

3. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.
4. 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.
5. Standing Tumbling – skills are allowed up to 1 flipping and 1 twisting rotation.
6. Running Tumbling- skills are allowed up to 1 flipping and 1 twisting rotation.

F. UWCC ELITE DIVISION SPECIFIC SURFACE RESTRICTIONS

1. All Premier Division skills that are not allowed within the Elite Division are not allowed to be performed by Elite Division teams regardless of performance surface.
2. The following Elite Division skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Inversion releases from the ground or a skill (e.g., handspring loads, hand-to-hand releases).
 - c. Kick double baskets that twists are not allowed at a football game during regular play or timeouts. They may be performed during a pre-game or half-time situations, but only on grass (real or artificial) or matted surface with dimensions of at least 10 feet x 10 feet/3.048 meters x 3.048 meters.
3. At indoor court surface sporting events such as Basketball, Volleyball, etc., the following Elite Division skills are prohibited for all timeouts situations (regardless of the use of a matted surface or not) and for pre-game, half-time or post-game situations without a matted surface:
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Partner stunts in which the base uses only 1 arm to support the top person. Exception: Non-twisting cupies/awesomes are allowed.
 - c. Inversions. Exceptions: High School / Secondary School level inversions are allowed. (For university teams, braced flips can be braced by single based skills with a spotter.)
 - d. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ on the court require an additional spotter.
 - e. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, round-offs and aerial cartwheels are allowed.)
4. At basketball, volleyball, and other indoor games during pre-game, half-time, or post-game performances where sufficient matting is used, there are no additional restrictions to the standard rules. (Sufficient matting varies by skill. In general, there should be at least 2 to 3 feet / .6 meters to .9 meters of clearance between non-tumbling skills and the edge of the mat.)

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 UWCC, ICU or any other affiliated parties make no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For any clarification or interpretation of the above safety guidelines, please email rules.cheer@cheerunion.org

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE UWCC COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(School/Team Name)

(Division- All Girl, Small Coed, etc.)

(City/State-Province/Country)

(Advisor/Coach/Director's Signature)

(Date)

(Administrator's Signature)