

**AUS Cheer
International Championships
2010 COMPETITION HANDBOOK**



www.auscheer.org.au



Competition Handbook Purpose

This handbook provides information on the competition rules for Cheer and Dance Teams/Troupes competing in the AUS Cheer International Championships. Further clarifications and updates will be published on AUS Cheer's website.

It is the Coach's responsibility to ensure that his/her team adheres to the rules for the competition. Any rule clarifications should be directed to the National Program Manager, prior to the competition.

BLUE, BOLD FONT

Please read these carefully as anything highlighted in blue is a change to the 2010 Rules in comparison to the 2009 Rules that were decided upon by the National Commission.

Any further clarifications and updates will be published on AUS Cheer's website.

Please contact Nerine Cooper (ncooper@auscheer.org.au) for further explanation or any rule clarification, prior to the competition.

National Commission

National Program Manager
Commission Members

Nerine Cooper
Kerryn Brimmer
Tina Burger
Briony Keenan
Ann Ranieri
Thomasine Warmington

Interpretations and Rulings

Any interpretation of any aspect of these competition rules or any decision involving any other aspect of the championship will be rendered by the Competition Jury. The Competition Jury will render a judgement in an effort to ensure that the championship proceeds in a manner consistent with the general spirit and goals of the championship.

The Competition Jury will consist of the **Program Manager and/or Head Judge**, and an appointed representative.

How to Handle Procedural Questions

Only the Coach, or nominated Team Representative, may approach the Competition Jury, in a professional and courteous manner, if they have a question concerning the rules or procedures of the championship. Such questions should be made prior to the competition. Any questions concerning the team's performance should be made to the Competition Jury immediately after the team's performance.

No team representatives may approach the judges table or any judge on any matter. Harassment of judges or other officials can lead to team disqualification.





AUS Cheer International Championships

Eligibility

The AUS Cheer International Championships is open to all Cheer & Dance teams from Australia and overseas.

The following eligibility requirements must be met:

Residential Teams:

Cheer teams must be accompanied by a Coach holding any one of the following acceptable Cheerleading Certifications:

- Gymnastics Australia (GA)
- United States All Star Federation (USASF) *
- National Council for Spirit Safety Education (NCSSE) *
- Other countries' credentialling may be accepted upon request.*

*Evidence of certification must be submitted with definitive entries. It is important that certification is verified, should an insurance issue arise.

Dance teams/troupes must be accompanied by a Coach/Teacher trained in safe coaching practices.

International Teams:

Cheerleading and Dance Coaches must be trained in relevant safe coaching practices. It is highly recommended that coaches have attended a coaching/safety certification course.

Categories

The following categories are offered at the AUS Cheer Internationals:

Cheerleading	Dance	Exhibition
Cheer	Pom	CheerAbility
Group Stunt	Hip-Hop	
Partner Stunt	Jazz	
	Contemporary/Lyrical	

Crossovers

- **Athletes may compete in more than one team, as long as they abide by the age restrictions in all divisions in which they compete. Please be aware that the performance time of one team may conflict with the warm-up time of another. AUS Cheer will do its best to avoid any conflicts during warm-ups and/or performance times but can not give any guarantees that a conflict will not occur. Teams/Clubs bear the burden of any crossover conflicts.**
- **If an athlete is competing in multiple teams, they may not compete in the same 3 category/division/level combination (e.g an athlete entered in Cheer/Junior/Level 1 cannot compete in another Cheer/Junior/Level 1 team). Exception: An athlete competing in an all-star team and scholastic team may compete in both teams. Examples of crossovers permitted as only 1 or 2 out of the 3 combinations are the same:
e.g. A Cheer/Junior/Level 1 athlete can also compete in Cheer/Junior/Level 2
e.g. A Cheer Junior/Level 1 athlete can also compete in Cheer/Senior/Level 1 (if they fit into both age divisions)
e.g. A Cheer/Junior/Level 1 athlete can also compete in Cheer/Senior/Level 2**
- **The entire team cannot be entered twice in two different divisions/levels.**
- **NO CROSSOVER FEES APPLY**





Rules

All-star Cheerleading teams should refer to the:

- General Competition Rules (page 6 - 10)
- Scoresheets & Judging Information (available as a download from AUS Cheer’s website)
- IASF Level Rules (page 25 - 40)

All-star Dance teams/troupes should refer to the:

- General Competition Rules (page 6 - 10)
- Scoresheets & Judging Information (available as a download from AUS Cheer’s website)
- IASF Dance Rules (page 23-24)

Ages

The age of the competitor as of August 31, 2010 will be the age used for all cheerleading & dance divisions at the 2010 AUS Cheer Internationals. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.

Divisions

Clubs, Dance Studios or Schools may enter any of the following All Star divisions.

Please note: Schools may enter either an All Star or Scholastic division. To be eligible to enter a scholastic division teams/troupes must be from the same primary or secondary institution.

• Pom/Hip Hop/Jazz/Contemporary-Lyrical Divisions

The divisions listed below will be split into “Small” (4-20) and “Large” (21+) if there will be at least 2 teams in each of the “Small” and “Large” divisions. Exception: Divisions will not be combined if a club has both a “Small” and a “Large” team competing in the same category, so as to avoid having a club compete against itself.

Division	Age	Gender	Team Size
All Star - Mini	8 yrs & younger	Female/Male	4+ Members
All Star - Youth	11yrs & younger	Female/Male	4+ Members
All Star - Junior	14 yrs & younger	Female/Male	4+ Members
All Star - Senior	18 yrs & younger	Female/Male	4 + Members
All Star - Open	14 yrs & older	Female/Male	4 +Members
Scholastic	Primary	Female/Male	4 +Members
Scholastic	Secondary	Female/Male	4 +Members





• Cheer Divisions

Teams should refer to the "IASF Level Rules" to determine which level would be most appropriate for their ability in the Cheer, Group Stunt and Partner Stunt categories.

The divisions listed below will be split into "Small" (5-20) and "Large" (21-36) if there will be at least 2 teams in each of the "Small" and "Large" divisions. Exception: Divisions will not be combined if a club has both a "Small" and a "Large" team competing in the same category, so as to avoid having a club compete against itself.

Division	Age	Gender	Team Size	Level
All Star - Mini	8 yrs & younger	Female/Male	5 – 36 Members	1, 2, 3
All Star - Youth	11yrs & younger	Female/Male	5 – 36 Members	1, 2, 3, 4, 5
All Star - Junior	14 yrs & younger	Female/Male	5 – 36 Members	1, 2, 3, 4, 5
All Star - Senior	18 yrs & younger	Female/Male	5 – 36 Members	1, 2, 3, 4, 4.2*
All Star - Senior Open** (See Special Tumbling Restrictions Below)	18 yrs & younger	Female/Male	5 – 36 Members	5
All Star - Senior	12 – 18 yrs	Female/Male	5 – 36 Members	5
All Star - Open	14 yrs & older	Female/Male	5 – 36 Members	1, 2, 3, 4, 4.2*, 5
All Star - Open	17 yrs & older	Female/Male	5 – 36 Members	6
Scholastic	Primary	Female/Male	5 – 36 Members	1, 2, 3, 4
Scholastic	Secondary	Female/Male	5 – 36 Members	1, 2, 3, 4, 4.2, 5

*Level 4.2 follows Level 4 rules for Stunts/Pyramids/Dismounts and Tosses and Level 2 rules for General Tumbling/Standing Tumbling and Running Tumbling.

****Senior Open**

The following skill restrictions apply for Senior Open Level 5:

In tumbling, only single twisting skills are allowed. During a full-twisting tumbling skill, no trick other than the twist is allowed (i.e. including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts, etc) and both feet must land and finish on the performing surface. (i.e. no full twisting tumbling to seat, prone body landings or similar).

• Group Stunt Divisions

The divisions listed below will be split into "All Girl" (All Female) and "Mixed" (At least 1 Male & 1 Female) if there will be at least 2 teams in each of the "All Girl" and "Mixed" divisions.

Division	Age	Gender	Team Size	Level
All Star - Junior	14 yrs & younger	All Girl; or Mix	4 – 5 Members	2, 3, 4, 5
All Star - Senior	18 yrs & younger	All Girl; or Mix	4 – 5 Members	2, 3, 4, 5
All Star - Open	14 yrs & older	All Girl; or Mix	4 – 5 Members	2, 3, 4, 5
All Star - Open	17 yrs & older	All Girl; or Mix	4 – 5 Members	6

• Partner Stunt Divisions

Division	Age	Gender	Team Size	Level
All Star - Junior	14 yrs & younger	Any gender combination	2 Members	2, 3, 4, 5
All Star - Senior	18 yrs & younger	Any gender combination	2 Members	2, 3, 4, 5
All Star - Open	14 yrs & older	Any gender combination	2 Members	2, 3, 4, 5
All Star - Open	17 yrs & older	Any gender combination	2 Members	6





Exhibition Divisions

Division	Age	Gender	Team Size
CheerAbility	Teams made up entirely of, or include participants who have an intellectual, physical or other disability.	Female/Male	4+ Members

Each CheerAbility team member will receive recognition of participation and teams will receive a comment sheet from the judges without scores. CheerAbility teams will not be ranked with other teams.

Please refer to the category guidelines for performance details (page 22).

Awards

Awards will be presented to the 1st, 2nd & 3rd placed teams in each category for each level/division.





General Competition Rules

Music:

Inappropriate music (i.e. explicit language, profanity and/or sexual references) will be subject to a deduction.

One or more pieces may be mixed. Original music and sound effects are allowed.

The quality of the recording must meet professional standards regarding sound reproduction – poor quality will incur a deduction.

Music must be recorded on Track 1 on CD. Two copies must be brought to the competition and clearly marked with the team name, category, division and level.

Teams will have the opportunity to test their music during warm-up. During competition, an accredited team representative (Coach or Team Manager) may accompany the sound coordinator to provide instructions regarding the team's music.

Entry & Exit:

After the initial announcement, the team must appear on the performance area within 30 seconds. Failure to appear on the performance area will result in disqualification.

Tumbling onto the performance area is not permitted and will incur a deduction.

Cheering is permitted on entry and/or exit into/from the performance area, however there must be a clear pause to denote the start and finish of the performance.

The ending of the routine should be held for a few seconds and safely dismounted if in a stunt or pyramid.

There should not be any organised exits or other activities after the official ending of the routine.

Advertising:

Teams that wish to have advertising on their competition attire should contact the Event Director prior to the event, to ensure advertising is not in conflict with event sponsors.

Any form of advertising which violates the good manners and ethical, moral and social principles of our society is prohibited (i.e. advertising which is provocative, violence glorifying, or discriminatory). The advertising of products in relation to alcoholic beverages, tobacco products and drugs is prohibited.

Tattoos (permanent or temporary) are permitted, however tattoos must not display publicity other than the club they are representing.

Attire Violations:

Attire violations (fingernails, hair, jewellery, uniform, footwear) will be recorded if seen whilst competing. The onus is on the Coach to ensure all safety & attire requirements are met, to avoid a violation. Safety Spotters must also adhere to attire requirements.





Boundary Violations:

- **The competition boundary is defined as the white tape marking 12 x 12 floor.**
- **All skills must originate and be completed within the competition boundary.**
- **No lineups, skills, or transitions are allowed outside of the competition boundary.**
- **Any time an athlete unintentionally steps outside the competition boundary, they must return immediately.**
- **Stepping on or just past the white tape is not a boundary violation, however excessive out of bounds may impact on judges overall impression.**
- **A boundary violation will be recorded if an athlete steps completely off the performance mat.**

Safety:

Safety is of the utmost importance. The choice of skills and composition of performances should never require difficulty to take preference over technique.

Athletes must always practice and perform on an appropriate surface.

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

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

Teams may not throw anything out to the audience during their performance.

Teams will be subject to a deduction if they:

- perform unsafe skills
- attempt skills that are too difficult
- display unsafe spotting practices

Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.

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

Conduct:

Inappropriate dance moves (i.e any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications) will be subject to a deduction.

Signs, cheers and chants with suggestive words are not permitted. Inappropriate signs and language will be subject to a deduction.

Sportsmanship:

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout and following the competition. The coach and/or gym owner of each team is responsible for seeing that team members, coaches, parents, supporters and any other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.





Starting Order:

Event organisers will conduct a competition draw to decide the starting order of the competition. The competition workplan will outline the competition order.

Warm Up:

The competition workplan will outline the warm up procedure.

Coaches:

All athletes must be supervised during all official functions by a certified coach/teacher.

A maximum of two registered coaches per team are permitted in the competition area.

During performances, coaches must remain out of the view of the judges panel and may not give performance cues to their team.

There will be a coaches' meeting prior to the start of the competition. **The onus is on the coach or nominated Team Representative to attend.** The competition workplan will outline the timing details.

Protests:

No protests are allowed against scores or results presented on the day. By participating in this championship, each team agrees that the decisions by the judges will be 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.

Interruption of Performance:

If, in the opinion of the Competition Jury, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the championship rather than the team, the team affected should stop the routine. The team will be allowed to present its routine again in its entirety. Any scores previously given will be disregarded.

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.

In the event that an injury causes the team's routine to be interrupted, the team, Coach or Competition Jury may stop the routine for the safety of the athletes. The Competition Jury will determine if the team is permitted to present its routine again in its entirety. Any scores previously given will be disregarded.

All teams should have an emergency response plan in the event of an injury.

Blood Rules:

It is the policy of AUS Cheer that all possible attempts shall be made to prevent cross-infection, via blood or other body fluids, from occurring from person/athlete to person/athlete during events.

When an athlete notices bleeding, he/she should make every effort to seek medical attention, to stop the bleeding and cover the wound, as soon as possible, or immediately when directed by Floor Management and/or Medical Staff. If not, the Floor Manager/Competition Director shall be notified and the athlete shall be required to leave the Competition/Training Area.





An athlete with a bleeding wound shall not be able to resume Competition or Training until appropriate medical attention has been given, and the area of bleeding deemed to be safe to return, to the satisfaction of the Chief Medical Officer (or his/her deputy).

Any area of blood on the athlete's clothing will need to be cleaned or covered, or the clothing changed, to the satisfaction of the Chief Medical Officer (or his/her deputy). If not, the Floor Manager/Competition Director shall be notified and the athlete may be required to leave the area until compliance is satisfactory.

If a significant bleeding injury occurs during a routine, the Head Judge, Floor Manager, Competition Director and/or Chief Medical Officer (or his/her deputy), shall have the authority to stop the routine and have the athlete seek immediate medical attention and proceed as per above.

It should be remembered that these types of infections, via the blood, have ONLY been felt to theoretically occur, if there is:

- DIRECT CONTACT with blood from a bleeding source, and
- an OPEN WOUND on the other person, for entry into that other person.

There is no proven case of such infection having ever occurred in a sporting situation.

Deductions and Disqualifications:

Any team in violation of the "General Competition Rules" will incur a deduction for each violation, unless noted otherwise. Any team that does not adhere to the terms and procedures in the "General Competition Rules" may be disqualified from the competition and automatically forfeit the right to any awards presented by the competition organiser. In addition, the team may also forfeit the opportunity to be selected to represent AUS Cheer at international events in the year of competition or where applicable, the following year.

Tiebreaker Rules:

In the case of a tie, the ranking will be determined by the following criteria:

1. The team with the lowest amount of deductions on the **Safety** Scoresheet will be placed above the team they tied with.
2. The "Overall Presentation" score from all Performance Judges for each of the teams in question will be added, then divided by four. The team with the highest average "Overall Presentation" score will be placed above the team they tied with.

If the tie still stands, the judges will be polled by the Head Judge as to where the team should fall in the rankings. The judges' decision is final.

Scores and Placings:

Scores will not be shown following each team's performance. Scoresheets will be available for collection, by Coaches only, approximately ninety minutes following the completion of their competition division. Results will be posted on AUS Cheer's website.

Changes to Teams:

A **\$15.00** change fee (regardless of the number of changes made at the time) will apply each time you make a change to your original registration.

Late Entry Fees:

Entries after the closing date will be accepted if they can be accommodated. A late entry fee of \$100.00 per team will apply to all entries received after the closing date.





Substitutions:

Substitutions may be made in the event of any injury or other **extenuating** circumstance. Requests must be made to the Competition Director. Substitutes must:

- abide by the age restrictions in the relevant division
- **abide by the crossover restrictions if applicable**
- pay appropriate entry fee and **\$15.00** change to team fee

Cancellation and Refund Policy:

If you submit a Team Registration and then decide to cancel, a \$50 processing fee will be applied to your registration. Any fees paid for changes to the team will be forfeited, regardless of the reason for your cancellation (including injury).

In the case of individual withdrawals supported by a medical certificate, refunds will be given minus an administrative fee of 20%. Refunds must be requested within 14 days following the event, or no refund will be issued.

AUS Cheer can only accept cancellations in writing from the official contact person. Please send your notification of cancellation to the Competition Director.

Video & Photography Policy:

AUS Cheer AUS Cheer will have a professional photographer and videographer at these championships, therefore please be advised that NO VIDEO TAPING IS ALLOWED. Anyone with a video camera will be asked to put it away. Please pass this onto your parents and friends who will be attending so they may plan ahead. Still photography only is permitted. No telephoto lens permitted.

AUS Cheer reserves the right to use any photos or video footage from events in publications and promotions. Should there be any individuals who do not wish to have their images used in publications and promotions, Team Managers should notify the Competition Director in writing.

Additional Information:

As a Coach, it is important to be up to date on AUS Cheer's Competition Rules. We encourage and appreciate any questions or concerns you may have. To ensure that you receive a timely and accurate response, please address your questions regarding specific skills to the National Cheerleading Program Manager by following the steps outlined below:

1. All questions must be in written form. Due to the differences in interpretation and terminology, no phone calls will be accepted.
2. For skills in question, you may send a DVD, which shows the skill(s) from the front and side views. Your DVD will be kept on file.
3. All enquiries will be addressed in writing.
4. AUS Cheer will not review legalities on the day of event.





Cheerleading Category Specific Rules – Cheer/Group Stunt/Partner Stunt/Exhibition

Performance Surface & Area:

12 metres x 12 metres, sprung floor. Please refer to page for 7 Boundary Violations.

Performance Duration:

Cheer: 2 minutes 30 second time limit

Partner Stunt/Group Stunt: 1 minute time limit

Exhibition: 2 minutes 30 second time limit

No grace period will be tolerated. If a team exceeds the time limit, a deduction will be incurred.

Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last.

Cheer: 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.

Group and Partner Stunt: All competitors must have both feet on the ground when the routine starts.

There is no minimum music time requirement for competition routines.

Music:

All routines must be "Music Only".

Attire:

Make-up

A clean, vibrant & athletic appearance is desired. False eyelashes are not permitted.

Glitter eyeshadow and glitter stickers are permitted and must be securely adhered to the skin surface.

Hair and body glitter is not permitted.

Uniforms

Cheerleading apparel should be appropriate for family viewing and conducive to safe practices & performances. Coaches should consider ALL squad members' body types when choosing a uniform style. The uniform should comfortably fit the athlete, and the athlete should feel comfortable performing in the uniform.

Midriff tops should reasonably cover the athlete, and not be so short that bra tops show during "arm over head" movements. We must present our participants as athletes, and be aware that some athletes do not have the body type to make some uniforms fit the above criteria.

Skirts/shorts must:

- sit no lower than the high hip bone
- cover briefs completely in front and back while standing
- fit loosely enough not to "ride up" around waist during performance.

Briefs under skirts must come to the top of the skirt

Leg coverings (e.g long socks/pants, stockings, shoe covers) and loose fitting wristbands/sweatbands are not permitted. Exception: Long pants are acceptable for males only.





Jewellery

Jewellery of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces and pins on uniforms are prohibited. Jewellery must be removed and may not be taped over. Exception: If religious or medical items must be worn, they must be taped to the body under the uniform.

Rhinestones are illegal when adhered to the skin as opposed to a uniform.

Costuming (ie hats, sunglasses, gloves, jackets) are not permitted.

Hair

Hair must be tied back away from the face and off the shoulders. Hairclips must close flat to the head. Hair ribbons, scrunchies etc. should be fastened securely. Any hair fastener or decoration on the floor, which becomes a safety hazard, will result in a deduction.

Fingernails

Fingernails, including artificial nails, must be kept at a length appropriate to minimise the risk for participants. Nails must not be seen over the finger when looking at the palm of hand.

Footwear

Soft-soled shoes must be worn while competing. Dance shoes/boots, and/or gymnastics slippers (or similar) are not permitted. Shoes must have a solid sole.

Props:

Any height increasing apparatus used to propel a competitor is prohibited. (Exception: sprung floor)

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

If a prop is thrown outside the performing area, the team will incur a deduction for each violation. For safety purposes, team members may step outside the performance area to safely discard props when not in use and will not incur a deduction.

Spotters (Cheer/Group Stunt only):

Required spotters for all skills must be your own team's members.

Training of proper spotting techniques should be taught to all squad members before attempting any new skill or stunt. A person who is spotting:

- must have visual contact with the flyer
- cannot provide primary support of another person
- must be in the proper position with arms extended toward the flyer's head/shoulders to prevent injuries
- must never have their torso under a stunt, unless for an unplanned safety reason

A spotter may not:

- (a) grab the sole of the foot of the flyer, or
- (b) place their hands under the bases hands when spotting a stunt

The spotter may help control the building of, or dismounting from a stunt, however this person(s) shall not provide the primary support, meaning the stunt or pyramid would remain stable without the spotter(s).

AN INATTENTIVE SPOTTER IS NOT A SPOTTER. If the spotter looks away from the flyer they will be considered inattentive and a deduction will be incurred.





Safety Spotters:

AUS Cheer will NOT provide any Safety Spotters, however each individual team may provide their own Safety Spotters that will be infinitely more familiar with the routine and its elements, thus providing better safety.

Safety Spotters may step onto the performing area during stunts to assist in the event of an unexpected fall. They must remain at the back of the performance area at all other times.

Safety Spotters MUST not assist in any way with the execution of ANY element of a routine. Any occurrence will be considered a violation and the team will incur a deduction.

Each team will be permitted to provide a maximum of three (3) Safety Spotters during their routine.

Safety Spotters MUST be dressed in black, or club t-shirt/tracksuit (no hoods). Rules governing jewellery, clothing, and other safety concerns should also be adhered to by the spotters. Safety Spotters must be present during the teams attire check.

There should be NO verbal coaching by Safety Spotters during the routine. Any occurrence will be considered a violation and the team will incur a deduction.





Dance Category Specific Rules – Pom, Hip Hop, Jazz, Contemporary/Lyrical, Exhibition

Performance Surface & Area

12 metres x 12 metres, dance floor. Teams must start and finish inside the performance area. Please refer to page 7 for Boundary Violations.

Performance Duration:

2 minutes 30 second time limit.

No grace period will be tolerated. If a team exceeds the time limit, a deduction will be incurred.

Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last.

There is no minimum music time requirement for competition routines.

Attire:

Make-up

A clean, vibrant & athletic appearance is desired. False eyelashes ARE permitted.

Glitter eyeshadow and glitter stickers are permitted and must be securely adhered to the skin surface.

Hair and body glitter is not permitted.

Apparel

All costuming should be:

- age appropriate
- acceptable for family viewing
- conducive to safe practices & performances.

Coaches should consider ALL squad members' body types when choosing a uniform style. The uniform should comfortably fit the athlete, and the athlete should feel comfortable performing in the uniform.

Jewellery

Jewellery as part of a costume is allowed.

Hair

Hairstyles are optional.

Footwear

Shoes are recommended, but not required. Wearing socks **and/or footed tights (including stirrup or capri tights)** only is prohibited.

Dance paws (or similar shoes that cover the ball of the foot) are acceptable.

Props:

Wearable and hand-held items are allowed in all divisions and can be removed and discarded from the body.

Standing props are not permitted (Examples: chairs, stools, ladders, boxes, stairs, etc.)





CATEGORY GUIDELINES

DANCE – POM

- Team Size:** Small: **4** – 20 members
Large: 21+ members (there is no maximum limit).
- Team Composition:** Male/Female
- Duration:** **2 minutes 30 second time limit.**
- Composition:** Poms must be used for 80% of the routine. Exception: Male team members are not required to use poms.
- Important characteristics of a pom routine include synchronisation and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements.
- Visual effects include level changes, group work, formation changes, the use of different colour poms etc.
- The routine must demonstrate creative/original choreography.
- All participants must be actively involved.
- Restrictions:** Refer to IASF Dance Rules (page 25-26)

Please refer to the Pom “Performance Scoresheet” and “[Safety Scoresheet](#)” for details on the areas being judged.





CATEGORY GUIDELINES

DANCE – HIP HOP

Team/Troupe Size: 4+ members (there is no maximum limit).

Team Composition: Male/Female

Duration: 2 minutes 30 second time limit.

Composition: Routines emphasise the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. *(Examples: Dance Crew, Krumping, Breaking, Stepping, etc.)*

The routine must demonstrate creative/original choreography.

All participants must be actively involved.

Restrictions: Refer to IASF Dance Rules (page 25-26)

Please refer to the Hip Hop “Performance Scoresheet” and “Safety Scoresheet” for details on the areas being judged.





CATEGORY GUIDELINES

DANCE – JAZZ

- Team/Troupe Size:** 4+ members (there is no maximum limit).
- Team Composition:** Male/Female
- Duration:** **2 minutes 30 second time limit.**
- Composition:** A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns.
- Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.
- The routine must demonstrate creative/original choreography.
- All participants must be actively involved.
- Restrictions:** Refer to IASF Dance Rules (page 25-26)

Please refer to the Hip Hop “Performance Scoresheet” and “[Safety Scoresheet](#)” for details on the areas being judged.





CATEGORY GUIDELINES

DANCE: CONTEMPORARY – LYRICAL/MODERN

Team/Troupe Size: 4+ members (there is no maximum limit).

Team Composition: Male/Female

Duration: 2 minutes 30 second time limit.

Composition: Lyrical routines combine the principles of jazz and ballet and emphasise proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

Modern routines implement the principles of fall and recovery and/or contraction and release and weight sharing to express inner feeling as related to the musical or narrative piece.

The routine must demonstrate creative/original choreography.

All participants must be actively involved.

Restrictions: Refer to IASF Dance Rules (page 23)

Please refer to the Contemporary “Performance Scoresheet” and “Safety Scoresheet” for details on the areas being judged.





CATEGORY GUIDELINES

CHEER

- Team Size:** Small: 5 – 20 members
Large: 21 – 36 members
- Team Composition:** Male/Female
- Duration:** 2 minutes 30 second time limit.
- Composition:** Important characteristics of a cheer routine include synchronisation and visual effect, clean and precise motions, and incorporate stunts, pyramids, tosses, jumps and tumbling technical elements.
The routine must demonstrate creative/original choreography.
All participants must be actively involved.
- Restrictions:** 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.
Poms are not permitted.
Drops, including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.

Please refer to the Cheer “Performance Scoresheet” and “[Safety Scoresheet](#)” for details on the areas being judged.





CATEGORY GUIDELINES

GROUP STUNT

- Team Size:** 4 – 5 members
- Composition:** All Girl: All Female
Mixed: At least 1 Male & 1 Female
- Duration:** 1 minute time limit.
- Composition:** The aim of the group stunt routine is to safely demonstrate as many stunts as possible. The routine must be performed to music, however the routine does not have to be choreographed directly to the music.
- Restrictions:** All competitors must have both feet on the ground when the routine starts.
- No cheers, chants, jumps, dance or tumbling. Exception: Tumbling into a stunt is allowed.
- Only one flyer at a time, no pyramids
- Drops, including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop.

Please refer to the Group Stunt “Performance Scoresheet” and “[Safety Scoresheet](#)” for details on the areas being judged.





CATEGORY GUIDELINES

PARTNER STUNT

- Team Size:** 2 members
Note: Partner stunt participants must provide their own spotter who is not part of the group. The spotter may not assist with stunts, however the spotter must have at least one hand/arm supporting the head and shoulder area through cradles from stunts at prep level or above.
- Team Composition:** **Any gender combination**
- Duration:** 1 minute time limit.
- Composition:** The aim of the partner stunt routine is to safely demonstrate as many stunts as possible. The routine must be performed to music, however the routine does not have to be choreographed directly to the music.
- Restrictions:** All competitors must have both feet on the ground when the routine starts.
- No cheers, chants, jumps, tumbling or dance
- Drops, including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop.

Please refer to the Partner Stunt “Performance Scoresheet” and “Safety Scoresheet” for details on the areas being judged.





CATEGORY GUIDELINES

EXHIBITION – CHEERABILITY

- Team Size:** 4+ members
- Team Composition:** Male/Female
- Duration:** 2 minutes 30 second time limit.
- Composition:** **There are no routine requirements. Pom and Cheer can be mixed together, or remain separate. A cheer can be included in the routine.**
- Restrictions:** **All team members must only perform to their ability level and skills are to be performed safely and technically correct.**
Teams must adhere to the Cheerleading and Dance “Specific” Rules” (Page 14 – 17).





**2009 – 2010 IASF Dance Rules
(Pom, Hip Hop, Jazz, Contemporary/Lyrical)**

RED, BOLD FONT – ADJUSTED RULES!!! Please read these carefully as anything highlighted in red is a deliberate change to the current rules that were decided upon at the USASF Dance Rules Meeting.

BLUE, BOLD FONT Anything bolded in blue includes newly discovered clarifications to the current rules. These rules haven't changed. However, they have been clarified.

TUMBLING & TRICKS	
1.	Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are <u>not</u> allowed when hip-over-head rotation occurs. (Exception: aerial cartwheels are allowed)
The following are examples of skills that are and are not allowed:	
ALLOWED	NOT ALLOWED
Forward/Backward Rolls Shoulder Rolls Cartwheels Headstands Handstands Backbends	Front/Back Walkovers Stalls Head spins Windmills Kip up Aerial Cartwheels
	Dive Rolls * Round-offs * Aerials * Front/Back Handsprings Front/Back Tucks Side Somi Layouts *see below for exceptions to these limitations
2.	* Allowed only for hip-hop: Airborne skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position.
3.	Tumbling while holding poms or props is not allowed (Exception: forward and backward rolls).
4.	Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop. (Exception: Toe-touches to a push up position are not allowed.)
DANCE LIFTS & PARTNERING	
GENERAL GUIDELINES	
1.	Jumping or tossing from one dancer to another is not allowed.
2.	Jumping or tossing from one dancer to or from the performance surface is not allowed.
3.	Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.
4.	All cheer stunts and/or pyramids are prohibited. <i>(Exceptions: pony sit, thigh stand, shoulder sit, back arch).</i>
5.	All tosses including toe-pitches are prohibited.
DANCE LIFTS	
1.	Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down.
2.	A lifting dancer must maintain direct contact with the performance surface at all times.
3.	A lifting dancer must maintain have hand/arm to body contact, of the lifted dancer(s), at all times.
4.	A lifting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s).
5.	Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.
6.	Hip over head rotation of the lifted dancer(s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer. (Exception: chorus line flips are not allowed).





PARTNERING

1. **Dance partnering skills are permitted and defined as an action in which two dancers use support from one another, but are not elevated.**
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance **surface**.

CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks 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. Inappropriate choreography affects the judges' overall impression of the routine.
3. All choreography should be age appropriate.
4. All costuming should be age appropriate and acceptable for family viewing.

PROPS

1. Wearable and handheld items are allowed in all **categories** and can be removed and discarded from the body.
2. Standing props are only allowed in the prop category, **any items that bears the weight of the participant is considered a standing prop.** (Examples: *chairs, stools, benches, ladders, boxes, stairs, etc.*). **Please note: "Prop" category is not offered at the AUS Cheer Internationals.**





2009 – 2010 IASF Cheer/Group Stunt/Partner Stunt Rules (as at December 10, 2009)

BLUE, BOLD FONT

Please read these carefully as anything highlighted in blue is a change to the 2009 Rules in comparison to the 2010 Rules that were decided upon by the USASF Rules Committee and the NACCC.

LEVEL 1 RULES

LEVEL 1 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed).
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.
- E. Dive rolls are not allowed.

LEVEL 1 STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels/round offs) Tumbling skills must involve hand support with both hands when passing through the inverted position.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. Front and back handsprings are not allowed.

LEVEL 1 STUNTS

- A. 1. A spotter is required for all stunts at shoulder level and above (exception: shoulder sits and straddle sits). (Example: suspended splits, flat-bodied positions, extension preps, etc).
Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
- 2. Extended stunts are not allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position.
Clarification: If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule. Taking the top person above the head of the bases would be illegal.
- B. Single leg stunts are only allowed below shoulder (prep) level.
Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
- C. Twisting stunts and transitions are allowed up to ¼ twists by the top person.
- D. During transitions, all bases need to remain in contact with the stunt. Transitional stunts may not involve changing bases.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (example: shoulder sits walking under prep).
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. **L1 Stunts - Release Moves**
 - 1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
 - 2. Release moves may not land in a prone position.





3. Release moves must return to original bases.
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.**

K. L1 Stunts - Inversions

1. All inversions must maintain contact with the performance surface (Example: supported handstand).

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

LEVEL 1 PYRAMIDS

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top person must receive primary support from a base.
- C. Two leg extended stunts
 1. Two leg extended stunts must be braced by at least two persons at prep level or below with hand/arm connection only.
 2. The connection must be made at or below prep level.
- D. Single leg stunts at prep level
 1. Single leg stunts at prep level must be braced by at least **one** person at prep level or below with hand/arm connection only.
 2. The connection must be made prior to executing single leg stunt and must be made at or below prep level.
- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

LEVEL 1 DISMOUNTS

- A. Cradles from single based stunts at prep level must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids at prep level must be assisted by an original base.
- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including 1/4 turns) are not allowed.
- F. No dismounts are allowed from extended stunts in pyramids.
- G. No free flipping or assisted flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesome/cupies, 2 catchers must catch each top person.

LEVEL 1 TOSSES

- A. No tosses allowed.





LEVEL 2 RULES

LEVEL 2 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.
- E. Dive rolls:
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

LEVEL 2 STANDING TUMBLING

- A. Flips and aerals are not allowed.
- B. Series front and back handsprings are not allowed. *Clarification: A back walk over 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)
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: Front and back walkovers, cartwheels and round offs
- E. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings
- F. No twisting while airborne. (Exception: Round offs)

LEVEL 2 RUNNING TUMBLING

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

LEVEL 2 STUNTS

- A. A spotter is required for all extended stunts.
- B. Single leg stunts may not be held at or pass through an extended position.
Clarifications:
 - 1. *If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, than it is a violation of this rule. Taking the top person above the head of the bases would be illegal.*
 - 2. *If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*
- C. Twisting mounts and transitions are allowed up to a total of 1/2 twist between the bases and the top person combined. *Clarification: a half twist performed with an additional half turn by the bases would be illegal if performed simultaneously.*
- 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 (e.g. shoulder sits walking under prep).
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
- H. Single based split catches are not allowed.





- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. Log rolls are allowed and may only be assisted by a base. *Clarification: The log roll may not be assisted by another top person.*
- K. **L2 Stunts - Release Moves**
 - 1. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."
 - 2. Release moves may not land in a prone position.
 - 3. Release moves must return to original bases.
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. *Clarification: Log/Barrel roll may not include any skill other than the twist (ex: no kick full twists).*
 - 6. Release moves may not intentionally travel.
 - 7. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**
- L. **L2 Stunts - Inversions**
 - 1. All inversions must maintain contact with the performance surface.
Exception: Transitions from ground level inversions to non-inverted positions are allowed.
Clarifications:
Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- M. **Bases may not support any weight of a top person while that base is in a backbend or inverted position.**

LEVEL 2 PYRAMIDS

- A. Pyramids must follow Level 2 "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 dismount to the performing surface.*
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- E. Extended single-leg stunts
 - 1. **must be braced by one top person at prep level or below with hand/arm connection only.**
 - 2. **The connection must be made prior to executing single leg stunt and must be** made at or below prep level.
 - 3. Prep level top persons must have both feet in bases hands. (Exception: shoulder sit, double base thigh stand, or shoulder stand)

LEVEL 2 DISMOUNTS

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





- I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

LEVEL 2 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. 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. The only body positions allowed are straight rides.
- 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.



LEVEL 3 RULES

LEVEL 3 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed. *Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.*
- E. Dive rolls:
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

LEVEL 3 STANDING TUMBLING

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

LEVEL 3 RUNNING TUMBLING

- A. Flips:
 - 1. Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). (Exception: aerial cartwheels, running tuck fronts, and $\frac{3}{4}$ front flips are allowed). The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
 - 2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: front handsprings and front walkover through to round off back handspring back tucks
 - 3. Cartwheel tucked flips are not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel. (Exception: a forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll.)
- C. No twisting while airborne. (Exception: round offs)

LEVEL 3 STUNTS

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
 - 1. Twisting mounts and transitions are allowed up to one twist by the top person.
 - 2. Full twisting transitions may land or originate from prep level or below only. (ex: full up to an extended stunt would not be allowed).
 - 3. **Twisting transitions to and from an extended position may not exceed a $\frac{1}{2}$ twisting rotation.**
Clarification: a half twist performed with an additional half turn by the bases to an extended position would be illegal if performed simultaneously.
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original





bases. **During pendulum and pendulum style transitional stunts at least one base must be maintained with the top person.**

- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. **L3 Stunts - Release Moves**
 - 1. No release moves allowed other than those allowed at Level 3 in "Dismounts" and "Tosses." Exception: Single based, coed style toss stunts to prep level are allowed.
 - 2. Release moves may not land in a prone position.
 - 3. Release moves must return to original bases.
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. *Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).*
 - 6. Release moves may not intentionally travel.
 - 7. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**
- K. **L3 Stunts - Inversions**
 - 1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below. (Exception: Multi base suspended forward roll dismount to a cradle or the performing surface is allowed). **Multi base suspended forward rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s). See Glossary for Multi Base Suspended Forward Roll.**
 - 2. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base. *Clarification: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).*
Clarification: Catchers must physically catch the top person at the head and shoulder area.
- L. **Bases may not support any weight of a top person while that base is in a backbend or inverted position.**

LEVEL 3 PYRAMIDS

- A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (ex: shoulder sits walking under prep).
- E. **L3 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 two persons at prep level or below.
 - 2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below.
Clarification:
 - a. *Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.*
 - b. *If top person is braced on each side with arm-to-arm connection and a THIRD bracer with hand-foot connection, the skill would be legal.*
 - 3. These release transitions may not involve changing bases.
 - 4. These transitions must be caught by at least 2 catchers.
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.





F. L3 Pyramids - Inversions

1. Must follow L3 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 direct weight bearing contact with the performing surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below. Example 1: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill. Example 2: A flat back split which rolls to an extended position would be illegal because it did not first land in a prep level or below position.**

G. L3 Pyramids - Release Moves w/ Braced Inversions

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

LEVEL 3 DISMOUNTS

- A. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids at prep level and above must be assisted by an original base.
- D. Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.
- E. Up to 1-1/4 twists are allowed from any two leg stunts.
- F. Up to 1 trick allowed during a dismount from any two leg stunt.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
 - I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

LEVEL 3 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. 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. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch). Clarification: The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.
- F. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, 1/2 twist toe touches, etc... are not allowed)





LEVEL 4 RULES

LEVEL 4 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.
Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- E. Dive rolls:
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

LEVEL 4 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 cartwheel, Onodi)
- C. Consecutive flip-flip combinations are not allowed (ex: back tuck-back tuck, back tuck-punch front, etc).
- 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) *Clarification: toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

LEVEL 4 RUNNING TUMBLING

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

LEVEL 4 STUNTS

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 1-1/2 twists by the top person.
- D. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- E. Free flipping mounts or transitional stunts are not allowed.
- F. During transitions, at least one base must remain in contact with the top person. (Exception: See "Release Moves")
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. **During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.**
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. **L4 Stunts - Release Moves**
 - 1. Release moves are allowed but must not exceed extended arm level (exception: cradles). (i.e. Tick-tocks are allowed.)
 - 2. Release moves may not land in a prone position.
 - 3. Release moves must return to original bases.
 - 4. Helicopters are not allowed.
 - 5. Release moves may not intentionally travel.
 - 6. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**





K. L4 Stunts - Inversions

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

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

LEVEL 4 PYRAMIDS

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D.
 1. No stunt or pyramid may move over or under another separate stunt or pyramid (e.g. shoulder sits walking under prep).
 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.
- E. **L4 Pyramids Release Moves**
 1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
 2. Primary weight may not be borne at second level. *Clarification: The transition must be continuous.*
 3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
 - a. RULE ADJUSTMENT: In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), 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.
 - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
- F. **L4 Pyramids- Inversions**
 1. Must follow L4 Stunt Inversions rules.
- G. **L4 Pyramids - Release Moves w/ Braced Inversions**
 1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
 2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
 3. Braced inversions (including braced flips) may not involve changing bases.
 4. Braced inversions (including braced flips) must be in continuous movement.
 5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
 - a. All catchers must be stationary
 - b. All catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.
 6. Braced inversions (including braced flips) may not travel downward while inverted.





LEVEL 4 DISMOUNTS

- A. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids prep level and above must be assisted by an original base.
- D. Up to a 2-1/4 twisting rotation allowed from all two leg stunts.
- E. Up to a 1-1/4 twisting rotation allowed from all single leg stunts.
- F. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
 - I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

LEVEL 4 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- C. Flipping, inverted **or** traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2 tricks allowed during a toss. (e.g. kick full, full up toe touch, etc.)
- F. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. (e.g. kick doubles are not allowed)
- G. Tosses may not exceed 2 twisting rotations.





LEVEL 5 RULES

LEVEL 5 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.
Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- E. **Dive rolls:**
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

LEVEL 5 STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.
The following skill restrictions apply for Senior Open Level 5:
In tumbling, only single twisting skills are allowed. During a full-twisting tumbling skill, no trick other than the twist is allowed (i.e. including but not limited to: split fulls, hitch kick fulls, XFulls, Full-Xouts, etc) and both feet must land and finish on the performing surface. (i.e. no full twisting tumbling to seat, prone body landings or similar).

LEVEL 5 STUNTS

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
- D. Free flipping stunts or transitional are not allowed.
- E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. **During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.**
- F. Single based split catches are not allowed.
- G. Single based double awesomes/cupies require a separate spotter for each top person.
- H. **L5 Stunts - Release Moves**
 - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Example: Tic-tocks are allowed.)
 - 2. Release moves may not land in a prone position.
 - 3. Release moves must return to original bases.
 - 4. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
 - 5. Release moves may not intentionally travel.
 - 6. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**
- I. **L5 Stunts - Inversions**
 - 1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
 - 2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. (Exception: A controlled power pressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed).
Clarification: Catchers must make contact with the head and shoulder area.





3. Downward inversions must maintain contact with an original base.
4. Downward inversions from above prep level may not be caught and/or land in an inverted position.

Clarification: Top person may not be caught or land with their shoulders below their hips.

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

LEVEL 5 PYRAMIDS

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.

C. L5 Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
2. Primary weight may not be borne at second level. *Clarification: The transition must be continuous.*
3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
 - a. RULE ADJUSTMENT: In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), 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.
 - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.

D. L5 Pyramids - Inversions

1. Must follow L5 Stunt Inversions rules.

E. L5 Pyramids - Release Moves w/ Braced Inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below.
Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations.
3. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) must be caught by at least 3 catchers.
 - a. All **3** catchers must be stationary.
 - b. All **3** catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.
7. Braced inversions (including braced flips) may not travel downward while inverted.

LEVEL 5 DISMOUNTS

- A. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface must be assisted by an original base.
- D. Up to a 2-1/4 twisting rotations allowed from all stunts.





- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are not allowed.
- G. When cradling single based double awesomes/cupies 2 catchers must catch each top person.

LEVEL 5 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2-1/2 twisting rotations allowed.





LEVEL 6 RULES

LEVEL 6 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.
- E. **Dive rolls:**
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

LEVEL 6 STANDING/RUNNING TUMBLING

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

LEVEL 6 STUNTS

- A. A spotter is required:
 - 1. During extended one-arm stunts other than an awesomes/cupies or liberties
 - 2. When the load/transition involves a twist or flip
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person.
- C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations. Exception: Rewinds to a cradle position are allowed. **RULE ADJUSTMENT:** All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (example: a flip that lands in a straddle position requires a hands-on spotter)
- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double awesomes/cupies require a separate spotter for each top person
- G. **L6 Stunts - Release Moves**
 - 1. Release moves are allowed.
 - 2. Release moves may not land in a prone position.
 - 3. Release moves must return to original bases. **Exception: A toss, from the performing surface, to prep level is allowed to travel if the toss is from a single base and there is an additional spotter on the catch.**
 - 4. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
 - 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.**
- H. **L6 Stunts - Inversions**
 - 1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

LEVEL 6 PYRAMIDS

- A. Pyramids are allowed up to 2-1/2 high.
- B. For 2-½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.





- C. Free-flying mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
- D. **L6 Pyramids – Release Moves**
 - 1. During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.
- E. **L6 Pyramids - Inversions**
 - 1. Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
 - 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. **L6 Pyramids – Release Moves w/ Braced Inversions**
 - 1. Braced flips are allowed up to up to 1-1/4 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.

LEVEL 6 DISMOUNTS

- A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface from stunts and pyramids must be assisted.
- C. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-1/4 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).
- D. Free flipping dismounts are allowed up to 1 flipping and 0 twisting rotations.
- E. Free flipping dismounts to the performance surface are not allowed.
- F. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
- G. Flips that originate above prep level are not allowed. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)
- H. Tension drops/rolls of any kind are not allowed.
 - I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

LEVEL 6 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 from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulders area of the top person.
- C. Flipping tosses are allowed up to 1 flipping rotation and 2 twists.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses may not exceed 3-1/2 twists.
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1-1/2 twisting rotations. (Exception: 3/4 front flips with no twists are allowed)

