EUROPEAN CHEER UNION

EUROPEAN CHEERLEADING CHAMPIONSHIPS 2018

COMPREHENSIVE COMPETITION RULEBOOK

www.europeancheerunion.com

1. INDEX

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2. GENERAL REGULATIONS

The following rules and regulations apply for ECU European Cheerleading Championships 2018.

1. Only ECU members can register competitors for the ECU European Cheerleading Championships. However, in exceptional circumstances, the ECU Board can decide that competitors not belonging to an ECU member may participate in the ECU European Cheerleading Championships if competitors:
   - come from a country where the ECU does not have any member,
   - come from a country where the ECU member(s) is / are inactive or do not register any competitors.

2. All athletes that represent ECU member from the specific country must have citizenship or permanent residency for at least 6 months in that respected country at the time of the respective ECU European Cheerleading Championships. Identity, age and permanent residency of the athlete will be determined by inspection of the valid photo ID document and supporting documents that need to include the following information:
   - name and surname,
   - date of birth,
   - photo,
   - citizenship or proof for the duration of residency.

If the photo ID document does not include the information about the citizenship or duration of residency, a separate document without the athlete's photo can be used to determine the citizenship or residency.

3. Irrespective of the number of ECU members from a country, the following maximum participants are allowed:
   - for all Team categories, a maximum of two (2) participants (2 teams) per division from one country.

4. Irrespective of the limitations stated above, the winning team of the European Cheer League (ECL) will be directly qualified to compete in the respective category in the upcoming ECU European Cheerleading Championships. This qualification is granted only to those individual athletes who have competed or have been on the substitute roster in the European Cheer League (ECL).

5. It is the sole discretion of each ECU member to decide how they select or qualify the participants for the European Cheerleading Championships (e.g. national competition, tryouts or any other selection procedure applied by the ECU member).

6. If any registered competitor fails to pay the registration fee for the ECU European Cheerleading Championships, the respective participant will normally not be allowed to compete. However, in exceptional circumstances, the ECU Board can decide that the respective competitor is allowed to compete. In that case, the ECU member affiliated to this competitor becomes jointly liable for the payment of the registration fee.

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Deleted: 4. If there are two (2) ECU members from the same country, for all Team categories, each member can register only one (1) participant per division. If one member will not register any participant in specific divisions until the official deadline for the registration, the other ECU member from the same country has the right to register a second participant in these divisions in the next eight (8) days.¶
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5. If there are more than two (2) ECU members from the same country, the ECU will deal individually with this situation regarding registration of participants for the ECU European Cheerleading Championships.¶
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6. Two (2) or more ECU members from the same country can sign a written agreement and deposit it with the ECU Board determining the rights to qualify and register competitors to specific divisions and age groups.¶
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2.1. Divisions - Cheerleading

The following divisions with number of athletes exist for Cheerleading:

Division / Age group	Senior	Junior
Team All Girl Elite (L5)	16 – 24 athletes	16 – 24 athletes
Team All Girl Premier (L6)	16 – 24 athletes	/
Team Coed Elite (L5)	16 – 24 athletes	16 – 24 athletes
Team Coed Premier (L6)	16 – 24 athletes	/
Team Special Abilities Unified Intermediate (L2)	16 – 24 athletes	16 – 24 athletes
Team ParaCheer Unified Advanced (L4)	16 – 24 athletes	16 – 24 athletes

In Coed divisions at least one male athlete must be participating on the team.
No male athletes are allowed in All Girl divisions.

Note: ParaCheer Unified National Teams must comprise of 25% or more athletes with disabilities per team.

Note: Special Abilities Unified National Teams must comprise of 50% or more athletes with intellectual disabilities per team. The ECU reserves the right to split the Special Abilities Unified Divisions into Special Abilities Unified (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each divisions composition requirements.

Substitutes
Team divisions: up to 5 substitutes per team.

Entourage
Team divisions: up to 5 coaches or accompanying persons per team.

Senior Team Division Levels
All participating Senior teams from one country must compete at the same level (i.e.) in either the Elite or in the Premier Division. The responsibility for making this decision lies entirely with the ECU member country.

If any Senior team from a member country places either 1st or 2nd in the Elite Division, that specific country has to advance to the Premier Division the calendar year after the year when the respective competition took place.

ECU member countries can decide to advance from the Elite to the Premier Division if they wish, even if they have not placed in the top two positions in the previous year.

Countries cannot drop down from the Premier to the Elite Division, with the sole exception being: any member country whose Senior team have continuously placed in the bottom two positions in the Premier Division over a time span of at least two years. Only Senior teams from those specific member countries have the opportunity to drop down and compete in the Elite Division in the following year, but all Senior teams must still compete at the same level.

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2.2. Divisions - Performance Cheer

The following divisions with number of athletes exist for Performance Cheer:

Division / Age group	Senior	Junior
Team Cheer Freestyle Pom	16 – 24	16 – 24
Team Cheer Jazz	18 – 24	18 – 24
Team Cheer Hip Hop	16 – 24	16 – 24
Special Abilities Unified Team Cheer Freestyle Pom	16 – 24	16 – 24
Special Abilities Unified Team Cheer Hip Hop	16 – 24	16 – 24
ParaCheer Unified Team Cheer Freestyle Pom	16 – 24	16 – 24
ParaCheer Unified Team Cheer Hip Hop	16 – 24	16 – 24

Males and females are allowed to participate on the same team.

Note: ParaCheer Unified National Teams must comprise of 25% or more athletes with disabilities per team.

Note: Special Abilities Unified National Teams must comprise of 50% or more athletes with intellectual disabilities per team. The ECU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each division's composition requirements.

Substitutes
Team divisions: up to 5 substitutes per team.

Entourage
Team divisions: up to 5 coaches or accompanying persons per team.

2.3. General Rules – ParaCheer Divisions
For the purpose to assist and encourage the development of ParaCheer opportunities for disabled and nondisabled athletes (e.g. "ParaCheer Unified" divisions) within our Sport, enclosed (as a guideline only) please find a the IPC's brief description of the 10 eligible* impairment types (below) also shown on the IPC website https://www.paralympic.org/classification; found under section 2 chapter 3.13 of the IPC Handbook.

*Note 1: Due to the newness of the ParaCheer development programme at the grass-roots level, the ECU encourages its National Federations to use the IPC's excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As the ParaCheer development programme continues to develop, stricter adherence to these policies will be distinctly addressed for specific future competitions.

*Note 2: Based on the uniqueness of Performance Cheer competition, the ECU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICDS. The ECU again encourages National Federations to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for ParaCheer development purposes.

IPC's brief description of the 10 eligible impairment types (as a guideline for the ECU ParaCheer programme):
Impairment: Explanation

1. Impaired muscle power: Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. Impaired passive range of movement: Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
4. Leg length difference: Bone shortening in one leg due to congenital deficiency or trauma.
5. Short stature: Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. Hypertonia: Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. Ataxia: Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. Athetosis: Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
9. Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. Intellectual Impairment: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
11. Hearing Impairment: Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

2.4. Age groups

The following age groups exist:

Age group	Age	Year of birth for 2018 competitions
Senior (Performance Cheer - all divisions & Cheerleading Elite, **Special Abilities and ParaCheer**)	14 year or older	2004 or before
Senior (Cheerleading Premier)	15 year or older	2003 or before
Junior (all divisions)	12 to 16 years	2002 to 2006

The age of athlete is considered as the age that athlete will become in the year of the competition.
Any team proven to be in violation of the age requirements will be automatically disqualified.

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2.5. Cross-overs

Each athlete may only compete in one team in the specific division. Cross-overs to other divisions are allowed at the coaches' discretion as scheduling conflicts are likely to occur.

Each athlete may only compete in one age group. Cross-over to another age group is not allowed.

2.6. Time of the routine

A. Team Cheerleading:

    1. Cheer portion: can be placed in the beginning or middle of routine. Time minimum requirement of thirty seconds (0:30).

    2. Maximum time between Cheer and Music portion: twenty seconds (0:20).

    3. Music portion: Maximum two minutes, thirty seconds (2:30).

B. Performance Cheer Team: Maximum two minutes, thirty seconds (2:30)

2.7. Music / Entrances

1. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.

2. Timing of each portion will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.

3. If a team exceeds the maximum time limit of the Music portion or the time between Cheer and Music portion or if a team falls short of the minimum time limit of the Cheer portion, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.

4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave several seconds cushion to allow for variations in sound equipment.

5. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.

6. The requirements for music including the type of carrier will be determined by the event organizer. In any case, ECU recommends that you also bring mp3 type music file.

7. In order to keep the competition running on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.

2.8. Performance Surface

1. Performance Cheer: Marley floor or a wooden parquet floor surface. Minimum surface area of 14 meters wide x 12 meters deep.

2. Cheerleading: No spring floor, standard foam mat surface. Minimum surface area of 14 meters wide x 12 meters deep.

3. Teams may line up anywhere inside the competition area.

4. No penalty for stepping outside the area.

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2.9. How to handle procedural questions

A. Rules & Procedure - Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. Performance - Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

2.10. Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.

2.11. Interruption of performance

A. Unforeseen Circumstances

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should stop the routine.

2. The team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

B. Fault of Team

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.

2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.

3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

C. Injury

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.

2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

4. The injured participant that wishes to perform may not return to the competition floor unless:

   a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.

   b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.

c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.

d. In addition to the head injury policy, the ECU encourages to be familiar with the specific law where the competition is being held.

2.12. Interpretations and / or Rulings

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the ECU Competition Rules Committee. The committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. If the interpretation needs to be made during an ongoing competition, it is made together by those committee members present and holding a function in the jury of the respective competition and the Head Judge.

2.13. Disqualification

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

2.14. Judging procedure

As the teams perform, a panel of judges will score the teams using a 100 point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be added to determine the overall team score. In the event of a first place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

2.15. Scores and Rankings

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams' final placement.

2.16. Finality of Decisions

By participating in this championship, each team agrees that judges' decisions are final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

2.17. Appearances, Endorsement and Publicity

All teams winning titles or awards agree to have all appearances, endorsements and publicity approved by the ECU.

2.18. Penalties

A five (5) point penalty per judge whose individual score was added to the overall team's score will be assessed to any team violating any of the specific rules. This deduction does not apply to violations that are designated a lesser point value. Violation of a specific rule in more instances at the same time (ripples included) will be considered as just one violation of that specific rule and will result in just five (5) point penalty. If you have any questions concerning the legality of a move or trick, please send a video to the ECU Rules Committee (rules@europeancheerunion.com). This must be submitted clearly labeled with Team name, contact person name, telephone number and e-mail.

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3. CHEERLEADING DIVISIONS

3.1. Glossary of Terms – Cheerleading

1. ½ Wrap around
A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in "Swing Dancing"). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back or the base.

2. Aerial (noun)
Cartwheel or walkover executed without placing hands on the ground.

3. Airborne / Aerial (adjective)
To be free of contact with a person or the performing surface.

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

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

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

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

8. Back Walkover
A non-aerial tumbling skill where the athlete moves backward into an arched 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.

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

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

11. Barrel Roll
See "Log Roll".

12. Base
A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: "New base" and/or "Original Base"). If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

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

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

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

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

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

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

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

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

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

22. Coed Style Toss
A single base grabs the top person at the waist and tosses the top person from ground level.

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

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

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

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

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

28. Double-Leg Stunt
See "Stunt".

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

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

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

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

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

34. Extended Stunt
When the entire body of the top person is extended in an upright position over the base(s).
Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie.
Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms, and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

35. Extension Prep
See "Prep".

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

37. Flip (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.

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

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

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

41. Flyer
See "Top Person".

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

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

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

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45. Front Limber
A non-aerial tumbling skill where one 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 on both feet/legs at the same time.

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

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

48. Full
A 360 degree twisting rotation.

49. Ground Level
To be on the performing surface.

50. Half (Stunt)
See "Prep".

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

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

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

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

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

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

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

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

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

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

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

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

63. Kick Double Full ("Kick Double")
Skill, typically in a toss, that involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

64. Kick Full
Skill, typically in a toss, that involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

65. Knee (Body) Drop
See "Drop".

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

67. Leap Frog
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 brace 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.

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

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

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

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

72. Mount
See "Stunt".

73. Multi-Based Stunt
A stunt having 2 or more bases not including the spotter.

74. New Base(s)
Bases previously not in direct contact with the top person of a stunt.

75. Non-Inverted Position
A body position in which either of the conditions below are met.
   1. The top person's shoulders are at or above their waist.
   2. The top person's shoulders are below their waist and both feet are below their head.

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

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

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

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

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

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

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

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

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

85. Prep-Level
The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit etc.). A stunt may also be considered at prep level if the arms of the base(s) are extended overhead, but are not considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt (e.g. flatback, straddle lifts, chair, T-lift, etc.).
Clarification: A stunt is considered below prep level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sits are prep level stunts).

86. Primary Support
Supporting a majority of the weight of the top person.

87. Prone Position
A face down, flat body position.

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

89. Punch
See "Rebound".

90. Punch Front
See "Front Tuck".

91. Pyramid
Two or more connected stunts.

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

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

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

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

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

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

98. 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.

99. Series Front or Back Handsprings
Two or more front or back handsprings performed consecutively by an athlete.

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

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

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

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

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

105. Single-Based Double Cupie
A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie".

106. Single-Based Stunt
A stunt using a single base for support.

107. Single-Leg Stunt
See "Stunt".

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

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

110. Spotter

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

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

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

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

111. Standing Tumbling

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

112. Step Out

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

113. Straight Cradle

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

114. Straight Ride

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

115. Stunt

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

116. Suspended Roll

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

117. Suspended Forward Roll

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

118. Suspended Backward Roll

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

119. T-Lift

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

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

121. Three Quarter (¾) Front Flip (stunt)
A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

122. Three Quarter (¾) Front Flip (tumbling)
A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

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

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

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

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

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

128. Tower Pyramid
A stunt on top of a waist level stunt.

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

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

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

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

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

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

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

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

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

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

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

139. Two & One Half (2-½) 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.

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

141. V-Sit
A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position.

142. Vertical Axis (Twisting in Stunts or Tumbling)
An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

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

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

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

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

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<#>Extended stunts (i.e. extension, liberty, etc.) are 2-½ body lengths.¶

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3.2. General Cheerleading Safety Rules and Routine Requirements

1. All athletes must be supervised during all official functions by a qualified director/coach.

2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.

3. All teams, coaches and program directors must have an emergency response plan in the event of an injury.

4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.

5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.

6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.

7. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over (Exception: medical ID tags/bracelets). *Clarification: Rhinestones are legal whether adhered to the uniform or the skin.*

8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor as a performance surface specifically for All Star Cheerleading Teams.

9. Flags, banners, signs, pom pons, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

10. Supports, braces and soft casts that are unaltered from the manufacturer's original design / production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch / 1.27 centimeters thick if the athlete is involved in stunts, pyramids, tumbling or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.

11. From a level grid standpoint, all skills allowed for a particular level additionally encompass all skills allowed in the preceding level.

12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.

13. Drops including but not limited to knee, seat, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovas are allowed. *Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*

14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

15. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.

16. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

17. 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.

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3.3. Beginner Division (Level 0)

BEGINNER 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 divisions Beginner - Elite. 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 (½ twist to stomach) in a stunt is allowed in Level 0.

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

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

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

D.   Dive rolls are not allowed.

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

BEGINNER STANDING / RUNNING TUMBLING

A.   Skills must involve constant physical contact with the performing surface.

   Exception: Block cartwheels and round offs are allowed.

B.   Forward and backward rolls are allowed.

C.   Cartwheels, round offs and handstands are allowed.

D.   Front and back walkovers are not allowed.

E.   No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.

F.   Front and back handsprings are not allowed.

BEGINNER STUNTS

A.   Spotters

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

      Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.

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

B.   Stunt Levels

   1.   Single leg, two leg and all stunts are only allowed at waist level if the top person is connected to someone standing on the performing surface (e.g. spotter grabbing the waist of the top person, a hand/arm connection etc.), which must be a separate person other than the base(s) or spotter.

   2.   Stunts above waist level are not allowed. A stunt may not pass above waist level.
      Clarification: Taking the top person above the waist level of the bases is not allowed.

C.   Twisting stunts and transitions are not allowed.

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

D.   During transitions, at least one base must remain in contact with the top person.
      Exception: Leap frogs and leap frog variations are not allowed in Level 0.

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

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

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

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

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

Exception: An individual may jump over another individual.

G.   Single based split catches are not allowed.

H.   Single based stunts with multiple top persons are not allowed.

I.   Beginner 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 Stunts – Inversions

1.   Inversions are not allowed.

Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Level 0 rules for "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 PYRAMIDS

A.   Pyramids must follow Level 0 "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 performing surface, may not cradle and must follow the Level 0 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 DISMOUNTS

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

A.   Only straight pop downs are allowed.

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

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

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

B.   Waist level cradles are not allowed.

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

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

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

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

F.   No free flipping or assisted flipping dismounts are allowed.

G.   Dismounts may not intentionally travel.

H.   Top persons in dismounts may not come in contact with each other while released from the bases.

I.   Tension drops/rolls of any kind are not allowed.

BEGINNER 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.

Beginner

3.4 Novice Division (Level 1)

NOVICE 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 divisions Beginner - Elite. 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 (½ twist to stomach) in a stunt is allowed in Level 1.

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

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

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

D. Dive rolls are not allowed.

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

NOVICE STANDING / RUNNING TUMBLING

A. Skills must involve constant physical contact with the performing surface.

  Exception: Block cartwheels and round offs are allowed.

B. Forward and backward rolls, 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 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. y-sits, extended flat backs, etc.) are considered prep level stunts.

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

    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 ½ twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.

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

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

B. Stunt Levels

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

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

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Exception 2: A walk up shoulder stand is allowed in Level 1 if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.

2. 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 ¼ 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 ¼ 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 (½ twist to stomach) is a stunt that is allowed in Level 1.

Exception 2: ½ wrap around stunts are allowed in Level 1.

Exception 3: Up to a ½ twist is allowed if the top person starts and ends on performance surface and is only supported at the waist and does not require an additional spotter.

D. During transitions, at least one base must remain in contact with the top person.
Exception: Leap frogs and leap frog variations are not allowed in Level 1.

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

F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

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

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

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons are not allowed.

I. Novice Stunts – Release Moves
1. No release moves are allowed other than those allowed in Level 1 "Dismounts".
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is not allowed.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. Novice Stunts – Inversions
1. Inversions are not allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Level 1 rules for "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

NOVICE PYRAMIDS

A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

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

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

   Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface, may not be connected to a bracer that is above prep level, and must follow the Level 1 "Dismounts" rules.

C. Two leg stunts:

   1. Two leg extended stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:

      a. The connection must be made prior to initiating the two leg extended stunt.

      b. Prep level top person bracers must have both feet in bases' hands.

         Exception: Prep level top persons are not require 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 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 DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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

   Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in Level 1.

   Clarification 2: All waist level cradles are not allowed.

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

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

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

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

D. Only straight pop downs and basic straight cradles are allowed.

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

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

G. No dismounts are allowed from skills above prep level in pyramids.

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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 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

3.5. Intermediate Division (Level 2)

INTERMEDIATE 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. 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 divisions Beginner - Elite. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

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

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

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

D. Dive rolls are allowed.

Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.

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

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 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) are not allowed.

Example: Toe touch handsprings and handspring toe touches are not allowed.

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

INTERMEDIATE 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 STUNTS

A. Spotters

1. A spotter is required for each top person above prep level.
2. A spotter is required for each top person in a floor stunt.

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

B. Stunt Levels

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

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

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

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 not be assisted by another top person.

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

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) moving over or under the torso of another athlete; this does not pertain to an athlete's arms or 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 Stunts – Release Moves**
   1. No release moves are allowed other than those allowed in Level 2 "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 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 PYRAMIDS

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

Note: Single base or assisted single base EXTENDED stunts are not allowed in Youth divisions or any of the younger 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 performing surface, may not be connected to a bracer that is above prep level, and must follow the Level 2 "Dismount" rules.

C. Extended stunts may not brace or be braced by any other extended stunts.

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

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.

   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 DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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

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

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

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

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

D. Only straight pop downs, basic straight cradles and 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.

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INTERMEDIATE 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.

Intermediate

3.6. Special Abilities Intermediate Division (Level 2 with modifications)

A.   All general rules and guidelines, as well as routine requirements apply.
B.   All Special Abilities Unified National Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.
C.   All Special Abilities Traditional National Teams must be comprised of 100% Athletes with intellectual disabilities.

   NOTE: The ECU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each division's composition requirements.

D.   All Stunts and Pyramids - at prep level or above - will require the spot of a Coach or Assistant.
E.   Tosses are not allowed.
F.   Spotted and assisted tumbling is not allowed in competition; however, spotted and assisted tumbling is allowed in Exhibition performances.
G.   Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
H.   Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a dark t-shirt and pants in contrast to the Athletes' lighter colored uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer uniform during the routine.
I.   Assistants shall wear athletic shoes (e.g. no flip- flops) and shall not wear any jewelry for the protection of the Athletes.

SPECIAL ABILITIES INTERMEDIATE 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/L0 – Elite/L5 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.

SPECIAL ABILITIES INTERMEDIATE 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.

SPECIAL ABILITIES INTERMEDIATE 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.

SPECIAL ABILITIES INTERMEDIATE STUNTS

A.   Spotters:

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

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

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

B.   Stunt Levels:

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

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

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

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 1⁄2 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.   **Special Abilities Intermediate Stunts – Release Moves**

1.   No release moves are allowed other than those allowed in Special Abilities (Unified & Traditional) 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.   Special Abilities Intermediate 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.

SPECIAL ABILITIES INTERMEDIATE PYRAMIDS

A.   A. Pyramids must follow Special Abilities (Unified & Traditional) Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

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

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Abilities (Unified & Traditional) 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.

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.

SPECIAL ABILITIES INTERMEDIATE 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.

SPECIAL ABILITIES INTERMEDIATE 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

3.7. Median Division (Level 3)

MEDIAN 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 divisions Beginner - Elite. 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 (rebound) 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: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.

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

Example: If an athlete in Level 3 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 Level 3 rules for "Standing Tumbling."

MEDIAN STANDING TUMBLING

A. Flips are not allowed.

Clarification: Jumps connected to ¾ 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 RUNNING TUMBLING

A. Flips:
1. Back Flips may ONLY be performed in 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 handspring(s) and front walkover(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 ¾ front flips are allowed.
   Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.

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

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

C. Twisting while airborne is not allowed.

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

MEDIAN STUNTS

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

B. Single leg extended stunts are allowed.

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

C. Twisting Stunts & Transitions

1. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.

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

2. Full twisting transitions must land at and originate from the prep level or below only.
Example: No full ups to an extended position.

3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would not be allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation.

D. During transitions, at least one base must remain in contact with the top person.
Exception: See Level 3 "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 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 two (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 based log rolls must have two catchers. Multi-based log rolls must have three catchers.

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6. Release moves must return to original bases.

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

   Exception 1: See Level 3 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 Stunts – Inversions

1. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.

   Exception: Multi-based suspended rolls to a cradle, to a load in position, to flat body prep level stunt or to the performing surface are allowed. Multi-based suspended rolls must be supported by two hands. Both hands of the top person must be connected to a hand of the base(s).

2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.

   Exception: Multi base suspended forward roll(s) may twist up to one twisting rotation (see #1. Exception above).

3. Forward Suspended Rolls exceeding ½ twist must land in cradle.

   Exception: In a multi-based suspended backward roll, the top person may not twist.

4. Downward inversions are allowed at waist level and must be assisted by at least two catchers positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.

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

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

   Clarification 3: Two leg "Pancake" stunts are not allowed in Level 3.

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

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

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

MEDIAN PYRAMIDS

A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

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

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

   Exception: See Level 3 "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 one bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The

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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 Pyramids – Release Moves

Any skill that is allowed within Median "Pyramids Release Moves" is also allowed if it remains connected to a base and two bracers. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules (below), the top person must land in a cradle or dismount to the performing surface and must follow the Median "Dismount" rules.

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

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

   Clarification 2: Median Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release Move meets the criteria established under Median "Stunt Release Moves" or "Dismounts" rules.

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

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

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

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

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

   Clarification: The transition must be continuous.

4. These release transitions may not involve changing bases.

5. These release transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter) under the following conditions:

   a. Both catchers must be stationary.

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

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

G. Median Pyramids – Inversions

1. Must follow Median "Stunt Inversions" rules.

2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below. 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 split which rolls to an extended position would not be allowed because it did not first land in a position below extended level.

H. Median Pyramids - Release Moves with Braced Inversions

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

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MEDIAN DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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

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

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

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

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

D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg (1 leg) stunt.

E. Up to a 1-¼ twisting rotations are allowed from all two leg stunts.

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

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

G. Up to 1 trick is allowed during a dismount from any two leg stunt.

H. Any dismount from prep level and above involving a skill/trick (e.g. twist, toe touch) must be caught in a cradle.

I. No free flipping dismounts are allowed.

J. Dismounts may not intentionally travel.

K. Top persons in dismounts may not come in contact with each other while released from the bases.

L. Tension drops/rolls of any kind are not allowed.

M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

N. Dismounts from an inverted position may not twist.

MEDIAN 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.

   Example 1: Legal: toe-touch, ball out, pretty girl
   Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch

   Clarification: The 'arch' does not count as a trick.

   Exception: A Ball X toss is allowed 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.

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3.8. Advanced Division (Level 4)

ADVANCED 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 divisions Beginner – Elite. 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 and 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 and 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 Advanced / L4 performs a round off – toe touch – back handspring – whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced / L4 Standing Tumbling regulations.

ADVANCED STANDING TUMBLING

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

B. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

C. Consecutive flip-flip combinations are not allowed.

Example: Back tuck - back tuck, back tuck - punch front are not allowed.

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

Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.

Clarification 1: Jumps connected to ¾ front flips are not allowed.

Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

ADVANCED RUNNING TUMBLING

A. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

ADVANCED 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 to prep level are allowed up to 1 ½ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1 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.

D. Twisting stunts and transitions to an extended position are allowed under the following conditions:

1. Extended skills up to a ½ twist are allowed.

   Example: A ½ up to extended single leg stunt is allowed.

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

2. Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a two leg stunt, platform position or liberty (body position variations are not allowed).

   Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

   Clarification 1: An extended platform positon must be visibly held prior to executing a single leg stunt other than a liberty.

   Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

E. During transitions, at least 1 base must remain in contact with the top person.
   Exception: See "Release Moves".

F. Free flipping mounts and transitions are not allowed.

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

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

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

   Exception 1: An individual may jump over another individual.
   Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

H. Single based split catches are not allowed.

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

J. Advanced Stunts – Release Moves

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

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

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have three catchers for a multi-based stunt and two catchers for a single based stunt.

Twisting stunts and transitions

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4. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.

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

   Exception 1: See Dismount "C".

   Exception 2: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from waist level or below and may not involve twisting or flipping.

6. Release moves initiating from an extended level may not twist.

7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

8. Release moves may not intentionally travel.

9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

10. Top persons in separate release moves may not come in contact with each other.
    Exception: Dismounting single based stunts with multiple top persons.

K. Advanced Stunts – Inversions

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

2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.

   Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

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

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

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

   Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
   Clarification 4: Two Leg Pancakes cannot stop or land in an inverted position.

3. Downward inversions must maintain contact with an original base.

   Exception: Side rotating downward inversions.
   Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.

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

L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

ADVANCED PYRAMIDS

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

   Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

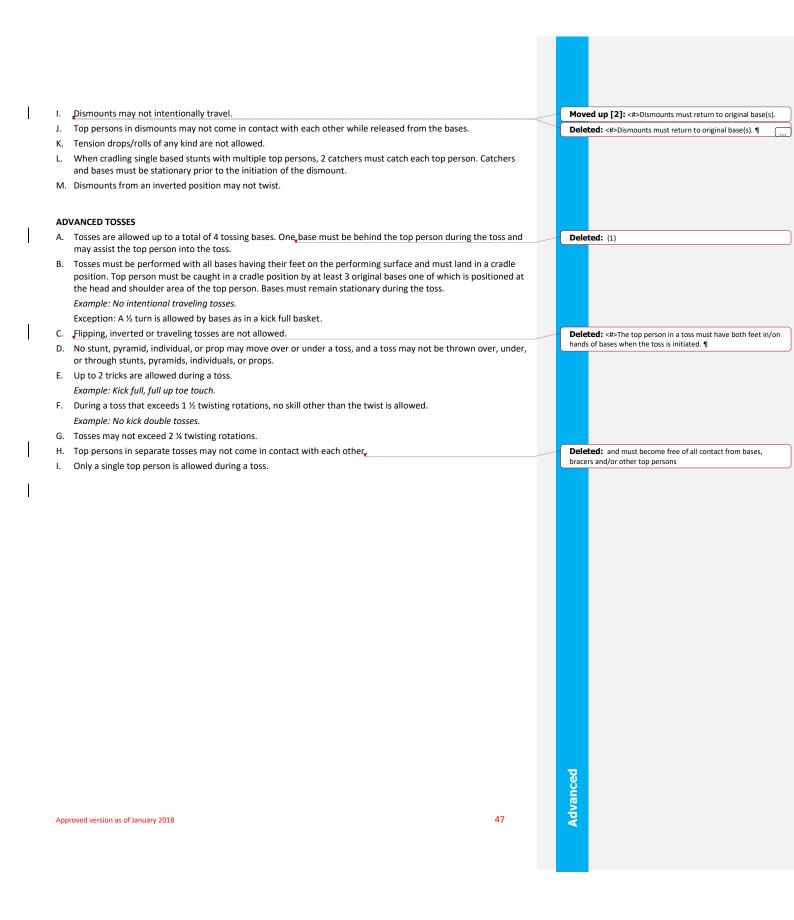   Note: Single base or assisted single base EXTENDED stunts are not allowed in Youth divisions or any of the younger divisions.

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

Exception: Advanced "Pyramid Release Moves".

C.   Extended single leg stunts may not brace or be braced by any other single leg extended stunts.

D.   No stunt or pyramid may move over or under another separate stunt or pyramid.

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

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

Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

E.   Any skill that is allowed as an Advanced Division Pyramid Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).

Example: An extended pancake would be required to remain connected to 2 bracers.

F.   Advanced Pyramids – Release Moves

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

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

Exception: While a tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Advanced Division "Stunts", the same skill is allowed in Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tic-tock must be braced the entire time during the release from the bases.

Clarification 2: Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced Division "Stunt Release Moves" or "Dismounts" criteria.

Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists, if connected to at least 1 bracer at prep level or below.

2.   In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

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

Clarification: The transition must be continuous.

4.   Non-inverted transitional pyramids may involve changing bases under the following conditions:

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

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

b.   The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

5.   Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 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 top persons above prep level.

G.   Advanced Pyramids – Inversions

1.   Must follow Advanced Division "Stunt Inversions" rules.

Advanced

H. Advanced Pyramids - Release Moves with Braced Inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition.

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

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

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.

3. Braced inversions (including braced flips) may not involve changing bases.

4. Braced inversions (including braced flips) must be in continuous movement.

5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.

    Exception: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.

    a. All required catchers/spotters must be stationary.

    b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.

    c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

6. Braced inversions (including braced flips) may not travel downward while inverted.

7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.

8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

ADVANCED 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 original base(s).

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

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

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

D. Up to a 2 ¼ twisting rotations are allowed from all two leg (2 leg) stunts.

    Clarification: Twisting from a platform position may not exceed 1 ¼ rotation. A platform is not considered a two leg (2 leg) stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.

E. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.

    Clarification: A Platform is not considered a two leg (2 leg) stunt. There are specific exceptions given for the platform body position within the Advanced 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. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts are allowed.

Advanced

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I. Dismounts may not intentionally travel.
J. Top persons in dismounts may not come in contact with each other while released from the bases.
K. Tension drops/rolls of any kind are not allowed.
L. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
M. Dismounts from an inverted position may not twist.

ADVANCED TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
   Example: No intentional traveling tosses.
   Exception: A ½ turn is allowed by bases as in a kick full basket.
C. Flipping, inverted or traveling tosses are not allowed.
D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
E. Up to 2 tricks are allowed during a toss.
   Example: Kick full, full up toe touch.
F. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.
   Example: No kick double tosses.
G. Tosses may not exceed 2 ¼ twisting rotations.
H. Top persons in separate tosses may not come in contact with each other.
I. Only a single top person is allowed during a toss.

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3.9. ParaCheer Unified Advanced Division (Level 4 with modifications)

A. All general rules and guidelines, as well as routine requirements apply.

B. All ParaCheer Unified National Teams must be comprised of a minimum 25% or more ParaCheer Athletes per team.

   Clarification: ParaCheer Athlete qualification is subject to respective general rules and guidelines, as well as National Federation confirmation and/or medical documentation, as requested (Please see the ParaCheer General Rules at 2.3. for more information).

C. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill with an added and appropriate anti-tip attachment for safety.

   Clarification: An appropriate wheelchair anti-tip attachment must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.

D. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.

E. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.

F. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended beyond the elbow to adequately assist with the skill.

G. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.

H. Mobility devices (i.e. wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid.

   Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill.

I. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.

J. Basket tosses are not allowed.

PARACHEER UNIFIED ADVANCED 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/L0 – Elite/L5 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 a ParaCheer 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 a ParaCheer 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 ParaCheer Unified Advanced/L4 performs a round off - toe touch - back handspring-whip-layout, this combination of skills would not be allowed since consecutive flip- flip combinations are not allowed within the ParaCheer Unified Advanced/L4 Standing Tumbling regulations.

PARACHEER UNIFIED ADVANCED STANDING TUMBLING

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

B.   Skills are allowed up to 1 flipping and 0 twisting rotations.

   Exception: Aerial cartwheels and Onodis are allowed.

C.   Consecutive flip-flip combinations are not allowed. Example: Back tuck – back tuck, back tuck – punch front are not allowed.

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

   Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.

   Clarification 1: Jumps connected to ¾ front flips are not allowed.

   Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skills.

PARACHEER UNIFIED ADVANCED RUNNING TUMBLING

A.   Skills are allowed up to 1 flipping and 0 twisting rotations.

   Exception: Aerial cartwheels and Onodis are allowed..

PARACHEER UNIFIED ADVANCED STUNTS

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

B.   Single leg extended stunts are allowed.

C.   Twisting stunts and transitions to prep level are allowed up to 1 ½ twisting rotations 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 a 1 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.

D.   Twisting stunts and transitions to an extended position are allowed under the following conditions:

   1.   Extended skills up to a ½ twist are allowed.

      Example: A ½ up to extended single leg stunt is allowed.

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

   2.   Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).

      Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

      Clarification 1: An extended platform position must be visibly held prior to executing a single leg (1 leg) stunt other than a liberty.

      Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

E.   During transitions, at least 1 base must remain in contact with the top person.

   Exception: See "Release Moves".

F.   Free flipping mounts and transitions are not allowed.

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

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

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

Exception 1: An individual may jump over another individual.

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

H. Single based split catches are not allowed.

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

J. ParaCheer Unified Advanced Stunts – Release Moves

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

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

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Release moved from inverted to non- inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.

4. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.

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

    Exception 1: See ParaCheer Advanced Division Dismount "C".

    Exception 2: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from waist level or below and may no involve twisting or flipping.

6. Release moves initiating from an extended level may not twist.

7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

8. Release moves may not intentionally travel.

9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

10. Top persons in separate release moves may not come in contact with each other.

    Exception: Dismounting single based stunts with multiple top persons.

K. ParaCheer Unified Advanced Stunts – Inversions

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

2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.

    Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

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

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

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

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

Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.

3. Downward inversions must maintain contact with an original base.

Exception: Side rotating downward inversions. Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.

4. Downward inversions may not come into contact with each other.

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

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

PARACHEER UNIFIED ADVANCED PYRAMIDS

A. Pyramids must follow ParaCheer Unified Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

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

Exception: See ParaCheer Unified Advanced "Pyramid Release Moves"

C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.

D. No stunt or pyramid may move over or under another separate stunt or pyramid.

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

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

Exception 1: An individual may jump over another individual.

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

E. Any skill that is allowed as a ParaCheer Unified Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).

Example: An extended Pancake would be required to remain connected to 2 bracers.

F. **ParaCheer Unified Advanced Pyramids – Release Moves**

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

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

Exception: While a tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for ParaCheer Unified Advanced Division "Stunts", the same skill is allowed in ParaCheer Unified Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tic-tock must be braced the entire time during the release from the bases.

Clarification 2: ParaCheer Unified Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the ParaCheer Unified Advanced Division "Stunt Release Moves" or "Dismounts" criteria.

Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

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

Clarification: The transition must be continuous.

4. Non-inverted transitional pyramids may involve changing bases under the following conditions:
    a. The top person must maintain physical contact with a person at prep level or below.

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

    b. The to person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 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. ParaCheer Unified Advanced Pyramids – Inversions
1. Must follow ParaCheer Unified Advanced Division "Stunt Inversions" rules.

H. ParaCheer Unified Advanced Pyramids - Release Moves with Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

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

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

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.

    Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.

    a. All required catchers / spotters must be stationary.
    b. All required catchers / spotters must maintain visual contact with the top person throughout the entire transition.
    c. The required catchers / spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt / pyramid release moves.
8. Braced inversions (including braced flips) may not be braced / connected to top persons above prep level.

PARACHEER UNIFIED ADVANCED 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 performing surface from above waist level without assistance.

D.   Up to a 2 ¼ twisting rotations are allowed from all 2 - leg stunts.

Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the ParaCheer Unified Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.

E.   Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.

Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the ParaCheer Unified Advanced 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 prop.

Exception: If the "prop" is a mobile device of a ParaCheer athlete, then it is allowed.

G.   During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.

H.   No free flipping dismounts allowed.

I.   Dismounts may not intentionally travel.

J.   Top persons in dismounts may not come in contact with each other while released from the bases.

K.   Tension drops/rolls of any kind are not allowed.

L.   When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

M.   Dismounts from an inverted position may not twist.

PARACHEER UNIFIED ADVANCED TOSSES

A.   Basket Tosses are not allowed.

3.10. Elite Division (Level 5)

ELITE 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 divisions Beginner – Elite. 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 another individual.

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

D. Dive rolls are allowed.

Exception: Dive rolls that involve twisting are not allowed.

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

ELITE STANDING TUMBLING

A. Skills are allowed up to 1 flipping and 1 twisting rotation.

ELITE RUNNING TUMBLING

A. Skills are allowed up to 1 flipping and 1 twisting rotation.

ELITE STUNTS

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

B. Single leg extended stunts are allowed.

C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. Elite Stunts - Release Moves

1. Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level.

Clarification: If the release move exceeds more than 18 inches / 46 centimeters above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" 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 plus an additional 18 inches (46 centimeters), it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

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

Exception: Front handspring up to an extended stunt may include up to a ½ twist.

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

3. Release skills that land in a non-upright position must have three catchers for a multi-based stunt and two catchers for a single based stunt.

4. Release moves must return to original bases.

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

Exception 1: See Elite Division Dismounts "C".

Exception 2: Dismounting single based stunts with multiple top persons.

5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

6. Release moves may not intentionally travel.

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

8. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

H. Elite Stunts – Inversions

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

2. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 2: Downward inversions originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)

Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

3. Downward inversions must maintain contact with an original base.

Exception: The original base may lose contact with the top person when it becomes necessary to do so.

Example: Cartwheel-style transition dismounts.

4. Downward inversions from above prep level:

   a. May not stop in an inverted position.

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

   Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

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

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

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

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

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

ELITE PYRAMIDS

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

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

Exception: See Elite Division "Pyramids Release Moves".

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C. **Elite Pyramids - Release Moves**

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

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

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

    Clarification: The transition must be continuous.

3. Non-inverted pyramid release moves must be caught by at 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.

4. Non-inverted transitional pyramids may involve changing bases. When changing bases:

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

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

    b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).

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

D. **Elite Pyramids - Inversions**

1. Must follow Elite Division "Stunt Inversions" rules.

E. **Elite Pyramids - Release Moves w/ Braced Inversions**

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

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

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.

3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.

    Clarification: ALLOWED – An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.

4. Inverted transitional pyramids may involve changing bases.

5. Braced inversions (including braced flips) must be in continuous movement.

6. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.

    Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.

    a. The 3 catchers/spotters must be stationary.

    b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.

    c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).

7. All braced inversions (including braced flips) that twist (including ¼ twist or more) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.

    a. The catchers must be stationary.

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

     c.   The catchers may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).

8.   Braced inversions (including braced flips) may not travel downward while inverted.

9.   Braced flips may not come in contact with other stunt/pyramid release moves.

10.   Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

ELITE DISMOUNTS

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

A.   Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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

C.   Dismounts must return to original base(s).

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

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

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

D.   Up to a 2 ¼ twisting rotations are allowed from all stunts.

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

F.   No free flipping dismounts allowed.

G.   Dismounts may not intentionally travel.

H.   Top persons in dismounts may not come in contact with each other while released from the bases.

I.   Tension drops/rolls of any kind are not allowed.

J.   When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

K.   Dismounts from an inverted position may not twist.

ELITE TOSSES

A.   Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.

B.   Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: no intentional traveling tosses.

Exception: A ½ turn is allowed by bases as in a kick full basket.

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

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

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

F.   Up to 2 ½ twisting rotations allowed.

G.   Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.

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

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Elite

3.11. Premier Division (Level 6)

PREMIER GENERAL TUMBLING

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

Exception 1: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

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

Clarification: An individual may jump over another individual.

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

D. Dive rolls are allowed.

Exception: Dive rolls that involve twisting are not allowed.

PREMIER STANDING / RUNNING TUMBLING

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

PREMIER STUNTS

A. A spotter is required:

   1. During one-arm (1 arm) stunts above prep level other than cupies or liberties.

     Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.

   2. When the load/transition involves

     a. A release move with a twist greater than 360 degrees.

     b. A release move with an inverted position landing at prep level or below.

     c. A free flip.

   3. During stunts in which the top person is in an inverted position above prep level.

   4. When the top person is released from above ground level to a one-arm (1 arm) stunt.

B. Stunt Levels:

   1. Single leg (1 leg) extended stunts are allowed.

C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.

Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers (E*xample: a rewind that lands in a cradle position).*

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

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

Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. **Premier Stunts - Release Moves**

1. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.

   Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, 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.

3. Release moves must return to original bases.

   Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

   Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons.

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

4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

5. Release moves may not intentionally travel. See exception in #3 above.

6. Release moves may not pass over, under or through other stunts, pyramids or individuals.

7. Top persons in separate release moves may not come in contact with each other.

   Exception: Single based stunts with multiple top persons.

H. **Premier Stunts - Inversions**

1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

PREMIER PYRAMIDS

A. Pyramids are allowed up to 2 ½ high.

B. For 2 ½ high pyramids, there must be at least 2 spotters, one providing additional pyramid support, and both 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 position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.

   Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer. <!-- Deleted: 1 -->

C. Free-flying mounts originating from ground level may not originate in a handstand position and are allowed up to 1 flipping (¾ maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations. Free-flying mounts originating from above ground level are permitted and are allowed up to 1 flipping (¾ maximum free flip between release and catch) and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.

   Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.

D. **Premier Pyramids – Release Moves**

1. During a pyramid transition, a top person may pass above 2 ½ high under the following conditions:

   a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person (i.e. tower pyramid tic-tocks).

   b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

E. Premier Pyramids - Inversions

1. Inverted stunts are allowed up to 2 ½ persons high.

2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

F. Premier Pyramids – Release Moves w/ Braced Inversions

1. Braced flips are allowed up to 1 ¼ flipping and 1 twisting rotation.

2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

   Exception: Braced inversion to 2 ½ high pyramids may be caught by 1 person.

3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:

   a. The base/spotter must be stationary.

   b. The base/spotter must maintain visual contact with the top person throughout the entire transition.

   c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated.

   (The dip to throw the top person is considered the initiation of the skill.)

G. Free released moves from 2 ½ high pyramids

1. May not land in a prone or inverted position.

2. Are limited to 0 flipping and 1 twisting rotation.

H. One arm (1 arm) extended Paper Dolls require a spotter for each top person.

PREMIER DISMOUNTS

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

A. Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.

B. Dismounts to the performing surface must be assisted by an original base or spotter.

   Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.

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

C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.

   Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only *(example: extension, liberty, heel stretch).*

D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

E. Free flipping dismounts to a cradle:

1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (Arabians).

2. Require at least 2 catchers, one of which is an original base.

3. May not intentionally travel.

4. Must originate from prep level or below (may not originate from 2 ½ high pyramid).

   Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2-½ high may not twist.

F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:

   Clarification: Back flipping dismounts must go to cradle.

Premier

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1. Allowed up to 1 front flipping and 0 twisting rotations.
2. Must return to an original base.
3. Must have a spotter.
4. May not intentionally travel.
5. Must originate from prep level or below (may not originate from 2 ½ high pyramids).

G. Tension drops/rolls of any kind are not allowed.

H. 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 the dismount.

I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand-arm supporting the head and shoulder of the top person.

J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.

K. Dismounts must return to original base(s).

Exception: Single based stunts with multiple top persons do not need to return to original base(s).

L. Dismounts may not intentionally travel.

M. Top persons in dismounts may not come in contact with each other while released from the bases.

PREMIER 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.

Exception 1: Fly away tosses that would go over the back person.

Exception 2: Arabians in which the 3rd person would need to start in front to be in a position to catch the cradle.

B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases, one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.

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

D. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full illegal because the X-out is considered a skill.

Legal (Two Skills)	**Illegal (Three Skills)**
Tuck flip, X-Out, Full Twist	Tuck flip, X-Out, Double Full Twist
Double Full-Twisting Layout	Kick, Double Full-Full Twisting Layout
Kick, Full-Twisting Layout	Kick, Full-Twisting Layout, Kick
Pike, Open, Double Full-Twist	Pike, Split, Double Full-Twist
Arabian Front, Full-Twist	Full-Twisting Layout, Split, Full-Twist

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

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

F. Non-flipping tosses may not exceed 3 ½ twists.

G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.

H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

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

3.12. Score Sheets - Cheerleading

Distribution of points in Team divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	15
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable*), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal, Dance*	Overall presentation, showmanship, dance*, crowd effect	10
TOTAL		**100**

* - jumps and dance are only applicable in All Girl divisions

Distribution of points in Special Abilities Unified Intermediate divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Number of Special Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points) Execution of skills, Proper technique, Synchronization Difficulty (Level of skill), Creativity, Variety	20
Pyramids	Number of Special Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points) Execution of skills, Synchronization (when applicable) Difficulty (level of skill), Creativity, Variety	20
Tumbling/Individual Skills	Group tumbling, Execution of skills (includes jumps if applicable) Difficulty, Proper Technique, Synchronization	5
Choreography	Routine creativity for crowd effectiveness Effective use of Special Ability athlete skills throughout the routine Synchronization, Variety	25
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		**100**

Distribution of points in Special Abilities Traditional Intermediate divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Proper technique, Synchronization Difficulty (Level of skill), Creativity, Variety	20
Pyramids	Execution of skills, Synchronization (when applicable) Difficulty (level of skill), Creativity, Variety	20
Tumbling/Individual Skills	Group tumbling, Execution of skills (includes jumps if applicable) Difficulty, Proper Technique, Synchronization	5
Choreography	Routine creativity for crowd effectiveness Effective use of Special Ability athlete skills throughout the routine Synchronization, Variety	25
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		100

Distribution of points in ParaCheer Unified Advanced divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Number of ParaCheer athletes used in each group skill (Range: less than 25% on average – up to 10 points, more than 25% on average up to 20 points) Execution of skills, Proper technique, Synchronization Difficulty (Level of skill), Creativity, Variety	20
Pyramids	Number of ParaCheer athletes used in each group skill (Range: less than 25% on average – up to 10 points, more than 25% on average up to 20 points) Execution of skills, Synchronization (when applicable) Difficulty (level of skill), Creativity, Variety	20
Tumbling/Individual Skills	Group tumbling, Execution of skills (includes jumps if applicable) Difficulty, Proper Technique, Synchronization	5
Choreography	Routine creativity for crowd effectiveness Effective use of ParaCheer athlete skills throughout the routine Synchronization, Variety	25
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		100

Deleted: Distribution of points in Group Stunt and Partner Stunts divisions:¶
Judging Criteria

4. PERFORMANCE CHEER DIVISIONS

4.1. Glossary of Terms – Performance Cheer

1. **Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel, executed without placing hands on the ground.

2. **Airborne (executed by Individuals, Groups or Pairs):** A state or skill in which the performer is free of contact from a person and/or the performance surface.

3. **Airborne Hip Over Head Rotation (executed by individual):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (*Example: Round off or a Back Handspring*).

4. **Category:** Denoting the style of the routine (*Example: Pom, Hip Hop, Jazz, High Kick*).

5. **Connected/Consecutive Skills:** An action in which the individual performs skills continuously, without a step, pause or break in between (*Example: Double Pirouette or Double Toe Touch*).

6. **Contact (executed by Groups or Pairs)**: The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

7. **Division**: Denoting the composition of a competing group of individuals (*Example: Senior, Junior*).

8. **Drop (executed by Individuals)**: An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.

9. **Elevated**: An action in which an individual is moved to a higher position or place from a lower one.

10. **Executing Individual:** An individual who performs a skill as part of "Groups or Pairs" who use(s) support from another individual(s).

11. **Head Level**: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.*)

12. **Height of the Skill:** Where the action is taking place.

13. **Hip Level**: A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc*.)

14. **Hip Over Head Rotation (executed by individuals)**: An action characterized by continuous movement where an individual's hips rotate over his/her own head in a skill (*Example: Back Walkover or Cartwheel*).

15. **Hip Over Head Rotation (executed by Groups or Pairs):** An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill.

16. **Inversion/Inverted:** A position in which the individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

17. **Inverted Skills (executed by individuals):** A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

18. **Lift (executed by Groups or Pairs):** A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).

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19. **Partnering (executed by pairs):** A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.

20. **Perpendicular Inversion (executed by Individuals):** An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

21. **Prone:** A position in which the front of the individuals' body is facing the ground, and the back of the individuals' body is facing up.

22. **Prop:** Anything that is used in the routine choreography that is no/was not originally part of the costume.
    Clarification 1: For Freestyle Pom Categories, Poms are considered part of the uniform.
    Clarification 2: For ParaCheer Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

23. **Shoulder Inversion (executed by Individuals):** A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.

24. **Shoulder Level:** A designated and averaged height; the height of a standing individual's shoulders while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc*.).

25. **Supine:** A position in which the back of the individuals' body is facing the ground, and the front of the individuals' body is facing up.

26. **Supporting Individual:** An individual who performs a skill as part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.

27. **Toss:** A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

28. **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

29. **Vertical Inversion (executed by groups or pairs):** A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.

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4.2. General Rules

1. All teams must be supervised during all official functions by a qualified director/advisor/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 directors, advisors and coaches should have an emergency response plan in the event of an injury.

4.3. Choreography and Costuming

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.

2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.

3. Teams may not compromise the integrity of the performance surface (*Examples: residue from sprays, powders, oils, etc.*).

4. Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited.

5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.

6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.

7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.

8. Tights should be worn under briefs, hot pants or excessively short shorts.

Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.

9. Shoes must be worn during the competition. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt please, consult the ECU Competition Rules Committee for approval.

10. Jewelry as a part of the costume is allowed.

11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.

12. 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.

13. An athlete must not have gum, candy, cough drops or other such edible items or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

14. A team's native and local language is recommended (if applicable) for all performances.

15. A team's native and local culture is recommended for inclusion within the performance routine.

4.4. Props

1. A prop is defined as anything that is used in the routine choreography that is / was not originally part of the costume.

Clarification 1: For Freestyle Pom Categories, poms are considered part of the costume.

Clarification 2: For ParaCheer & Special Abilities divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

2. Handheld props and free standing props in all categories are not allowed. Use of parts of a costume (e.g. costume elements such as a necklace, jacket, hat, etc.) are allowed and may be used and discarded (Please see #1 for further clarification).

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3. Within the Freestyle Pom Category it is compulsory to use poms throughout the entire routine. If there are male performers in this category they are not required to use poms.

4. No large free "standing" props will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets etc. Any item that bears the weight of the participant is considered a "standing prop".

4.5. Genre / Category Definitions

Freestyle Pom

Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as "one." A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more traditional cheerleading theme, while incorporating the concepts of Jazz and Hip Hop. See Score Sheet for more information.

Hip Hop

Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on athletic incorporations such as jumps, freezes, floor work and other skills. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See Score Sheet for more information.

Jazz

Incorporates and exhibits traditional and stylized movements and combinations with strength, attack and presence, formation changes, group work and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style, musical interpretation, continuity of movement and team uniformity. The overall impression of the routine should be up-tempo, lively, energetic and motivating- while allowing for texture of movement to utilize musicality. See Score Sheet for more information.

Kick / High Kick

A kick routine incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. The choreography shall display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See score sheet for more information

4.6. Specific Rules – Freestyle Pom for Junior & Senior

A. **Individual Skills (Executed by Individuals):**

Note: Tumbling as a skill is allowed, but not required, with the following limitations:

1. Airborne inverted skills with hand support are not allowed while holding poms.
2. Skills with hip over head rotation:
   a. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed.)
   b. Non-airborne skills are allowed.
   c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills.
   d. Airborne skills without hand support are allowed provided the following:
      i. Involves no more than 1 twisting transition.
      ii. May not connect to another skill that is airborne with hip-over-head rotation without hand support.
      iii. Are limited to 2 consecutive hip over head rotation skill(s).
3. Simultaneous tumbling over or under another athlete that includes hip over head rotation by both athletes is not allowed.
4. Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level (*Clarification: Drops directly to the knee, thigh, front or head are not allowed*).
5. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

B. **Lifts and Partnering (Executed in Pairs or Groups):**

Note: Lifts and Partnering are allowed, but not required with the following limitations:

1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level under the following conditions:
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individuals.
   c. The Executing Individual is not caught in the prone position.
   d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support / catch / release as needed.
3. Hip over head rotation of the Executing Individual(s) is allowed provided contact between the Executing Individual and at least 1 Supporting Individual(s) is maintained until the Executing Individual returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed provided:
   a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional athlete to spot who does not bear weight of the Executing Individual. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required*.)

C. **Release Moves (Groups & Pairs: Dismounts to the Performance Surface**

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
   a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
   a. The highest point of the release/toss does not elevate the Executing Individual's hips above head level.
   b. The Executing Individual is not supine or inverted when released.
   c. The Executing Individual may not pass through a prone or inverted position after release.

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4.7. Specific Rules – Hip Hop for Junior & Senior

A. Individual Skills (Executed by Individuals):

Note: Tumbling as a skill is allowed, but not required with the following limitations:

1. Inverted Skills:
   a. Non airborne skills are allowed (*Example: Headstand*).
   b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.

2. Skills with hip over head rotation:
   a. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).
   b. Non airborne skills are allowed.
   c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip over-head rotation skills.
   d. Airborne skills without hand support are allowed provided all of the following:
      i. Involves no more than one twisting transition.
      ii. May not connect to another skill that is airborne with hip over head rotation without hand support.
      iii. Are limited to 2 consecutive hip over head rotation skill(s).

3. Simultaneous tumbling over or under another athlete that includes hip over head rotation by both athletes is not allowed.

4. Only drops to the shoulder, back or seat are permitted provided the height of the airborne Individual does not exceed hip level (*Clarification: Drops directly to the knee, thigh, front or head are not allowed*).

5. Landing in a push-up position may involve any jump.

B. Lifts and Partnering (Executed in Pairs or Groups):

Note: Lifts and Partnering are allowed but, not required with the following limitations:

1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level under the following conditions:
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.
   c. The Executing Individual is not caught in the prone position.

3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided:
   a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or is returning to the upright position.

4. A Vertical Inversion is allowed provided:
   a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional athlete to spot who does not bear weight of the Executing Individual. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required*).

C. Release Moves (Groups & Pairs: Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
   a. At least one part of the Executing Individual is at or below head level at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or inverted position after the release.

2. A Supporting Individual(s) may toss an Executing Individual provided:
   a. At least one part of the Executing Individual is at or below head level at the highest point of the released skill.
   b. The Executing Individual may be supine or inverted when released, but s/he must land on their foot / feet.
   c. The Executing Individual may not pass through an inverted position after release.

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4.8. Specific Rules – Jazz for Junior & Senior

A. Individual Skills (Executed by Individuals):

Note: Tumbling as a skill is allowed, but not required with the following limitations:

1. Inverted Skills:
   a. Non airborne skills are allowed (*Example: headstand*).
   b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Skills with hip over head rotation:
   a. With hand support are not allowed while holing poms / props in supporting hand(s). (*Exception: forward rolls and backward rolls are allowed*.)
   b. Non airborne skills are allowed.
   c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills.
   d. Airborne skills without hand support are allowed provided all of the following:
      i. Involves no more than one twisting transition.
      ii. May not connect to another skill that is airborne with hip over head rotation without hand support.
      iii. Are limited to 2 consecutive hip over head rotation skill(s).
3. Simultaneous tumbling over or under another athlete that includes hip over head rotation by both athletes is not allowed.
4. Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level (*Clarification: Drops directly to the knee, thigh, front or head are not allowed*).
5. Landing in a push-up position may involve any jump.

B. Lifts and Partnering (Executed in Pairs or Groups):

Note: Lifts and Partnering are allowed, but not required with the following limitations:

1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level under the following circumstances:
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.
   c. The Executing Individual is not caught in the prone position.
3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided contact between the Executing Individual and at lease 1 Supporting Individual(s) is maintained until the Executing Individual returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed provided:
   a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional athlete to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required*).

C. Release Moves (Groups & Pairs: Dismounts to the performance surface)

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
   a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or inverted position after the release.
2. Supporting Individual(s) may toss an Executing Individual provided:
   a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
   b. The Executing Individual may be supine or inverted when released, but s/he must land on their foot / feet.
   c. The Executing Individual may not pass through an Inverted position after release.

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4.9. Specific Rules – High Kick / Kick for Junior & Senior

A. Individual Skills (Executed by Individuals):

Note: Tumbling as a skill is allowed, but not required with the following limitations:

1. Inverted Skills:
    a. Non airborne skills are allowed (*Example: headstand*).
    b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Skills with hip over head rotation:
    a. With hand support are not allowed while holing poms / props in supporting hand(s). (*Exception: forward rolls and backward rolls are allowed*.)
    b. Non airborne skills are allowed.
    c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills.
    d. Airborne skills without hand support are allowed provided all of the following:
        i. Involves no more than one twisting transition.
        ii. May not connect to another skill that is airborne with hip over head rotation without hand support.
        iii. Are limited to 2 consecutive hip over head rotation skill(s).
3. Simultaneous tumbling over or under another athlete that includes hip over head rotation by both athletes is not allowed.
4. Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level (*Clarification: Drops directly to the knee, thigh, front or head are not allowed*).
5. Landing in a push-up position may involve any jump.

B. Lifts and Partnering (Executed in Pairs or Groups):

Note: Lifts and Partnering are allowed, but not required with the following limitations:

1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level under the following conditions:
    a. The Executing Individual does not pass through an inverted position after the release.
    b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.
    c. The Executing Individual is not caught in the prone position.
3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided contact between the Executing Individual and at lease 1 Supporting Individual(s) is maintained until the Executing Individual returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed provided:
    a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or returns to the upright position.
    b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional athlete to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required*).

C. Release Moves (Groups & Pairs: Dismounts to the performance surface)

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
    c. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
    d. The Executing Individual may not pass through the prone or inverted position after the release.
2. Supporting Individual(s) may toss an Executing Individual provided:
    d. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
    e. The Executing Individual may be supine or inverted when released, but s/he must land on their foot / feet.
    f. The Executing Individual may not pass through an Inverted position after release.

4.10. General Rules – Special Abilities (Unified & Traditional) Freestyle Pom & Hip Hop Divisions

1. All general rules and guidelines, as well as routine requirements apply.
2. All Special Abilities Unified National Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.
3. All Special Abilities Traditional National Teams must be comprised of 100% Athletes with intellectual disabilities.

   NOTE: The ECU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each divisions composition requirements.

4. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
5. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a light colored t-shirt and pants in contrast to the Athletes' darker colored costume/uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer costume/ uniform during the routine.
6. Assistants shall wear athletic/performance style shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.

4.11. Specific Rules – Special Abilities (Unified & Traditional) Freestyle Pom

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

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

1. Hip over-head rotation- Skills with hand support are not allowed while holding poms in supporting hand(s).
   Exception: Forward rolls and backward rolls are allowed.
2. Airborne hip over-head rotation skills without hand support are not allowed
   Exception: Front Aerials and Aerial Cartwheels are allowed.
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.

B. Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.
   d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.

b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required)

C. Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
    a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
    b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
    a. The highest point of the toss does not elevate the Executing Individual's hips above head level.
    b. The Executing Individual is not supine or inverted when released.
    c. The Executing Individual may not pass through a prone or inverted position after release.

4.12. Specific Rules – Special Abilities (Unified & Traditional) Hip Hop

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

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

1. Inverted Skills:
    a. Non airborne skills are allowed.
    b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Tumbling skills with hip over-head rotation:
    a. Non-airborne skills are allowed.
    b. Airborne skills with hand support:
        i. Are allowed (Example: Back Handspring).
        ii. Are limited to two consecutive hip over- head rotation skills (Clarification: both skills must have hand support)
    c. Airborne skills without hand support are allowed provided all of the following:
        i. Involves no more than one twisting transition.
        ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.
    d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level. (Clarification: drops directly to the knee, thigh, front or head are not allowed)
5. Landing in a push up position may involve any jump.
6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

B. Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
    a. The Executing Individual does not pass through an inverted position after the release.
    b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
    c. The Executing Individual is not caught in a prone position.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
    a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:

a.   The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.

b.   When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required)

C.   Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1.   An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:

a.   At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.

b.   The Executing Individual may not pass through the prone or inverted position after the release.

2.   A Supporting Individual(s) may toss an Executing Individual provided:

a.   At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.

b.   The Executing Individual may be supine or inverted when released but must land on their foot/feet.

c.   The Executing Individual may not pass through a prone or inverted position after release.

4.13. Specific Rules – ParaCheer Unified Freestyle Pom

A.   EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

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

1.   Hip over-head rotation- Skills with hand support are not allowed while holding poms in supporting hand(s).
         Exception: Forward rolls and backward rolls are allowed.
2.   Airborne hip over-head rotation skills without hand support are not allowed
         Exception: Front Aerials and Aerial Cartwheels are allowed.
3.   Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4.   Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5.   Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.

B.   Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1.   A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2.   At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
        a.   The Executing Individual does not pass through an inverted position after the release.
        b.   The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
        c.   The Executing Individual is not caught in a prone position.
        d.   Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.
3.   Hip over-head rotation of the Executing Individual(s) is allowed provided:
        a.   A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4.   Vertical Inversion is allowed provided:
        a.   The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
        b.   When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required)

C.   Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1.   An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
        a.   The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
        b.   The Executing Individual may not pass through the prone or inverted position after the release.
2.   A Supporting Individual (s) may toss an Executing Individual provided:
        a.   The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
        b.   The Executing Individual is not supine or inverted when released.
        c.   The Executing Individual may not pass through a prone or inverted position after release.

4.14. Specific Rules – ParaCheer Unified Hip Hop

A.   EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

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

1.   Inverted Skills:
        a.   Non airborne skills are allowed.
        b.   Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.

2. Tumbling skills with hip over-head rotation:
    a. Non-airborne skills are allowed.
    b. Airborne skills with hand support:
        i. Are allowed (Example: Back Handspring)
        ii. Are limited to two consecutive hip over head rotation skills (Clarification: both skills must have hand support)
    c. Airborne skills without hand support are allowed provided all of the following:
        i. Involves no more than one twisting transition.
        ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.
    d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level. (Clarification: drops directly to the knee, thigh, front or head are not allowed)
5. Landing in a push up position may involve any jump.
6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

B. Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
    a. The Executing Individual does not pass through an inverted position after the release.
    b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
    c. The Executing Individual is not caught in a prone position.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
    a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
    a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
    b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required).

C. Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
    a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.
    b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided:
    a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
    b. The Executing Individual may be supine or inverted when released but must land on their foot/feet.
    c. The Executing Individual may not pass through a prone or inverted position after release.

4.15. Score Sheets - Performance Cheer

Distribution of points in Freestyle Pom divisions:

Judging Criteria		Description	Points
TECHNIQUE	Execution of Pom Motion Technique	Clean arm lines, levels, placement is sharp, strong and precise	10
	Execution of Technique	Correct placement & levels of arms / torso / hips / legs / hands / feet, body control, extension	10
	Execution of Technical Skills	Proper execution of leaps, turns, jumps, lifts, partner work, etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, poms, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal. Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**

Distribution of points in Hip Hop divisions:

Judging Criteria		Description	Points
TECHNIQUE	Strength of Movement	Strength and presence in movement	10
	Execution of Hip Hop Style(s) – Placement / Control	Correct placement & levels of arms / torso / hips / legs / hands / feet and body control in the extension of style of hip hop: tutting, popping, locking, waving, lyrical, etc.	10
	Execution of Skills / Athletic Incorporations	Execution of floor work, freezes, partner work, lifts, tricks, jumps, etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity / Clarity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**

Distribution of points in Jazz & High Kick divisions:

Judging Criteria		Description	Points
TECHNIQUE	Execution of Technical Skills	Proper execution of leaps, turns, jumps, lifts, partner work, etc.	10
	Placement / Control / Extension	Correct placement & levels of arms / torso / hips / legs / hands / feet, body control, extension, balance	10
	Style / Strength of Movement	Style, strength and presence in movement	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**

Distribution of points in Doubles divisions:

Judging Criteria		Description	Points
TECHNIQUE	Execution of Skills / Style (Freestyle Pom – Jazz – Hip Hop)	Execution of movements and skills in the style of the category	10
	Placement / Control	Exhibits control, proper levels and placement (in pom motions) arm movements. "Turnout" and proper hip/leg/foot placement in Kicks, Leaps, Turns, etc. control of torso and body parts throughout movements and skills	10
	Strength of Movement	Intensity, strength and presence in movements	10
	Extension / Flexibility	Exhibits full extension (in arms, legs, feet etc.), and when applicable, stretch and flexibility in movement	10
CHOREOGRAPHY	Musicality	Use of the music accents, rhythms, lyrics and style	10
	Difficulty	Level of difficulty of skills, movement, weight changes, tempo etc.	10
	Creativity / Style	Exhibiting creative and original movement in accordance with the style of the category	10
	Routine Staging	Utilization of floor space, transitions, partner work, group work, interaction of the pair while allowing for a seamless flow of the routine	10
EXECUTION	Synchronization	Uniformity of all movement, moving together and with the music	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**

Distribution of points in Special Abilities (Unified & Traditional) and ParaCheer Unified Freestyle Pom divisions:

Judging Criteria		Description	Points
TECHNIQUE	Execution of Pom Motion Technique	Demonstrate clean arm lines, levels, placement, movement is sharp, strong and precise	10
	Execution of Technique	Demonstrate a clear intention to perform correct placement & levels of arms / torso / hips / legs / feet, body control, extension, balance, style in movement	10
	Execution of Technical Skills	Proper execution or well executed adaption of leaps, turns, jumps, partner work, etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity of Movement	Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, poms, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal. Age appropriate music, costume and choreography that enhances the performance	10
	TOTAL		**100**

Distribution of points in Special Abilities (Unified & Traditional) and ParaCheer Unified Hip Hop divisions:

Judging Criteria		Description	Points
TECHNIQUE	Strength of Movement	Strength and presence in movement	10
	Execution of Hip Hop Style(s) – Placement / Control	Demonstrate a clear intention to perform correct placement & levels of arms / torso / hips / legs / feet and body control in the extension of style of hip hop, popping, locking, waving, lyrical, etc.	10
	Execution of Skills / Athletic Incorporations	Proper execution or well executed adaption of floor work, lifts, tricks, jumps, etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity / Clarity of Movement	Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
		TOTAL	**100**

5. COMPREHENSIVE AGE GROUPS

5.1. Comprehensive Age Groups – Cheerleading Divisions

European Cheerleading Championships:

Cheerleading Divisions	Age in years	Years of birth 2018
Senior Level 6 (Premier), GS & PS Level 5 (Elite)	15 and older 14 and older	2003, 2002, 2001, 2000, … 2004, 2003, 2002, 2001, …
Junior Level 5 (Elite)	12 to 16	2006, 2005, 2004, 2003, 2002

Recommended additional Age Groups:

Cheerleading Divisions	Age in years	Years of birth 2018
Junior Level 4 (Advanced)	11 to 16	2007, 2006, 2005, 2004, 2003, 2002
Youth Level 3 (Median)	9 to 13	2009, 2008, 2007, 2006, 2005
Mini Level 2 (Intermediate)	7 to 13	2011, 2010, 2009, 2008, 2007, 2006, 2005
Tiny Level 1 (Novice)	5 to 8	2013, 2012, 2011, 2010

5.2. Comprehensive Age Groups – Performance Cheer Divisions

European Cheerleading Championships:

Performance Cheer Divisions	Age in years	Years of birth 2018
Senior	14 and older	2004, 2003, 2002, 2001, …
Junior	12 to 16	2006, 2005, 2004, 2003, 2002

Recommended additional Age Groups:

Performance Cheer Divisions	Age in years	Years of birth 2018
Youth	9 to 13	2009, 2008, 2007, 2006, 2005
Mini	7 to 13	2011, 2010, 2009, 2008, 2007, 2006, 2005
Tiny	5 to 8	2013, 2012, 2011, 2010

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- Deleted: 1999
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