorporation of skills (Stunts and tumbling are allowed in the Fight Song, Situational Sideline and Time-out Cheer) Stunts and Tumbling are not allowed in the Band Chant/Dance.
5. The Band Chant/Dance should have an emphasis on crowd appeal and practicality – No stunts or tumbling is permitted; however, jumps and kicks will be allowed.
6. Following completion of the Band Chant/Dance, the announcer will provide the Team performing a Sporting Event/Game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offense or defense crowd-leading response, which transitions the squad into the crowdleading portion.
7. The judges will score teams using the criteria listed on the WSCC Game Day score sheet. Each team will be evaluated on a 100-point system.
8. Crowd Leading (Situational Sideline and Time-out Cheer) will count for 60 points (of the 100-points total score) and the Band Chant/Dance and Fight Song (collectively) will count for 45 points (of the 100-points total score). Each section will be combined for the final score. (100 total points possible)
9. Each section should have a beginning and an end.

Note: Spirited crowd leading interactions between each section is encouraged to continue the game day feeling and experience.

10. Traditional game day uniform attire is required.
11. Total Time is limited to three (3) minutes.
12. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point 8 deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
13. Additional Skill Restrictions:
  - a. No Tosses (basket, sponge or elevator) are allowed.
  - b. No Inversions are allowed.
  - c. No Twisting Dismounts are allowed.
  - d. Single leg stunts are limited to liberties and liberty hitches.
  - e. No Running Tumbling is allowed.
  - f. Standing Tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.
14. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheet and judging criteria, please visit [www.cheerunion.org](http://www.cheerunion.org)

## **GAME DAY ROUTINE ELEMENTS**

1. **TIME-OUT CHEER:** The Cheer is a thirty second (:30) to one minute (1:00) Time Out-style Cheer without music where the Cheer Team leads and motivates the crowd in a Cheer to yell for their team and/or nation, with a focus on their team's/nation's colors, name, mascot, or common yell. Teams are highly encouraged to use signs, poms and flags to enhance crowd effectiveness, as well as incorporate crowd-effective skills. The Cheer should remain consistent with a Time Out of a Sporting event. Native language is encouraged.
2. **SITUATIONAL SIDELINE:** The Sideline is a situational and repetitive chant with motions and simple skills, to encourage the crowd to yell, for each team performing. With either an Offensive or Defensive scenario, the squad will determine which Sideline to do based on the cues. The teams will perform one of the situational Sidelines they have

prepared and are encouraged to use crowd-motivating props such as signs, poms and megaphones. Skills should be minimal and simple. Native language is encouraged.

3. **BAND CHANT/DANCE:** The Band Chant is an estimated thirty second (:30) Chant with music that can incorporate Cheerleading skills (kicks and jumps) and should showcase the Team's sharp motions, high energy and synchronization. Teams can choose to use signs, flags, and other crowd motivating props to help encourage crowd response. Native language is encouraged.
4. **FIGHT SONG:** The Fight Song should represent the traditional Fight Song (e.g. to music that is unique to the specific team) that is commonly performed at a Team's sporting event, usually following a Score/Goal, etc. Cheerleading teams can incorporate up to 3 consecutive 8-counts of crowd effective stunts, tumbling, and/or jumps to a sport team's recorded music. Should any chants be included, native language is encouraged.
5. **TIME OUT PERFORMANCE:** Similar to a Band Chant, a Time Out Performance can be thirty seconds (:30) to one minute (1:00) in length and is commonly performed to a popular crowd leading songs of Sporting events (e.g. songs similar to Dr. Who, Hey, Zombie Nation, etc.). Cheerleading teams can incorporate crowd effective stunts, tumbling, and/or jumps to a sport team's recorded music. Teams can choose to use signs, flags, and other crowd motivating props to help encourage crowd response. Should any chants be included, native language is encouraged.

## **GLOSSARY OF TERMS**

**1/2 Wrap around**: A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in “Swing Dancing”). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person’s body wrapped around the back or the base.

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

**Assisted-Flipping Stunt**: A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See “Suspended Flip”, “Braced Flip”)

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

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

**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 is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a

stunt. (See also: “New Base” and/or “Original Base”). If there is only 1 person under a top person’s foot, regardless of hand placement, that person is considered a base.

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

**Block**: A tumbling term referring to the increase in height created by using one’s hand(s) and upper body power to push off the performing surface during a tumbling skill.

**Block Cartwheel**: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

**Brace**: A physical connection that helps to provide stability from one top person to another top person. A top person’s hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

**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).

**Bracer**: A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

**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:

1. must be attentive
2. must not be involved in other choreography
3. must make physical contact with the top person upon catching
4. 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.

**Cradle Position:** Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a “V”/pike/hollow body position (face up, legs straight and together) below prep level.

**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 to a cradle or the performing surface. Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a “Dismount”. When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.)

**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.

**Double-Leg Stunt:** See "Stunt".

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

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

**Extended Stunt:** When the entire body of the top person is extended in an upright position over the base(s). Examples of “Extended Stunts”: Extension, Extended Liberty, Extended Cupie. Examples of stunts that are not considered “Extended Stunts”: Chairs, torches, flat backs, arm-n-arms and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead, but are

NOT considered “Extended Stunts” since the height of the body of the top person is similar to a shoulder/prep level stunt.)

**Extension Prep:** See “Prep”.

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

**Flip (Stunting):** A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

**Flip (Tumbling):**A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

**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 Limber:** A non-aerial tumbling skill where one rotates forward through an inverted position to a noninverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

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

**Front Walkover:** A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

**Full:** A 360 degree twisting rotation.

**Ground Level:** To be on the performance surface.

**Half (Stunt)**: See “Prep”.

**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.

**Hanging Pyramid**: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A “Hanging Pyramid” would be considered a 2 and 1/2 high pyramid due to the weight of the top person being borne at the second level.

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

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

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

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

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

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

**Jump Turn**: Any turn that is added to a jump. A “straight jump” with a turn does not make the jump a “jump skill”.

**Kick Double Full (“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.

**Knee (Body) Drop**: See “Drop”.

**Layout**: An airborne tumbling skill that 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.

**(Second Level) Leap Frog**: Same as a “Leap Frog” but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

**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 1 foot of the top person while the top person’s other leg is bent placing the bent leg foot next to the supporting leg knee.

**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 in which the top person’s body rotates at least 360 degrees while remaining parallel to the performing surface. An “Assisted Log Roll” would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

**Mount**: See "Stunt".

**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:

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

**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 handspring position after pushing off, the athlete performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

**Original Base(s)**: Base(s) that is/are 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".

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

**Prep (stunt)**: A multi base, two leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

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

*Clarification: A stunt is considered below prep level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, t-lift and should sits 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, 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**: See "Rebound".

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

**Rewind**: A 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 from the performing surface by one or more bases.

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

**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).

**Show and Go**: A transitional stunt in which a stunt passes through an extended level and returns to a nonextended stunt.

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

**Single-Based Double Cupie**: A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie" Single-Based Stunt: A stunt using a single base for support.

**Single-Leg Stunt**: See "Stunt".

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

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

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

The spotter:

- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.
- must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt. - may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base. Example: In a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).

NOTE: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

**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 1 foot at a time as opposed to landing on both feet simultaneously.

**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 than the skill will be considered a “Two Leg” stunt.

**Suspended Roll:** A stunt skill that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

**Suspended Forward Roll:** A suspended roll that rotates in a forward rotation. See “Suspended Roll”.

**Suspended Backward Roll:** A suspended roll that rotates in a backward rotation. See “Suspended Roll”.

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

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

**Three Quarter (3/4) Front Flip (stunt):** A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

**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.

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

**Toss:** An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from the performance surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See "Release Moves")

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

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

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

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

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

**Tuck Position:** A 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.

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

**Twisting Stunt:** Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-

toe) and “Horizontal Axis” (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twist/rotation, starts a new transition.

**Twisting Toss**: A toss in which the athlete rotates around their body’s “Vertical Axis”

**Twisting Tumbling**: A tumbling skill involving hip overhead rotation in which an athlete rotates around their body’s “Vertical Axis”.

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

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

**Upright**: A body position of a top person in which the athlete is in a standing position on at least one foot while being supported by a base(s).

**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.

**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, based on the point of connection to the base(s), and is not considered a Waist Level stunt.

**Walkover:** A non-aerial tumbling skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

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

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