2019-2020

Recreation Cheer Rules

Table of Contents

GENERAL RECREATION ORGANIZATION GUIDELINES & REQUIREMENTS:
▪ Team must submit a roster with birthdates for each athlete. Roster must be updated prior to each event. A copy of this roster must also be brought to registration at each competition.
▪ Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2019. Birth Certificates must be readily available in hard copy or as a pdf at each competition. If a question or protest arises, teams must be able to immediately produce this information to event management or risk disqualification and/or suspension.
▪ Team must submit a medical waiver/form for each athlete for each event.
▪ Team agrees to adhere to all event producer rules and regulations, as well as music guidelines.
▪ All appropriate general safety rules and level rules must be followed for the division in which the team is registered.

▪ **TRADITIONAL REC**

o Routines must consist of Cheer & Music combination.

Routine Max: 2:30 minutes   Music Max: 1:30 minutes

▪ **PERFORMANCE REC**

o Routines must consist of a minimum of an 8-count Chant & Music combination.

Routine Max: 2:30 minutes

If the league you belong to allows for a longer routine and the time limit will affect your team please contact Spirit Championships prior to the event.

CROSSOVERS
▪ A Recreation Cheer athlete will not be allowed to compete on more than 2 cheer teams within their organization per competition.
▪ A participant may only represent one organization at a competition.

EXHIBITION PERFORMANCES
▪ Teams that exhibition must adhere to the Recreation Division document and Level Safety Rules.
▪ A team of less than 5 participants may perform as exhibition only.
▪ Exhibition performances will NOT compete against another team, will NOT be scored, but WILL receive routine critique from judges.
▪ CheerAbilities (Special Athlete) exhibition teams may only perform level 1 and 2 skills.

Any violation of the rules and regulations can result in a penalty, point deduction, or disqualification.

APPROPRIATE APPEARANCE

Uniform. All athletes should be appropriately covered. Pants, skirt or shorts are appropriate bottoms, and cover the hips of the athlete. There must be a minimum of a 2" inseam in all participants shorts. A pair of shorts or skirt should cover the entire bottom of an athlete when standing at attention. If an athlete is wearing a skirt, their bottom must be covered with briefs and the skirt must fall at least 1" below the briefs. Uniform tops must be secured to avoid any possible wardrobe malfunction. Tube tops are not allowed. All tops must be secured by at least 1 strap over the shoulder or around the neck. Uniform tops may not include an exposed midriff, except when worn by athletes competing in 18 and younger division only during the 2019-2020 competitive season only. Teams in the 18 and younger division that choose to wear exposed midriff tops for competition, must wear a cover up when not on the competition floor or in warm-ups. (Teams in the 18 and younger division will NOT be allowed to wear uniform tops that expose the midriff beginning competitive season 2020-2021.) Bows should not be excessive in size and should be pulled back away from the face and not touch the athletes' forehead, to ensure it does not inhibit the eyesight of the athlete.

Make-up. It is recommended that make-up and hair style look natural and appropriate for the age of the athlete. Rhinestones are not allowed to be adhered to the body. Making the athletes look older by use of make-up, hair style, or provocative clothing is not recommended.

Shoes. All athletes must wear soft-soled shoes, with a solid sole while in warm-ups and competing. (Example: Sneakers.)

Jewelry. Athletes may not wear jewelry during warm-ups and while on the competition floor. All jewelry, including, but not limited to necklaces, piercings, and rings, must be removed before warm-ups and may not be taped over or be replaced with a spacer. Medical ID tags are the only exception.

APPROPRIATE CHOREOGRAPHY

All movement performed in the routine should be suitable for a family viewing audience. Inappropriate gestures may include, but not be limited to: slapping, touching and/or rubbing body parts, sticking bottom out at the crowd, aggressive thrusting, positioning of body parts relative to another person, or any sexually specific movement. If the appropriateness of the movement is questionable, it is recommended that the movement is removed from the routine.

SCORING

Officials will only discuss a routine and scores of a team with a coaching representative from that team. Coaches/directors may not challenge scores and/or deductions of other teams.

SPLITTING & COMBINING DIVISIONS

Teams will compete in the division in which they register. Small and large teams of the same organization type, routine style, age division, and level may be combined.

COMBINED EXAMPLE:

EXAMPLE: Performance Rec- 13 & Younger – Level 2 – 'Small' can be combined with an Performance Rec- 13 & Younger – Level 2 – 'Medium.'

EXAMPLE: Traditional Rec - 13 & Younger – Level 1 – 'Medium' will be combined with Traditional Rec – 13 & Younger – 'Large'.

CANNOT COMBINE:

o Traditional Rec with Performance Rec

o A team of a different age group; i.e. 11 & Younger with 8 & Younger

o A team of a different level; i.e. Level 1 with Level 2

Recreation cheer divisions may be split into Small, Medium and Large divisions provided there are at least 2 teams left in each division.

X-Small – 7 members and under*

Small = 5-14 members

Medium = 14-22 members

Large = 23-36 members

X-small will only be used if there are at least 2 teams in the division

o Split Exception: If an organization has 2 teams competing in the same division, but one team is small and one team is large, a mandatory split will occur. (If an organization has 2 teams competing in the same division, but both teams are the same size, they will compete against each other.)

o An event producer may further split a division by squad size, if there are at least 6 or more teams in the division. The event producer must clearly identify the number range for the split, and label the two groups, "A", and "B". This split may not occur unless a minimum of 2 teams are left in group A and B.

MUSIC

Music Appropriateness: Music or words unsuitable for family listening, which includes, but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body, and/or violent acts or behavior are other examples of inappropriate. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Playing Music: When your team is called 'on deck', a coach or adult affiliated with your organization must report to the sound station. Each team is required to have a representative remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. All teams must provide their own CD or MP3 device for use on the event provided sound system. Music must be recorded at the correct tempo on a high-quality CD or loaded onto an MP3 device. It is not recommended that a smart phone be used for playing music, due to interference that may be caused during a routine. No cover may be on any MP3 player so that a jack may be easily inserted into the device. **Please make sure that all devices have a head jack to connect to sound system and are fully charged, volume turned up and placed in airplane mode**. If using a CD make sure it's unscratched so it doesn't skip. Please ensure that jacks are clean and free of any debris which any impact connectivity. **You will need to acquire an adapter in advance if your player does not have a headphone jack.** Music on CD must be labeled with the team name, division, team size, and be ready to play. One or several selections of music may be used. Due to greater room for technical error with some CDs you must have a back-up MP3 of your routine available. Spirit Championships will not be responsible if your device cannot be read by the sound equipment.

Music Best Practices:

DON'T: ▪ Play music directly from your iCloud, Google Drive, or Dropbox. Download all music directly to your device. (Wi-Fi is not available at all venues.)

▪ Have your device on 'Low Power Mode.' (Your phone may go to sleep, which may cause your music to stop playing.)

DO:

✓ Download all music directly to your device/phone.

✓ Turn your device/phone onto "Airplane" mode so your playback will not be interrupted by a text, email or phone call.

✓ Bring a backup of your music in some other form.

ROUTINE TIMING:

The maximum total performance time may not exceed two minutes and thirty seconds (2:30) for traditional and performance rec teams. Traditional rec teams also have a maximum music time of one minute and thirty seconds (1:30). Timing will begin with the first word, movement, or beat of music, and end with the last word, movement or beat of music. Choreographed team entrances and exits are not recommended and WILL be counted as part of performance time. If a team runs onto the floor and uses "5-6-7-8" set to get ready, this will NOT be counted as part of the team's performance time.   If the league you belong to allows for a longer routine and the time limit will affect your team, please contact Spirit Championships prior to the event.

INTERRUPTION OF PERFORMANCE:

1. **Unforeseen Circumstances**
a. If, is the option 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.
b. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over. The degree and effect of the interruption will be determined by the competition officials.
2. **FAULT OF TEAM**
a. 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.
 b. 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. All point deductions   accumulated to that point (if any) will carry over.
3. **INJURY**
 a. The only persons that may stop a routine for injury are: a) competition officials, b) the program director/coach from the team performing or c) an injured individual.
 b. 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 will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over.
c. The injured participant that wishes to perform may not return to the competition floor unless:
      1. 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.
      2. 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.
      3. Any athlete who exhibits signs or symptoms consistent with concussion must be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

d. In addition to the USA Cheer head injury policy, we encourage you to be familiar with the specific laws of the state where the competition is being held.

INJURED ATHLETE

If an athlete is wearing a hard cast or a walking boot, they are allowed on the competitive floor, but may not be involved in any building or tumbling skills. They may also not be considered a legal spotter in building skills.   If the athlete has a lower extremity hard cast or walking boot, they are also not allowed to jump. Athletes that are wearing supports, braces and soft casts which are unaltered from the manufacturers original design are allowed to compete in each aspect of the performance in which the coach, legal guardian, and doctor have permitted. If the support, brace or soft cast has been altered from the original design then it must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in building skills.

UNPLANNED ATHLETE REPLACEMENT

In the event of an absent/injured member of a team, a team may replace that athlete with another athlete from the same organization for the current season, who was not initially on the team's roster. The replacement athlete must meet the age requirements for that division. If the replacement athlete does not meet the age requirements for that division, then the team is not permitted to compete and may only perform in the exhibition division.

SAFETY SPOTTERS

In an effort to promote a higher level of safety for competing athletes, Spirit Championships will allow programs to provide spotters at Spirit Championships competitions. We feel that the program is more qualified to provide spotters because of their familiarity with routine skills and safety concerns. The use of spotters is left to the discretion of the coach or gym owner. Programs may use up to 4 spotters for each performance; however, spotters are not required. **Definition of Additional Spotter:** Individuals on the competition floor provided as safety precaution to spot certain elements of a routine.

Additional Spotters:

 a. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are provided for added safety and should stand at the back of the floor when not spotting those sections. Spotters are not allowed to verbally coach while their team is on the performance surface, perform physical choreography of the routine or assist athletes with their choreography.
b. Should not touch, assist, or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill will be given a major fall deduction. Additional Spotters are not allowed to replace a legal spotter required for building skills.
 c. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
d. Should not dress or act in a manner that distracts from the athletes and their performance.
e. Should be at least 18 years old and familiar with spotting the skills of the performing team.

Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

Performance Recreation Cheer Divisions

*The age of the athlete as of August 31, 2019 will be used to determine if they are eligible for that division

Division	Age	Gender	Number of Athletes
Level 1			
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Tiny Rec	6 years and younger	Female/Male	5-36 Athletes
Level 2.1 (Level 2 stunts and Level 1 tumbling)			
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Level 2			
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Level 3.1 (Level 3 stunts and Level 1 tumbling)			
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Level 3			
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Level 4			
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes

RECREATION EXHIBITION			
18 &Younger	Unlimited Members	2:30 max routine	Female/Male
CHEERABILITIES (Special Athlete) EXHIBITION			
Any Age	Unlimited Members	2:30 max routine	Female/Male

Traditional Recreation Cheer Divisions

NO TOSSES IN ANY TRADITIONAL REC LEVEL

Division	Age	Gender	Number of Athletes
NOVICE			
Mini Novice	7 years and younger	Female/Male	5-36 Athletes
Tiny Novice	3-5 years old	Female/Male	5-36 Athletes
Level 1			
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Tiny Rec	6 years and younger	Female/Male	5-36 Athletes
Level 2.1 (Level 2 stunts and Level 1 tumbling)			
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Level 2			
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Level 3.1 (Level 3 stunts and Level 1 tumbling)			
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Level 3			
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes

*The age of the athlete as of August 31, 2019 will be used to determine if they are eligible for that division

RECREATION EXHIBITION			
18 &Younger	Unlimited Members	2:30 max routine	Female/Male
CHEERABILITIES (Special Athlete) EXHIBITION			
Any Age	Unlimited Members	2:30 max routine	Female/Male

GENERAL RULES

o A coach must supervise athletes throughout warm-ups, while on the competition floor, and during awards. It is recommended that athletes also remain with a coach, team representative, or parent during the competition event when not competing.

o All teams within an organization should have a separate emergency response plan for practices and competitions.

o It is illegal for athletes to consume alcohol, narcotics, and performance enhancing substances. If an athlete is taking medication, it is the responsibility of the coach to ensure that the athlete is still capable of executing the routine safely before allowing them to compete. All coaches should be sober when checking into registration and remain free of alcohol and drugs until awards are over. (If a venue is serving alcohol to adults, coaches should not be purchasing or consuming alcohol.)

o Athletes at competitions may only practice on grass, foam mats, or a spring floor. Skills should not be performed on concrete, asphalt, brick, or tile surfaces. All appropriate surfaces should also be flat and dry. (Athletes may also perform skills on Velcro that is adhered to the competition surface.)

o Trampolines and springboards are not allowed to be brought onto the performance surface to be used during the competition. The only props allowed in a routine are a flag, standard flat banner or sign, pom pons, megaphones, and pieces of cloth. Props should be simple, clear, and appropriately include organization, team, mascot, logo, or team colors on it. Athletes may not bear weight on the prop for any reason. A prop may not obstruct an athlete's vision. Athletes may not step on or off of the competition floor to get prop(s) or discard prop(s). All props must be safely discarded. (Ex. Teams may not throw a hard sign from a stunt or across the floor.)

o All athletes must start with at least 1 body part on the performance surface when the routine begins.

o Athletes cannot be exchanged during the routine. Any athlete who begins the routine must stay within the performance surface boundaries during the routine. A team cannot have one athlete start the routine and replace that athlete with a different athlete part of the way through the routine.

o Athletes may not have items in their mouth during warm-ups or while competing, to prevent choking.

ROUTINE LEVEL SAFETY RULES

o It is the responsibility of the coach to ensure that athletes are placed on a team that is appropriate for their skill ability (Example: An athlete should be able to perform level 1 skills with good execution, before moving to level 2.)
o Within the building and tumbling level safety rules, if a skill is allowed in a preceding level, it is allowed in a higher level. If a skill is not allowed in a higher level, it is also not allowed in a lower level. (Example: If the skill is allowed in level 1, you can also do the same skill in level 2. If the skill is not allowed in level 2, it is also not allowed in level 1.)

GENERAL TUMBLING, JUMPS & DROPS

- All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.
- An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.
- An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

STANDING TUMBLING			
Level 1	**Level 2**	**Level 3**	**Level 4**
Non-Airborne Skills			
Non-airborne skills are allowed. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover*	Non-airborne skills are allowed. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover*	Non-airborne skills are allowed. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover*	Non-airborne skills are allowed. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover*
Airborne Skills with hand support			
Airborne skills with hand support are **NOT** allowed.	Non-twisting, Airborne skills with hand support are allowed. *Ex. Handspring, Bounder, non- arched dive roll Clarification: Swan arched dive rolls are NOT allowed.* **Twisting, Airborne skills with hand support are NOT allowed.** *Clarification: Athletes can land their back handspring with 2 feet together and jump-turn and keep tumbling, but they cannot step out of the back handspring–twist-and keep tumbling.*	Non-twisting, Airborne skills with hand support are allowed. *Ex. Handspring, Bounder, non- arched dive roll Clarification: Swan arched dive rolls are NOT allowed.* **Twisting, Airborne skills with hand support are NOT allowed.**	Airborne skills with hand support are allowed. *Ex. Onodi, Handspring, Bounder, non- arched dive roll Clarification: Swan arched dive rolls and twisting dive rolls are NOT allowed.*
Airborne Skills without			
Airborne skills without hand support are **NOT** allowed.	Airborne skills without hand support are **NOT** allowed.	Airborne skills without hand support are **NOT** allowed	Non-twisting, Airborne skills without hand support are **only allowed in a tuck position.** *Ex. Standing Back Tuck or Front Tuck Exception: Aerial Cartwheel is allowed.*
Connecting Standing Tumbling Skills			
Non-airborne skills may be performed consecutively. *Ex. Forward Roll-Forward Roll or Back Extension Roll step out-Back Walkover is allowed.*	An airborne skill with hand support may only be directly connected to a non-airborne skill. *Ex. Back Walkover-Back Handspring is allowed. Back handspring-Back Handspring is* **NOT** *allowed.*	Airborne skills with hand support may be performed consecutively. *Ex. Back handspring-Back Handspring is allowed.*	An airborne skill without hand support may be directly preceded by a nonairborne skill or an airborne skill with hand support. No tumbling is allowed after the airborne skill without hand support. *Ex. Back Handspring-Back Tuck is allowed. Back Walkover-Back Tuck is allowed. Back Tuck-Back Handspring is not allowed*
Connecting Jumps to Standing Tumbling			
A non-airborne skill may be connected to any jump. *Ex. Toe Touch-Forward Roll, or Forward Roll-Toe Touch is allowed.*	An airborne skill with hand support may only be connected to a straight jump. *Ex. Straight jump-Back Handspring or Back Handspring-Straight jump is allowed. Toe Touch-Back handspring or Back Handspring-Toe Touch is NOT allowed.*	An airborne skill with hand support may be connected to a jump. *Ex. Toe Touch-Back Handspring or Back Handspring- Toe Touch is allowed.*	An Airborne skill without hand support may be directly connected to only a straight jump. *Ex. Straight jump-Back Tuck or Back Tuck-Straight jump is allowed. Toe Touch-Back Tuck or Back Tuck-Toe Touch is not allowed. Toe Touch-Back Handspring-Back Tuck is allowed.*

RUNNING TUMBLING			
Level 1	**Level 2**	**Level 3**	**Level 4**
Non-Airborne Skills Non-airborne skills are allowed. *Ex. Cartwheel, Front Walkover*	Non-airborne skills are allowed. *Ex. Cartwheel, Front Walkover*	Non-airborne skills are allowed. *Ex. Cartwheel, Front Walkover*	Non-airborne skills are allowed. *Ex. Cartwheel, Front Walkover*
Airborne Skills with hand support Airborne skills with hand support are NOT allowed. Exception: Block Cartwheels and Round offs are allowed.	Non-twisting, Airborne skills with hand support are allowed. Ex. Handspring, Bounder, non- arched dive roll Clarification: Swan arched dive rolls are NOT allowed. **Twisting, Airborne skills with hand support are NOT allowed.** Exception: Block Cartwheels and Round offs are allowed. Clarification: Athletes can land their back handspring with 2 feet together and jump-turn and keep tumbling, but they cannot step out of the back handspring–twist-and keep tumbling.	Non-twisting, Airborne skills with hand support are allowed. Ex. Handspring, Bounder, non-arched dive roll Clarification: Swan arched dive rolls are NOT allowed. **Twisting, Airborne skills with hand support are NOT allowed.** Exception: Block Cartwheels and Round offs are allowed	Airborne skills with hand support are allowed. Ex. Block Cartwheel, Round off, Onodi, Handspring, Bounder, non-arched dive roll Clarification: Swan arched dive rolls, and twisting dive rolls are NOT allowed.
Airborne Skills without Airborne skills without hand support are NOT allowed.	Airborne skills without hand support are NOT allowed.	Non-twisting, Airborne skills without hand support are only allowed in a tuck position. Ex. Back Tuck, Front Tuck Exception: Aerial Cartwheel is allowed.	Non-twisting, Airborne skills without hand support are only allowed. Ex. Layout, Whip, Pike, Aerial Walkover Exception: Aerial Cartwheel is allowed.
Connecting Running Tumbling Skills Non-airborne skills may be performed consecutively. Ex. Cartwheel-Cartwheel, Front Walkover-Cartwheel No tumbling is allowed after a Round off. A Round off may only be preceded by a non-airborne skill. Ex. Cartwheel-Round off is allowed. Round off-Backwards roll is not allowed.	An airborne skill with hand support may be performed repetitively. Ex. Round off-Back Handspring-Back Handspring	No tumbling is allowed after a Back Tuck. A Back Tuck may be preceded by an airborne skill with hand support. Ex. Round off-Back Handspring-Back Tuck is allowed. Round off-Back Tuck-Backwards roll is NOT allowed. No tumbling skills may precede a Front Tuck. If the athlete wants to tumble after a Front Tuck, they must take 2 steps or power hurdle before their next skill. Ex. Front Tuck-step-hurdle-Round off Back Tuck is allowed. Front Handspring-Front Tuck and Front Tuck-Forward roll are not allowed. If an athlete wants to tumble after an aerial cartwheel, they must chassé or take 2 steps before their next skill.	A non-twisting airborne skill without hand support may be performed repetitively. Ex. Round off-Back Handspring-Whip-Back Layout, Front Tuck-Front Tuck
Connecting Jumps to Running Tumbling A straight jump only is allowed after a Round off. A non-airborne skill may be connected to any jump. Ex. Front Walkover-Cartwheel step together-toe touch.	If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass. An airborne skill with hand support may only be connected to a straight jump. Ex. Round off-Back Handspring-straight jump	If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass. An airborne skill with hand support may be connected to a jump. Ex. Round off-Back Handspring-toe touch	If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass. An airborne skill without hand support may be directly connected to only a straight jump. Ex. Punch Front-straight jump

GENERAL BUILDING RULES

- Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.
- A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

STUNTS				
	Level 1	**Level 2**	**Level 3**	**Level 4**
Spotters	A spotter is NOT required if a top person is below prep level. Exception: A spotter is required for a top person in a floor stunt. A spotter is required if a top person is passing through or stopping at prep or extended level. Exception: Shoulder Sit, T-lifts, and stunts in which the base is only supporting the top person by the waist do NOT require a spotter	A spotter is NOT required if the top person is at prep level or below. A spotter is required if a top person is passing through or stopping at extended level.	A spotter is NOT required if the top person is at prep level or below. A spotter is required if a top person is passing through or stopping at extended level.	A spotter is NOT required if the top person is at prep level or below. A spotter is required if a top person is passing through or stopping at extended level.
	One person cannot be a required spotter for 2 different top persons. Each top person requires a separate spotter			
2- leg Stunt Levels	2-leg stunts are allowed at prep level and below. 2 leg stunts MAY pass through extended level, but NOT stop at extended level. Ex. Thigh Stand, Prep Clarification: The base(s) must have contact with the bottom of both of the top persons feet before the top person passes into prep level.	. 2-leg stunts are allowed at extended level and below. Ex. Extension Clarification: The base(s) must have contact with the bottom of both of the top persons feet before the top person passes into extended level.	2-leg stunts are allowed at extended level and below. Ex. Extension	2-leg stunts are allowed at extended level and below. Ex. Extension
1-leg Stunt Levels	1-leg stunts are only allowed below prep level. Ex. Liberty at waist level Exception: 1-leg stunts passing through or stopping at prep level are only allowed if the top person has hand/arm connection with a separate bracer throughout the skill. Exception: A walk-up shoulder stand is also allowed if the top person is braced to both hands of the base by hand-hand connection throughout the transition. Single-based stunts with multiple top persons are NOT allowed.	1-leg stunts passing through extended level or stopping at prep level or below are only allowed. 1 leg stunts may NOT stop at extended level. Ex. Liberty at prep level Single-based stunts with multiple top persons are NOT allowed. .	1-leg stunts passing through or stopping at extended level or below are only allowed. Ex. Liberty at extended level Single-based stunts with multiple top persons are allowed.	1-leg stunts passing through or stopping at extended level or below are only allowed. Ex. Liberty at extended level Single-based stunts with multiple top persons are allowed.
	• A top person may NOT be in contact with a person who is in an inverted position or in a backbend. • If a base is supporting a top person at prep level and kneels or squats, the top person will still be considered to be at prep level. If the base is supporting a top person in an extended position and kneels or squats, the top person will still be considered to be at an extended level.			

STUNTS continued			
Level 1	**Level 2**	**Level 3**	**Level 4**

	Level 1	Level 2	Level 3	Level 4
Twisting Stunt Transitions	¼ rotation is allowed by the top person to, at, or from prep level provided the top person is not released from the base. Ex. ¼ up to waist level, ¼ up to prep Exception: If a top person is picked up by a base at the waist only, they are allowed to make ½ transition provided the top person starts and lands only on the performance surface on at least one foot. Exception: A top person may rebound off of the performance surface, ½ turn and land in a prone position at waist level.	½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. Ex. ½ up to prep level, ½ up to extension	1 full rotation is allowed by the top person to, at, or from prep level or below provided the top person is not released from the base. Ex. Full up to Prep, Full around at Prep ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. Ex. ½ up to extended 1-leg stunt	1 ½ rotation is allowed by the top person to, at, or from prep level or below provided the top person is not released from the base. Ex. 1 ½ up to Prep level 1 rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. Ex. Full up to extension, Extended Full around to Extension Clarification: If a top person performs a full twisting transition to or at extended level, the top person must land in a 2-leg stunt, platform position or liberty.

• To determine the degree of the rotation, at the bottom of the dip the official will look to see which direction the top persons hips are facing. Once the movement of the bases and top person comes to a stop, the official will determine the final angle. The top person must not exceed the rotational allowance for their level.
Exception: Once a stunt group is STATIC, the bases may walk their stunt group, exceeding the rotational allowance for their level, as long as the top person does not change body position. Once they get to a new location, the bases and top person must PAUSE before they transition to another skill.
Ex. Level 1- Top person is in a 2-leg stunt facing the back of the floor. Stunt group pauses, then walks the top person in a half circle to face the front of the floor. She remains in the same 2-leg stunt. When she gets to the front of the floor, they pause again before going to a V-sit. This is allowed because the top person is not changing position and the stunt is pausing before and after the rotation.
Clarification: If a stunt group is NOT static before or after the transition and moves to a new location while performing stunt transitions, the stunt group must follow the rotational allowance for their level.
Ex. Level 1 – Top person is in a 2-leg stunt facing the back of the floor. Stunt group begins walking the top person in a half circle to face the front of the floor. As her bases walk, they transition her to a V-sit. This is illegal because the stunt transitions ½ and only ¼ is allowed in level 1. Level 1 – Top person is in a 2-leg stunt facing the back of the floor. Stunt group begins walking the top person in a quarter circle to face the side of the floor. As her bases walk, they transition her to a V-sit. This is legal.

	Level 1	Level 2	Level 3	Level 4
Athletes moving under/over stunts	A person may NOT move under or over a stunt.	A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position. Ex. Leap frog variations	A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position. Ex. Leap frog variations Clarification: Multi-based suspended rolls are allowed. See Stunt Inversions.	A separate person MAY move under a stunt, as long as they remain in a noninverted position.
Stunt Release Transitions	No release moves other than what is acceptable in 'Dismounts' are allowed. During all other stunt transitions, at least 1 base must remain in contact with the top person. Ex. Cradle from 2-leg prep level stunt	No release moves other than what is acceptable in 'Dismounts' and 'Tosses' are allowed. During all other stunt transitions, at least 1 base must remain in contact with the top person. Ex. Cradle from 1-leg prep level stunt, Cradle from 2-leg extended level stunt Exception: A single Barrel Roll is allowed if the top person starts and ends in a cradle position.	A top person may be released from waist level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. Ex. Switch up to prep level Release skills are restricted to 1 trick and 0 twists. Exception: A top person may twist up to 1 rotation only with no additional tricks, if they begin and land in a cradle, flatback or prone position.	A top person may be released from prep level or below and land at prep level or below. A top person may be released from waist level or below and land at extended level. A top person may be released from extended level and land at prep level or below. The top person must land in a non-inverted position. Ex. Switch up to extended level Clarification: Top person may begin in an inverted position and be released to a non-inverted position, but they may not begin in a non- inverted position and pass through an inverted position once released or land in an inverted position. Release skills are limited to 1 ½ twists if starting and landing at prep level or below. Ex. Full twisting switch up to prep level Exception: A helicopter release may not twist. Exception: A double barrel roll is allowed if the flyer starts and ends in a cradle position. Release skills may NOT twist when starting or landing at extended level. Ex. Drop tic-tock from extended level to prep level

• Release moves may NOT intentionally travel. Released top person may NOT travel over a person.
• A top person may NOT come in contact with another released top person.
• If a top person is released from a single-based stunt and lands in a horizontal position they need 2 catchers, if they land in an upright position, they need 1 catcher. If a top person is released from a multi-based stunt and lands in a horizontal position, they need 3 catchers, if they land in an upright position, they need 2 catchers. Exception: A helicopter release always requires 3 catchers.
• Free flipping releases are NOT allowed.

STUNTS continued			
Level 1	**Level 2**	**Level 3**	**Level 4**

Stunt Inversions

Level 1	Level 2	Level 3	Level 4
A top person may not be inverted off of the performance surface. Ex. Assisted handstand on the performance surface	A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in a 1-leg stunt at prep level or below, or a 2-leg stunt at extended level or below. Ex. Handstand on the performance surface lifted up to an upright prep level stunt Clarification: An inverted top person may not be connected to another inverted person. An inversion is limited to ½ twist to extended level or below. Ex. Inverted ½ up to 1 leg at prep level **Downward inversions are NOT allowed.** Clarification: A top person CANNOT be supported off of the performance surface, and then place hands on the ground, keeping their feet off of the ground.	A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in an extended stunt or below. Ex. Handstand on the performance surface lifted up to an upright extended level stunt Clarification: An inverted top person may not be connected to another inverted person. A top person may be in an inverted position at prep level or below. Ex. Cartwheel inversion at waist level Exception: Multi-based suspended rolls are allowed to pass above the bases head provided the top person is in hand/hand contact with both hands connected to separate hands of a base, and the skill lands on the performance surface, in a load position, cradle, prone or flatback position. An inversion is limited to ½ twist to extended level, and 1 twist to prep level or below. Exception: Forward suspended rolls with 1 twisting rotation must land in a cradle. Backwards suspended rolls may not twist. Downward inversions are only allowed from waist level, and must be assisted by 2 catchers, who remain in contact with the top person between the waist and shoulder until the top person is touching the performance surface. Ex. Back Walkover out of cradle, Forward roll from prone Exception: A 2 leg pancake is NOT allowed.	A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in an extended stunt or below. Ex. Handstand on the performance surface lifted up to an upright extended level stunt Clarification: An inverted top person may not be connected to another inverted person. A top person may be in an inverted position at extended level or below. Ex. Handstand Clarification: A top person may NOT pass through extended level in a non-inverted position and then become inverted while transitioning down to prep level or below. A top person may be in a static extended inverted position, pause, and then be slowly lowered to prep level. Exception: A 2 leg pancake is allowed only if the top person begins at prep level and may pass through extended level. An inversion is limited to 1 twist to extended level, and 1 ½ twist to prep level or below. Ex. Inverted full up to extension. Downward inversions are only allowed from prep level or below and must be assisted by 3 catchers when beginning at prep level, 2 who remain in contact with the top person between the waist and shoulder until the top person is touching the performance surface. Ex. Back Walkover from flatback Clarification: If the downward inversion begins at waist level, only 1 catcher is required.

Stunt Dismounts

Level 1	Level 2	Level 3	Level 4
Only a straight cradle or assisted straight pop down from prep level is allowed. Ex. Straight cradle from prep Clarification: Waist level cradles are NOT allowed. A top person may NOT be released and twist to cradle. Dismounts from an inverted position are NOT allowed.	Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position at prep level. Ex. Straight cradle from a prep level liberty Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 2-leg stunt at prep or extended level. Ex. Straight cradle from extension Dismounts from an inverted position are NOT allowed.	Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position. Ex. Straight cradle from extended liberty Only twists up to 1 ¼ rotations are allowed from a 2-leg stunt. Ex. Full down from a prep A top person may perform 1 trick during a dismount from a 2-leg stunt. If a top person performs 1 trick, they must be caught in a cradle position. Ex. Toe touch cradle from a prep Dismounts from an inverted position are NOT allowed.	Only twists up to 1 ¼ rotations are allowed from a 1-leg stunt or platform position. Ex. Full down from extended liberty Only twists up to 2 ¼ rotations are allowed from a 2-leg stunt. Ex. Double down from a prep A top person may perform 2 tricks during a dismount. If more than 1 ¼ twist is performed an additional trick is not allowed. Ex. Kick-Full from prep level Dismounts from an inverted position may not twist. Ex. Handstand release to cradle Clarification: The top person must start inverted and finish in a non-inverted position. The top person may not start in a non-inverted position and pass through an inverted position.

STUNTS continued

Level 1	Level 2	Level 3	Level 4
• A movement is only considered a 'Dismount' if the top person lands in a cradle or is first released and then bases absorb/assist the top person directly to the performance surface. • If a single-based stunt is dismounted, there must be a minimum of 1 catcher and 1 spotter. If a multi-based stunt is dismounted, there must be a minimum of 2 catchers and 1 spotter. The original base(s) must catch the top person. During the catch, at least 1 person must support the top person with 1 arm between the waist to shoulder area. A base and spotter are NOT allowed to catch more than 1 top person at a time. Each top person needs a separate set of catchers and spotter. • Dismounts to the performance surface must be assisted by a base or spotter, except small hop offs or straight drops with no additional skills from waist level or below. • A top person is NOT allowed to free flip during dismounts. • A released top person may not come in contact with another released top person. • Dismounts may NOT intentionally travel.			

TOSSES

	Level 1	Level 2	Level 3	Level 4
	Basket and Sponge Tosses are <u>only</u> allowed in Performance divisions and NOT in Traditional Division			
Releases	A top person may NOT be released from waist level. **Tosses are NOT allowed in Level 1.**	Only straight ride tosses are allowed. Clarification: The top person may perform different arm variations only. Ex. Wave at the top of a straight ride toss.	Up to 1 trick may be performed by a top person. Ex. Toe touch toss Exception: A ball-X is allowed. Clarification: A natural arch/snap following the 1 trick does not count as a skill. Tosses **may not** exceed 1 ¼ twisting rotations. Ex. Full twisting toss	Up to 2 tricks may be performed by a top person. Ex. Kick-Full twisting toss Tosses **may not** exceed 2 ¼ twisting rotations. Ex. Double twisting toss
	• There can be a minimum of 3 tossers, or a maximum of 4 tossers per 1 top person. 1 person must always be behind the top person during a toss. At least 3 original tossers must catch the top person. • A tosser must have both feet on the performance surface, and a top person must start with support under both feet. • A released top person in one toss may not touch a released top person in another toss. • Tosses may not intentionally travel to a new place on the performance surface. • A top person may NOT be inverted at any time during a toss. • Tosses may NOT be performed over or under props. • Twisting counts as a trick. A single non-twisting skill also counts as a trick. All twisting up to 1 ¼ is considered 1 trick. Anything beyond that, up to 2 ¼ is considered 2 tricks. Twisting rotation is cumulative. Therefore, if a top person does a ½ twist-single skill- ½ twist, then it will be considered as 2 tricks (1 twist + 1 skill)			

PYRAMIDS				
	Level 1	**Level 2**	**Level 3**	**Level 4**
	Skills that are not braced must follow Stunt, Dismount and Toss level rules. Skills that do not adhere to Stunt, Dismount and Toss rules, must be braced and may only follow the pyramid rules below.			
2-Leg Pyramid Levels	2-leg stunts are allowed at extended level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to extended level. The connection must remain until the extended top person returns to prep level or below, or dismounts. Ex. Prep connected to prep, Extension connected to prep by hand/arm grip	2-leg stunts are allowed at extended level and below and do not need to be braced. Extended 2-leg stunts may NOT be braced to another Extended stunt. Ex. Extension connected to liberty at prep level	2-leg stunts are allowed at extended level and below and do not need to be braced. Extended 2-leg stunts MAY be braced to another Extended 2 leg stunt. Ex. Extension connected to an extension	2-leg stunts are allowed at extended level and below and do not need to be braced. Extended 2-leg stunts MAY be braced to another Extended stunt. Ex. Extension connected to an extended liberty.
1 Leg Pyramid Levels	1-leg stunts are allowed at prep level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to prep level. The connection must remain until the prep level single leg top person returns to waist level, dismounts, or transitions to a 2-leg stunt. Ex. Waist level liberty connected to waist level liberty	1-leg stunts are allowed at extended level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to extended level. The connection must remain until the extended level single leg top person returns to prep level, dismounts or transitions to a 2-leg stunt. Ex. Prep level liberty connected to prep level liberty; Extended liberty connected to Prep by hand/arm grip	1-leg stunts are allowed at extended level and below and do not need to be braced. Extended 1-leg stunts may NOT be braced to another Extended stunt. Ex. Extended liberty connected to Prep by foot/hand grip	1-leg stunts are allowed at extended level and below and do not need to be braced. Extended 1-leg stunts may NOT be braced to another 1-leg Extended stunt. Ex. Extended liberty connected to Extension
Twisting Pyramid Transitions	¼ rotation is allowed by the top person to, at, or from extended level provided the top person is not released from the base. Ex. Braced ¼ up to 1-leg stunt at prep level	½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. Ex. Braced ½ up to extended 1-leg stunt	1 rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. If the top person is full or ¾ twisting to or from extended level, the top person must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition (and the grip must not change during the transition.)	1 ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. If the top person is full twisting to an extended body position or twisting more than 1 rotation to or from extended level, the top person must be connected to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition (and the grip must not change during the transition.)
Athletes moving under/over pyramids	A person may NOT move under or over a stunt or pyramid.	A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position. Ex. Stunt leap frog variations are allowed.	A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position. Ex. Stunt leap frog variations are allowed.	A separate person MAY move under a stunt or pyramid, as long as they remain in a non-inverted position. Ex. Person walks under prep level stunt A top person MAY move over another top person at prep level or below if they are connected to that top person and remain in a non-inverted position. Ex. Pyramid leap frog variations are allowed.

PYRAMIDS continued			
Level 1	**Level 2**	**Level 3**	**Level 4**

	Level 1	Level 2	Level 3	Level 4
Pyramid Releases	A top person may only receive primary support from a base. Exception: If a top person is released by bases, the skill must be allowed under 'Dismount' rules.	A top person may only receive primary support from a base. Exception: If a top person is released by bases, the skill must be allowed under 'Toss' or 'Dismount' rules.	All released transitions must be continuous, and the weight of the released top person may not be directly borne on another top person. A non-inverted top person may be released from extended level or below and pass above 2 persons high, if they are braced by 2 different people at prep level or below on two different sides of the body. If the top person performs a non-twisting release skill, then the top person must be connected by one bracer with hand/arm connection and the second bracer with hand/arm or hand/foot lower leg connection. If the top person performs a twisting release skill, then the top person must be connected to 2 bracers with hand/arm connection only. Ex. Extended level Tic-Tock with 2 bracers A non-inverted top person may be released from waist level or below, and land at prep level and below, if they are not connected to a bracer or braced by 1 person at prep level or below. The height of the release may not pass above the extended arm level of the bases. The top person may not twist and is restricted to 1 skill. Ex. Ball release at waist level with 1 bracer Released top person must return to the original bases. Bases must be stationary and visually focused on that top person during the release. Bracers must maintain contact until the top person is in contact with a base.	All released transitions must be continuous, and the weight of the released top person may not be directly borne on another top person A non-inverted top person may be released from extended level or below and pass above 2 persons high, and land at extended level and below, if they are braced by 1 person at prep level or below. Ex. Extended level Tic-Tock with 1 bracer Clarification: Released non-inverted top person may transition to new bases, provided the transitioning top person is caught by 2 catchers who are stationary and visually attentive to the top person that is being released. The catchers cannot be involved in additional choreography when the bases begin to dip for the release. A top person passing through an inverted position may be released and pass above 2 persons high, if they are connected by 2 bracers on different sides of the top person's body at prep level or below. The inverted top person may rotate no more than 1 ¼ flipping rotations and 0 twists. Clarification: Released top person that is passing through an inverted position must return to the original bases and be caught by 3 people. Bases must be stationary and visually focused on that top person during the release. Bracers must maintain contact until the top person is in contact with a base.
	• Any time a top person is released, the top person may NOT be braced to another person at extended level. • The bracer must be connected to the top person before the initiation of the release. During the release, the bracer must maintain the initial connection to the top person, until a base is touching the top person. The bracer may not let go or change the initial connection with the released top person during the skill.			
Pyramid Inversions	See Stunt Inversions	See Stunt Inversions. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted 1-leg extended position provided that they are braced from the time of the dip by hand/arm connection. The bracer must be standing on the performance surface or in bases hands that are resting on top of the performance surface at the bottom of the dip and remain in contact with the top person throughout the transition. Ex. Handstand on the performance surface lifted to extended level	See Stunt Inversions. A top person may pass through extended level and then become inverted if the skill starts and ends at prep level or below, finishes in a noninverted position, and the top person remains in contact with a base and a bracer at prep level or below throughout the transition. Ex. Braced Roll Clarification: Braced flips are NOT allowed.	See Stunt Inversions. Braced Flips are allowed. See Pyramid Releases. A top person may begin at extended level and pass through an inverted position, provided the top person remains in contact with a base and 2 different bracers at prep level or below on 2 different sides of the top person, and lands in a non-inverted position. A top person may NOT remain in an inverted position and travel downwards towards the performance surface from extended level. Ex. Braced Extended Pancake
Pyramid Dismounts	See Stunt Dismounts. A top person may NOT be dismounted from an extended position	See Stunt Dismounts. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from an extended 1-leg stunt. Ex. Straight cradle from extended liberty	See Stunt Dismounts.	See Stunt Dismounts.

Traditional Rec Novice Rules

    A.   Routines may not exceed 1:30 minute

    B.   No Building skills permitted (includes stunts, tosses and pyramids)

    C.   The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

    D.   Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.

Level 1 Traditional and Performance Rec Rules
GENERAL TUMBLING, JUMPS & DROPS

- All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.
- An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.
- An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

Level 1 Standing Tumbling

1. Non-airborne skills are allowed.
    a. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkovers are allowed*
2. Airborne skills with hand support are NOT allowed.
3. Airborne skills without hand support are NOT allowed.
4. Non-airborne skills may be performed consecutively.
    a. *Ex. Forward Roll-Forward Roll or Back Extension Roll step out-Back Walkover is allowed.*
5. A non-airborne skill may be connected to any jump.
    a. *Ex. Toe Touch-Forward Roll, or Forward Roll-Toe Touch is allowed.*

Level 1 Running Tumbling

1. Non-airborne skills are allowed.
    a. *Ex. Cartwheel, Front Walkover*
2. Airborne skills with hand support are NOT allowed.
    a. Exception: Block Cartwheels and Round offs are allowed.
3. Airborne skills without hand support are NOT allowed.
4. Non-airborne skills may be performed consecutively.
    a. *Ex.* Cartwheel-Cartwheel, Front Walkover-Cartwheel
5. No tumbling is allowed after a Round off. A Round off may only be preceded by a non-airborne skill.
    a. Ex. Cartwheel-Round off is allowed. Round off-Backwards roll is not allowed
6. A straight jump only is allowed after a Round off.
7. A non-airborne skill may be connected to any jump.
    a. Ex. Front Walkover-Cartwheel step together-toe touch.

GENERAL BUILDING RULES

- Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.
- A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

Level 1 Stunts

1. A spotter is NOT required if a top person is below prep level.
    a. Exception: A spotter is required for a top person in a floor stunt.
    b. A spotter is required if a top person is passing through or stopping at prep or extended level.
    c. Exception: Shoulder Sit, T-lifts, and stunts in which the base is only supporting the top person by the waist do NOT require a spotter

2. 2-leg stunts are allowed at prep level and below. 2 leg stunts MAY pass through extended level, but NOT stop at extended level.
    a. Ex. Thigh Stand, Prep
    b. Clarification: The base(s) must have contact with the bottom of both of the top persons feet before the top person passes into prep level.

3. 1-leg stunts are only allowed below prep level.
    a. Ex. Liberty at waist level
    b. Exception: 1-leg stunts passing through or stopping at prep level are only allowed if the top person has hand/arm connection with a separate bracer throughout the skill.
    c. Exception: A walk-up shoulder stand is also allowed if the top person is braced to both hands of the base by hand-hand connection throughout the transition.
    d. Single-based stunts with multiple top persons are NOT allowed.
4. Twisting Stunt Transitions: ¼ rotation is allowed by the top person to, at, or from prep level provided the top person is not released from the base.
    a. Ex. ¼ up to waist level, ¼ up to prep
    b. Exception: If a top person is picked up by a base at the waist only, they are allowed to make ½ transition provided the top person starts and lands only on the performance surface on at least one foot.
    c. Exception: A top person may rebound off of the performance surface, ½ turn and land in a prone position at waist level.
5. A person may NOT move under or over a stunt
6. No release moves other than what is acceptable in 'Dismounts' are allowed. During all other stunt transitions, at least 1 base must remain in contact with the top person.
    a. Ex. Cradle from 2-leg prep level stunt
7. A top person may not be inverted off of the performance surface.
    a. Ex. Assisted handstand on the performance surface
8. Only a straight cradle or assisted straight pop down from prep level is allowed.
    a. Ex. Straight cradle from prep
    b. Clarification: Waist level cradles are NOT allowed.
    c. A top person may NOT be released and twist to cradle.
    d. Dismounts from an inverted position are NOT allowed.

Level 1 Tosses

Tosses are NOT allowed in Level 1.

Level 1 Pyramids

Skills that are not braced must follow Stunt, Dismount and Toss level rules. Skills that do not adhere to Stunt, Dismount and Toss rules, must be braced and may only follow the pyramid rules below.

1. 2-leg stunts are allowed at extended level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to extended level. The connection must remain until the extended top person returns to prep level or below, or dismounts.
    a. Ex. Prep connected to prep; Extension connected to prep by hand/arm grip
2. 1-leg stunts are allowed at prep level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to prep level. The connection must remain until the prep level single leg top person returns to waist level, dismounts, or transitions to a 2-leg stunt.
    a. Ex. Waist level liberty connected to waist level liberty
3. ¼ rotation is allowed by the top person to, at, or from extended level provided the top person is not released from the base.
    a. Ex. Braced ¼ up to 1-leg stunt at prep level
4. A person may NOT move under or over a stunt or pyramid.

5. A top person may only receive primary support from a base.
   a. Exception: If a top person is released by bases, the skill must be allowed under 'Dismount' rules.
6. A top person may NOT be dismounted from an extended position

Level 2.1 Traditional and Performance Rec Rules
GENERAL TUMBLING, JUMPS & DROPS

- All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.
- An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.
- An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

Level 2.1 Standing Tumbling

1. Non-airborne skills are allowed.
   a. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkovers are allowed*
2. Airborne skills with hand support are NOT allowed.
3. Airborne skills without hand support are NOT allowed.
4. Non-airborne skills may be performed consecutively.
   a. *Ex. Forward Roll-Forward Roll or Back Extension Roll step out-Back Walkover is allowed.*
5. A non-airborne skill may be connected to any jump.
   a. *Ex. Toe Touch-Forward Roll, or Forward Roll-Toe Touch is allowed.*

Level 2.1 Running Tumbling

1. Non-airborne skills are allowed.
   a. *Ex. Cartwheel, Front Walkover*
2. Airborne skills with hand support are NOT allowed.
   a. Exception: Block Cartwheels and Round offs are allowed.
3. Airborne skills without hand support are NOT allowed.
4. Non-airborne skills may be performed consecutively.
   a. *Ex.* Cartwheel-Cartwheel, Front Walkover-Cartwheel
5. No tumbling is allowed after a Round off. A Round off may only be preceded by a non-airborne skill.
   a. Ex. Cartwheel-Round off is allowed. Round off-Backwards roll is not allowed
6. A straight jump only is allowed after a Round off.
7. A non-airborne skill may be connected to any jump.
   a. Ex. Front Walkover-Cartwheel step together-toe touch.

GENERAL BUILDING RULES

- Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.
- A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

Level 2.1 Stunts

1. A spotter is NOT required if the top person is at prep level or below.
   a. A spotter is required if a top person is passing through or stopping at extended level.
2. 2-leg stunts are allowed at extended level and below
   a. Ex. Extension
   b. Clarification: The base(s) must have contact with the bottom of both of the top persons feet before the top person passes into extended level.
3. 1-leg stunts passing through extended level or stopping at prep level or below are only allowed. 1 leg stunts may NOT stop at extended level.
   a. Ex. Liberty at prep level
   b. Single-based stunts with multiple top persons are NOT allowed.
4. ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.
   a. Ex. ½ up to prep level, ½ up to extension
5. A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position.
   a. Ex. Leap frog variations
6. No release moves other than what is acceptable in 'Dismounts' and 'Tosses' are allowed. During all other stunt transitions, at least 1 base must remain in contact with the top person
   a. Ex. Cradle from 1-leg prep level stunt, Cradle from 2-leg extended level stunt
   b. Exception: A single Barrel Roll is allowed if the top person starts and ends in a cradle position.
7. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in a 1-leg stunt at prep level or below, or a 2-leg stunt at extended level or below.
   a. Ex. Handstand on the performance surface lifted up to an upright prep level stunt
   b. Clarification: An inverted top person may not be connected to another inverted person.
   c. An inversion is limited to ½ twist to extended level or below.
      i. Ex. Inverted ½ up to 1 leg at prep level
   d. Downward inversions are NOT allowed.
      i. Clarification: A top person CANNOT be supported off of the performance surface, and then place hands on the ground, keeping their feet off of the ground.
8. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position at prep level.
   a. Ex. Straight cradle from a prep level liberty
   b. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 2-leg stunt at prep or extended level.
   c. Ex. Straight cradle from extension
   d. Dismounts from an inverted position are NOT allowed.

Level 2.1 Tosses - NO Tosses allowed in Traditional Rec divisions

For Performance Rec teams:

1. Only straight ride tosses are allowed.
   a. Clarification: The top person may perform different arm variations only.
      i. Ex. Wave at the top of a straight ride toss.

Level 2.1 Pyramids –

Skills that are not braced must follow Stunt, Dismount and Toss level rules. Skills that do not adhere to Stunt, Dismount and Toss rules, must be braced and may only follow the pyramid rules below.

1. 2-leg stunts are allowed at extended level and below and do not need to be braced.
   a. Extended 2-leg stunts may NOT be braced to another Extended stunt.
   b. Ex. Extension connected to liberty at prep level
2. 1-leg stunts are allowed at extended level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to extended level. The connection must remain until the extended level single leg top person returns to prep level, dismounts or transitions to a 2-leg stunt.
   a. Ex. Prep level liberty connected to prep level liberty; Extended liberty connected to Prep by hand/arm grip
3. ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.
   a. Ex. Braced ½ up to extended 1-leg stunt
4. A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position.
   a. Ex. Stunt leap frog variations are allowed.
5. A top person may only receive primary support from a base.
   a. Exception: If a top person is released by bases, the skill must be allowed under 'Toss' or 'Dismount' rules.

6. See Stunt Inversions.
   a. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted 1-leg extended position provided that they are braced from the time of the dip by hand/arm connection. The bracer must be standing on the performance surface or in bases hands that are resting on top of the performance surface at the bottom of the dip and remain in contact with the top person throughout the transition.
   b. Ex. Handstand on the performance surface lifted to extended level
7. See Stunt Dismounts.
   a. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from an extended 1-leg stunt.
      i. Ex. Straight cradle from extended liberty

Level 2 Traditional and Performance Rec Rules
GENERAL TUMBLING, JUMPS & DROPS
- All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.
- An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.
- An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

Level 2 Standing Tumbling

1. Non-airborne skills are allowed.
   a. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover*
2. Non-twisting, Airborne skills with hand support are allowed.
   a. *Ex. Handspring, Bounder, non- arched dive roll*

25

          i.   *Clarification: Swan arched dive rolls are NOT allowed.*
- b.   *Twisting, Airborne skills with hand support are NOT allowed.*
          i.   *Clarification: Athletes can land their back handspring with 2 feet together and jump-turn and keep tumbling, but they cannot step out of the back handspring–twist-and   keep tumbling*

3. Airborne skills without hand support are NOT allowed.
4. An airborne skill with hand support may only be directly connected to a non-airborne skill.
    a. *Ex. Back Walkover-Back Handspring is allowed.   Back handspring-Back Handspring is NOT allowed.*
5. An airborne skill with hand support may only be connected to a straight jump.
    a. *Ex. Straight jump-Back Handspring or Back Handspring-Straight jump is allowed.*
    b. *Toe Touch-Back handspring or Back Handspring-Toe Touch is NOT allowed.*

Level 2 Running Tumbling

1. Non-airborne skills are allowed.
    a. *Ex. Cartwheel, Front Walkover*
2. Non-twisting, Airborne skills with hand support are allowed.
    a. Ex. Handspring, Bounder, non- arched dive roll
    b. Clarification: Swan arched dive rolls are NOT allowed.
    c. Twisting, Airborne skills with hand support are NOT allowed.
    d. Exception: Block Cartwheels and Round offs are allowed.
    e. Clarification: Athletes can land their back handspring with 2 feet together and jump-turn and keep tumbling, but they cannot step out of the back handspring–twist-and keep tumbling.
3. Airborne skills without hand support are NOT allowed.
4. An airborne skill with hand support may be performed repetitively.
    a. Ex. Round off-Back Handspring-Back Handspring
5. If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass.
    a. An airborne skill with hand support may only be connected to a straight jump.
    b. Ex. Round off-Back Handspring-straight jump

GENERAL BUILDING RULES

- Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.
- A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

Level 2 Stunts

1. A spotter is NOT required if the top person is at prep level or below.
    a. A spotter is required if a top person is passing through or stopping at extended level.
2. 2-leg stunts are allowed at extended level and below
    a. Ex. Extension
    b. Clarification: The base(s) must have contact with the bottom of both of the top persons feet before the top person passes into extended level.
3. 1-leg stunts passing through extended level or stopping at prep level or below are only allowed. 1 leg stunts may NOT stop at extended level.
    a. Ex. Liberty at prep level
    b. Single-based stunts with multiple top persons are NOT allowed.
4. ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.
    a. Ex. ½ up to prep level, ½ up to extension
5. A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position.

a. Ex. Leap frog variations

6. No release moves other than what is acceptable in 'Dismounts' and 'Tosses' are allowed. During all other stunt transitions, at least 1 base must remain in contact with the top person
    a. Ex. Cradle from 1-leg prep level stunt, Cradle from 2-leg extended level stunt
    b. Exception: A single Barrel Roll is allowed if the top person starts and ends in a cradle position.

7. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in a 1-leg stunt at prep level or below, or a 2-leg stunt at extended level or below.
    a. Ex. Handstand on the performance surface lifted up to an upright prep level stunt
    b. Clarification: An inverted top person may not be connected to another inverted person.
    c. An inversion is limited to ½ twist to extended level or below.
        i. Ex. Inverted ½ up to 1 leg at prep level
    d. Downward inversions are NOT allowed.
        i. Clarification: A top person CANNOT be supported off of the performance surface, and then place hands on the ground, keeping their feet off of the ground.

8. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position at prep level.
    a. Ex. Straight cradle from a prep level liberty
    b. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 2-leg stunt at prep or extended level.
    c. Ex. Straight cradle from extension
    d. Dismounts from an inverted position are NOT allowed.

Level 2 Tosses - NO Tosses allowed in Traditional Rec divisions

For Performance Rec teams:

Only straight ride tosses are allowed.

Clarification: The top person may perform different arm variations only.

    Ex. Wave at the top of a straight ride toss.

Level 2 Pyramids –

1. Skills that are not braced must follow Stunt, Dismount and Toss level rules. Skills that do not adhere to Stunt, Dismount and Toss rules, must be braced and may only follow the pyramid rules below.
2. 2-leg stunts are allowed at extended level and below and do not need to be braced.
    a. Extended 2-leg stunts may NOT be braced to another Extended stunt.
    b. Ex. Extension connected to liberty at prep level
3. 1-leg stunts are allowed at extended level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to extended level. The connection must remain until the extended level single leg top person returns to prep level, dismounts or transitions to a 2-leg stunt.
    a. Ex. Prep level liberty connected to prep level liberty; Extended liberty connected to Prep by hand/arm grip
4. ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.
    a. Ex. Braced ½ up to extended 1-leg stunt
5. A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position.
    a. Ex. Stunt leap frog variations are allowed.
6. A top person may only receive primary support from a base.
    a. Exception: If a top person is released by bases, the skill must be allowed under 'Toss' or 'Dismount' rules.
7. See Stunt Inversions.
    a. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted 1-leg extended position provided that they are braced from the time of the dip by hand/arm connection. The bracer must be standing on the performance surface or in bases hands that are resting on

top of the performance surface at the bottom of the dip and remain in contact with the top person throughout the transition.
   b. Ex. Handstand on the performance surface lifted to extended level
8. See Stunt Dismounts.
   a. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from an extended 1-leg stunt.
      i. Ex. Straight cradle from extended liberty

Level 3.1 Traditional and Performance Rec Rules
GENERAL TUMBLING, JUMPS & DROPS

- All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.
- An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.
- An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

Level 3.1 Standing Tumbling

6. Non-airborne skills are allowed.
   a. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkovers are allowed*
7. Airborne skills with hand support are NOT allowed.
8. Airborne skills without hand support are NOT allowed.
9. Non-airborne skills may be performed consecutively.
   a. *Ex. Forward Roll-Forward Roll or Back Extension Roll step out-Back Walkover is allowed.*
10. A non-airborne skill may be connected to any jump.
   a. *Ex. Toe Touch-Forward Roll, or Forward Roll-Toe Touch is allowed.*

Level 3.1 Running Tumbling

8. Non-airborne skills are allowed.
   a. *Ex. Cartwheel, Front Walkover*
9. Airborne skills with hand support are NOT allowed.
   a. Exception: Block Cartwheels and Round offs are allowed.
10. Airborne skills without hand support are NOT allowed.
11. Non-airborne skills may be performed consecutively.
   a. *Ex. Cartwheel-Cartwheel, Front Walkover-Cartwheel*
12. No tumbling is allowed after a Round off. A Round off may only be preceded by a non-airborne skill.
   a. Ex. Cartwheel-Round off is allowed. Round off-Backwards roll is not allowed
13. A straight jump only is allowed after a Round off.
14. A non-airborne skill may be connected to any jump.
   a. Ex. Front Walkover-Cartwheel step together-toe touch.

GENERAL BUILDING RULES

- Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.
- A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

Level 3.1 Stunts

1. A spotter is NOT required if the top person is at prep level or below.
   a. A spotter is required if a top person is passing through or stopping at extended level.
2. 2-leg stunts are allowed at extended level and below.
   a. Ex. Extension
3. 1-leg stunts passing through or stopping at extended level or below are only allowed.
   a. Ex. Liberty at extended level
   b. Single-based stunts with multiple top persons are allowed
4. 1 full rotation is allowed by the top person to, at, or from prep level or below provided the top person is not released from the base.
   a. Ex. Full up to Prep, Full around at Prep
   b. ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.
   c. Ex. ½ up to extended 1-leg stunt
5. A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position.
   a. Ex. Leap frog variations
   b. Clarification: Multi-based suspended rolls are allowed. See Stunt Inversions.
6. A top person may be released from waist level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition.
   a. Ex. Switch up to prep level
   b. Release skills are restricted to 1 trick and 0 twists.
   c. Exception: A top person may twist up to 1 rotation only with no additional tricks, if they begin and land in a cradle, flatback or prone position.
7. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in an extended stunt or below.
   a. Ex. Handstand on the performance surface lifted up to an upright extended level stunt
      i. Clarification: An inverted top person may not be connected to another inverted person.
8. A top person may be in an inverted position at prep level or below.
   a. Ex. Cartwheel inversion at waist level
      i. Exception: Multi-based suspended rolls are allowed to pass above the bases head provided the top person is in hand/hand contact with both hands connected to separate hands of a base, and the skill lands on the performance surface, in a load position, cradle, prone or flatback position.
9. An inversion is limited to ½ twist to extended level, and 1 twist to prep level or below.
   a. Exception: Forward suspended rolls with 1 twisting rotation must land in a cradle. Backwards suspended rolls may not twist.
10. Downward inversions are only allowed from waist level, and must be assisted by 2 catchers, who remain in contact with the top person between the waist and shoulder until the top person is touching the performance surface
    a. Ex. Back Walkover out of cradle, Forward roll from prone
       i. Exception: A 2 leg pancake is NOT allowed.
11. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position.
    a. Ex. Straight cradle from extended liberty
12. Only twists up to 1 ¼ rotations are allowed from a 2-leg stunt.
    a. Ex. Full down from a prep
13. A top person may perform 1 trick during a dismount from a 2-leg stunt. If a top person performs 1 trick, they must be caught in a cradle position.
    a. Ex. Toe touch cradle from a prep
14. Dismounts from an inverted position are NOT allowed.

Level 3.1 Tosses - NO Tosses allowed in Traditional Rec divisions

For Performance Rec teams:

Up to 1 trick may be performed by a top person.

> Ex. Toe touch toss

> Exception: A ball-X is allowed.

>> Clarification: A natural arch/snap following the 1 trick does not count as a skill.

Tosses may not exceed 1 ¼ twisting rotations.
Ex. Full twisting toss

Level 3.1 Pyramids –

Skills that are not braced must follow Stunt, Dismount and Toss level rules. Skills that do not adhere to Stunt, Dismount and Toss rules, must be braced and may only follow the pyramid rules below.

1. 2-leg stunts are allowed at extended level and below and do not need to be braced.
   a. Extended 2-leg stunts MAY be braced to another Extended 2 leg stunt.
      i. Ex. Extension connected to an extension
2. 1-leg stunts are allowed at extended level and below and do not need to be braced.
   a. Extended 1-leg stunts may NOT be braced to another Extended stunt.
      i. Ex. Extended liberty connected to Prep by foot/hand grip
3. 1 rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. If the top person is full or ¾ twisting to or from extended level, the top person must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition (and the grip must not change during the transition.)
4. A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position.
   a. Ex. Stunt leap frog variations are allowed.
5. All released transitions must be continuous, and the weight of the released top person may not be directly borne on another top person.
6. A non-inverted top person may be released from extended level or below and pass above 2 persons high, if they are braced by 2 different people at prep level or below on two different sides of the body. If the top person performs a non-twisting release skill, then the top person must be connected by one bracer with hand/arm connection and the second bracer with hand/arm or hand/foot lower leg connection. If the top person performs a twisting release skill, then the top person must be connected to 2 bracers with hand/arm connection only.
   a. Ex. Extended level Tic-Tock with 2 bracers
7. A non-inverted top person may be released from waist level or below, and land at prep level and below, if they are not connected to a bracer or braced by 1 person at prep level or below. The height of the release may not pass above the extended arm level of the bases. The top person may not twist and is restricted to 1 skill.
   a. Ex. Ball release at waist level with 1 bracer
8. Released top person must return to the original bases. Bases must be stationary and visually focused on that top person during the release. Bracers must maintain contact until the top person is in contact with a base.
9. See Stunt Inversions.
10. A top person may pass through extended level and then become inverted if the skill starts and ends at prep level or below, finishes in a noninverted position, and the top person remains in contact with a base and a bracer at prep level or below throughout the transition.
    a. Ex. Braced Roll
       i. Clarification: Braced flips are NOT   allowed.

Level 3 Traditional and Performance Rec Rules

GENERAL TUMBLING, JUMPS & DROPS

- All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.
- An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.
- An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

Level 3 Standing Tumbling

1. Non-airborne skills are allowed.
   a. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover*
2. Non-twisting, Airborne skills with hand support are allowed.
   a. *Ex. Handspring, Bounder, non- arched dive roll*
      i. *Clarification: Swan arched dive rolls are NOT allowed.*
3. Airborne skills without hand support are NOT allowed
4. Twisting, Airborne skills with hand support are NOT allowed.
5. Airborne skills with hand support may be performed consecutively.
   a. *Ex. Back handspring-Back Handspring is allowed*
6. An airborne skill with hand support may be connected to a jump.
   a. *Ex. Toe Touch-Back Handspring or Back Handspring- Toe Touch is allowed*

Level 3 Running Tumbling

1. Non-airborne skills are allowed.
   a. *Ex. Cartwheel, Front Walkover*
2. Non-twisting, Airborne skills with hand support are allowed.
   a. Ex. Handspring, Bounder, non-arched dive roll
      i. Clarification: Swan arched dive rolls are NOT allowed.
      ii. Twisting, Airborne skills with hand support are NOT allowed.
   b. Exception: Block Cartwheels and Round offs are allowed
3. Non-twisting, Airborne skills without hand support are only allowed in a tuck position.
   a. Ex. Back Tuck, Front Tuck
      i. Exception: Aerial Cartwheel is allowed
4. No tumbling is allowed after a Back Tuck. A Back Tuck may be preceded by an airborne skill with hand support.
   a. Ex. Round off-Back Handspring-Back Tuck is allowed. Round off-Back Tuck-Backwards roll is NOT allowed.
5. No tumbling skills may precede a Front Tuck. If the athlete wants to tumble after a Front Tuck, they must take 2 steps or power hurdle before their next skill.
   a. Ex. Front Tuck-step-hurdle-Round off Back Tuck is allowed. Front Handspring-Front Tuck and Front Tuck-Forward roll are not allowed.
      i. If an athlete wants to tumble after an aerial cartwheel, they must chassé or take 2 steps before their next skill.
6. If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass.
7. An airborne skill with hand support may be connected to a jump.
      i. Ex. Round off-Back Handspring-toe touch

GENERAL BUILDING RULES

- Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.
- A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

Level 3 Stunts

1. A spotter is NOT required if the top person is at prep level or below.
    a. A spotter is required if a top person is passing through or stopping at extended level.
2. 2-leg stunts are allowed at extended level and below.
    a. Ex. Extension
3. 1-leg stunts passing through or stopping at extended level or below are only allowed.
    a. Ex. Liberty at extended level
    b. Single-based stunts with multiple top persons are allowed
4. 1 full rotation is allowed by the top person to, at, or from prep level or below provided the top person is not released from the base.
    a. Ex. Full up to Prep, Full around at Prep
    b. ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.
    c. Ex. ½ up to extended 1-leg stunt
5. A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position.
    a. Ex. Leap frog variations
    b. Clarification: Multi-based suspended rolls are allowed. See Stunt Inversions.
6. A top person may be released from waist level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition.
    a. Ex. Switch up to prep level
    b. Release skills are restricted to 1 trick and 0 twists.
    c. Exception: A top person may twist up to 1 rotation only with no additional tricks, if they begin and land in a cradle, flatback or prone position.
7. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in an extended stunt or below.
    a. Ex. Handstand on the performance surface lifted up to an upright extended level stunt
        i. Clarification: An inverted top person may not be connected to another inverted person.
8. A top person may be in an inverted position at prep level or below.
    a. Ex. Cartwheel inversion at waist level
        i. Exception: Multi-based suspended rolls are allowed to pass above the bases head provided the top person is in hand/hand contact with both hands connected to separate hands of a base, and the skill lands on the performance surface, in a load position, cradle, prone or flatback position.
9. An inversion is limited to ½ twist to extended level, and 1 twist to prep level or below.
    a. Exception: Forward suspended rolls with 1 twisting rotation must land in a cradle. Backwards suspended rolls may not twist.
10. Downward inversions are only allowed from waist level, and must be assisted by 2 catchers, who remain in contact with the top person between the waist and shoulder until the top person is touching the performance surface
    a. Ex. Back Walkover out of cradle, Forward roll from prone
        i. Exception: A 2 leg pancake is NOT allowed.
11. Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position.
    a. Ex. Straight cradle from extended liberty

12. Only twists up to 1 ¼ rotations are allowed from a 2-leg stunt.
    a. Ex. Full down from a prep
13. A top person may perform 1 trick during a dismount from a 2-leg stunt. If a top person performs 1 trick, they must be caught in a cradle position.
    a. Ex. Toe touch cradle from a prep
14. Dismounts from an inverted position are NOT allowed.

Level 3 Tosses - NO Tosses allowed in Traditional Rec divisions

For Performance Rec teams:

Up to 1 trick may be performed by a top person.

  Ex. Toe touch toss

Exception: A ball-X is allowed.

   Clarification: A natural arch/snap following the 1 trick does not count as a skill.

Tosses may not exceed 1 ¼ twisting rotations.
    Ex. Full twisting toss

Level 3 Pyramids –

1. Skills that are not braced must follow Stunt, Dismount and Toss level rules. Skills that do not adhere to Stunt, Dismount and Toss rules, must be braced and may only follow the pyramid rules below.
2. 2-leg stunts are allowed at extended level and below and do not need to be braced.
    a. Extended 2-leg stunts MAY be braced to another Extended 2 leg stunt.
        i. Ex. Extension connected to an extension
3. 1-leg stunts are allowed at extended level and below and do not need to be braced.
    a. Extended 1-leg stunts may NOT be braced to another Extended stunt.
        i. Ex. Extended liberty connected to Prep by foot/hand grip
4. 1 rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. If the top person is full or ¾ twisting to or from extended level, the top person must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition (and the grip must not change during the transition.)
5. A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position.
    a. Ex. Stunt leap frog variations are allowed.
6. All released transitions must be continuous, and the weight of the released top person may not be directly borne on another top person.
7. A non-inverted top person may be released from extended level or below and pass above 2 persons high, if they are braced by 2 different people at prep level or below on two different sides of the body. If the top person performs a non-twisting release skill, then the top person must be connected by one bracer with hand/arm connection and the second bracer with hand/arm or hand/foot lower leg connection. If the top person performs a twisting release skill, then the top person must be connected to 2 bracers with hand/arm connection only.
    a. Ex. Extended level Tic-Tock with 2 bracers
8. A non-inverted top person may be released from waist level or below, and land at prep level and below, if they are not connected to a bracer or braced by 1 person at prep level or below. The height of the release may not pass above the extended arm level of the bases. The top person may not twist and is restricted to 1 skill.
    a. Ex. Ball release at waist level with 1 bracer
9. Released top person must return to the original bases. Bases must be stationary and visually focused on that top person during the release. Bracers must maintain contact until the top person is in contact with a base.
10. See Stunt Inversions.

11. A top person may pass through extended level and then become inverted if the skill starts and ends at prep level or below, finishes in a noninverted position, and the top person remains in contact with a base and a bracer at prep level or below throughout the transition.
    a. Ex. Braced Roll
        i. Clarification: Braced flips are NOT   allowed.

Level 4 Performance Rec Rules

GENERAL TUMBLING, JUMPS & DROPS

- All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.
- An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.
- An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

Level 4 Standing Tumbling

1. Non-airborne skills are allowed.
    a. *Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover*
2. Airborne skills with hand support are allowed.
    a. *Ex. Onodi, Handspring, Bounder, non- arched dive roll*
        i. *Clarification: Swan arched dive rolls and twisting dive rolls are NOT allowed.*
3. Non-twisting, Airborne skills without hand support are only allowed in a tuck position.
    a. *Ex. Standing Back Tuck or Front Tuck Exception: Aerial Cartwheel is allowed.*
4. An airborne skill without hand support may be directly preceded by a nonairborne skill or an airborne skill with hand support. No tumbling is allowed after the airborne skill without hand support.
    a. *Ex. Back Handspring-Back Tuck is allowed. Back Walkover-Back Tuck is allowed.*
    b. *Back Tuck-Back Handspring is not allowed*
5. An Airborne skill without hand support may be directly connected to only a straight jump.
    a. *Ex. Straight jump-Back Tuck or Back Tuck-Straight jump is allowed.*
    b. *Toe Touch-Back Tuck or Back Tuck-Toe Touch is not allowed.*
    c. *Toe Touch-Back Handspring-Back Tuck is allowed.*

Level 4 Running Tumbling

1. Non-airborne skills are allowed.
    a. *Ex. Cartwheel, Front Walkover*
2. Airborne skills with hand support are allowed.
    a. Ex. Block Cartwheel, Round off, Onodi, Handspring, Bounder, non-arched dive roll
        i. Clarification: Swan arched dive rolls and twisting dive rolls are NOT allowed.
3. Non-twisting, Airborne skills without hand support are only allowed.
    a. Ex. Layout, Whip, Pike, Aerial Walkover
        i. Exception: Aerial Cartwheel is allowed.
4. A non-twisting airborne skill without hand support may be performed repetitively.
    a. Ex. Round off-Back Handspring-Whip-Back Layout, Front Tuck-Front Tuck
5. If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass.
6. An airborne skill without hand support may be directly connected to only a straight jump.

a.   Ex. Punch Front-straight jump

GENERAL BUILDING RULES

- Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.
- A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.
- Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

Level 4 Stunts

1. A spotter is NOT required if the top person is at prep level or below.
    a. A spotter is required if a top person is passing through or stopping at extended level.
2. 2-leg stunts are allowed at extended level and below.
    a. Ex. Extension
3. 1-leg stunts passing through or stopping at extended level or below are only allowed.
    a. Ex. Liberty at extended level
    b. Single-based stunts with multiple top persons are allowed.
4. 1 ½ rotation is allowed by the top person to, at, or from prep level or below provided the top person is not released from the base.
    a. Ex. 1 ½ up to Prep level
5. 1 rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.
    a. Ex. Full up to extension, Extended Full around to Extension
        i. Clarification: If a top person performs a full twisting transition to or at extended level, the top person must land in a 2-leg stunt, platform position or liberty.
6. A separate person MAY move under a stunt, as long as they remain in a noninverted position.
7. A top person may be released from prep level or below and land at prep level or below. A top person may be released from waist level or below and land at extended level. A top person may be released from extended level and land at prep level or below. The top person must land in a non-inverted position.
    Ex. Switch up to extended level
    Clarification: Top person may begin in an inverted position and be released to a non-inverted position, but they may not begin in a non- inverted position and pass through an inverted position once released or land in an inverted position.
8. Release skills are limited to 1 ½ twists if starting and landing at prep level or below.
    a. Ex. Full twisting switches up to prep level
        i. Exception: A helicopter release may not twist.
        ii. Exception: A double barrel roll is allowed if the flyer starts and ends in a cradle position.
9. Release skills may NOT twist when starting or landing at extended level.
    a. Ex. Drop tic-tock from extended level to prep level
10. A top person may start in an inverted position on the performance surface, and transition directly to a noninverted position in an extended stunt or below.
    a. Ex. Handstand on the performance surface lifted up to an upright extended level stunt
        i. Clarification: An inverted top person may not be connected to another inverted person.
11. A top person may be in an inverted position at extended level or below.
    a. Ex. Handstand
        i. Clarification: A top person may NOT   pass through extended level in a non-inverted position and then become inverted while transitioning down to prep level or below. A top person may be in a static extended inverted position, pause, and then be slowly lowered to prep level.
        ii. Exception: A 2 leg pancake is allowed only if the top person begins at prep level and may pass through extended level.

12. An inversion is limited to 1 twist to extended level, and 1 ½ twist to prep level or below.
    a. Ex. Inverted full up to extension.
13. Downward inversions are only allowed from prep level or below and must be assisted by 3 catchers when beginning at prep level, 2 who remain in contact with the top person between the waist and shoulder until the top person is touching the performance surface.
    a. Ex. Back Walkover from flatback
        i. Clarification: If the downward inversion begins at waist level, only 1 catcher is required.
14. Only twists up to 1 ¼ rotations are allowed from a 1-leg stunt or platform position.
    a. Ex. Full down from extended liberty
15. Only twists up to 2 ¼ rotations are allowed from a 2-leg stunt.
    a. Ex. Double down from a prep
16. A top person may perform 2 tricks during a dismount. If more than 1 ¼ twist is performed an additional trick is not allowed.
    a. Ex. Kick-Full from prep level
17. Dismounts from an inverted position may not twist.
    a. Ex. Handstand release to cradle
        i. Clarification: The top person must start inverted and finish in a non- inverted position. The top person   may not start in a non-inverted position and pass through an inverted position.

Level 4 Tosses

Up to 2 tricks may be performed by a top person.

Ex. Kick-Full twisting toss

Tosses may not exceed 2 ¼ twisting rotations.
 Ex. Double twisting toss

Level 4 Pyramids

1. 2-leg stunts are allowed at extended level and below and do not need to be braced.
    a. Extended 2-leg stunts MAY be braced to another Extended stunt.
        i. Ex. Extension connected to an extended liberty.
2. 1-leg stunts are allowed at extended level and below and do not need to be braced.
    a. Extended 1-leg stunts may NOT be braced to another 1-leg Extended stunt.
        i. Ex. Extended liberty connected to Extension
3. 1 ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. If the top person is full twisting to an extended body position or twisting more than 1 rotation to or from extended level, the top person must be connected to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition (and the grip must not change during the transition.)
4. A separate person MAY move under a stunt or pyramid, as long as they remain in a non-inverted position.
    a. Ex. Person walks under prep level stunt
5. A top person MAY move over another top person at prep level or below if they are connected to that top person and remain in a non-inverted position.
    a. Ex. Pyramid leap frog variations are allowed.
6. All released transitions must be continuous, and the weight of the released top person may not be directly borne on another top person
7. A non-inverted top person may be released from extended level or below and pass above 2 persons high, and land at extended level and below, if they are braced by 1 person at prep level or below.
    a. Ex. Extended level Tic-Tock with 1 bracer
        i. Clarification: Released non- inverted top person may transition to new bases, provided the transitioning top person is caught by 2 catchers who are stationary and visually attentive to the top person that is being released. The catchers cannot be involved in additional choreography when the bases begin to dip for the release.

8. A top person passing through an inverted position may be released and pass above 2 persons high, if they are connected by 2 bracers on different sides of the top person's body at prep level or below. The inverted top person may rotate no more than 1 ¼ flipping rotations and 0 twists.
    a. Clarification: Released top person that is passing through an inverted position must return to the original bases and be caught by 3 people. Bases must be stationary and visually focused on that top person during the release. Bracers must maintain contact until the top person is in contact with a base.
9. See Stunt Inversions.
    a. Braced Flips are allowed. See Pyramid Releases.
    b. A top person may begin at extended level and pass through an inverted position, provided the top person remains in contact with a base and 2 different bracers at prep level or below on 2 different sides of the top person, and lands in a non-inverted position. A top person may NOT remain in an inverted position and travel downwards towards the performance surface from extended level.
        i. Ex. Braced Extended Pancake

TUMBLING GLOSSARY

Aerial: Cartwheel or Walkover performed without placing hands on the ground.

Airborne: To be free of contact with the ground.

Airborne with hand support: A skill in which an athlete pushes off of the performance surface. After they are free of contact with the ground, they place their hand(s) on the performance surface.

Back Handspring: An airborne skill with hand support in which an athlete starts from a standing position and jumps backwards from two feet into a handstand position placing weight on arms. To complete the hip-over-head rotation, the athlete blocks off the ground by pushing through their shoulders to land back on their feet in a non-inverted position.

Back Extension Roll: A non-airborne skill where the athlete performs a backwards roll to a handstand position.

Block Cartwheel: A cartwheel that becomes airborne after the tumbler pushes through their shoulders against the performance surface.

Bounder: An airborne skill with hand support in which an athlete starts from a standing position and jumps forwards from two feet into a handstand position placing weight on arms. To complete the hip-over-head rotation, the athlete blocks off the ground by pushing through their shoulders to land back on their feet in a non-inverted position.

Cartwheel: A non-airborne skill where the athlete performs a sideways hip-over-head rotation in which the athlete supports the weight of their body on their arm(s), transitioning through an inverted position, landing on one foot at a time in a non-inverted position.

Chassé: A gallop

Dive Roll: An airborne skill with hand support where the athlete first jumps into the air, then reaches towards the floor to perform a forward roll.

Front Handspring: An airborne skill with hand support in which the athlete lunges forward into a handstand, while blocking off the ground by pushing through their shoulders to become airborne. The athlete performs a hip-over-head rotation, and lands back on their feet in a non-inverted position.

Handstand: A non-airborne static inverted position where the arms of the athlete are supporting the weight of the body in a linear position.

Handstand Forward Roll: A non-airborne skill in which the athlete performs a handstand and then rounds their spine to transition from a linear position to a tucked position in a hip-over-head rotation. The athlete transitions from an inverted static position to an upright position on the performance surface.

Inverted: A position in which the person has their shoulders below their hips, and their hips below one foot.

Jump: A non-inverted airborne skill in which an athlete is standing, creates power with the lower body to push off of the performance surface, and returns back to their feet on the performance surface.

Layout: An airborne skill without hand support, where the athlete first jumps into the air, performs a forwards or backwards hip-over-head rotation by lifting hips over the head and shoulders while keeping a hollow body position. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

Non-Airborne: Athlete does not leave the performance surface.

Non-Inverted Position: A body position in which a person's feet are below their shoulders, or their shoulders are in line or above their hips.

Onodi: An airborne skill with hand support in which the athlete starts like a back handspring, pushes off the performance surface, performs a ½ twist landing in a handstand, and finishes the skill like a front handspring step out.

Pike: An airborne skill without hand support, where the athlete first jumps into the air, performs a forwards or backwards hip-over-head rotation by lifting hips over the head and shoulders while keeping the legs straight with body bent at the hips. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

Power Hurdle: An athlete begins from a standing position with two feet together. They jump into the air, and on the descend they step out, landing one foot at a time.

Prop: A flag, standard flat signs and banners, pom pons, megaphones and pieces of cloth are allowed in routines.

Rebound: A non-inverted airborne skill that occurs after a tumbling skill in which an athlete uses their lower body to propel themselves off of the performance surface.

Roll: A non-airborne skill where the athlete performs a backwards or forwards hip-over-head rotation on the performance surface, lifting hips over the head and shoulders while keeping the spine rounded, and transitioning through an inverted position to a non-inverted position.

Round off: A airborne skill with hand support in which the athlete begins like a Cartwheel but pushes through their shoulders to block off the performance surface bringing feet together, and lands on the ground facing the direction in which they began the skill.

Running Tumbling: A skill performed from a forward step or hurdle used to gain momentum, in which the athlete transitions from a standing position, through an inverted position and back to an upright position.

Standing Tumbling: A skill performed from a static position without any previous forward momentum, in which the athlete transitions from an upright position, to a position in which the athletes' hips move above the athletes' shoulders and returns back to an upright position. (If an athlete walks backwards prior to beginning the skill, it will still be considered standing tumbling.)

Step Out: A part of a tumbling skill in which the athlete lands one foot at a time.

Straight: A position in which the body is free from bends, angles or curves.

Tuck: An airborne skill without hand support, where the athlete first jumps into the air, performs a backwards or forwards hip-over-head rotation by lifting hips over the head and shoulders while keeping the spine rounded and legs bent. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a noninverted position on the performance surface.

Upright: When an athlete is in a standing or sitting position

Walkover: A non-airborne skill where the athlete begins standing, leans forwards or backwards to a handstand position, and completes a hip-over-head rotation landing on one foot at a time.

Whip: An airborne skill without hand support in which the athlete performs a back handspring without placing hands on the ground.

BUILDING GLOSSARY

Backbend: The athlete is supported under the hands and feet while their body is in an arched position with their abdomen facing upwards.

Ball-X: The body position of the top person when transitioning from a tucked position to a straddle position.

Barrel Roll (Log Roll): A stunt release skill, that begins and ends at waist level with the top person in a cradle position. During the release, the top person makes a 360-rotation parallel to the performance surface.

Base: A person who is standing on the performance surface, while supporting a top person off of the performance surface. A base may NOT be in an inverted or backbend position when touching a top person. If there is only one person under a top person's foot, they will be considered a base.

Basket Toss: A type of release that requires the hands/wrists of the bases to be interlocked to the hands/wrists of another base. The top person begins the toss by standing on top of the interlocked hands/wrists at waist level before being released. After the release, the bases catch the top person in a cradle.

Bracer: A person that is in direct physical contact with a top person, who is not the required base or spotter. A bracer may be a separate person standing on the performance surface or a different top person. The bracer provides stability for another top person and must remain connected by a body part and not connected to a person's hair, uniform, or prop in which that person is holding.

Braced Flip: A pyramid skill in which the top person is released from their bases and performs a hip-over-head rotation while staying in physical contact with 2 bracers.

Braced Roll: A pyramid skill in which the top person performs a hip-over-head rotation while staying in physical contact with at least 1 bracer and 1 base.

Catcher: The person who is responsible for absorbing the weight of the top person safely during building skills. A catcher must be standing on the performance surface not involved in any other choreography, visually attentive to the top person, make physical contact with the top person during the catch, and not be holding a prop.

Chair: A prep level stunt in which the base is supporting the top person in a liberty by placing their hand under their bottom and other hand on the ankle of the straight leg.

Cradle: A dismount where the top person is released by the bases and is caught in a hollow body position with legs straight and together, with the abdomen facing upwards. The top person is supported under their back and legs, by the arms of the base(s).

Dismount: A stunt or pyramid skill in which the top person is released to a cradle, or the top person is released and then bases absorb/assist the top person directly to the performance surface. A top person may not be released to the performance surface without assistance.

Downward Inversion: A stunt or pyramid skill in which a person's center of gravity is traveling towards the performance surface, while the top person has shoulders below hips, and hips below a foot.

Extended arm level: The highest point a base can reach when they straighten their arms, reaching towards the ceiling.

Extended level: When the entire body of a top person is above the head of all standing or kneeling bases who are supporting the top person in a vertical position. (When the top person is above the head of all bases but is in a horizontal or seated position, they will be considered to still be at prep level. If the top person is in a floor stunt, they will be considered to be at waist level.)

Extension: A 2-leg stunt in which the top person is being supported by bases in a non-inverted vertical position at extended level.

Flat Back: A 2-leg stunt in which a top person is lying with their abdomen facing the ceiling in a straight body position and supported by bases.

Flip: A skill that passes through an inverted position with hip-over-head rotation.

Floor Stunt: A stunt in which the base is lying on the performance surface with their abdomen facing the ceiling. The base has arms extended towards the ceiling and is supporting a top person's foot/feet with their hands.

Free Flipping: A top person begins in a non-inverted position, passes through an inverted position, returning back to a non-inverted position while released from the base(s).
Full: A 360-degree twisting rotation

Hand/Arm Connection: Direct physical contact between two people, where one person uses their hand to grab another athletes hand or arm. The shoulder is not considered part of the arm.

Hand/Foot-Lower Leg Connection: Direct physical contact between two people, where one person uses their hand to grab another athletes foot or lower leg. The knee is not considered part of the lower leg.

Helicopter: A stunt in which a top person is supported in a horizontal position, released from all bases and tossed around a vertical axis in a 180-degree rotation before being caught by bases.

Hollow: A concave body position in which the arms and legs are straight, with shoulders and legs raised up.

Initiation: The beginning of a skill

Inversion/Inverted: A position in which the person has their shoulders below their hips, and their hips below one foot.

Kick Full: A skill in which the top person performs a single kick and then a 360-degree twisting rotation. (An additional ¼ turn is allowed prior or during the kick only.)

Leap Frog (Stunt): A stunt in which a top person transitions over the torso of a base while in constant connection with that base. The released top person will transition from one set of bases to a different set of bases, or transition between the same set of bases.

Leap Frog (Pyramid): A pyramid skill in which a top person transitions over the torso of another top person while in constant connection with that top person. The released top person will transition from one set of bases to a different set of bases. All athletes must stay in a non-inverted position during the transition.

Liberty: A vertical body position of a non-inverted top person, in which the top person is standing on one straight leg, while placing the foot of the other leg next to knee of the straightened leg.

Multi-based: A stunt that has at least 2 bases. (This does not include the spotter.)

Non-Inverted Position: A body position in which a person's feet are below their shoulders, or their shoulders are in line or above their hips.

Original Base: A person that is standing on the performance surface and supporting the weight of the top person at the beginning of the skill.

Pancake: A downward inversion, hip-over-head rotation stunt in which the upright top person is continuously supported by a base(s) while folding over forwards in a pike position, and landing on their back at waist level.

Pike: The body has neutral spine posture, hinged at the hip, with legs straight and together.

Platform Position: A 1-leg vertical stunt where the non-inverted top person's non-supported leg is straight and positioned directly next to the supported leg.

Prep Level: When the lowest body part of a top person is between the base(s) chest and the top of the head of all standing or kneeling bases who are supporting the top person in a vertical position. When the top person is above the head of all bases but is in a horizontal or seated position, they will also be considered to still be at prep level.

Prep: A 2-leg stunt in which the top person is being supported by bases in a non-inverted vertical position at prep level.

Prone: When the top person is lying face down in a straight body position, parallel to the performance surface.

Prop: A flag, standard flat signs and banners, pom pons, megaphones and pieces of cloth are allowed in routines. A prop may be held by a top person or separate person not involved with basing or spotting.

Pyramid: The top person in one stunt must be directly physically connected to a top person in another stunt.

Release Move/Released: A top person is free of contact with all people who are standing on the performance surface.

Single-based: A stunt that has 1 base. (This does not include the spotter.)

Shoulder Sit: A prep level stunt in which the top person is sitting on the shoulders of a base.

Sponge Toss: A type of release that requires the hands of the bases to support under the feet of the top person. The top person begins the toss by standing on top of the bases palms at waist level before being released. After the release, the bases catch the top person in a cradle.

Spotter: A person who is responsible for the safety of the top persons head, neck, back and shoulder area during building skills. A spotter must be standing on the performance surface to the side or back of the top person, within one arms distance from them. A spotter is not allowed to hold a prop. They must be looking at the top person and not involved in any other choreography from the initiation of the building skill through the completion of the building skill.
A spotter may use one of the following grips: 1) grab the ankles/legs of the top person, 2) grab the wrists/arms of the base(s), 3) stand attentive within an arms distance without touching, or 4) A spotter may also place their front hand under the top persons foot in which a base is already supporting. They can choose to place their back hand on the ankle/leg of the top person, wrist/arm of a base, or raise their arm up behind the top person. (If a spotter only has their hand under a foot that is not being supported by a base, the spotter will be considered a base.)

Straddle: A body position in which the legs are straight but not together.

Straight Cradle: A dismount in which the top person is released from a stunt in a hollow body position to a cradle position.

Straight Ride: When a top person is released from the bases in a vertical straight-line position.

Stunt: Any skill in which the top person is in contact with a base while above the performance surface.
 1-Leg stunt: When the top person is being supported by a base(s) under 1 foot.
 2-Leg stunt: When the top person is being supported by a base(s) under 2 feet, or when the top person is in a horizontal or seated body position.

Suspended Roll: A prep level stunt skill in which the top person performs a forward or backwards hip-over-head rotation while connected by hand to the base(s).

Switch up: The top person is standing on the performance surface on one foot and has a base(s) supporting underneath their other foot at waist level. The top person is released upwards and is caught in a static vertical 1-leg stunt on the opposite leg.

T-Lift: A stunt in which a non-inverted top person is supported under both arms in a T-motion.

Thigh Stand: A stunt in which the two bases lunge towards one another, and a non-inverted top person stands on the bases upper legs, close to
their hip, with their legs in straddle position.

Tic-Tock: When a top person is in a static 1-leg stunt and switches their weight onto their opposite leg and lands in a static 1-leg stunt.

Toe Touch: A skill performed once the top person has been released from bases. A top person straddle's their legs while rolling their hips under, creating their knees to point upwards/backwards.

Top Person: An athlete that is being supported off of the performance surface.

Toss: A stunt where the top person begins at waist level, is released by the bases and then caught in a cradle position.

Tosser: A person who is supporting a top person and releases the top person into the air.

Transition: A top person moving from one position in a building skill to a different position in a building skill.

Tuck: A body position in which the knees are bent, the thighs drawn towards the chest creating a bend at the waist.

Twist: When a person performs a rotation around a vertical or horizontal axis. (In building skills, twisting on each axis is counted separately.)

Upright: When a top person is in a standing or sitting position

V-Sit: Body shape creates 90-degree angle. The body has neutral spine posture, hinged at the hip, with legs in a straddle position.

Waist level: When the lowest body part of a top person is above the performance surface and below the base(s) chest. (If the top person is in a floor stunt, they will be considered to be at waist level.)

Waist Level Cradle: A building skill in which a top person is released from below prep level and caught in a cradle position. Waist level cradles must follow Toss rules.