

2015 - 2016 Safety Rules



**International Cheer Union
(ICU)**

-Pending Approval-

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GENERAL SAFETY RULES

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, coaches and programme directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. *Clarification: Rhinestones are legal whether adhered to the uniform or the skin.*
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor as a performance surface specifically for All Star Cheerleading Teams.
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. *Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed. *Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
14. Team competition routines shall not exceed two (2) minutes and thirty (30) seconds.
15. Partner/Group Stunt routines recommended to not exceed one (1) minute.
16. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
17. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
18. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
19. A team's native and local language is recommended for all cheers and chants.
20. A team's native and local culture is recommended for inclusion within the performance routine.
21. The ICU is committed to protecting clean athletes and strictly follows the enclosed ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our Sport.
http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADA-Code.pdf
22. The ICU is committed to fair play for our athletes and the integrity of sport, and follows ICU's rules and regulations in the fight against illegal betting and competition fixing. http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/About%20Us/Documents/ICU_Rules_Competition-Fixing.pdf
23. All athletes must be legal residents or legal student residents of their respective team's country, as well as within compliance of tournament eligibility rules.

PREP INTERMEDIATE DIVISION RULES (Equivalent to Level 1)

PREP INTERMEDIATE DIVISION -GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in the Prep Intermediate Division/Level 1.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

PREP INTERMEDIATE DIVISION- STANDING/RUNNING TUMBLING

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

PREP INTERMEDIATE DIVISION- STUNTS

- A. A spotter is required for each top person at prep-level and above.
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc.) are considered prep level stunts.
Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.
- B. Stunt Levels
1. Single leg stunts are only allowed below shoulder level.
Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
 2. Stunts above prep-level are not allowed (see definition of extended stunts in glossary). A stunt may not pass above prep-level.
Clarification: Taking the top person above the head of the bases would be illegal.
- C. Twisting mounts and transitions are allowed up to a ¼ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.
Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in the Prep Intermediate Division/Level 1.
- D. During transitions, at least one base must remain in contact with the top person.
Exception: Leap frogs and leap frog variations are not allowed in the Prep Intermediate Division/Level 1.

- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep- level.
i.e. "True" (unassisted) Double Cupies = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. Prep Intermediate Division Stunts-Release Moves
 - 1. Release moves are not allowed other than those allowed at the Prep Intermediate Division/Level 1 in "Dismounts".
 - 2. Release moves may not land in a prone or inverted position.
 - 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is not allowed.
 - 6. Release moves may not intentionally travel.
 - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- J. Prep Intermediate Division – Stunt Inversions
 - 1. Inversions are not allowed.
Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling Prep Intermediate Division/Level 1 tumbling rules).
Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PREP INTERMEDIATE DIVISION- PYRAMIDS

- A. Pyramids must follow the Prep Intermediate Division /Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top person must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the Prep Intermediate Division/Level 1 dismount rules.
- C. Two leg extended stunts:
 - 1. Must be braced by at least one person at prep- level or below with hand-arm connection only. The connection must be made at or below prep level.
 - 2. Extended stunts may not brace or be braced by other extended stunts.
- D. Prep-level single leg stunts:
 - 1. Must be braced by at least one person at prep-level or below with hand-arm connection only.
 - 2. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
 - 3. The connection must be made prior to initiating the single leg prep-level stunt.
 - 4. Prep-level bracers must have both feet in bases' hands.
Exception: Prep-level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level is illegal.

PREP INTERMEDIATE DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed. See Prep Intermediate Division/Level 1

Tosses.

Clarification: All waist level cradles are illegal.

- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.

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

- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including $\frac{1}{4}$ turns) are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No dismounts are allowed from stunts above prep-level in pyramids.
Clarification: An extended stunt in a pyramid must be brought down to prep-level or below before it can be dismounted.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.

PREP INTERMEDIATE DIVISION- TOSSES

- A. No tosses allowed.

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

Clarification: All waist level cradles are illegal.

INTERMEDIATE DIVISION RULES **(Equivalent to Level 2)**

INTERMEDIATE DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

INTERMEDIATE DIVISION- STANDING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.
Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne.
Exception: Round offs are allowed.

INTERMEDIATE DIVISION- RUNNING TUMBLING

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

INTERMEDIATE DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg stunts above prep- level are not allowed. A single leg stunt may not pass above prep-level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- C. Twisting mounts and transitions are allowed up to a total of $\frac{1}{2}$ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep-level or below prep-level.
i.e. "True" (unassisted) Double Cupie = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
Clarification: The log roll may not be assisted by another top person.
- J. Intermediate Division- Release Moves
 - 1. No release moves allowed other than those allowed in the Intermediate Division/Level 2 in "Dismounts" and "Tosses."
 - 2. Release moves may not land in a prone or inverted position.
 - 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Intermediate Division/Level 2 Dismount "C".
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification: The log roll may not be assisted by another top person.
Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists
 - 6. Release moves may not intentionally travel.
 - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. Intermediate Division –Inversions
 - 1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

INTERMEDIATE DIVISION -PYRAMIDS

- A. Pyramids must follow Intermediate Division/Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the Intermediate Division/Level 2 dismount rules.
- C. Extended stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
- E. Extended single-leg stunts:
 - 1. Extended single-leg stunts must be braced by at least one top person at pre- level or below with hand-arm connection only.
The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - 2. The connection must be made prior to initiating the extended single leg stunt.
 - 3. Prep level top persons must have both feet in bases' hands.
Exception: Prep-level stunt top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

INTERMEDIATE DIVISION- DISMOUNTS

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

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

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

INTERMEDIATE DIVISION -TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
- C. Flipping, twisting, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. The only body position allowed is a straight ride.
Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.
- F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

PREP ADVANCED DIVISION RULES **(Equivalent to Level 3)**

PREP ADVANCED DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in the Prep Advanced Division/Level 3 were to do a round off – toe touch – back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for the Prep Advanced Division/Level 3

PREP ADVANCED DIVISION- STANDING TUMBLING

- A. Flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne.
Exception: Round offs are allowed.

PREP ADVANCED DIVISION- RUNNING TUMBLING

- A. Flips:
- Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
Exception: Aerial cartwheels, running tuck fronts, and $\frac{3}{4}$ front flips are allowed. The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.
 - Other skills with hand support prior to the round off or round off back handspring are allowed.
Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.
 - Cartwheel tucked flips and/or cartwheel>back handspring(s)>tucks are not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel.
Exception: A forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll. *Clarification: If any tumbling follows a forward or backward roll or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.*
- C. No twisting while airborne.
Exception: Round offs are allowed.
Exception: Aerial cartwheels are allowed.

PREP ADVANCED DIVISION- STUNTS

- A. A spotter is required for each top person above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:

1. Twisting mounts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
2. Full twisting transitions must land at and originate from prep level or below only.
Example: No full up stunts to an extended position.
3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation.
- D. During transitions, at least one base must remain in contact with the top person.
Exception: See Prep Advanced Division- Release Moves
- E. Free flipping mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under prep is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. Single based double cupies require a separate spotter for each top person.
- I. Prep Advanced Division -Release Moves
 1. Release moves are allowed but must not pass above extended arm level.
Clarification: If the release move passes above extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.
 3. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.
 4. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.
Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
 5. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Prep Advanced Division- Dismount "C".
Exception: Dismounting True Double Cupies.
 6. Helicopters are not allowed.
 7. Release moves may not intentionally travel.
 8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
 9. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting True Double Cupies.
- J. Prep Advanced Division- Stunt Inversions
 1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.
Exception: Multi base suspended rolls to a cradle, load in position, flat body prep- level stunt or the performing surface are allowed. Multi base suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
 2. Inversions are limited to a ½ twisting rotation.
Exception: Multi base suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)
Exception: In a multi based suspended backward roll, the top person may not twist.
 3. Downward inversions are only allowed below prep-level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.
Clarification 1: The stunt may not pass through prep-level and then become inverted below prep-level (the momentum of the

top person coming down is the primary safety concern).

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

Clarification 3: Two leg "Pancake" stunts are not allowed in the Prep Advanced Division/Level 3.

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

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

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

PREP ADVANCED DIVISION- PYRAMIDS

A. Pyramids must follow Prep Advanced Division/Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.

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

Exception: See Prep Advanced Division- Pyramids; Release Moves.

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

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

Example: shoulder sits walking under prep.

E. Any skill legal as a Prep Advanced Division/Level 3 Pyramid Release Move is also legal if it remains connected to a base and two bracers.

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

F. Prep Advanced Division- Pyramids; Release Moves

Clarification: Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the Prep Advanced Division/Level 3 dismount rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below.

Clarification: Prep Advanced Division/Level 3 Pyramid Release Moves may now incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under the Prep Advanced Division/ 3evel Stunt Release Moves or the Prep Advanced Division/Level 3 Dismounts. Prep Advanced Division/ Level 3 Pyramid Release moves must maintain contact with two other top persons if the release move begins at pre- level or above, passes above extended arm level, includes more than one skill, or is caught in an extended position.

2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep-level or below.

Clarification 1: Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.

Clarification 2: If top person is braced on each side with arm-to-arm connection and a third bracer with hand-foot connection, the skill would be legal.

Clarification 3: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Clarification 4: Twisting mounts and transitions are allowed up to 1 twist, if connected to two bracers at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.

3. These release transitions may not involve changing bases.

4. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter).

a. Both catchers must be stationary.

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

G. Prep Advanced Division- Pyramids; Inversions

1. Must follow Prep Advanced Division/Level 3 Stunt Inversions rules.

2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.

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

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

H. Prep Advanced Division- Pyramids; Release Moves w/ Braced Inversions

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

PREP ADVANCED DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg stunt.
- E. Up to 1-¼ twists are allowed from any two leg stunts.
Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick allowed during a dismount from any two leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts must return to original base(s).
- K. Dismounts may not intentionally travel.
- L. Top persons in dismounts may not come in contact with each other while released from the bases.
- M. Tension drops/rolls of any kind are not allowed.
- N. When cradling true single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

PREP ADVANCED DIVISION- TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: no intentional traveling tosses.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.
(ex 1: Legal: toe-touch, ball out, pretty girl)
(ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch)
Clarification: The 'arch' does not count as a trick.
Exception: A Ball X toss is allowed at this level as an "EXCEPTION".
- F. During a twisting toss, no skill other than the twist is allowed.
Example: No kick fulls, ½ twist toe touches.
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

ADVANCED DIVISION RULES **(Equivalent to Level 4)**

ADVANCED DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in L4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for the Advanced Division/Level 4.

ADVANCED DIVISION- STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck-back tuck, back tuck-punch front.
- D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are not allowed.
Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

ADVANCED DIVISION- RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.

ADVANCED DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
- Twisting mounts and transitions to prep level and below are allowed up to 1- $\frac{1}{2}$ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1- $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
 - Twisting mounts and transitions to an extended position are allowed and must meet the following conditions:
 - Extended skills up to $\frac{1}{2}$ twist are allowed.
Example: $\frac{1}{2}$ up to extended liberty is legal.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative

rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt.

Example: full up to immediate extended liberty is illegal, full up to extension is legal.

Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

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

Exception: See "Release Moves"

- E. Free flipping mounts and transitions are not allowed.

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

Example: A shoulder sit walking under a prep is illegal.

Exception 1: An individual may jump over another individual.

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

- G. Single based split catches are not allowed.

- H. Single based double cupies require a separate spotter for each top person.

- I. Advanced Division- Stunts; Release Moves

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

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

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

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

3. Release moves must return to original bases.

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

Exception: See Advanced Division- Dismount "C".

Exception: Dismounting True Double Cupies.

4. Release moves that land in extended position must originate from ground-level and may not involve twisting or flipping.

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

6. Release moves may not intentionally travel.

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

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

Exception: Dismounting True Double Cupies.

- J. Advanced Division- Stunts; Inversions

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

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

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

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

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

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

Clarification: Two Leg Pancakes cannot stop or land inverted.

3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
 4. *Downward inversions may not come in contact with each other.*
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

ADVANCED DIVISION- PYRAMIDS

- A. Pyramids must follow Advanced Division/Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
- B. Top persons must receive primary support from a base.
Exception: See Advanced Division/Level 4 Pyramid Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Example: shoulder sits walking under a prep-level stunt
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E. Any skill legal as an Advanced Division/Level 4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
Example 2: An extended pancake would be required to remain connected to two bracers.
- F. Advanced Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep-level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for the Advanced Division/Level 4, the same skill is legal in the Advanced Division/Level 4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.
 2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep-level or below.
 3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- G. Advanced Division-Pyramids; Inversions
1. Must follow Advanced Division / Level 4 Stunt Inversions rules.
- H. Advanced Division- Pyramids; Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout the entire transition with either the top person(s) or the base(s).
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

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

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Braced flips that land in an upright position at prep level or above (see #6 below).
 - a. All 3 catchers must be stationary
 - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. All braced inversions (including braced flips) that land in an upright position at prep-level or above require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.
 - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
 - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. Braced inversions (including braced flips) may not travel downward while inverted.
8. Braced flips may not come in contact with each other.

ADVANCED DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-¼ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at the Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.
- E. Up to a 1-¼ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

ADVANCED DIVISION- TOSSES

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

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

ELITE DIVISION RULES

(Equivalent to Level 5)

ELITE DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

ELITE DIVISION- STANDING / RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.
** All Star 2 Twisting Rotations in Running Tumbling*
- B. Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
- C. Twisting skills immediately out of a twisting tumbling skill are not allowed.

ELITE DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- D. Free flipping mounts and transitions are not allowed.
- E. Single based split catches are not allowed.
- F. Single based double cupies require a separate spotter for each top person.
- G. Elite Division -Release Moves
 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Example: tic-tocks are allowed.
Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.
Exception: Front handspring half up (1/2 twist) to extended stunt.
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.

Exception: See Elite Division Dismount "C".

Exception: Dismounting True Double Cupies.

4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting True Double Cupies.

H. Elite Division-Stunts; Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from above prep level and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

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

Clarification: Downward inversions originating from prep level or below do not require three bases.

Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.

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

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

Example: cartwheel-style transition dismounts

4. Downward inversions from above prep level:

- a. May not stop in an inverted position.

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

Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.

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

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

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

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

ELITE DIVISION- PYRAMIDS

- A. Pyramids must follow Elite Division/Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.

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

Exception: See Elite Division/Level 5 Pyramid Release Moves.

- C. Elite Division- Pyramids; Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.

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

2. Primary weight may not be borne at second level.

Clarification: The transition must be continuous.

3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).

- a. Both catchers must be stationary.

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

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

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

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

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

- D. Elite Division- Pyramids; Inversions

1. Must follow Elite Division/ Level 5 stunt inversions rules.

- E. Elite Division- Pyramids; Release moves w/ braced inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotations.
3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.
Clarification: LEGAL - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with one bracer.
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above (see #7 below).
 - a. The 3 catchers must be stationary.
 - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.
 - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
 - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
8. Braced inversions (including braced flips) may not travel downward while inverted.
9. Braced flips may not come in contact with each other.

ELITE DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-¼ twisting rotations allowed from all stunts.
- E. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- F. No free flipping dismounts allowed.
- G. Dismounts must return to original base(s).
- H. Dismounts may not intentionally travel.
- I. Top persons in dismounts may not come in contact with each other while released from the bases.
- J. Tension drops/rolls of any kind are not allowed.
- K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

ELITE DIVISION- TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area

of the top person. Bases must remain stationary during the toss.

Clarification: no intentional traveling tosses

Exception: A $\frac{1}{2}$ turn is allowed by bases as in a kick full basket.

- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2- $\frac{1}{2}$ twisting rotations allowed.
- F. Top persons in separate basket tosses may not come in contact with each other.
- G. Only a single top person is allowed during a basket toss.

PREMIER DIVISION RULES **(Equivalent to Level 6)**

PREMIER DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition.
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls that involve twisting are not allowed.

PREMIER DIVISION- STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.
** All Star 2 Twisting Rotations in Running Tumbling.*

PREMIER DIVISION- STUNTS

- A. A spotter is required:
 - 1. During extended, one-arm stunts other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 - 2. When the load/transition involves a release move with a twist greater than 360 degrees or an inversion.
 - 3. During stunts in which the top person is in an extended inverted position.
 - 4. When the top person is released from above ground level to a 1 arm stunt.
- B. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- C. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.
Exception 1: Rewinds to a cradle position are allowed 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers.
(Example: a rewind that lands in a straddle position)
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.
Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.
- D. Single based split catches are not allowed.
- E. Single based double cupies require a separate spotter for each top person.
- F. Premier Division- Stunts; Release Moves
 - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules.
 - 2. Release moves may not land in an inverted position.
 - 3. Release moves must return to original bases.
Exception: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.
Clarification: An individual may not land on the performing surface without assistance from above waist level.
 - 4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
 - 5. Release moves may not intentionally travel. See exception in #3 above.

6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
 7. Top persons in separate release moves may not come in contact with each other.
- G. Premier Division -Inversions
1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

PREMIER DIVISION- PYRAMIDS

- A. Pyramids are allowed up to 2 ½ high.
- B. For 2 ½ high pyramids, there must be at least two spotters, one providing additional pyramid support, and both designated for each person who is above two persons high. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward/remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is above two persons high. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend to a review of any new pyramids where the spotting position may be in question.
*Clarification: For all "2-1-1 thigh stand tower" pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person, and one bracer to assist the thigh stand middle layer. If they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required. ***
- C. Free-flying mounts originating from ground level, may not originate in a handstand position, and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts originating from above ground level are permitted, may not originate in a handstand position, and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations. Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals. **
- D. Premier Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 ½ high
 - a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person. (i.e. 2-1-1 thigh stand tower tic-tocks)
 - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. Premier Division- Pyramids; Inversions
1. Inverted stunts are allowed up to 2 ½ persons high.
 2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. Premier Division- Pyramids; Release Moves w/ Braced Inversions
1. Braced flips are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
 2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
- G. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

PREMIER DIVISION- DISMOUNTS

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

- A. Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

- E. Free flipping dismounts to cradle:
 1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (arabians).
 2. Require at least 2 catchers, one of which is an original base.
 3. May not intentionally travel.
 4. Must originate from prep level or below. (May not originate from 2 ½ high pyramid.)
Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ high may not twist.
- F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:
Clarification: Back flipping dismounts must go to cradle.
 1. Allowed up to 1 front flipping and 0 twisting rotations.
 2. Must return to an original base.
 3. Must have a spotter.
 4. May not intentionally travel.
 5. Must originate from prep level or below. (May not originate from 2 ½ high pyramid.)
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

PREMIER DIVISION- TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

Legal (Two Skills)

Tuck flip, X-Out, Full Twist
 Double Full-Twisting Layout
 Kick, Full-Twisting Layout
 Pike, Open, Double Full-Twist
 Arabian Front, Full-Twist

Illegal (Three Skills)

Tuck flip, X-Out, Double Full Twist
 Kick, Double Full-Full Twisting Layout
 Kick, Full-Twisting Layout, Kick
 Pike, Split, Double Full-Twist
 Full-Twisting Layout, Split, Full-Twist

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

- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses may not exceed 3 ½ twists.
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- G. Top persons in separate basket tosses may not come in contact with each other.
- H. Only a single top person is allowed during a basket toss.

SCHOLASTIC- JUNIOR SCHOOL DIVISION RULES **(Similar to the Advanced Division/Level 4 Rules)**

JUNIOR SCHOOL DIVISION- GENERAL TUMBLING AND JUMPS

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- to Scholastic –School Division to Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling or rebounding over, under, or through a stunt, individual, or prop, is not allowed.
- C. Dive rolls are prohibited.
- D. Jumps landings must bear weight on at least one (1) foot.
Example: A toe touch jump to the seat, knees or intentionally landing with both feet behind the body, or into a push-up/prone position on the performance surface are prohibited
- E. Knee drops are prohibited.
- F. Any drops into a prone position on the performing surface from an airborne or handstand position are prohibited
Example: Landing into pushup/prone position onto the performance surface from a back flip, toe touch, or back handspring are prohibited.)

JUNIOR SCHOOL DIVISION- STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 1 twisting rotations.
- C. Consecutive flip-flip combinations are allowed.

JUNIOR SCHOOL DIVISION- RUNNING TUMBLING

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

JUNIOR SCHOOL DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
Clarification: Partner stunts (free-standing or part of a pyramid) higher than prep-level (e.g. shoulder stand) must have a continuous spotter for each person higher than prep-level (e.g. shoulder stand).
- B. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
- C. Bases may not:
 - 1. Hold any objects in a hand that is supporting a top person.
 - 2. Assume a backbend, handstand or headstand position.
- D. A spotter is required for a single base prep-level stunt (e.g. single base shoulder stand) in which the feet of the top person are in the hand(s) of the base.
- E. In stunts requiring a spotter, a spotter must meet the following criteria:
 - 1. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
 - 2. Must be in a position to protect the top person's head, neck and shoulders, when dismounting from a stunt or pyramid in any method of dismount, as well as landing in a cradle.
 - 3. Spotters must have their attention focused (e.g. visual contact) on the top person. Momentarily adjusting visual contact in order to access environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as the spotters focus (e.g. visual contact) returns to the top person.
 - 4. May not have their hands behind their back.
 - 5. May not support under the heel or underneath the foot of the top person that is in an extended stunt/ above prep-level. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
 - 6. May not hold any objects in their hands.
- F. The total number of twists from a dismount from a stunt cannot be greater than 1 ¼ rotations.

- G. No stunt or pyramid may move over or under another, separate stunt or pyramid.
Example: A shoulder sit walking under a prep-level stunt is illegal.
- H. Cradle dismounts from partner stunts or pyramids at prep-level / shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders off the top person.
- I. In all dismounts to catchers who are not the original bases, the following conditions must be met:
1. The top person must be cradled by two (2) catchers and a catcher in a hand-and-shoulders spotter/catcher position
 2. The new catchers must remain close to the original bases.
 3. The new catchers must be in place and not involved in any other skill when the release is initiated.
 4. The top person may not perform any skill (e.g. twist, toe touch, etc.) following the release.
- J. In all cradle dismounts, the top person must not hold props that are made of hard material, have corners or sharp edges.
- K. Non-braced suspended splits into a transition are allowed provided all of the following conditions are met:
1. The top person must have both hands in continuous contact with the post or with both bases hands or,
 2. When transitioning to the split without continuous hand-to-hand contact:
 - a. There are a total of four (4) bases that support the top person.
 - b. At least three (3) of the bases must support under the legs of the top person. The fourth base may support under the legs or make contact with the hands of the top person.
 - c. The top person must have both hands in contact with the bases during the split portion of the transition.
- L. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar spotter position to an athlete spotting a Double-Based Elevator at prep-level or in an extended position).
- M. Single based stunts in which a top person is parallel to the performing surface and the bases' arms are extended – must have a continuous spotter at the head and shoulder of the top person. (e.g. Bird, Side T, Single-Based Flatback, etc)
- N. A top person may be moved from a vertical position to a face up or face down prone position provided that all of the following criteria is met:
1. The top person maintains contact with at least one original base or spotter
 2. At least two (2) catchers and/or bases catch the upper body of the top person.
 3. The catchers must be to the side or the front of the person(s) moving the top person.
 4. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement of the person is a face up or face down prone position.
 5. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three (3) catchers are required.
- O. A single-base may not be the only primary support for two extended top persons. The exception to this rule is the following:
1. Double cupies are allowed. If dismounted to cradles, there must be three (3) people for each top person being cradled.
- P. Dismounts to the performing surface from prep-level / shoulder height or above must have assisted landings/dismount. If the dismount involves a skill (e.g. toe touch, twist, etc.) then the assistance to the landing/dismount must be from the two (2) bases or one (1) of the bases and the one (1) spotter. The assistance to the landing/dismount must be sufficient to slow the moment of the top person- to the performance surface.
- Q. A swinging stunt is legal provided all of the following criteria is met:
1. A downward movement is only allowed from below prep-level / should height.
 2. The top person is face up.
 3. The top person begins from the performing surface or a stunt that is below prep-level / shoulder height.
- R. Single based split catches are not allowed.
- S. Tension drops are prohibited.
- T. Junior School Division- Stunts; Release Moves
1. Unless listed below, a Release Stunt must either be cradled or connected to at least one bracer:
 - a. Helicopters are allowed providing all of the following conditions are met:
 - (i) The top person makes no more than a 180 degree rotation (half-turn).
 - (ii) Four (4) bases must be in position during the entire release.
 - (iii) There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
 - (iv) The bases are not allowed to change positions during the release.
 - (v) The top person must begin and end in a face up position.
 - (vi) The top person cannot perform a twisting skill.
 2. A log roll is legal provided it does not involve more than one (1) complete rotation and the top person is not in contact with a person in a release stunt.
 3. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.

4. In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
5. A multi-base, free standing tic-toc that begins at prep-level /shoulder height is permitted. If braced, bracers must follow the rules for Junior School Division released pyramid transitions.
6. A top person in a horizontal position prep-level /shoulder height or below, or in a cradle may be released to a loading position or stunt that is prep-level / shoulder height or below.
7. A top person in an inverted position on the performing surface can be released to a loading position that is below prep-level / shoulder level height.

JUNIOR SCHOOL DIVISION-INVERSIONS

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

- A. Unless allowed under the rules in this section, a top person must not be in an inverted position.
- B. A top person may be inverted in School Division Partner Stunts and School Division Pyramids provided all of the following conditions are met:
 1. All Partner Stunts Inversions;
 - a. At least one (1) base or one (1) spotter must be in a position to protect the head and neck of the top person
 - b. The base or spotter maintains contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or the top person's hands are on the performance surface. The contact must be sufficient to stabilize/control the top person's position.
Exception: A top person in an inverted position on the performing surface can be released to a loading position below prep-level / shoulder height.
 2. Inverted Partner Stunts must begin and end below an extended position. An inverted top person is allowed to pass through an extended position, but not pause or stop while extended.
 3. If the base of support is at or above prep-level /shoulder level, a spotter is required.
Exception: Double base suspended rolls do not require an additional spotter.
 4. If the inverted top person is moving downward (e.g. downward inversion), the following criteria must be followed:
 - a. At least two (2) people on the performing surface must be in a position to protect the head/neck of the top person.
 - b. The base/spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or the top person's hands are on the performance surface. The contact must be sufficient to stabilize/control the top person's position.
Exception: In a foldover partner stunt, the top may initiate the inversion without upper body contact.
 - c. The top person must not go directly to an inverted position on the performance surface from the prep-level position / shoulder height or higher.
 5. Suspended rolls are permitted provided all of the following conditions are met:
 - a. Two (2) people on the performing surface control the top person in a suspended-forward or a suspended-backward roll with continuous hand-to-hand/arm contact to the partner stunt with two (2) people cradling in the loading position on the performance surface.
 - b. A single-base or post in control of the top person with continuous hand-to-hand/arm contact to the partner stunt with two (2) people cradling in the loading position on the performance surface.
Note: This partner stunt required a spotter per rule B-c.
 - c. If the suspended roll is caught in a cradle, from a loading or stunting position, the new catchers must be in the cradle location and may not be involved with any other skills when the suspended roll was initiated.
 - d. Dismounts from inverted partner stunts into a cradle or to an upright position on the performing surface are allowed provided that the top person does not perform any skill (e.g. toe touches, twists, etc.). Dismounts to performance surface from prep-level/shoulder height or above must follow Junior School Divisions-Stunts; Rule W.
 6. Braced forward flips or braced backward flips or rolls in a pyramid are allowed provided all of the following conditions are met:
 - a. The top person begins in a multi-based loading position, stunt, cradle or on the performing surface.
 - b. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side.
 - c. If the bracers are not standing on the performing surface, the bracers may be in a double-base/elevator at prep-level partner stunt with a spotter behind them (not in a single-base shoulder stand, shoulder sit nor in a

- thigh stand partner stunt), and the top person must be between the bracers or in front of the bracers.
 - d. At least three (3) catchers (one (1) base and two (2) spotters or two (2) bases and one (1) spotter) who were the original bases/spotters- catch the top person in a loading position, partner stunt or cradle., or assist the top person to the performance surface. If the flip ends in a cradle, the bracers may release the top person once the top person begins to descend and is no longer inverted.
 - e. The top person ends in a non-inverted position.
 - f. The top person does not perform more than a 1 ¼ flip with 0 twisting.
 - g. The bases/catchers remain stationary unless location movement is necessary for safety adjustments.
7. An inverted top person must not hold objects (poms, signs, etc.) in her/his hands.

JUNIOR SCHOOL DIVISION- PYRAMIDS

Note: In addition to these specific pyramid rules, all persons and Partner Stunts involved in a pyramid must follow all rules from Junior School Divisions- Stunts and Junior School Divisions-Inversions..

- A. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on the base.
- B. A bracer may not support a majority of the top person's weight.
- C. In braced pyramids, at least one (1) bracer of each pair must be at prep-level / shoulder height or below.
Exception: Extensions (double or single based) may brace other extensions.
- D. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
- E. If a person in a pyramid is used as a brace for an extended stunt, that brace must support a majority of the top person's weight.
Example: The foot of the top person's braced leg must be located at or above the knee of their primary supported leg.
- F. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
- G. In a Released Pyramid Transition the following rules apply:
 - 1. The top person must have at least two (2) bases.
Exception: A single-base tic-toc is permitted provided the top person remains upright.
 - 2. The released top person and the bases make no more than a ¼ turn - turning around the bracer in a continuous and intentional movement when the top person remains above the original base(s)
 - 3. The top person and all bracers at prep-level/ shoulder height must have a spotter in place during the transition.
Clarification: Shoulder sits and double-based thigh stands do not require an additional spotter.
 - 4. The top person must be in hand/arm to hand/arm contact with at least one (1) bracer during the entire transition.
 - 5. The top person may not be supporting her/his own weight on any other body part of the person(s) assisting (e.g. shoulders of the bracer)
 - 6. The top person must be continuous in motion and cannot be supported so that they pause during the transition.
 For Braced Inversion Pyramids, see Junior School Divisions-Inversions; f.

JUNIOR SCHOOL DIVISION- TOSSES

Note: Basket tosses, elevator tosses and similar multi-based tosses are prohibited for the Junior School Division, but are allowed for the School Division (see Scholastic- School Division Rules). The Junior School Division includes primary/elementary school, junior secondary/middle/junior high school teams, as well as recreational cheerleading athletes of similar ages. Please see Appendix XV. Recommended Age Grid

SCHOLASTIC- SCHOOL DIVISION RULES

(Similar to the Advanced Division/Level 4 Rules)

SCHOOL DIVISION- GENERAL TUMBLING AND JUMPS

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- to Scholastic –School Division to Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling or rebounding over, under, or through a stunt, individual, or prop, is not allowed.
- C. Dive rolls are prohibited.
- D. Jumps landings must bear weight on at least one (1) foot.
Example: A toe touch jump to the seat, knees or intentionally landing with both feet behind the body, or into a push-up/prone position on the performance surface are prohibited
- E. Knee drops are prohibited.
- F. Any drops into a prone position on the performing surface from an airborne or handstand position are prohibited
Example: Landing into pushup/prone position onto the performance surface from a back flip, toe touch, or back handspring are prohibited.)

SCHOOL DIVISION- STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 1 twisting rotations.
- C. Consecutive flip-flip combinations are allowed.

SCHOOL DIVISION- RUNNING TUMBLING

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

SCHOOL DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
Clarification: Partner stunts (free-standing or part of a pyramid) higher than prep-level (e.g. shoulder stand) must have a continuous spotter for each person higher than prep-level (e.g. shoulder stand).
- B. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
- C. Bases may not:
 - 1. Hold any objects in a hand that is supporting a top person.
 - 2. Assume a backbend, handstand or headstand position.
- D. A spotter is required for a single base prep-level stunt (e.g. single base shoulder stand) in which the feet of the top person are in the hand(s) of the base.
- E. In stunts requiring a spotter, a spotter must meet the following criteria:
 - 1. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
 - 2. Must be in a position to protect the top person's head, neck and shoulders, when dismounting from a stunt or pyramid in any method of dismount, as well as landing in a cradle.
 - 3. Spotters must have their attention focused (e.g. visual contact) on the top person. Momentarily adjusting visual contact in order to access environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as the spotters focus (e.g. visual contact) returns to the top person.
 - 4. May not have their hands behind their back.
 - 5. May not support under the heel or underneath the foot of the top person that is in an extended stunt/ above prep-level. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
- F. May not hold any objects in their hands. Single leg extended stunts are allowed.

- G. The total number of twists from a dismount from a stunt cannot be greater than 1 ¼ rotations.
- H. No stunt or pyramid may move over or under another, separate stunt or pyramid.
Example: A shoulder sit walking under a prep-level stunt is illegal.
- I. Cradle dismounts from partner stunts or pyramids at prep-level / shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders off the top person.
- J. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - 1. The top person must be cradled by two (2) catchers and a catcher in a hand-and-shoulders spotter/catcher position
 - 2. The new catchers must remain close to the original bases.
 - 3. The new catchers must be in place and not involved in any other skill when the release is initiated.
 - 4. The top person may not perform any skill (e.g. twist, toe touch, etc.) following the release.
- K. In all cradle dismounts, the top person must not hold props that are made of hard material, have corners or sharp edges.
- L. Non-braced suspended splits into a transition are allowed provided all of the following conditions are met:
 - 1. The top person must have both hands in continuous contact with the post or with both bases hands or,
 - 2. When transitioning to the split without continuous hand-to-hand contact:
 - a. There are a total of four (4) bases that support the top person.
 - b. At least three (3) of the bases must support under the legs of the top person. The fourth base may support under the legs or make contact with the hands of the top person.
 - c. The top person must have both hands in contact with the bases during the split portion of the transition.
- M. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar spotter position to an athlete spotting a Double-Based Elevator at prep-level or in an extended position).
- N. Single based stunts in which a top person is parallel to the performing surface and the bases' arms are extended – must have a continuous spotter at the head and shoulder of the top person. (e.g. Bird, Side T, Single-Based Flatback, etc)
- O. A top person may be moved from a vertical position to a face up or face down prone position provided that all of the following criteria is met:
 - 1. The top person maintains contact with at least one original base or spotter
 - 2. At least two (2) catchers and/or bases catch the upper body of the top person.
 - 3. The catchers must be to the side or the front of the person(s) moving the top person.
 - 4. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement of the person is a face up or face down prone position.
 - 5. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three (3) catchers are required.
- P. A single-base may not be the only primary support for two extended top persons. The exception to this rule is the following:
 - 1. Double cupies are allowed. If dismounted to cradles, there must be three (3) people for each top person being cradled.
- Q. Dismounts to the performing surface from prep-level / shoulder height or above must have assisted landings/dismount. If the dismount involves a skill (e.g. toe touch, twist, etc.) then the assistance to the landing/dismount must be from the two (2) bases or one (1) of the bases and the one (1) spotter. The assistance to the landing/dismount must be sufficient to slow the moment of the top person- to the performance surface.
- R. A swinging stunt is legal provided all of the following criteria is met:
 - 1. A downward movement is only allowed from below prep-level / should height.
 - 2. The top person is face up.
 - 3. The top person begins from the performing surface or a stunt that is below prep-level / shoulder height.
- S. Single based split catches are not allowed.
- T. Tension drops are prohibited.
- U. School Division- Stunts; Release Moves
 - 1. Unless listed below, a Release Stunt must either be cradled or connected to at least one bracer:
 - a. Helicopters are allowed providing all of the following conditions are met:
 - i. The top person makes no more than a 180 degree rotation (half-turn).
 - ii. Four (4) bases must be in position during the entire release.
 - iii. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
 - iv. The bases are not allowed to change positions during the release.

- v. The top person must begin and end in a face up position.
 - vi. The top person cannot perform a twisting skill.
2. A log roll is legal provided it does not involve more than one (1) complete rotation and the top person is not in contact with a person in a release stunt.
 3. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
 4. In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
 5. A multi-base, free standing tic-tock that begins at prep-level /shoulder height is permitted. If braced, bracers must follow the rules for School Division released pyramid transitions.
 6. A top person in a horizontal position prep-level /shoulder height or below, or in a cradle may be released to a loading position or stunt that is prep-level / shoulder height or below.
 7. A top person in an inverted position on the performing surface can be released to a loading position that is below prep-level / shoulder level height.

SCHOOL DIVISION-INVERSIONS

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

- C. Unless allowed under the rules in this section, a top person must not be in an inverted position.
- D. A top person may be inverted in School Division Partner Stunts and School Division Pyramids provided all of the following conditions are met:
 1. All Partner Stunts Inversions;
 - a. At least one (1) base or one (1) spotter must be in a position to protect the head and neck of the top person
 - b. The base or spotter maintains contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or the top person's hands are on the performance surface. The contact must be sufficient to stabilize/control the top person's position.
Exception: A top person in an inverted position on the performing surface can be released to a loading position below prep-level / shoulder height.
 2. Inverted Partner Stunts must begin and end below an extended position. An inverted top person is allowed to pass through an extended position, but not pause or stop while extended.
 3. If the base of support is at or above prep-level /shoulder level, a spotter is required.
Exception: Double base suspended rolls do not require an additional spotter.
 4. If the inverted top person is moving downward (e.g. downward inversion), the following criteria must be followed:
 - a. At least two (2) people on the performing surface must be in a position to protect the head/neck of the top person.
 - b. The base/spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or the top person's hands are on the performance surface. The contact must be sufficient to stabilize/control the top person's position.
Exception: In a foldover partner stunt, the top may initiate the inversion without upper body contact.
 - c. The top person must not go directly to an inverted position on the performance surface from the prep-level position / shoulder height or higher.
 5. Suspended rolls are permitted provided all of the following conditions are met:
 - a. Two (2) people on the performing surface control the top person in a suspended-forward or a suspended-backward roll with continuous hand-to-hand/arm contact to the partner stunt with two (2) people cradling in the loading position on the performance surface.
 - b. A single-base or post in control of the top person with continuous hand-to-hand/arm contact to the partner stunt with two (2) people cradling in the loading position on the performance surface.
Note: This partner stunt required a spotter per rule B-c.
 - c. If the suspended roll is caught in a cradle, from a loading or stunting position, the new catchers must be in the cradle location and may not be involved with any other skills when the suspended roll was initiated.
 - d. Dismounts from inverted partner stunts into a cradle or to an upright position on the performing surface are allowed provided that the top person does not perform any skill (e.g. toe touches, twists, etc.). Dismounts to performance surface from prep-level/shoulder height or above must follow School Divisions-Stunts; Rule W.
 6. Braced forward flips or braced backward flips or rolls in a pyramid are allowed provided all of the following conditions are met:

- a. The top person begins in a multi-based loading position, stunt, cradle or on the performing surface.
 - b. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side.
 - c. If the bracers are not standing on the performing surface, the bracers may be in a double-base/elevator at prep-level partner stunt with a spotter behind them (not in a single-base shoulder stand, shoulder sit nor in a thigh stand partner stunt), and the top person must be between the bracers or in front of the bracers.
 - d. At least three (3) catchers (one (1) base and two (2) spotters or two (2) bases and one (1) spotter) who were the original bases/spotters- catch the top person in a loading position, partner stunt or cradle., or assist the top person to the performance surface. If the flip ends in a cradle, the bracers may release the top person once the top person begins to descend and is no longer inverted.
 - e. The top person ends in a non-inverted position.
 - f. The top person does not perform more than a 1 ¼ flip with 0 twisting.
 - g. The bases/catchers remain stationary unless location movement is necessary for safety adjustments.
7. An inverted top person must not hold objects (poms, signs, etc.) in her/his hands.

SCHOOL DIVISION- PYRAMIDS

Note: In addition to these specific pyramid rules, all persons and Partner Stunts involved in a pyramid must follow all rules from School Divisions- Stunts and School Divisions-Inversions.

- A. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on the base.
- B. A bracer may not support a majority of the top person's weight.
- C. In braced pyramids, at least one (1) bracer of each pair must be at prep-level / shoulder height or below.
Exception: Extensions (double or single based) may brace other extensions.
- D. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
- E. If a person in a pyramid is used as a brace for an extended stunt, that brace must support a majority of the top person's weight.
Example: The foot of the top person's braced leg must be located at or above the knee of their primary supported leg.
- F. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
- G. In a Released Pyramid Transition the following rules apply:
 1. The top person must have at least two (2) bases.
Exception: A single-base tic-toc is permitted provided the top person remains upright.
 2. The released top person and the bases make no more than a ¼ turn - turning around the bracer in a continuous and intentional movement when the top person remains above the original base(s)
 3. The top person and all bracers at prep-level/ shoulder height must have a spotter in place during the transition.
Clarification: Shoulder sits and double-based thigh stands do not require an additional spotter.
 4. The top person must be in hand/arm to hand/arm contact with at least one (1) bracer during the entire transition.
 5. The top person may not be supporting her/his own weight on any other body part of the person(s) assisting (e.g. shoulders of the bracer)
 6. The top person must be continuous in motion and cannot be supported so that they pause during the transition.
For Braced Inversion Pyramids, see School Divisions-Inversions; f.

SCHOOL DIVISION- TOSSES

- A. In all single-based tosses that land in a stunt, the following rules apply:
 - ii. The top person must land on the original base.
 - iii. The toss may not be directed so that the base must travel to catch the top person.
 - iv. The top person cannot travel over or under another person.
 - v. The top person cannot be caught in a prone position.
- B. In all single-based tosses that land in a loading position or return to the performance surface, the following rules apply:
 1. The toss must be caught by the original base and a spotter who must be in a position to protect the head, neck and shoulders.
 2. The toss may not be directed so that the base must travel to catch the top person.
 3. The top person cannot travel over or under another person.
 4. The top person cannot be caught in a prone position.
- C. In all single-based tosses to a cradle, the following rules apply:
 1. The toss must be caught by at least three (3) catchers that include the original base, one of whom must be at the head and shoulders of the top person.

2. The toss may not be directed so that the base must travel to catch the top person.
 3. The top person may not hold any objects (poms, signs, etc.) during the toss.
 4. The top person cannot travel over or under another person.
 5. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss.
- D. In all multi-based tosses to a cradle, the following rules apply:
1. No more than four (4) tossers are allowed.
 2. The top person must be caught by at least three (3) of the original tossers, one of whom must be at the head and the shoulders of the top person.
 3. The toss may not be directed so that the base must travel to catch the top person.
 4. The top person may not hold any objects (poms, signs, etc.) during the toss.
 5. The top person cannot travel over or under another person.
 6. The top person's total number of twists cannot be greater than $1 \frac{1}{4}$ rotations.
- E. In all multi-based tosses that land in a stunt or that land in a loading position, the following rules apply:
1. The top person must begin with both feet on the ground.
 2. The bases can apply an upward force on any part of the body other than under the foot.
Exception: Switch liberties are allowed
 3. The top person must be caught by at least two (2) of the original tossers and a spotter who must be in position to protect head, neck and the shoulders of the top person.
 4. The toss may not be directed so that the base must travel to catch the top person.
 5. The maximum distance allowed between the highest point of the base and the lowest point of the top person's body cannot exceed approximately one (1) foot or one-third ($\frac{1}{3}$)/.3 meters.
 6. The top person cannot travel over or under another person.
 7. The top person cannot be caught in a prone position.
 8. The top person may not land in a basket toss loading position.

SCHOLASTIC- UNIVERSITY DIVISION RULES

(Similar to the Premier Division/Level 6 Rules*)

*Additional surface safety information enclosed under -University Rules; Specific Surface Restrictions.

UNIVERSITY DIVISION- GENERAL TUMBLING

- A. Tumbling skills over, under, or through a partner stunt, pyramids, or individuals are prohibited.
- B. Tumbling skills that exceed one (1) flipping rotation are prohibited.
- C. Tumbling skills with two (2) or more twisting rotations are prohibited
- D. Dive rolls are prohibited.
- E. Airborne drops to a prone position on the performance surface are prohibited.
Example 1: A back flip or a jump landing in a pushup position is not allowed.
Example 2: A handspring to a pushup position is legal -as it is not airborne prior to the prone landing.

UNIVERSITY DIVISION- STUNTS

- A. Stunts in which the base uses only one arm for support require a spotter when:
 - 1. The stunt is anything other than a cupie/awesome or basic liberty. All other one-arm stunts require a spotter (e.g., heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.).
 - 2. The load-in or dismount involves a twist. The spotter must be in place during the twist and assist on the cradle during twisting dismounts.
 - 3. The top person is popped from one arm to the other.
- B. Stunt require an additional spotter when:
 - 1. Twisting dismounts with more than a 360 degree rotation require an additional spotter that assists on the cradle.
 - 2. Released load-ins from a handstand position (e.g. stationary or through a handspring load-in) to a partner stunt require an additional spotter.
 - 3. Stunts in which the top person is in a handstand position require and additional spotter.
- C. Single based split catches are prohibited.
- D. All leg pitch, toe pitch, walk-in, sponge, and straddle catch flips are prohibited
- E. Twisting dismounts greater than two (2) rotations are prohibited.
Exception: Side facing stunts (e.g. Arabesque, Scorpion with double full twisting cradles to the front are allowed)
- F. Front, back and side tension drops are prohibited.
- G. Flips into or from partner stunts are prohibited, with the following exceptions:
 - 1. Rewinds into a pyramid, stunt, loading position or cradle are allowed under the following conditions:
 - a. The top person is limited to one and one quarter rotations and may not twist.
 - b. Bases are limited to one quarter turn under the top person.
 - c. An active spotter is required throughout the skill.
 - d. If the rewind is continuous to a cradle, the spotter must assist in the cradle.
 - e. In a rewind to a pyramid or to another base, the original base may serve as the spotter.
 - 2. Flips from stunts in which the top person is in an upright position standing in the hand(s) of the base(s) are allowed under the following conditions:
 - (a) An additional spotter must be active throughout the skill.
Exception: An additional spotter is not required for a double base front flip to the performance surface.
 - (b) Front flips to the performance surface are allowed from prep-level single base or double base shoulder stand stunts. The top person must land on at least one (1) foot with assistance from at least one (1) base.
 - (c) Front flips to a cradle are allowed from prep-level single base or double base stunts shoulder stand stunts and below.
 - (d) Back flips to a cradle are allowed from prep-level double-based stunts and below.

- (e) The top person is limited to 1 ¼ flipping rotations.
 - (f) Dismounts to a cradle are allowed to a maximum of a ½ twist. No other twists are allowed.
3. Flips from stunts in which the top person is in a horizontal position not being supported at their feet are allowed under the following conditions:
- a. Front flips and back flips from prep-level double base stunts to a stunt, loading position, cradle or to the performance surface -with assistance from a base. Clarification: Flips are not permitted from a horizontal position below prep-level/shoulder level or from a single base stunt.
 - b. The top person is limited to one (1) rotation and may not twist.
 - c. A spotter is not required.

UNIVERSITY DIVISION- PYRAMIDS

- A. Pyramids higher than 2 ½ body lengths are prohibited.
Clarification: Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths.
Exception: an extended stunt on top of a thigh stand is allowed.
- B. In all pyramids, there must be at least two (2) spotters designated for each person who is above two (2) persons high and whose primary support does not have at least one (1) foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One (1) spotter must be in the back and the other must be at front of the pyramid or at the side of the pyramid in position to get to the front. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle. As pyramid design varies greatly, the ICU recommends a review of any new pyramids where the spotting position may be questioned.
- C. In all “2-1-1 thigh stand tower” pyramids, there must be a spotter who is not in contact with the pyramid- in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, the bracer does not fill the role of the spotter and an additional spotter - who is not in contact with the pyramid - is required.
- D. Cradles from pyramids over two high must use at least two catchers, one on each side of the top person.
- E. All flips into or from pyramids are prohibited, with the exception of a forward flip dismount to a cradle and legal rewinds.
- F. Releases to prone dismounts are prohibited.
- G. Front, back and side tension drops are prohibited.

UNIVERSITY DIVISION- TOSSES

- A. Basket tosses or similar tosses may only be performed from ground level, can use no more than four (4) bases, and must be cradled by three (3) of the original bases, one (1) of which must catch in a scoop under the head and shoulders.
- B. Basket tosses and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
- C. Basket tosses and elevator/sponge tosses cannot exceed one (1) flipping and two (2) twisting rotations.
- D. In flipping basket toss or in a flipping elevator/sponge toss (tuck, layout, or pike position) - only two (2) additional skills are allowed. One (1) twisting rotation is considered to be one (1) skill.

Examples:

Legal (two skills)

Tuck flip, X-out, Full Twist
Double Full-twisting Layout
Kick, Full-twisting Layout
Pike, Open, Double Full Twist
Arabian Front, Full Twist

Illegal (three skills)

Tuck flip, X-out, Double Full Twist
Kick, Double Full-twisting Layout
Kick, Full-twisting Layout, Kick
Pike, Split, Double Full Twist
Full-twisting Layout, Split, Full Twist

Note: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill. A Kick Double Full Twist with no flip is legal.

- E. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill. Flips into stunts or pyramids from a basket or elevator/sponge load-in are prohibited.

UNIVERSITY DIVISION- SPECIFIC SURFACE RESTRICTIONS

- A. The following skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:
 - 1. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - 2. Flipping skills into or from stunts, tosses or pyramids.
 - 3. Two and one half person high pyramids. Loads/mounts or dismounts to and from 2 ½ high pyramids may not flip or twist on a rubberized track surface.
- B. Kick double basket tosses and basket tosses that flip AND twist are not allowed at an American Football game while the game is in regular play or during time-out situations. These skills may be performed during pre-game situations or game half-time situations, but only on grass (real or artificial) or on a matted surface with dimensions of at minimum 10 feet x 10 feet / 3.1 meters x 3.1 meters.
- C. At indoor court surface sporting events (e.g. basketball court surfaces), the following skills may only be performed during the pre-game situations, game half-time situations, or post-game situations (not during time-out situations)- where the area in which the skill is performed has no obstructions and no personnel who are not cheerleading athletes /members of the cheerleading team AND only on a matted surface:
 - 1. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - 2. Partner stunts in which the base uses only one (1) arm to support the top person.
Exception: Cupies are allowed with an additional spotter.
 - 3. Flips into or from partner stunts.
 - 4. Inversions.
Exceptions: School Division Rule inversions are allowed.
Example: Suspended forward rolls, suspended backward rolls, low-level inversions, and braced flips are allowed.
Clarification: For the University Division, the two (2) bracers and top person are not required to be in a double base stunt.
 - 5. Twisting dismounts greater than 1 ¼ rotation.
Clarification: Twisting dismounts up to 1 ¼ rotation on a court surface (e.g. basketball court), require an additional spotter.
 - 6. Two and one half (2 ½) person high pyramids.
 - 7. Airborne twisting tumbling skills (e.g. Arabians, full twisting layouts, etc.)
Clarification: Cartwheels, round-offs and aerial cartwheels are allowed.

The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. The International Cheer Union makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

SPECIAL ATHLETE DIVISION - GENERAL RULES

1. All teams with special needs will follow the ICU general rules and routines requirements.
2. Special athlete qualification subject to confirmation by an authorized medical professional document/letter.
3. Teams may execute skills up to, and including the Special Athlete Intermediate Division (similar to Level 2). Exception: See letter “#5” below.
4. All Stunts and Pyramids (at prep level or above) require an additional spotter that is a Coach/Assistant.
5. Tosses are not allowed.
6. Spotted and assisted tumbling is not allowed in the Special Athlete (competitive) divisions but is allowed in the Special Athlete (exhibition) divisions.
7. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. No limit to amount of assistants around perimeter of the floor in a squat position.
8. Assistants will be dressed in contrasting t-shirt and jeans or dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant.
Example: If athlete is in light color uniform top, Assistants will be in a dark matching t-shirts, if athlete is in light uniform top, all Assistants will be in dark colored matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
9. It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.
10. Special Athlete Divisions are recommended to be structured in the following manner:
 - Division III: Integrated teams with 1% -25% Special Athletes
 - Division II: Integrated teams with 25% -50% Special Athletes
 - Division I: Integrated teams with 50% -99% Special Athletes
 - Division IA: Teams with 100% Special Athletes

SPECIAL ATHLETE - PREP INTERMEDIATE DIVISION RULES

(Similar to Level 1)

SPECIAL ATHLETE PREP INTERMEDIATE DIVISION -GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Special Athlete Prep Intermediate Division- Special Athlete Intermediate Division (equivalent to Levels 1-2, under the conditions of the Special Athlete Division General Rules). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed in the Special Athlete Prep Intermediate Division/Level 1.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

SPECIAL ATHLETE PREP INTERMEDIATE DIVISION- STANDING/RUNNING TUMBLING

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

SPECIAL ATHLETE PREP INTERMEDIATE DIVISION- STUNTS

- A. A spotter is required for each top person at prep-level.
Example: Suspended splits, flat-bodied positions and preps are examples of prep-level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc.) are considered prep level stunts.
Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.
- B. Stunt Levels
- Single leg stunts are only allowed below shoulder level.
Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
 - Stunts above prep-level are not allowed (see definition of extended stunts in glossary). A stunt may not pass above prep- level.
Clarification: Taking the top person above the head of the bases would be illegal.
- C. Twisting mounts and transitions are allowed up to a $\frac{1}{4}$ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{4}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.

Exception: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed in the Special Athlete Prep Intermediate Division/Level 1.

- D. During transitions, at least one base must remain in contact with the top person.
Exception: Leap frogs and leap frog variations are not allowed in the Special Athlete Prep Intermediate Division/Level 1.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep- level.
i.e. "True" (unassisted) Double Cupies = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. Special Athlete Prep Intermediate Division Stunts-Release Moves
 - a. Release moves are not allowed other than those allowed at the Special Athlete Prep Intermediate Division/Level 1 in "Dismounts".
 - b. Release moves may not land in a prone or inverted position.
 - c. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 - d. Helicopters are not allowed.
 - e. A single full twisting log/barrel roll is not allowed.
 - f. Release moves may not intentionally travel.
 - g. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- J. Special Athlete Prep Intermediate Division – Stunt Inversions
 - a. Inversions are not allowed.
Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling Prep Intermediate Division/Level 1 tumbling rules).
Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

SPECIAL ATHLETE PREP INTERMEDIATE DIVISION- PYRAMIDS

- A. Pyramids must follow the Special Athlete Prep Intermediate Division /Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top person must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the Prep Intermediate Division/Level 1 dismount rules.
- C. Two leg extended stunts:
 - a. Must be braced by at least one person at prep- level or below with hand-arm connection only. The connection must be made at or below prep level.
 - b. Extended stunts may not brace or be braced by other extended stunts.
 - c. An additional spotter (2 spotters) is required for any extended stunts, the additional spotter must be a Coach or Team Assistant following the conditions of "Special Athlete Division- General Rules"
- D. Prep-level single leg stunts:
 - a. Must be braced by at least one person at prep-level or below with hand-arm connection only.
 - b. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
 - c. The connection must be made prior to initiating the single leg prep-level stunt.
 - d. Prep-level bracers must have both feet in bases' hands.
Exception: Prep-level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level is illegal.

SPECIAL ATHLETE PREP INTERMEDIATE DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed. See Prep Intermediate Division/Level 1 Tosses.
Clarification: All waist level cradles are illegal.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including $\frac{1}{4}$ turns) are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No dismounts are allowed from stunts above prep-level in pyramids.
Clarification: An extended stunt in a pyramid must be brought down to prep-level or below before it can be dismounted.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.

SPECIAL ATHLETE PREP INTERMEDIATE DIVISION- TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

SPECIAL ATHLETE INTERMEDIATE DIVISION RULES

(Similar to Level 2, exception -no tosses)

SPECIAL ATHLETE INTERMEDIATE DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Special Athlete Prep Intermediate Division- Special Athlete Intermediate Division (equivalent to Levels 1-2, under the conditions of the Special Athlete Division General Rules). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

SPECIAL ATHLETE INTERMEDIATE DIVISION- STANDING TUMBLING

- A. Flips and aerals are not allowed.
- B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.
Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne.
Exception: Round offs are allowed.

SPECIAL ATHLETE INTERMEDIATE DIVISION- RUNNING TUMBLING

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

SPECIAL ATHLETE INTERMEDIATE DIVISION- STUNTS

- A. A spotter, and an additional spotter that is a Coach or Team Assistant, is required for each top person above prep-level.
Note: The additional spotter that is a Coach or Team Assistant must follow the conditions of "Special Athlete Division- General Rules".
- B. Single leg stunts above prep- level are not allowed. A single leg stunt may not pass above prep-level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- C. Twisting mounts and transitions are allowed up to a total of ½ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to

determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep-level or below prep-level.
i.e. "True" (unassisted) Double Cupie = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
Clarification: The log roll may not be assisted by another top person.
- J. Special Athlete Intermediate Division- Release Moves
 - a. No release moves allowed other than those allowed in the Special Athlete Intermediate Division in "Dismounts" and "Tosses."
 - b. Release moves may not land in a prone or inverted position.
 - c. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Special Athlete Intermediate Division Dismount "C".
 - d. Helicopters are not allowed.
 - e. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification: The log roll may not be assisted by another top person.
Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists
 - f. Release moves may not intentionally travel.
 - g. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. Special Athlete Intermediate Division –Inversions
 - a. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

SPECIAL ATHLETE INTERMEDIATE DIVISION -PYRAMIDS

- A. Pyramids must follow Special Athlete Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the Special Athlete Intermediate Division dismount rules.
- C. Extended stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
- E. Extended single-leg stunts:
 - a. Extended single-leg stunts must be braced by at least one top person at pre- level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - b. The connection must be made prior to initiating the extended single leg stunt.
 - c. Prep level top persons must have both feet in bases' hands.
Exception: Prep-level stunt top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

SPECIAL ATHLETE INTERMEDIATE DIVISION- DISMOUNTS

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

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

SPECIAL ATHLETE INTERMEDIATE DIVISION -TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

SPECIAL ATHLETE SCHOLASTIC DIVISION RULES

-Junior School, School, University- (Similar to Level 2, exception -no tosses)

SPECIAL ATHLETE SCHOLASTIC DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Special Athlete Scholastic Division (under the conditions of the Special Athlete Division General Rules). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

SPECIAL ATHLETE SCHOLASTIC DIVISION- STANDING TUMBLING

- A. Flips and aeriads are not allowed.
- B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.
Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne.
Exception: Round offs are allowed.

SPECIAL ATHLETE SCHOLASTIC DIVISION- RUNNING TUMBLING

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

SPECIAL ATHLETE SCHOLASTIC DIVISION- STUNTS

- A. A spotter, and an additional spotter that is a Coach or Team Assistant, is required for each top person above prep-level.
Note: The additional spotter that is a Coach or Team Assistant must follow the conditions of "Special Athlete Division- General Rules".
- B. Single leg stunts above prep- level are not allowed. A single leg stunt may not pass above prep-level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- C. Twisting mounts and transitions are allowed up to a total of ½ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the

resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep-level or below prep-level.
i.e. "True" (unassisted) Double Cupie = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
Clarification: The log roll may not be assisted by another top person.
- J. Special Athlete Scholastic Division- Release Moves
 1. No release moves allowed other than those allowed in the Special Athlete Scholastic Division in "Dismounts" and "Tosses."
 2. Release moves may not land in a prone or inverted position.
 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Special Athlete Scholastic Division Dismount "C".
 4. Helicopters are not allowed.
 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification: The log roll may not be assisted by another top person.
Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists
 6. Release moves may not intentionally travel.
 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. Special Athlete Scholastic Division –Inversions
 1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

SPECIAL ATHLETE SCHOLASTIC DIVISION -PYRAMIDS

- A. Pyramids must follow Special Athlete Scholastic Division "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the Special Athlete Scholastic Division dismount rules.
- C. Extended stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
- E. Extended single-leg stunts:
 1. Extended single-leg stunts must be braced by at least one top person at pre- level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 2. The connection must be made prior to initiating the extended single leg stunt.
 3. Prep level top persons must have both feet in bases' hands.
Exception: Prep-level stunt top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

SPECIAL ATHLETE SCHOLASTIC DIVISION- DISMOUNTS

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

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

SPECIAL ATHLETE SCHOLASTIC DIVISION -TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

PARACHEER DIVISION - GENERAL RULES

1. All teams with special needs will follow the ICU general rules and routines requirements.
2. ParaCheer athlete qualification subject to confirmation by an authorized medical professional document/letter.
3. Teams may execute skills up to, and including the ParaCheer Advanced Division (similar to Level 4).
Exception: See #6 below.
4. Spotted and assisted tumbling is not allowed in the ParaCheer Athlete (competitive) Divisions but is allowed in the ParaCheer Athlete (exhibition) Divisions.
5. All Stunts and Pyramids (above prep level) require an additional spotter that is a Coach/Assistant.
6. Tosses are not allowed.
7. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. No limit to amount of assistants around perimeter of the floor in a squat position.
8. Assistants will be dressed in contrasting t-shirt and jeans or dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant.
Example: If athlete is in light color uniform top, Assistants will be in a dark matching t-shirts, if athlete is in light uniform top, all Assistants will be in dark colored matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
9. It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.
10. ParaCheer Group Stunt Divisions (5 athletes or less, male and female) must be comprised of one (1) or more ParaCheer athletes. Group Stunt Division routines recommended to not exceed one (1) minute.
11. ParaCheer Coed Stunt Divisions (1 male and 1 female athlete, 1 spotter) must be comprised of one (1) or more ParaCheer athletes. Coed Partner Stunt Division routines recommended to not exceed one (1) minute.
12. ParaCheer Athlete Team Divisions are recommended to be structured in the following manner:
 - Division III: Integrated teams with 1% -25% ParaCheer Athletes
 - Division II: Integrated teams with 25% -50% ParaCheer Athletes
 - Division I: Integrated teams with 50% -99% ParaCheer Athletes
 - Division IA: Teams with 100% ParaCheer Athletes

PARACHEER PREP INTERMEDIATE DIVISION RULES

(Similar to Level 1)

PARACHEER PREP INTERMEDIATE DIVISION -GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the ParaCheer Prep Intermediate Division- ParaCheer Advanced Division (equivalent to Levels 1-4). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed in the ParaCheer Prep Intermediate Division/Level 1.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

PARACHEER PREP INTERMEDIATE DIVISION- STANDING/RUNNING TUMBLING

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

PARACHEER PREP INTERMEDIATE DIVISION- STUNTS

- A. A spotter is required for each top person at prep-level and above.
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc.) are considered prep level stunts.
Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.
- B. Stunt Levels
1. Single leg stunts are only allowed below shoulder level.
Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
 2. Stunts above prep-level are not allowed (see definition of extended stunts in glossary). A stunt may not pass above prep-level.
Clarification: Taking the top person above the head of the bases would be illegal.
- C. Twisting mounts and transitions are allowed up to a $\frac{1}{4}$ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{4}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.
Exception: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed in the ParaCheer Prep Intermediate Division/Level 1.

- D. During transitions, at least one base must remain in contact with the top person.
Exception: Leap frogs and leap frog variations are not allowed in the ParaCheer Prep Intermediate Division/Level 1.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep- level.
i.e. "True" (unassisted) Double Cupies = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. ParaCheer Prep Intermediate Division Stunts-Release Moves
 - 1. Release moves are not allowed other than those allowed at the ParaCheer Prep Intermediate Division/Level 1 in "Dismounts".
 - 2. Release moves may not land in a prone or inverted position.
 - 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is not allowed.
 - 6. Release moves may not intentionally travel.
 - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- J. ParaCheer Prep Intermediate Division – Stunt Inversions
 - 1. Inversions are not allowed.
Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling ParaCheer Prep Intermediate Division/Level 1 tumbling rules).
Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PARACHEER PREP INTERMEDIATE DIVISION- PYRAMIDS

- A. Pyramids must follow the ParaCheer Prep Intermediate Division /Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top person must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the ParaCheer Prep Intermediate Division/Level 1 dismount rules.
- M. Two leg extended stunts:
 - 1. Must be braced by at least one person at prep- level or below with hand-arm connection only. The connection must be made at or below prep level.
 - 2. Extended stunts may not brace or be braced by other extended stunts.
- N. Prep-level single leg stunts:
 - 1. Must be braced by at least one person at prep-level or below with hand-arm connection only.
 - 2. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
 - 3. The connection must be made prior to initiating the single leg prep-level stunt.
 - 4. Prep-level bracers must have both feet in bases' hands.
Exception: Prep-level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
- O. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level is illegal.

PARACHEER PREP INTERMEDIATE DIVISION- DISMOUNTS

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

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

- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed. See ParaCheer Prep Intermediate Division/Level 1 Tosses.
Clarification: All waist level cradles are illegal.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including ¼ turns) are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No dismounts are allowed from stunts above prep-level in pyramids.
Clarification: An extended stunt in a pyramid must be brought down to prep-level or below before it can be dismounted.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.

PARACHEER PREP INTERMEDIATE DIVISION- TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

PARACHEER INTERMEDIATE DIVISION RULES

(Similar to Level 2, exception -no tosses)

PARACHEER INTERMEDIATE DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the ParaCheer Prep Intermediate Division- ParaCheer Advanced Division (equivalent to Levels 1-4). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

PARACHEER INTERMEDIATE DIVISION- STANDING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.
Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne.
Exception: Round offs are allowed.

PARACHEER INTERMEDIATE DIVISION- RUNNING TUMBLING

- E. Flips and aerials are not allowed.
- F. Series front and back handsprings are allowed.
- G. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- H. No twisting while airborne.
Exception: Round offs are allowed.

PARACHEER INTERMEDIATE DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg stunts above prep- level are not allowed. A single leg stunt may not pass above prep-level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- C. Twisting mounts and transitions are allowed up to a total of $\frac{1}{2}$ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- D. During transitions, at least one base must remain in contact with the top person.

- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep-level or below prep-level.
i.e. "True" (unassisted) Double Cupie = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
Clarification: The log roll may not be assisted by another top person.
- J. ParaCheer Intermediate Division- Release Moves
 - 1. No release moves allowed other than those allowed in the ParaCheer Intermediate Division/Level 2 in "Dismounts" and "Tosses."
 - 2. Release moves may not land in a prone or inverted position.
 - 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See ParaCheer Intermediate Division/Level 2 Dismount "C".
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification: The log roll may not be assisted by another top person.
Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.
Example: no kick full twists
 - 6. Release moves may not intentionally travel.
 - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. ParaCheer Intermediate Division –Inversions
 - 1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PARACHEER INTERMEDIATE DIVISION -PYRAMIDS

- A. Pyramids must follow ParaCheer Intermediate Division/Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the ParaCheer Intermediate Division/Level 2 dismount rules.
- C. Extended stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
- E. Extended single-leg stunts:
 - 1. Extended single-leg stunts must be braced by at least one top person at pre- level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - 2. The connection must be made prior to initiating the extended single leg stunt.
 - 3. Prep level top persons must have both feet in bases' hands.
Exception: Prep-level stunt top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

PARACHEER INTERMEDIATE DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed.
- E. Twisting dismounts exceeding $\frac{1}{4}$ turn are not allowed. All other positions are not allowed.
Example: toe touch, pike, tuck, etc. are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Cradles from extended single leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.

PARACHEER INTERMEDIATE DIVISION -TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

PARACHEER PREP ADVANCED DIVISION RULES

(Similar to Level 3, exception -no tosses)

PARACHEER PREP ADVANCED DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the ParaCheer Prep Intermediate Division- ParaCheer Advanced Division (equivalent to Levels 1-4). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in the ParaCheer Prep Advanced Division/Level 3 were to do a round off – toe touch – back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for the ParaCheer Prep Advanced Division/Level 3

PARACHEER PREP ADVANCED DIVISION- STANDING TUMBLING

- A. Flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne.
Exception: Round offs are allowed.

PARACHEER PREP ADVANCED DIVISION- RUNNING TUMBLING

- A. Flips:
1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
Exception: Aerial cartwheels, running tuck fronts, and $\frac{3}{4}$ front flips are allowed. The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.
 2. Other skills with hand support prior to the round off or round off back handspring are allowed.
Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.
 3. Cartwheel tucked flips and/or cartwheel>back handspring(s)>tucks are not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel.
Exception: A forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll. *Clarification: If any tumbling follows a forward or backward roll or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.*
- C. No twisting while airborne.
Exception: Round offs are allowed.
Exception: Aerial cartwheels are allowed.

PARACHEER PREP ADVANCED DIVISION- STUNTS

- A. A spotter is required for each top person above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:

1. Twisting mounts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
2. Full twisting transitions must land at and originate from prep level or below only.
Example: No full up stunts to an extended position.
3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation.
- D. During transitions, at least one base must remain in contact with the top person.
Exception: See ParaCheer Prep Advanced Division- Release Moves
- E. Free flipping mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under prep is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. Single based double cupies require a separate spotter for each top person.
- I. ParaCheer Prep Advanced Division -Release Moves
 1. Release moves are allowed but must not pass above extended arm level.
Clarification: If the release move passes above extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.
 3. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.
 4. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.
Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
 5. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See ParaCheer Prep Advanced Division- Dismount "C".
Exception: Dismounting True Double Cupies.
 6. Helicopters are not allowed.
 7. Release moves may not intentionally travel.
 8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
 9. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting True Double Cupies.
- J. ParaCheer Prep Advanced Division- Stunt Inversions
 1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.
Exception: Multi base suspended rolls to a cradle, load in position, flat body prep- level stunt or the performing surface are allowed. Multi base suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
 2. Inversions are limited to a ½ twisting rotation.
Exception: Multi base suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)
Exception: In a multi based suspended backward roll, the top person may not twist.
 3. Downward inversions are only allowed below prep-level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.

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

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

Clarification 3: Two leg "Pancake" stunts are not allowed in the ParaCheer Prep Advanced Division/Level 3.

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

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

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

PARACHEER PREP ADVANCED DIVISION- PYRAMIDS

- A. Pyramids must follow ParaCheer Prep Advanced Division/Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.

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

Exception: See ParaCheer Prep Advanced Division- Pyramids; Release Moves.

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

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

Example: shoulder sits walking under prep.

- E. Any skill legal as a ParaCheer Prep Advanced Division/Level 3 Pyramid Release Move is also legal if it remains connected to a base and two bracers.

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

- F. ParaCheer Prep Advanced Division- Pyramids; Release Moves

Clarification: Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the ParaCheer Prep Advanced Division/Level 3 dismount rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below.

Clarification: ParaCheer Prep Advanced Division/Level 3 Pyramid Release Moves may now incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under the ParaCheer Prep Advanced Division/ Level 3 Stunt Release Moves or the ParaCheer Prep Advanced Division/Level 3 Dismounts. ParaCheer Prep Advanced Division/ Level 3 Pyramid Release moves must maintain contact with two other top persons if the release move begins at pre-level or above, passes above extended arm level, includes more than one skill, or is caught in an extended position.

2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep-level or below.

Clarification 1: Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.

Clarification 2: If top person is braced on each side with arm-to-arm connection and a third bracer with hand-foot connection, the skill would be legal.

Clarification 3: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Clarification 4: Twisting mounts and transitions are allowed up to 1 twist, if connected to two bracers at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.

3. These release transitions may not involve changing bases.

4. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter).

- a. Both catchers must be stationary.

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

- P. ParaCheer Prep Advanced Division- Pyramids; Inversions

1. Must follow ParaCheer Prep Advanced Division/Level 3 Stunt Inversions rules.

2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.

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

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

- Q. ParaCheer Prep Advanced Division- Pyramids; Release Moves w/ Braced Inversions

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

PARACHEER PREP ADVANCED DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed from any single leg stunt.
- E. Up to $1\frac{1}{4}$ twists are allowed from any two leg stunts.
Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at ParaCheer Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick allowed during a dismount from any two leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts must return to original base(s).
- K. Dismounts may not intentionally travel.
- L. Top persons in dismounts may not come in contact with each other while released from the bases.
- M. Tension drops/rolls of any kind are not allowed.
- N. When cradling true single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

PARACHEER PREP ADVANCED DIVISION- TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

PARACHEER ADVANCED DIVISION RULES **(Similar to Level 4, exception -no tosses)**

PARACHEER ADVANCED DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the ParaCheer Prep Intermediate Division- ParaCheer Advanced Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in ParaCheer Advanced Division/Level 4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for the ParaCheer Advanced Division/Level 4.

PARACHEER ADVANCED DIVISION- STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck-back tuck, back tuck-punch front.
- D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are not allowed.
Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

PARACHEER ADVANCED DIVISION- RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.

PARACHEER ADVANCED DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
- Twisting mounts and transitions to prep level and below are allowed up to 1- $\frac{1}{2}$ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1- $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
 - Twisting mounts and transitions to an extended position are allowed and must meet the following conditions:
 - Extended skills up to $\frac{1}{2}$ twist are allowed.
Example: $\frac{1}{2}$ up to extended liberty is legal.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative

rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt.

Example: full up to immediate extended liberty is illegal, full up to extension is legal.

Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

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

Exception: See "Release Moves"

- E. Free flipping mounts and transitions are not allowed.

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

Example: A shoulder sit walking under a prep is illegal.

Exception 1: An individual may jump over another individual.

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

- G. Single based split catches are not allowed.

- H. Single based double cupies require a separate spotter for each top person.

- I. ParaCheer Advanced Division- Stunts; Release Moves

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

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

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

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

3. Release moves must return to original bases.

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

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

Exception: Dismounting True Double Cupies.

4. Release moves that land in extended position must originate from ground-level and may not involve twisting or flipping.

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

6. Release moves may not intentionally travel.

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

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

Exception: Dismounting True Double Cupies.

- J. ParaCheer Advanced Division- Stunts; Inversions

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

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

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

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

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

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

Clarification: Two Leg Pancakes cannot stop or land inverted.

3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
 4. *Downward inversions may not come in contact with each other.*
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PARACHEER ADVANCED DIVISION- PYRAMIDS

- A. Pyramids must follow ParaCheer Advanced Division/Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
- B. Top persons must receive primary support from a base.
Exception: See ParaCheer Advanced Division/Level 4 Pyramid Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Example: shoulder sits walking under a prep-level stunt
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E. Any skill legal as an ParaCheer Advanced Division/Level 4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
Example 2: An extended pancake would be required to remain connected to two bracers.
- F. ParaCheer Advanced Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep-level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for the ParaCheer Advanced Division/Level 4, the same skill is legal in the ParaCheer Advanced Division/Level 4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.
 2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep-level or below.
 3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- G. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
- a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- H. ParaCheer Advanced Division-Pyramids; Inversions
1. Must follow ParaCheer Advanced Division / Level 4 Stunt Inversions rules.
- R. ParaCheer Advanced Division- Pyramids; Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout the entire transition with either the top person(s) or the base(s).

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

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

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Braced flips that land in an upright position at prep level or above (see #6 below).
 - a. All 3 catchers must be stationary
 - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. All braced inversions (including braced flips) that land in an upright position at prep-level or above require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.
 - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
 - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. Braced inversions (including braced flips) may not travel downward while inverted.
8. Braced flips may not come in contact with each other.

PARACHEER ADVANCED DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-¼ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at the Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.
- E. Up to a 1-¼ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at ParaCheer Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- S. Dismounts may not intentionally travel.
- T. Top persons in dismounts may not come in contact with each other while released from the bases.
- U. Tension drops/rolls of any kind are not allowed.
- V. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

PARACHEER ADVANCED DIVISION- TOSSES

A. No tosses allowed.

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

Clarification: All waist level cradles are illegal.

SCHOLASTIC- PARACHEER JUNIOR SCHOOL DIVISION RULES

(Similar to Level 2, exception -no tosses)

PARACHEER JUNIOR SCHOOL DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the ParaCheer Junior School Division. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

PARACHEER JUNIOR SCHOOL DIVISION- STANDING TUMBLING

- A. Flips and aerals are not allowed.
- B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.
Example: Front and back handsprings are examples of airborne tumbling skills.
- N. No twisting while airborne.
Exception: Round offs are allowed.

PARACHEER JUNIOR SCHOOL DIVISION- RUNNING TUMBLING

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

PARACHEER JUNIOR SCHOOL DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg stunts above prep- level are not allowed. A single leg stunt may not pass above prep-level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- C. Twisting mounts and transitions are allowed up to a total of $\frac{1}{2}$ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- D. During transitions, at least one base must remain in contact with the top person.

- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep-level or below prep-level.
i.e. "True" (unassisted) Double Cupie = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
Clarification: The log roll may not be assisted by another top person.
- J. ParaCheer Junior School Division- Release Moves
 - 1. No release moves allowed other than those allowed in the ParaCheer Junior School Division/Level 2 in "Dismounts" and "Tosses."
 - 2. Release moves may not land in a prone or inverted position.
 - 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See ParaCheer Junior School Division/Level 2 Dismount "C".
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification: The log roll may not be assisted by another top person.
Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.
Example: no kick full twists
 - 6. Release moves may not intentionally travel.
 - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. ParaCheer Junior School Division –Inversions
 - 1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PARACHEER JUNIOR SCHOOL DIVISION -PYRAMIDS

- A. Pyramids must follow ParaCheer Junior School Division/Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
- B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the ParaCheer Junior School Division/Level 2 dismount rules.
- C. Extended stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep-level stunt is illegal.
- E. Extended single-leg stunts:
 - 1. Extended single-leg stunts must be braced by at least one top person at pre- level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - 2. The connection must be made prior to initiating the extended single leg stunt.
 - 3. Prep level top persons must have both feet in bases' hands.
Exception: Prep-level stunt top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

PARACHEER JUNIOR SCHOOL DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed.
- E. Twisting dismounts exceeding $\frac{1}{4}$ turn are not allowed. All other positions are not allowed.
Example: toe touch, pike, tuck, etc. are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Cradles from extended single leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.

PARACHEER JUNIOR SCHOOL DIVISION -TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

SCHOLASTIC- PARACHEER SCHOOL DIVISION RULES

(Similar to Level 4, exception -no tosses)

PARACHEER SCHOOL DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the ParaCheer School Division. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in ParaCheer School Division/Level 4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for the ParaCheer School Division/Level 4.

PARACHEER SCHOOL DIVISION- STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck-back tuck, back tuck-punch front.
- D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are not allowed.
Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

PARACHEER SCHOOL DIVISION- RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.

PARACHEER SCHOOL DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
- Twisting mounts and transitions to prep level and below are allowed up to 1- $\frac{1}{2}$ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1- $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
 - Twisting mounts and transitions to an extended position are allowed and must meet the following conditions:
 - Extended skills up to $\frac{1}{2}$ twist are allowed.
Example: $\frac{1}{2}$ up to extended liberty is legal.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting

cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt.

Example: full up to immediate extended liberty is illegal, full up to extension is legal.

Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

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

Exception: See "Release Moves"

- E. Free flipping mounts and transitions are not allowed.

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

Example: A shoulder sit walking under a prep is illegal.

Exception 1: An individual may jump over another individual.

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

- G. Single based split catches are not allowed.

- H. Single based double cupies require a separate spotter for each top person.

- I. ParaCheer School Division- Stunts; Release Moves

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

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

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

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

3. Release moves must return to original bases.

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

Exception: See ParaCheer School Division- Dismount "C".

Exception: Dismounting True Double Cupies.

4. Release moves that land in extended position must originate from ground-level and may not involve twisting or flipping.

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

6. Release moves may not intentionally travel.

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

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

Exception: Dismounting True Double Cupies.

- J. ParaCheer School Division- Stunts; Inversions

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

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

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

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

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

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

Clarification: Two Leg Pancakes cannot stop or land inverted.

3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
 4. *Downward inversions may not come in contact with each other.*
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PARACHEER SCHOOL DIVISION- PYRAMIDS

- A. Pyramids must follow ParaCheer School Division/Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
- B. Top persons must receive primary support from a base.
Exception: See ParaCheer School Division/Level 4 Pyramid Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Example: shoulder sits walking under a prep-level stunt
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E. Any skill legal as an ParaCheer School Division/Level 4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
Example 2: An extended pancake would be required to remain connected to two bracers.
- F. ParaCheer School Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep-level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for the ParaCheer School Division/Level 4, the same skill is legal in the ParaCheer School Division/Level 4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.
 2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep-level or below.
 3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- G. ParaCheer School Division-Pyramids; Inversions
1. Must follow ParaCheer School Division / Level 4 Stunt Inversions rules.
- H. ParaCheer School Division- Pyramids; Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout the entire transition

with either the top person(s) or the base(s).

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

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

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Braced flips that land in an upright position at prep level or above (see #6 below).
 - a. All 3 catchers must be stationary
 - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. All braced inversions (including braced flips) that land in an upright position at prep-level or above require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.
 - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
 - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. Braced inversions (including braced flips) may not travel downward while inverted.
8. Braced flips may not come in contact with each other.

PARACHEER SCHOOL DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-¼ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at the Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.
- E. Up to a 1-¼ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at ParaCheer School Division/Level 4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- W. Dismounts may not intentionally travel.
- X. Top persons in dismounts may not come in contact with each other while released from the bases.
- Y. Tension drops/rolls of any kind are not allowed.
- Z. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

PARACHEER SCHOOL DIVISION- TOSSES

A. No tosses allowed.

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

Clarification: All waist level cradles are illegal.

SCHOLASTIC- PARACHEER UNIVERSITY DIVISION RULES

(Similar to Level 4, exception -no tosses)

PARACHEER UNIVERSITY DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the ParaCheer University Division. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in ParaCheer University Division/Level 4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for the ParaCheer University Division/Level 4.

PARACHEER UNIVERSITY DIVISION- STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck-back tuck, back tuck-punch front.
- D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification: Jumps connected to ¼ front flips are not allowed.
Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

PARACHEER UNIVERSITY DIVISION- RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.

PARACHEER UNIVERSITY DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
- Twisting mounts and transitions to prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1-½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
 - Twisting mounts and transitions to an extended position are allowed and must meet the following conditions:
 - Extended skills up to ½ twist are allowed.
Example: ½ up to extended liberty is legal.
Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting

cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is completed (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt.

Example: full up to immediate extended liberty is illegal, full up to extension is legal.

Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

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

Exception: See "Release Moves"

- E. Free flipping mounts and transitions are not allowed.

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

Example: A shoulder sit walking under a prep is illegal.

Exception 1: An individual may jump over another individual.

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

- G. Single based split catches are not allowed.

- H. Single based double cupies require a separate spotter for each top person.

- L. ParaCheer University Division- Stunts; Release Moves

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

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

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

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

3. Release moves must return to original bases.

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

Exception: See ParaCheer University Division- Dismount "C".

Exception: Dismounting True Double Cupies.

4. Release moves that land in extended position must originate from ground-level and may not involve twisting or flipping.

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

6. Release moves may not intentionally travel.

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

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

Exception: Dismounting True Double Cupies.

- M. ParaCheer University Division- Stunts; Inversions

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

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

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

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

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

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

Clarification: Two Leg Pancakes cannot stop or land inverted.

3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
 4. *Downward inversions may not come in contact with each other.*
- N. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PARACHEER UNIVERSITY DIVISION- PYRAMIDS

- A. Pyramids must follow ParaCheer University Division/Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.
Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
- B. Top persons must receive primary support from a base.
Exception: See ParaCheer University Division/Level 4 Pyramid Release Moves.
- C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Example: shoulder sits walking under a prep-level stunt
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E. Any skill legal as a ParaCheer University Division/Level 4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
Example 2: An extended pancake would be required to remain connected to two bracers.
- F. ParaCheer University Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep-level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for the ParaCheer University Division/Level 4, the same skill is legal in the ParaCheer University Division/Level 4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.
 2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep-level or below.
 3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 4. Non-inverted transitional pyramids may involve changing bases.
 - c. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - d. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- G. ParaCheer University Division-Pyramids; Inversions
1. Must follow ParaCheer University Division / Level 4 Stunt Inversions rules.
- H. ParaCheer University Division- Pyramids; Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout the entire transition

with either the top person(s) or the base(s).

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

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

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Braced flips that land in an upright position at prep level or above (see #6 below).
 - a. All 3 catchers must be stationary
 - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. All braced inversions (including braced flips) that land in an upright position at prep-level or above require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.
 - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
 - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. Braced inversions (including braced flips) may not travel downward while inverted.
8. Braced flips may not come in contact with each other.

PARACHEER UNIVERSITY DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-¼ twisting rotations allowed from all two leg stunts.
Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at the Advanced Division/Level 4 Stunts Twisting Mounts and Transitions only.
- E. Up to a 1-¼ twisting rotation allowed from all single leg stunts.
Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at ParaCheer University Division/Level 4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

PARACHEER UNIVERSITY DIVISION- TOSSES

A. No tosses allowed.

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

Clarification: All waist level cradles are illegal.

SCORE SHEETS

Note: The ICU Cheerleading (Team Cheer) Division Score Sheets are listed in sequence in the following order (please reference "Recommended Age Grid" to athlete ages per Division):

- **All Girl Group Stunt**
- **Coed Partner Stunt**
- **Prep Intermediate**
- **Intermediate**
- **Prep Advanced All Girl**
- **Prep Advanced Coed**
- **Advanced All Girl**
- **Advanced Coed**
- **Elite All Girl**
- **Elite Coed**
- **Premier All Girl**
- **Premier Coed**
- **Game Day**
- **Game Day - Cheer**
- **Game Day - Sideline**
- **Game Day - Music Portion (Band/ Music-Chant, Fight-Song Timeout)**
- **Junior School***
- **Junior School Non-Tumbling***
- **School All Girl***
- **School Coed***
- **School All Girl Non-Tumbling***
- **School Coed Non-Tumbling***
- ***Includes Club/Recreational ("Rec") divisions of similar age categories**
- **University All Girl****
- **University Large Coed****
- ****Includes Club/Recreational ("Rec") divisions of similar age categories**
- ****Two (2) University Divisions versions enclosed –based on two (2) event scoring structures**
- **Special Athlete - All Star**
- **Special Athlete - Club / Recreational**
- **Special Athlete - Scholastic**
- **ParaCheer Group Stunt**
- **ParaCheer Coed Partner Stunt**
- **ParaCheer - All Star**
- **ParaCheer - Club / Recreational**
- **ParaCheer - Scholastic**



ALL GIRL GROUP STUNT DIVISION



TEAM NAME _____ JUDGE NO. _____

A). STUNTS AND TOSSES- 75 POINTS

1). EXECUTION OF TECHNIQUE

Execution of proper technique to perform stunts, making the stunts appear to be easy.

30 POINTS _____

2). DIFFICULTY

Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

25 POINTS _____

3). FORM AND APPEARANCE OF STUNTS

This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.

20 POINTS _____

B). OVERALL PERFORMANCE- 25 POINTS

1). TRANSITIONS

Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible.

15 POINTS _____

2). SHOWMANSHIP

Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



COED PARTNER STUNT DIVISION



TEAM NAME _____ JUDGE NO. _____

A). STUNTS AND TOSSES- 75 POINTS

1). EXECUTION OF TECHNIQUE

Execution of proper technique to perform stunts, making the stunts appear to be easy.

30 POINTS _____

2). DIFFICULTY

Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

25 POINTS _____

3). FORM AND APPEARANCE OF STUNTS

This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.

20 POINTS _____

B). OVERALL PERFORMANCE- 25 POINTS

1). TRANSITIONS

Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible.

15 POINTS _____

2). SHOWMANSHIP

Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



PREP INTERMEDIATE DIVISION



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

10 POINTS _____

_____ 5 Points

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL

Overall presentation, showmanship, dance (if applicable), crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



INTERMEDIATE DIVISION



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL

Overall presentation, showmanship, dance (if applicable), crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



PREP ADVANCED DIVISION

ALL GIRL



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team’s Nation, Team’s Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, dance, crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



PREP ADVANCED DIVISION

COED



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL

Overall presentation, showmanship, dance (if applicable), crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



ADVANCED DIVISION

ALL GIRL



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, dance, crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



ADVANCED DIVISION COED



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

10 POINTS _____

_____ 5 Points

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL

Overall presentation, showmanship, dance (if applicable), crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



ELITE DIVISION ALL GIRL



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, dance, crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



ELITE DIVISION COED



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL

Overall presentation, showmanship, dance (if applicable), crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



ELITE DIVISION ALL GIRL



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team’s Nation, Team’s Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, dance, crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



PREMIER DIVISION COED



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading - *Native Language Encouraged*

Crowd Effectiveness- Voice, Pace & Flow. Ability to Lead the Crowd for Team's Nation, Team's Programme, Delegation and All Spectators. Proper Use of Signs, Poms, Megaphones, Motion Technique

Skill Incorporations

Practical Use of Skills (e.g. stunts/pyramids) to Lead the Crowd, Difficulty of Practical Skills with Proper Technique and Execution

10 POINTS _____

_____ 5 Points

_____ 5 Points

PARTNER STUNTS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

PYRAMIDS

Performance/Execution: Proper Technique, Execution, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity

25 POINTS _____

_____ 15 Points

_____ 10 Points

BASKET TOSSES

Performance/Execution: Proper Technique, Execution, Synchronization (when applicable), Height, Timing & Spacing

Variety / Difficulty: Variety of skills, Level of Skills, Number of Skills Performed

15 POINTS _____

_____ 10 Points

_____ 5 Points

TUMBLING

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

10 POINTS _____

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL

Overall presentation, showmanship, dance (if applicable), crowd effect

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



GAME DAY DIVISION

-1 Cheer, 1 Sideline, 1 Band/Music Chant-



TEAM NAME _____ JUDGE NO. _____

A). CROWD LEADING CHEER PORTION (1 CHEER, 1 SIDELINE CHANT) - 60 POINTS

1). CROWD LEADING TECHNIQUES

Crowd effectiveness- Voice, Pace & Flow

Proper use of Signs, Poms or Megaphones & Motion Technique

Ability & Energy to Lead the Crowd (native language encouraged)

25 POINTS _____

____ 10 points

____ 10 points

____ 5 points

2). SKILL INCORPORATION

Proper Use of Skills to Lead the Crowd

Variety of Skills

Performance- Proper Technique, Synchronization & Spacing

25 POINTS _____

____ 10 points

____ 5 points

____ 10 points

3). OVERALL

Ability to Adapt & Utilize Proper Game Material

Cheer Impression

10 POINTS _____

____ 5 points

____ 5 points

B). CROWD LEADING MUSIC PORTION (1 BAND / MUSIC CHANT) - 40 POINTS

1). SKILL INCORPORATION

Proper Use of Skills to Lead the Crowd

Performance- Proper Technique, Synchronization & Spacing

Variety of Skills

25 POINTS _____

____ 10 points

____ 10 points

____ 5 points

2). MOTIONS / DANCE & CHOREOGRAPHY TECHNIQUE

Technique, Sharpness, Placement, Timing, Spacing, Use of Levels,

Overall Choreography & Visual appeal

10 POINTS _____

3). OVERALL

Routine Creativity, Flow & Use of Formations/Transitions

5 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



GAME DAY DIVISION -CHEER-



TEAM NAME _____ JUDGE NO. _____

1). CROWD LEADING TECHNIQUES

Crowd effectiveness- Voice, Pace & Flow
Proper use of Signs, Poms or Megaphones & Motion Technique
Ability & Energy to Lead the Crowd (native language encouraged)

25 POINTS _____
____ 10 points
____ 10 points
____ 5 points

2). SKILL INCORPORATION

Proper Use of Skills to Lead the Crowd
Variety of Skills
Performance- Proper Technique, Synchronization & Spacing

25 POINTS _____
____ 10 points
____ 5 points
____ 10 points

3). OVERALL

Ability to Adapt & Utilize Proper Game Material
Cheer Impression

10 POINTS _____
____ 5 points
____ 5 points

60 POINTS POSSIBLE

TOTAL _____

COMMENTS:



GAME DAY DIVISION -SIDELINE-



TEAM NAME _____ JUDGE NO. _____

1). CROWD LEADING TECHNIQUES

Crowd effectiveness- Voice, Pace & Flow

Proper use of Signs, Poms or Megaphones & Motion Technique

Ability & Energy to Lead the Crowd (native language encouraged)

25 POINTS _____

____ 10 points

____ 10 points

____ 5 points

2). SKILL INCORPORATION

Proper Use of Skills to Lead the Crowd

Variety of Skills

Performance- Proper Technique, Synchronization & Spacing

25 POINTS _____

____ 10 points

____ 5 points

____ 10 points

3). OVERALL

Ability to Adapt & Utilize Proper Game Material

Cheer Impression

10 POINTS _____

____ 5 points

____ 5 points

60 POINTS POSSIBLE

TOTAL _____

COMMENTS:



GAME DAY DIVISION

-MUSIC PORTION-

**-Band/Music Chant, Fight Song, Time-out-
Performance**

TEAM NAME _____ **JUDGE NO.** _____

1). SKILL INCORPORATION

Proper Use of Skills to Lead the Crowd
Performance- Proper Technique, Synchronization & Spacing
Variety of Skills

25 POINTS _____
____ 10 points
____ 10 points
____ 5 points

2). MOTIONS / DANCE & CHOREOGRAPHY TECHNIQUE

Technique, Sharpness, Placement, Timing, Spacing, Use of Levels,
Overall Choreography & Visual appeal

10 POINTS _____

3). OVERALL

Routine Creativity, Flow & Use of Formations/Transitions

5 POINTS _____

40 POINTS POSSIBLE

TOTAL _____

COMMENTS:



JUNIOR SCHOOL DIVISION



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

35 POINTS _____

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow	_____ 5 points
Proper Use of Signs, Pom, Megaphones, Motion Technique	_____ 5 points
Ability & Energy to Lead the Crowd (native language encouraged)	_____ 5 points

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd	_____ 5 points
Difficulty of Practical Skills	_____ 5 points
Performance- Proper Technique, Synchronization & Spacing	_____ 5 points
Overall (5 points): Cheer Impression	_____ 5 points

PARTNER STUNTS

20 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing	_____ 10 Points
Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety	_____ 10 Points

PYRAMIDS

20 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing	_____ 10 Points
Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity	_____ 10 Points

GROUP TUMBLING & JUMP(S)

15 POINTS _____

Running tumbling: Proper Technique, Difficulty of Skills Performed in Groups Synchronization & Spacing	_____ 5 points
Standing tumbling: Proper Technique, Difficulty of Skills Performed in Groups Synchronization & Spacing	_____ 5 points
Jump(s): Proper Technique, Form, Height & Synchronization	_____ 5 points

OVERALL PRESENTATION, CHOREOGRAPHY/DANCE

10 POINTS _____

Motions, dance & choreography: Technique, Sharpness, Timing, Spacing, Use of Levels, Overall Choreography and Visual Appeal Synchronization & Spacing	_____ 5 points
Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions	_____ 5 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



JUNIOR SCHOOL DIVISION NON-TUMBLING



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

35 POINTS _____

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow _____ 5 points
 Proper Use of Signs, Pom, Megaphones, Motion Technique _____ 5 points
 Ability & Energy to Lead the Crowd (native language encouraged) _____ 5 points

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd _____ 5 points
 Difficulty of Practical Skills _____ 5 points
 Performance- Proper Technique, Synchronization & Spacing _____ 5 points
Overall (5 points): Cheer Impression _____ 5 points

PARTNER STUNTS

20 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing _____ 10 Points
Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety _____ 10 Points

PYRAMIDS

20 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing _____ 10 Points
Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity _____ 10 Points

JUMP(S)

10 POINTS _____

Performance/execution: Proper Technique, Form, Height, Synchronization _____ 5 points
Difficulty: Type of jump(s), Connections, Combinations, Variety _____ 5 points

OVERALL PRESENTATION, CHOREOGRAPHY/DANCE

15 POINTS _____

Motions, dance & choreography: Technique, Sharpness, Timing, Spacing, Use of Levels, Overall Choreography and Visual Appeal _____ 5 points
 Synchronization & Spacing _____
Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions _____ 10 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



SCHOOL DIVISION ALL GIRL



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow

Proper Use of Signs, Pom, Megaphones, Motion Technique

Ability & Energy to Lead the Crowd (native language encouraged)

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd

Difficulty of Practical Skills

Performance- Proper Technique, Synchronization & Spacing

Overall (5 points): Cheer Impression

35 POINTS _____

____ 5 points

PARTNER STUNTS & TOSSES

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

20 POINTS _____

____ 10 Points

____ 10 Points

PYRAMIDS

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity

20 POINTS _____

____ 10 Points

____ 10 Points

GROUP TUMBLING & JUMP(S)

Running tumbling: Proper Technique, Difficulty of Skills Performed in Groups Synchronization & Spacing

Standing tumbling: Proper Technique, Difficulty of Skills Performed in Groups Synchronization & Spacing

Jump(s): Proper Technique, Form, Height & Synchronization

15 POINTS _____

____ 5 points

____ 5 points

____ 5 points

OVERALL PRESENTATION, CHOREOGRAPHY/DANCE

Motions, dance & choreography: Technique, Sharpness, Timing, Spacing, Use of Levels, Overall Choreography and Visual Appeal & Synchronization

Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions

10 POINTS _____

____ 5 points

____ 5 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



SCHOOL DIVISION COED



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow

Proper Use of Signs, Pom, Megaphones, Motion Technique

Ability & Energy to Lead the Crowd (native language encouraged)

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd

Difficulty of Practical Skills

Performance- Proper Technique, Synchronization & Spacing

Overall (5 points): Cheer Impression

35 POINTS _____

____ 5 points

PARTNER STUNTS & TOSSES

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

Coed skills: Use of Coed Skills and Partner Stunts throughout Routine

25 POINTS _____

____ 10 Points

____ 10 Points

____ 5 Points

PYRAMIDS

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used (Coed), Transitions & Creativity

20 POINTS _____

____ 10 Points

____ 10 Points

GROUP TUMBLING

Performance/execution: Proper Technique, Completion of Skills, Synchronization & Spacing

Difficulty: Level of Skills & Number of Skills Performed in Groups

10 POINTS _____

____ 5 points

____ 5 points

OVERALL PRESENTATION, CHOREOGRAPHY

Motions & choreography (dance/jumps-optional): Technique, Sharpness, Timing, Spacing, Use of Levels, Overall Choreography and Visual Appeal, Synchronization & Spacing

Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions

10 POINTS _____

____ 5 points

____ 5 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



SCHOOL DIVISION ALL GIRL NON-TUMBLING



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

35 POINTS _____

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow _____ 5 points
 Proper Use of Signs, Pom, Megaphones, Motion Technique _____ 5 points
 Ability & Energy to Lead the Crowd (native language encouraged) _____ 5 points

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd _____ 5 points
 Difficulty of Practical Skills _____ 5 points
 Performance- Proper Technique, Synchronization & Spacing _____ 5 points
Overall (5 points): Cheer Impression _____ 5 points

PARTNER STUNTS

20 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing _____ 10 Points
Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety _____ 10 Points

PYRAMIDS

20 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing _____ 10 Points
Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity _____ 10 Points

JUMP(S)

10 POINTS _____

Performance/execution: Proper Technique, Form, Height, Synchronization _____ 5 points
Difficulty: Type of jump(s), Connections, Combinations, Variety _____ 5 points

OVERALL PRESENTATION, CHOREOGRAPHY/DANCE

15 POINTS _____

Motions, dance & choreography: Technique, Sharpness, Timing, Spacing, Use of Levels, Overall Choreography and Visual Appeal _____ 5 points
 Synchronization & Spacing
Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions _____ 10 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



SCHOOL DIVISION COED NON-TUMBLING



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow

Proper Use of Signs, Pom, Megaphones, Motion Technique

Ability & Energy to Lead the Crowd (native language encouraged)

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd

Difficulty of Practical Skills

Performance- Proper Technique, Synchronization & Spacing

Overall (5 points): Cheer Impression

35 POINTS _____

_____ 5 points

PARTNER STUNTS

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

20 POINTS _____

_____ 10 Points

_____ 10 Points

PYRAMIDS

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity

20 POINTS _____

_____ 10 Points

_____ 10 Points

JUMP(S)

Performance/execution: Proper Technique, Form, Height, Synchronization

Difficulty: Type of jump(s), Connections, Combinations, Variety

10 POINTS _____

_____ 5 points

_____ 5 points

OVERALL PRESENTATION, CHOREOGRAPHY/DANCE

Motions, dance & choreography: Technique, Sharpness, Timing, Spacing,

Use of Levels, Overall Choreography and Visual Appeal

Synchronization & Spacing

Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions

15 POINTS _____

_____ 5 points

_____ 10 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



UNIVERSITY DIVISION

ALL GIRL



-ICU World University Score Sheet Version with Crowd Score=15 points-
(Note Total Performance Score Sheet = 85 points)

TEAM NAME _____ **JUDGE NO.** _____

CHEER CRITERIA

35 POINTS _____

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow

_____ 5 points

Proper Use of Signs, Pom, Megaphones, Motion Technique

_____ 5 points

Ability & Energy to Lead the Crowd (native language encouraged)

_____ 5 points

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd

_____ 5 points

Difficulty of Practical Skills

_____ 5 points

Performance- Proper Technique, Synchronization & Spacing

_____ 5 points

Overall (5 points): Cheer Impression

_____ 5 points

PARTNER STUNTS

15 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing

_____ 10 Points

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

_____ 5 Points

PYRAMIDS

15 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing

_____ 10 Points

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity

_____ 5 Points

BASKET TOSSES

5 POINTS _____

Performance: Execution and variety

_____ 5 Points

GROUP TUMBLING

5 POINTS _____

Performance: Proper Technique, Difficulty of Skills Performed in Groups Synchronization & Spacing

_____ 5 points

OVERALL PRESENTATION, CHOREOGRAPHY/DANCE

10 POINTS _____

Dance: Technique, Sharpness, Timing, Spacing,

_____ 5 points

Use of Levels, Overall Choreography and Visual Appeal & Synchronization

Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions

_____ 5 points

85 POINTS POSSIBLE

TOTAL _____

COMMENTS:



UNIVERSITY DIVISION

ALL GIRL



-University Division Performance Only Score Sheet-
(Note Total Performance Score Sheet = 100 points)

TEAM NAME _____ **JUDGE NO.** _____

CHEER CRITERIA

30 POINTS _____

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow _____ 5 points
 Proper Use of Signs, Pom, Megaphones, Motion Technique _____ 5 points
 Ability & Energy to Lead the Crowd (native language encouraged) _____ 5 points

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd _____ 5 points
 Difficulty of Practical Skills _____ 5 points
 Performance- Proper Technique, Synchronization & Spacing _____ 5 points

PARTNER STUNTS

25 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing _____ 15 Points
Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety _____ 10 Points

PYRAMIDS

25 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing _____ 15 Points
Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity _____ 10 Points

BASKET TOSSES

5 POINTS _____

Performance: Execution and variety _____ 5 Points

GROUP TUMBLING

5 POINTS _____

Performance: Proper Technique, Difficulty of Skills Performed in Groups _____ 5 points
 Synchronization & Spacing

OVERALL PRESENTATION, CHOREOGRAPHY/DANCE

10 POINTS _____

Dance: Technique, Sharpness, Timing, Spacing, _____ 5 points
 Use of Levels, Overall Choreography and Visual Appeal & Synchronization
Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions _____ 5 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



UNIVERSITY DIVISION COED

-ICU World University Score Sheet Version with Crowd Score=15 points-
(Note Total Performance Score Sheet = 85 points)



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow

Proper Use of Signs, Pom, Megaphones, Motion Technique

Ability & Energy to Lead the Crowd (native language encouraged)

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd

Difficulty of Practical Skills

Performance- Proper Technique, Synchronization & Spacing

Overall (5 points): Cheer Impression

35 POINTS _____

____ 5 points

PARTNER STUNTS

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

Coed Skills: Use of Coed Skills / Partner Stunts Throughout Routine

20 POINTS _____

____ 10 Points

____ 5 Points

____ 5 Points

PYRAMIDS

Performance/execution: Proper Technique, Synchronization & Spacing

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity

15 POINTS _____

____ 10 Points

____ 5 Points

BASKET TOSSES

Performance: Execution and variety

5 POINTS _____

____ 5 Points

GROUP TUMBLING

Performance: Proper Technique, Difficulty of Skills Performed in Groups Synchronization & Spacing

5 POINTS _____

____ 5 points

OVERALL PRESENTATION

Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions

5 POINTS _____

____ 5 points

85 POINTS POSSIBLE

TOTAL _____

COMMENTS:



UNIVERSITY DIVISION COED

-University Division Performance Only Score Sheet-
(Note Total Performance Score Sheet = 100 points)



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

30 POINTS _____

Crowd Leading (15 Points)

Crowd Effectiveness- Voice, Pace & Flow

____ 5 points

Proper Use of Signs, Pom, Megaphones, Motion Technique

____ 5 points

Ability & Energy to Lead the Crowd (native language encouraged)

____ 5 points

Skill Incorporations (15 Points)

Proper Use of Skills to Lead the Crowd

____ 5 points

Difficulty of Practical Skills

____ 5 points

Performance- Proper Technique, Synchronization & Spacing

____ 5 points

PARTNER STUNTS

30 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing

____ 15 Points

Difficulty: Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

____ 10 Points

Coed Skills: Use of Coed Skills / Partner Stunts Throughout Routine

____ 5 Points

PYRAMIDS

25 POINTS _____

Performance/execution: Proper Technique, Synchronization & Spacing

____ 15 Points

Difficulty: Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions & Creativity

____ 10 Points

BASKET TOSSES

5 POINTS _____

Performance: Execution and variety

____ 5 Points

GROUP TUMBLING

5 POINTS _____

Performance: Proper Technique, Difficulty of Skills Performed in Groups Synchronization & Spacing

____ 5 points

OVERALL PRESENTATION

5 POINTS _____

Overall presentation: Routine Creativity, Flow, Use of Formations/Transitions

____ 5 points

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



SPECIAL ATHLETE DIVISION **-All Star-**



TEAM NAME _____ **JUDGE NO.** _____

CHEER CRITERIA

10 POINTS _____

Crowd leading effort, Use of Signs, Poms, or Megaphones, practical use of skills and athletes skills to lead the crowd, execution (native language encouraged)

CHEERLEADING SKILLS PRESENTATION

20 POINTS _____

Use of any of the following: partner stunts, pyramids, tumbling & jumps:

-Incorporation of special athletes used in all skills/group skills

_____ 10 Points

Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points

Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points

-Execution of all athlete skill incorporation

_____ 10 Points

CHOREOGRAPHY

55 POINTS _____

-Routine creativity and variety for crowd effectiveness

_____ 20 Points

-Effective use / adaptation of athlete skills throughout routine

_____ 25 Points

-Synchronization, unison of athletes within performance

_____ 10 Points

FLOW OF ROUTINE / TRANSITIONS

5 POINTS _____

Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE

10 POINTS _____

Overall presentation, showmanship, crowd effect

TOTAL POINTS

(100) _____

COMMENTS:



SPECIAL ATHLETE DIVISION -Club / Recreational-



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd leading effort, Use of Signs, Poms, or Megaphones, practical use of skills and athletes skills to lead the crowd, execution (native language encouraged)

10 POINTS _____

CHEERLEADING SKILLS PRESENTATION

Use of any of the following: partner stunts, pyramids, tumbling & jumps:

-Incorporation of special athletes used in all skills/group skills

Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points

Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points

-Execution of all athlete skill incorporation

20 POINTS _____

_____ 10 Points

_____ 10 Points

CHOREOGRAPHY

-Routine creativity and variety for crowd effectiveness

-Effective use / adaptation of athlete skills throughout routine

-Synchronization, unison of team within performance

55 POINTS _____

_____ 20 Points

_____ 25 Points

_____ 10 Points

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, crowd effect

10 POINTS _____

TOTAL POINTS

(100) _____

COMMENTS:



SPECIAL ATHLETE DIVISION -Scholastic-



TEAM NAME _____ JUDGE NO. _____

CHEER CRITERIA

Crowd leading effort, Use of Signs, Poms, or Megaphones, practical use of skills and athletes skills to lead the crowd, execution (native language encouraged)

10 POINTS _____

CHEERLEADING SKILLS PRESENTATION

Use of any of the following: partner stunts, pyramids, tumbling & jumps:

-Incorporation of special athletes used in all skills/group skills

Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points

Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points

-Execution of all athlete skill incorporation

20 POINTS _____

_____ 10 Points

_____ 10 Points

CHOREOGRAPHY

-Routine creativity and variety for crowd effectiveness

-Effective use / adaptation of athlete skills throughout routine

-Synchronization, unison of team within performance

55 POINTS _____

_____ 20 Points

_____ 25 Points

_____ 10 Points

FLOW OF ROUTINE / TRANSITIONS

Execution of routine components: flow, pace, timing of skills, transitions

5 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, crowd effect

10 POINTS _____

TOTAL POINTS

(100) _____

COMMENTS:



PARACHEER GROUP STUNT DIVISION



TEAM NAME _____ JUDGE NO. _____

A). STUNTING SKILLS - 50 POINTS

1). EXECUTION OF TECHNIQUE

Execution of proper technique to perform stunts, making the stunts appear to be easy.

30 POINTS _____

2). DIFFICULTY

Difficulty, and the ability to perform stunts in the routine with creative ParaCheer skills incorporation. Also includes not setting out of the stunts, continual transitions, ParaCheer specific stunt incorporation, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

15 POINTS _____

3). FORM AND APPEARANCE OF STUNTS

This includes not moving on stunts, stunts with good position for base and top, comfortable facial expressions, etc.

5 POINTS _____

B). OVERALL PERFORMANCE- 50 POINTS

1). TRANSITIONS

Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions.
There should be as few 'breaks' in the routine as possible.

20 POINTS _____

2). ROUTINE CREATIVITY AND VARIETY

Creative incorporation of ParaCheer skills and choreography into the stunt routine for visual effectiveness and variety within performance.

20 POINTS _____

3). SHOWMANSHIP

Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



PARACHEER COED STUNT DIVISION



TEAM NAME _____ JUDGE NO. _____

A). STUNTING SKILLS - 50 POINTS

1). EXECUTION OF TECHNIQUE

Execution of proper technique to perform stunts, making the stunts appear to be easy.

30 POINTS _____

2). DIFFICULTY

Difficulty, and the ability to perform stunts in the routine with creative ParaCheer skills incorporation. Also includes not setting out of the stunts, continual transitions, ParaCheer specific stunt incorporation, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

15 POINTS _____

3). FORM AND APPEARANCE OF STUNTS

This includes not moving on stunts, stunts with good position for base and top, comfortable facial expressions, etc.

5 POINTS _____

B). OVERALL PERFORMANCE- 50 POINTS

1). TRANSITIONS

Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions.
There should be as few 'breaks' in the routine as possible.

20 POINTS _____

2). ROUTINE CREATIVITY AND VARIETY

Creative incorporation of ParaCheer skills and choreography into the stunt routine for visual effectiveness and variety within performance.

20 POINTS _____

3). SHOWMANSHIP

Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

10 POINTS _____

100 POINTS POSSIBLE

TOTAL _____

COMMENTS:



PARACHEER DIVISION

-All Star-



TEAM NAME _____ **JUDGE NO.** _____

CHEER CRITERIA

Crowd leading effort, Use of Signs, Poms, or Megaphones, practical use of skills and athletes skills to lead the crowd, execution (native language encouraged)

10 POINTS _____

PARTNER STUNTS

- Incorporation of ParaCheer athletes used in all skills/group skills
- Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points
- Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points
- Execution of all athlete skill incorporation
- Creativity, Variety, Difficulty (level of skills within progression)

20 POINTS _____
 _____ 10 Points

_____ 5 Points
 _____ 5 Points

PYRAMIDS AND TRANSITIONAL STUNTS

- Incorporation of ParaCheer athletes used in all skills/group skills
- Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points
- Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points
- Execution of all athlete skill incorporation
- Creativity, Variety, Difficulty (level of skills within progressions)

20 POINTS _____
 _____ 10 Points

_____ 5 Points
 _____ 5 Points

TUMBLING / INDIVIDUAL SKILLS

- Execution of individual skills (tumbling, jumps- if applicable), Proper Technique, Synchronization, Difficult (level of skills within progressions)

5 POINTS _____

CHOREOGRAPHY

- Routine creativity and variety for crowd effectiveness
- Effective use of ParaCheer athlete skills throughout routine
- Synchronization, unison of athletes within performance

25 POINTS _____
 _____ 10 Points
 _____ 10 Points
 _____ 5 Points

FLOW OF ROUTINES / TRANSITIONS

- Execution of routine components: flow, pace, timing of skills, transitions

10 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, crowd effect

10 POINTS _____

TOTAL POINTS

(100) _____

COMMENTS:



PARACHEER DIVISION **-Club / Recreational-**



TEAM NAME _____ **JUDGE NO.** _____

CHEER CRITERIA

Crowd leading effort, Use of Signs, Poms, or Megaphones, practical use of skills and athletes skills to lead the crowd, execution (native language encouraged)

10 POINTS _____

PARTNER STUNTS

- Incorporation of ParaCheer athletes used in all skills/group skills
Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points
Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points
- Execution of all athlete skill incorporation
- Creativity, Variety, Difficulty (level of skills within progression)

20 POINTS _____
____ 10 Points

____ 5 Points
____ 5 Points

PYRAMIDS AND TRANSITIONAL STUNTS

- Incorporation of ParaCheer athletes used in all skills/group skills
Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points
Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points
- Execution of all athlete skill incorporation
- Creativity, Variety, Difficulty (level of skills within progressions)

20 POINTS _____
____ 10 Points

____ 5 Points
____ 5 Points

TUMBLING / INDIVIDUAL SKILLS

- Execution of individual skills (tumbling, jumps- if applicable), Proper Technique, Synchronization, Difficult (level of skills within progressions)

5 POINTS _____

CHOREOGRAPHY

- Routine creativity and variety for crowd effectiveness
- Effective use of ParaCheer athlete skills throughout routine
- Synchronization, unison of athletes within performance

25 POINTS _____
____ 10 Points
____ 10 Points
____ 5 Points

FLOW OF ROUTINES / TRANSITIONS

- Execution of routine components: flow, pace, timing of skills, transitions

10 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, crowd effect

10 POINTS _____

TOTAL POINTS

(100) _____

COMMENTS:



PARACHEER DIVISION

-Scholastic-



TEAM NAME _____ **JUDGE NO.** _____

CHEER CRITERIA

Crowd leading effort, Use of Signs, Poms, or Megaphones, practical use of skills and athletes skills to lead the crowd, execution (native language encouraged)

10 POINTS _____

PARTNER STUNTS

- Incorporation of ParaCheer athletes used in all skills/group skills
Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points
Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points
- Execution of all athlete skill incorporation
- Creativity, Variety, Difficulty (level of skills within progression)

20 POINTS _____
 _____ 10 Points
 _____ 5 Points
 _____ 5 Points

PYRAMIDS AND TRANSITIONAL STUNTS

- Incorporation of ParaCheer athletes used in all skills/group skills
Range: Special athletes incorporated in less than 50% of all skills/group skills up to 5 points
Range: Special athletes incorporated in more than 50% of all skills/group skills up to 10 points
- Execution of all athlete skill incorporation
- Creativity, Variety, Difficulty (level of skills within progressions)

20 POINTS _____
 _____ 10 Points
 _____ 5 Points
 _____ 5 Points

TUMBLING / INDIVIDUAL SKILLS

- Execution of individual skills (tumbling, jumps- if applicable), Proper Technique, Synchronization, Difficult (level of skills within progressions)

5 POINTS _____

CHOREOGRAPHY

- Routine creativity and variety for crowd effectiveness
- Effective use of ParaCheer athlete skills throughout routine
- Synchronization, unison of athletes within performance

25 POINTS _____
 _____ 10 Points
 _____ 10 Points
 _____ 5 Points

FLOW OF ROUTINES / TRANSITIONS

- Execution of routine components: flow, pace, timing of skills, transitions

10 POINTS _____

OVERALL PRESENTATION, CROWD APPEAL, DANCE

Overall presentation, showmanship, crowd effect

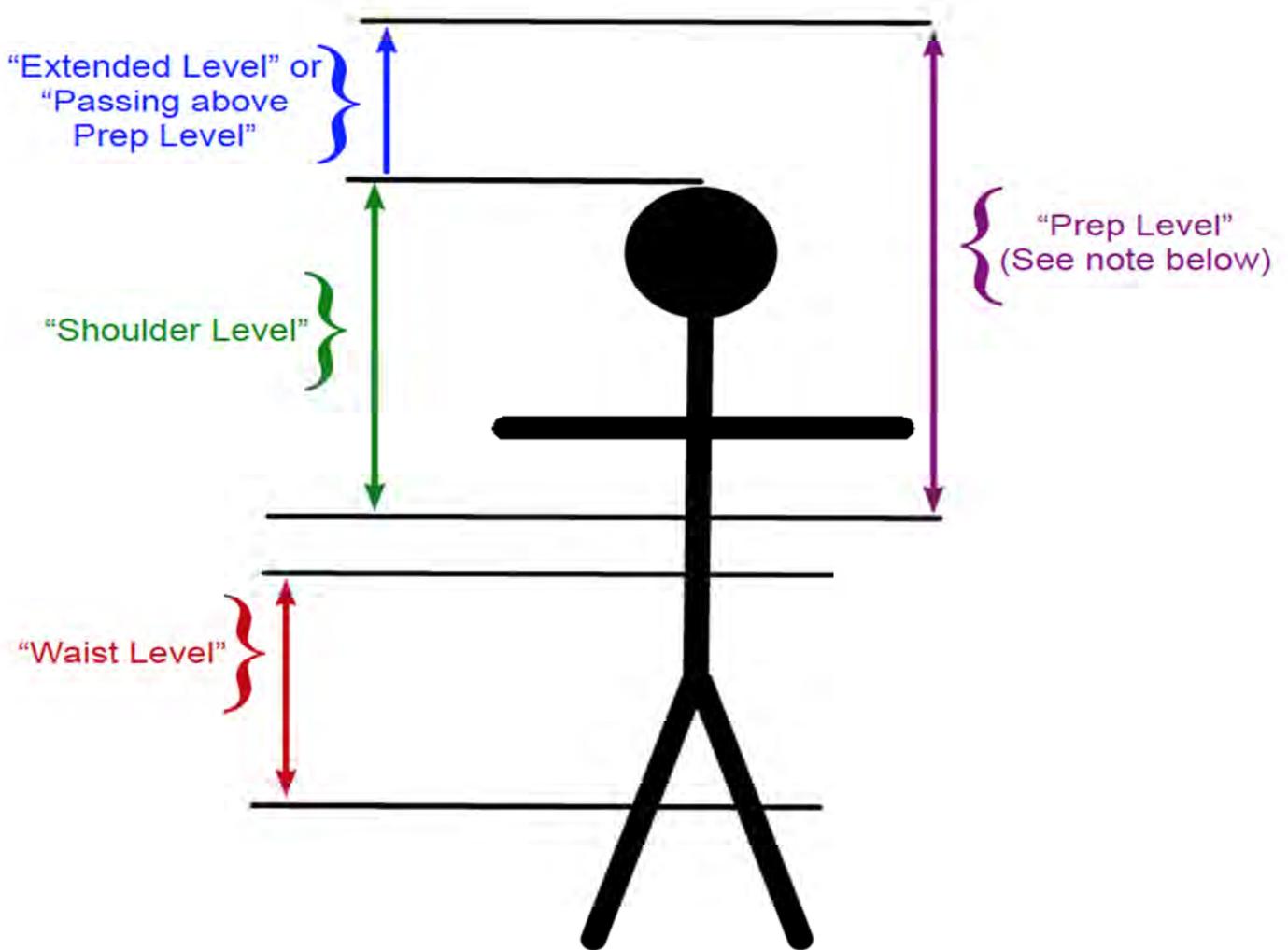
10 POINTS _____

TOTAL POINTS

(100) _____

COMMENTS:

DIAGRAM REFERENCE



NOTE: Holding a stunt above the head may also be considered Prep Level (not Shoulder Level) if the top person is being held in a non-upright vertical position such as an extended flat back or extended prone (face down) position or in a seated position such as an extended "V" sit .

RECOMMENDED AGE GRID

COMING SOON!

GLOSSARY OF TERMS

COMING SOON!