

The Open Championship Series

Cheerleading Rules & Guidelines

2022 - 2023



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GENERAL RULES & ROUTINE REQUIREMENTS

1. All skills allowed in a level include all skills allowed in the previous level. If a skill is **prohibited** in a level is also **not allowed** in the previous level(s).
2. Athlete safety is of the utmost importance when performing any skills. Coaches should encourage expertise before skill progression.
3. Any equipment used to enhance the height of an athlete is **not allowed**.
4. Skills that require mandatory spotters must have spotters who are members of the team performing/competing.
5. The athletes that begin the routine must remain on the floor throughout the performance. Athletes are **not allowed** to be replaced by another athlete during the routine performance.
6. Athletes are **not allowed** to have any edible or non-edible item in their mouth during the routine performance.
7. Soft & solid-soled shoes are mandatory while performing/competing.
8. All forms of jewelry are **not allowed** while performing. All jewelry must be removed, cannot be taped over, or covered up.
EXCEPTION: Medical ID Tags/bracelets.
9. Props are not required to be in routine performances. Flags, banners/signs, poms, and megaphones are allowed. If teams would like to use a prop that is not the items listed previously, the prop must be approved by the event producer at each event. Props with poles are **not allowed** to be used while performing stunting or tumbling skills.
10. Routine time will begin with the first movement, beat of music, or voice. Time will end with the last movement, beat of music, or voice.
 - a. All Star Divisions (includes Elite/International/Performance Cheer): 2:30
 - b. All Star Prep: 2:00
 - c. All Star Novice: 1:30
 - d. Non-Tumbling: 2:00
 - e. Global Divisions: 3:30
 - i. Maximum 40 sec. for opening Cheer, Maximum 20 sec. transition to music section, 2:30 for music section.
11. All athletes must have at minimum one (1) foot, hand, or body part on the performance floor at the start of the routine.
EXCEPTION: If bases have hands resting on the performance floor prior to the beginning of the routine, flyers are allowed to have feet/foot in bases hand(s).

GENERAL RULES

All level rules must be used with Level Specific Rules and General Rules. General rules apply to levels 1-6.

All Level General Rules

A. All Level General Rules

1. Athletes are allowed to jump and/or rebound over another athlete.
2. Knee, Seat, Front, Back and Split drops from a skill are **not allowed** unless there is support on the hands or feet. Support on the hands or feet will help break the impact onto the performance floor. See All Level Tumbling Rules #5.

All Level Tumbling

A. All Level Tumbling - General Rules

1. All tumbling skills must start and end on the performance floor.
2. Athlete may rebound from tumbling skill into a stunt transition.
 - a. If athlete rebound includes an over the head rotation, the athlete must be caught in an upright position before continuing the transition or stunt.
3. Athletes are **not allowed** to tumble under or over another athlete, prop, or through a stunt.
4. Athletes are **not allowed** to hold or contact props while performing a tumbling skill.
5. All standing or running tumbling passes may only land on, or rebound off of, hands or feet.

All Level Stunts

A. All Level Stunts - General Rules

1. Extended stunts (single or assisted) are **not allowed** in Tiny, Mini and Youth divisions. Stunts may transition through an extended level without a clear and visible stop and must end at the prep level.

B. All Level Stunts - Release Move Rules

1. Release Skills:
 - a. Athlete must return to the bases that he/she started the stunt skill with.
 - b. Athletes cannot land on the performance floor without assistance from another athlete.
 - c. Athletes cannot intentionally travel while performing a stunt release move.
 - d. Athletes cannot land or end in an inverted position.
 - e. Athletes cannot travel under, over or through other stunts, pyramids, props, or other athletes.
 - f. Releases which result in the athlete in a non-upright position require:
 - i. Multi-based stunt: Three (3) catchers
 - ii. Single-based stunt: Two (2) catchers
 - g. Height of the release parameters:
 - i. Highest point of the release.
 - ii. Distance from the flyer's hips to the main/side base extended arms.
2. Unassisted or free flipping transitions and stunts are **not allowed**.
EXCEPTION: International Level 6.
3. Single-based split catches are **not allowed**.

C. All Level Stunt - Inversion Rules

1. Athletes that are in an inverted/backbend position on the performance floor cannot contact a flyer.

All Level Pyramid

A. All Level Pyramid - General Rules

1. Must follow Stunts & Dismount rules.
2. Two (2) high structures are allowed.
3. Flyers must receive main support from a base.
EXCEPTION: Release Moves.
4. Any pyramid release skill is allowed if it stays connected to a base and required support athlete.
5. Flyer's primary weight cannot be carried solely at second level. Pyramid transitions must be continuous.
6. Support Athlete/Connections are required to make contact prior to the start of the skill.

All Level Dismounts

A. Dismounts

1. To be considered a Dismount the skill must end in a cradle position or end on the performance floor via a release with an assisted support athlete.
2. Cradles from single-based stunts must have a spotter with a minimum of one (1) hand/arm supporting the shoulder to waist section of the flyer's body to protect the head and shoulders.
3. Multi-based stunts are required to have two (2) catchers and a spotter (see above duties for spotter).
4. Multi-based stunts in which the bases start under the flyer's feet and cradle at waist level must follow all toss rules.
5. All dismounts must begin and end with the original bases.
EXCEPTION: Assisted dismounts that end on the performance floor must be performed by the spotter or original base.
EXCEPTION: Pop-offs do not require assistance on dismount when below waist level.
EXCEPTION: Single-based stunts with more than one flyer.
6. Stunt, pyramid, athlete, or prop is not allowed to travel under or over a dismount. Dismount is **not allowed** from being thrown over, under or through pyramids, athletes, stunts, or props.
7. Intentional traveling on a dismount is **not allowed**.
8. Flyers cannot be in contact with another flyer when released for dismount.
EXCEPTION: Single-based stunts with more than one flyer.
9. Tension rolls/drops are **not allowed**.

All Level Tosses

A. All Level Tosses (Level 2-6 Youth-Senior)

1. Tosses are required to have:
 - a. Both feet of the flyer must be in/on the hands of bases with the toss begins.
 - b. Only one (1) flyer is allowed per toss group.
 - c. Flyers must be released (not in contact) completely from bases, support athlete(s) and other persons to be considered a toss.
 - d. All toss groups must have a minimum of three (3) bases and no more than four (4) bases.
 - e. All bases must have both feet on the performance floor.
 - f. Spotter/Base must be behind the flyer during the toss and can assist the flyer.
 - g. Spotter must be positioned at the flyers head for the cradle
 - h. Bases/Spotters must remain stationary during toss. Tosses cannot intentionally travel.
EXCEPTION: Bases may turn $\frac{1}{4}$ or $\frac{1}{2}$ for level-appropriate twisting skills.
 - i. Tosses may not flip, travel, or invert.
 - j. Other stunts, pyramids, athletes, or props cannot travel under or over a toss, and tosses cannot be thrown over, under or through any other stunts, athletes, pyramids, or props.

ATHLETE/PROGRAM APPROPRIATENESS

Judges reserve the right to assess warnings and/or deductions when a team or program overall presentation or behavior does not meet the standards of “appropriate” as described in this policy.

UNIFORM

No risqué, sexually provocative or lingerie looking inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn. In addition to the below specific guidelines, coaches must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete’s undergarments during the routine. When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2” inseam. Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Senior Elite/Open divisions (exposed midriff not allowed in Prep/Novice). Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed). Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm-up area, or on the performance stage. Please check with the Event Producer directly for further information.

CHOREOGRAPHY & MUSIC

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts, and positioning to one another. Music or words unsuitable for family listening, which include, but are not limited to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still be deemed ‘inappropriate.’ Music or movement in which the appropriateness is in question or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put the team in at risk for violating the appropriateness policy.

MAKEUP AND HAIR / BOWS

Makeup should be uniform and appropriate for both the performance and the age of the athletes utilizing neutral colors for eyes and skin. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry. Hair must be secured off of the face with a simple and unexaggerated style that is adaptable to all diversities. Bows should not be excessive in size and shouldn’t be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants’ eyes or block the view of the participant while performing.

PROGRAM APPROPRIATENESS

Anyone in attendance at an event must follow all event and facility rules, policies, practices, and procedures. Not following the rules or showing unsportsmanlike/inappropriate conduct of any kind will result in removal of the offender(s) from the event and/or warning(s) or deduction(s) for the associated program(s) or team(s).

LEVEL 1

These rules are level-specific and in addition to the General Rules.

Level 1 Tumbling

A. Standing / Running Tumbling

1. All tumbling skills are required to have constant contact with the performance floor
2. Skills Allowed: Forward/backward rolls, cartwheels/block cartwheels, round offs, backbends, front/back walkovers, and handstands.
3. Front and back handsprings, dive rolls, and skills performed immediately after and connected to a round off are **not allowed**. There must be a clear and visible stop between a round off or round off rebound and the next tumbling skill performed.

Level 1 Stunts

A. Stunts - Spotter

1. Spotter is mandatory for each flyer at prep level and above.
2. Spotter is mandatory for each flyer in a floor stunt. Spotters are allowed to grab the flyer's waist.
3. The center base can be considered a spotter in an extended v-sit if they are positioned to protect the flyers head and shoulders.
4. Skills that do not require a spotter: shoulder sits, T-Lifts, or stunts where flyer is only supported at the waist.

B. Stunts - General

1. One (1) base at minimum must maintain contact with the flyer.
2. Leap frogs and variations of this skill are **not allowed**.
3. Single-based stunts with more than one flyer are **not allowed**.
4. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete, or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
5. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.

C. Stunts - Level

1. Waist level single leg stunts
2. Prep level single leg stunts are allowed, but must include:
 - a. Flyer be connected to another athlete standing on the performance floor. This athlete cannot be the base(s) or spotter.
 - b. Connection must be made before the single leg prep stunt is initiated. Connection is hand/arm to hand/arm.
3. Walk up shoulder stands are allowed.
4. All stunts are **not allowed** to exceed prep level.
EXCEPTION: Two legged stunts may travel through extended level in a continuous transition without a clear and visible stop at the extended level.

D. Stunts - Twisting

1. Maximum to $\frac{1}{4}$ twist.
2. Rebounding to prone, $\frac{1}{2}$ twist to stomach is allowed.
3. $\frac{1}{2}$ wrap around stunt is allowed.

4. Maximum $\frac{1}{2}$ twist is allowed if the flyer starts and ends on the performance floor and is supported only at the waist.
- E. Stunts - Release moves are **not allowed** unless stated in level 1 dismounts.
- F. Stunts - Inversions of any kind are **not allowed**.

Level 1 Pyramids

A. Pyramids - General

1. Connection/brace is required and must remain connected throughout the transition. The connecting/bracing athlete must also stay the same throughout.
2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete, or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.

B. Pyramids - Levels

1. Two (2) Leg Extended stunts:
 - a. Support athlete connection is required to be a flyer at prep level or below with arm/hand connection.
 - b. Flyers at prep level (support athletes) are required to be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands at prep level.
 - c. Cannot be connected to other extended level stunts.
2. Prep level single leg stunts
 - a. Required to be supported by minimum one (1) athlete at prep level or below with hand/arm connection.
 - b. Prep level support athletes are required to be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.
3. Extended single leg stunts are **not allowed**.

C. Pyramids - Release Move

1. When a flyer is released by the bases, the flyer must land in a cradle or dismount to the performance floor following the dismount rules.

Level 1 Dismounts

A. General

1. Twisting is **not allowed** (including $\frac{1}{4}$ turns).
2. Dismounts are **not allowed** from any skills above prep level in pyramids.

B. Dismounts to Cradles

1. Straight cradles only.
2. Sponge, Load In, Squish and waist level cradles are **not allowed**.

C. Dismounts to Performance Floor

1. Straight pop downs only.

Level 1 Tosses

A. Toss - General

1. All tosses are **not allowed** (includes waist level cradles and sponge tosses).

LEVEL 2

These rules are level specific and in addition to the General Rules.

Level 2 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are **not allowed**.
 - 2. Twisting or turning after a back handspring step out is **not allowed**. Feet must come together after completion of the skill before twisting or turning. Example: Back handspring step out ½ turn = Illegal
 - 3. Flips and aerials are **not allowed**.
 - 4. Twisting while airborne is **not allowed**.
- B. Tumbling - Standing Tumbling
 - 1. Front/back single handsprings connected to Level 1 skills are allowed.
 - 2. Front/back handspring series are **not allowed**.
 - 3. Jump skills connected with a handspring are **not allowed**.
- C. Tumbling - Running Tumbling
 - 1. Front and Back handspring series are allowed.

Level 2 Stunts

- A. Stunts - Spotter
 - 1. Spotters are mandatory for all flyers:
 - a. Above prep level.
 - b. Floor Stunt: The spotter is allowed to hold the flyers waist
- B. Stunts - General
 - 1. One (1) base at minimum must remain in contact with the flyer during transitions.
 - 2. More than one (1) flyer on a single-based stunt is **not allowed**.
 - 3. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete, or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
 - 4. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
- C. Stunts - Level
 - 1. Single leg stunts above prep level are **not allowed**.
EXCEPTION: Single leg stunts may travel through an extended level in a continuous transition without a clear and visible stop at the extended level.
- D. Stunts - Twisting
 - 1. Maximum ½ twists are allowed.
EXCEPTION: One (1) full twisting log/barrel roll is allowed but must:
 - a. Start and end in cradle position.
 - b. Be assisted by a base.
 - c. Not be assisted by another flyer.
 - d. Not be performed in addition to any other skill.
- E. Stunts - Release Move
 - 1. Release moves are **not allowed** other than those listed in Level 2 Dismounts and Tosses.
EXCEPTION: One (1) full twisting log/barrel roll is allowed but must:

- a. Start and end in cradle position.
- b. Two (2) catchers required for single-based log rolls. Three (3) catchers required for multi-based log rolls.
- c. Start and finish with original bases.
- d. Not be assisted by another flyer.
- e. Not be performed in addition to any other skill.

F. Stunts - Inversions

1. Ground level inversion transitions to an upright position are the only inversions allowed.
2. Inverted athletes are required to maintain contact with the performance floor unless the flyer is being lifted into a non-inverted position.

Level 2 Pyramids

A. Pyramids - General

1. A support athlete/connection(s) is mandatory and must remain the same and stay connected through the entirety of the transition.
2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete, or prop. *This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.*
3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
4. Extended level stunts are **not allowed** to connect to other extended level stunts.

B. Pyramids - Level

1. Extended single leg stunts:
 - a. Must be supported by another flyer at the prep level or below with arm/hand connection.
 - b. Support athletes for prep level flyers must be in shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.

C. Pyramids - Release Moves

1. When a flyer is released by the bases, the flyer must land in a cradle or dismount to the performance floor following the level 2 dismount rules.
2. Release moves are **not allowed** to be supported by or connected to a flyer above the prep level.

Level 2 Dismounts

A. Dismounts to Cradle

1. Straight cradles and ¼ twist cradles are allowed.
2. Body positions (Pike, Toe touch, etc.) are **not allowed**.
3. Waist level cradles are **not allowed** in Mini Division.

B. Dismounts to Performance Floor

1. Straight pop downs only.

Level 2 Tosses

A. Tosses - General

1. Straight ride tosses only. Exaggerated arch is **not allowed**.
2. Arm positions such as a wave or a salute are allowed if the flyers body and legs are in the straight ride position.
3. Tosses are **not allowed** in the Mini Division (includes waist level cradles and sponge tosses).

LEVEL 3

These rules are level specific and in addition to the General Rules.

Level 3 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are **not allowed**.
- B. Tumbling - Standing Tumbling
 - 1. Front/back handspring series are allowed.
 - 2. Flips and Jump skills connected with a flip are **not allowed**.
 - 3. Twisting while airborne is **not allowed**.
- C. Tumbling - Running Tumbling
 - 1. Flips
 - a. Back flips can be performed if:
 - i. Tumbler is in tuck position and no additional skills are performed after the flip.
 - ii. Tumbler connects the back flip from a round off or round off back handspring(s).
 - 2. Aerials, $\frac{3}{4}$ front flips and running punch fronts/forward tucks (tumbling prior to punch front/forward tuck is **not allowed**) are allowed.
 - 3. Tumbling after a flip or aerial is **not allowed**.
 - 4. Twisting while airborne is **not allowed** with the **EXCEPTION** of an aerial.

Level 3 Stunts

- A. Stunts - Spotter
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single-base stunts with more than one (1) flyer require a spotter for each top person (One (1) spotter per one (1) flyer).
- B. Stunts - General
 - 1. One (1) base at minimum must remain in contact with the flyer during transitions.
EXCEPTION: See release moves.
 - 2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete, or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
 - 3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
- C. Stunts - Level
 - 1. Single leg extended stunts are allowed.
 - 2. Extended single leg stunts cannot be supported by other extended level stunts.
- D. Stunts - Twisting
 - 1. Maximum one (1) twist allowed.
 - 2. One (1) full twist transition must start and end from prep level or below.
 - 3. Exceeding a $\frac{1}{2}$ twist to and from an extended level position is **not allowed**.
- E. Stunts - Release Move
 - 1. Release moves are required to:
 - a. Begin at waist level or below.
 - b. End at prep level or below.

2. Release Moves are **not allowed** to:
 - a. Pass through or end in an inverted position.
 - b. Release from an inverted position to a non-inverted position.
 - c. Travel above the bases' extended arm levels.
If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.
 - d. Allow flyers to encounter other flyers in separate release skills/moves.
 3. Releases ending in a non-upright position are required to:
 - a. Have three (3) catchers for a multi-based stunt.
 - b. Have two (2) catchers for a single-based stunt.
 4. Skills performed during a release move are limited to:
 - a. One (1) skill / trick.
 - b. 0 Twists.
 5. Log/Barrel Rolls
 - a. Maximum one (1) twist.
 - b. Required to land in a cradle, or a flat back or prone position.
 - c. Required to have two (2) catchers for a single-based log roll. Multi-based log rolls must have three (3) catchers.
 6. Helicopters are **not allowed**.
- F. Stunts - Inversion
3. Inversion Levels
 - a. Inverted stunts above shoulder level are **not allowed** except for multi-base suspended rolls.
 - b. Multi-based suspended rolls are required to:
 - i. Roll to cradle, load in position, flat body prep level stunt, or the performance floor.
 - ii. Have both flyers' hands connected to separate hands of the base(s).
 4. Twisting inversions
 - a. Maximum one (1) twist to prep level and below.
 - b. Maximum ½ twist to extended level.
 - c. Multi-based forward rolls:
 - i. Maximum one (1) twist is allowed.
 - ii. Forward rolls that exceed ½ twist are required to land in cradle position.
 - d. Multi-based suspended backward rolls cannot twist.
 5. Downward inversions
 - a. Downward inversions are allowed to twist at waist level and are required to:
 - i. Have two (2) catchers in contact with shoulder to waist region of flyer.
 - ii. Remain in contact with the original base.
 - iii. Not travel through prep level and then become inverted below prep level.
 - b. Two leg pancake stunts are **not allowed**.

Level 3 Pyramids

A. Pyramids - General

1. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete, or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
2. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.

3. Extended single leg stunts cannot be supported/connected by other extended level stunts.

B. Pyramids - Twisting

1. One (1) twist is allowed up to extended level and is required to:
 - a. Be connected to a support athlete at prep level or below and a base.
 - b. Have arm/hand connection to the same support athlete throughout the twist and must remain connected throughout the transition.

C. Pyramids - Inversions

1. Must follow Stunt Inversion Rules.
2. Flyer is allowed to travel through an inverted position if:
 - a. Flyer maintains contact with a base that is stationary on the performance floor and a support athlete in prep level throughout the transition.
 - b. If the skill starts and ends at prep level or below, the base that maintains contact with the flyer is allowed to extend their arms during the transition

D. Pyramids - Release Moves

When a flyer is released by the bases during a transition (pyramid section) and does not follow the rules stated below, the flyer is required to land in a cradle or dismount to the performance floor and follow the dismount rules.

1. During transition (pyramid section), the flyer is allowed to pass above two (2) high and perform:
 - a. Level 3 Stunt release skills or dismounts if:
 - i. Connected to one (1) support athlete at prep level or below.
 - b. Maximum one (1) twist if:
 - i. Connected to two (2) support athletes at prep level or below with arm/arm connection.
 - c. Non-Twisting/Non-Inverted Release moves if:
 - i. Connected to two (2) different support athletes at prep level or below.
 - ii. Connected to one (1) support athlete by arm/hand to arm/hand.
 - iii. Connected to a second support athlete by arm/hand to arm/hand or arm/hand to foot/below the knee.
 - iv. Supported on two (2) separate sides by two (2) different support athletes.
 - v. Supported on two (2) of the four (4) sides of flyer (front, back, right, left).
2. Contact must remain with the same support athlete(s) until contact is made with base(s) on the performance floor.
3. Release transitions are **not allowed** to change bases.
4. Release transitions are required to be caught by two (2) catchers:
 - a. Must be stationary.
 - b. Requires constant visual contact with flyer throughout the entire transition.
5. Release moves are **not allowed** to be supported/connected to flyer above prep level.
6. Pyramid transitions that include inversions when released from bases are **not allowed**.

Level 3 Dismounts

A. Dismounts - General

1. Maximum one (1) skill is allowed from any two leg stunt dismount.
2. Maximum 1-¼ twist is allowed from any two leg stunt dismount.
3. Prep level and above dismounts that contain a skill (twist/toe touch) must be caught in a cradle.
4. Inverted position dismounts are **not allowed**.

B. Dismounts to Cradle

1. Maximum $1\frac{1}{4}$ twists are allowed from all two leg stunts (does not include platform position).
2. Straight and $\frac{1}{4}$ twist cradles are allowed from single leg stunts.
3. When performing a cradle from a single based stunt with more than one (1) flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers and bases must be stationary prior to the start of the dismount.

C. Dismounts to Performance Floor

1. Straight pop downs from any single leg stunts are allowed.
2. Straight pop downs from any prep level or higher two leg stunts are allowed.
3. Maximum one (1) skill is allowed in a dismount from waist level two leg stunts.

Level 3 Tosses

D. Tosses

1. Maximum one (1) skill is allowed and cannot exceed $1\frac{1}{4}$ twist.
EXCEPTION: Ball-X toss is allowed.
2. If toss contains a twist, no other skills may be performed with the twist.



LEVEL 4

These rules are level specific and in addition to the General Rules.

Level 4 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are allowed. Swam/arched or twisting dive rolls are **not allowed**.
- B. Tumbling - Standing
 - 1. Maximum one (1) flip is allowed and is required to:
 - a. Have zero (0) twists.
 - b. Be executed in a tuck position.
EXCEPTION: Aerial cartwheels and onodis are allowed.
 - c. Standing flips and back handspring – flips are allowed.
 - d. Flips connected to a jump are **not allowed**.
 - 2. Tumbling after flipping, aerial cartwheels or onodis is **not allowed**.
- C. Tumbling - Running
 - 1. Maximum one (1) flip and zero (0) twists allowed.
EXCEPTION: Aerial cartwheels and onodis are allowed.

Level 4 Stunts

- A. Stunts - Spotters
 - 1. Spotter is mandatory for each flyer above prep level.
 - 2. Single-based stunts with more than one flyer require a spotter for each flyer (one (1) spotter per one (1) flyer).
- B. Stunts - General
 - 1. Minimum one (1) base must remain in contact with the flyer during transitions.
EXCEPTION: See release moves.
 - 2. A stunt or pyramid cannot travel over or under another stunt, pyramid, or prop.
 - 3. An athlete is allowed to move under a stunt, and a stunt is allowed to move over an athlete.
- C. Stunts - Level
 - 1. Single leg extended stunts are allowed.
 - 2. Extended single leg flyers are **not allowed** to connect to any other extended single leg flyers.
- D. Stunts - Twisting
 - 1. Maximum 1 ½ twists allowed.
 - 2. Twisting into an extended position is allowed but:
 - a. Maximum ½ twist is allowed
 - b. If the twist is more than ½ and up to one (1) twist, the flyer must land in a two leg stunt, platform position or liberty. No body positions can be hit directly after the twist. A clear and visible stop is required at extended platform position or liberty before performing a body position.
- E. Stunts - Release Moves
 - 1. Release moves are **not allowed** to:
 - a. Traveling through or ending in an inverted position.
 - b. Traveling above the extended arm level of the bases.
If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.

- c. Allowing flyers to encounter other flyers in separate release skills/moves.
 2. Release moves that end in the extended position are required to:
 - a. Start at waist level or below.
 - b. Have zero (0) twists and zero (0) flips.
 3. Release moves from an extended position are not allowed to twist.
 4. Release moves that end in non-upright positions require:
 - a. Three (3) catchers for a multi-based stunt.
 - b. Two (2) catchers for a single-based stunt.
 5. Release moves from inverted to non-inverted positions require:
 - a. The inversion to be at the bottom of the dip.
 - b. No twisting. Twisting is **not allowed**.
 - c. A flyer landing at prep level or higher to have a spotter.
 6. Helicopters are allowed with:
 - a. Maximum 180 degree rotation.
 - b. Zero (0) Twists.
 - c. Caught by three (3) catchers, with one of the catchers positioned at the flyer's head and shoulder area.
- F. Stunts - Inversions
 1. Levels
 - a. Extended inverted stunts are allowed.
 2. Downward inversions
 - a. Three (3) catchers are required.
EXCEPTION: Downward inversions that do not travel above waist level do not require three (3) catchers.
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer.
 - c. Flyers must maintain contact with an original base.
EXCEPTION: Downward inversions that rotate to the side are allowed to lose contact with the flyer when it becomes necessary.
 - d. **Not allowed** to encounter other downward inversions.
 - e. Downward inversions from prep level and below are allowed but:
 - i. Cannot travel above prep level and then invert below prep level.
 - f. Two leg pancake stunts:
 - i. Required to start at shoulder level or below.
 - ii. Allowed to immediately travel through extended level position.
 - iii. **Not allowed** to stop or end in an inverted position.
 - g. Extended inverted stunts (ex: handstand) can be lowered to shoulder level and must begin from an extended inverted stunt (does not include traveling through extended level). Lowering from the extended inverted position must be controlled.

Level 4 Pyramids

A. Pyramids - General

1. A stunt or pyramid cannot travel over or under another stunt, pyramid, or prop.
2. Flyers are **not allowed** to be inverted over or under the head/torso of another flyer in any situation.
3. An athlete is allowed to move under a stunt and a stunt is allowed to move over an athlete.
4. Extended level single leg stunts are **not allowed** to be supported by any other extended level single leg stunts.

B. Pyramids - Twisting

1. Twisting into and out of an extended level is allowed up to 1 ½ twists.
 - a. Athlete support connection required for prep level or below
 - b. Athlete support connection must stay in contact throughout the entire transition

C. Pyramids - Inversions

1. Must follow Level 4 Stunt Inversion rules.

D. Pyramids - Release moves

1. During transition (pyramid section), the flyer is allowed to travel above two (2) high and perform:
 - a. Maximum 1 ½ twists.
 - b. Non-Inverted release skills.
 - c. Non-inverted release skills are allowed to change bases if:
 - i. Catchers cannot be not involved in any other skill, stunt, choreography at the start of the transition.
2. Connection to one (1) athlete support is required at prep level or below.
3. Connection must remain with the same athlete support until the flyer is in contact with a base on the performance floor.
4. Flyer is allowed to travel over another flyer while connected to that flyer at prep level or below.
5. Minimum of two (2) catchers are required (one (1) spotter, one (1) catcher minimum).
 - a. Catchers must be stationary.
 - b. Catchers must remain in visual contact with the flyer throughout the entire transition.
6. Release moves cannot be connected/supported to flyers above prep level.

E. Pyramids - Release Moves with Athlete Supported Inversions (included supported flips):

1. The flyer must have constant contact with two (2) athlete supports at prep level or below.
2. The flyer must have constant contact with the same athlete supports until contact is made with a base on the performance floor.
3. The flyer must be supported on two (2) separate sides (right side-left side, left side - front side, etc.) by two (2) different athlete supports.
4. The flyer must be supported on two (2) of the four (4) sides of flyer (front, back, right, left).
5. Maximum 1-¼ flip rotation and zero (0) twists.
6. The flyer may not change bases.
7. The release move must be a continuous movement.
8. Three (3) catchers are required.

EXCEPTION: Athlete supported flips that land in an upright position at prep level or above must have at minimum one (1) catcher and two (2) spotters.

- a. All catchers/spotters are required to be stationary.
 - b. All catchers/spotters are required to be in constant visual contact with flyer throughout the transition.
 - c. When the transition begins catchers may not be involved in any other skill, stunt, or choreography.
9. The flyer may not travel downward while inverted.

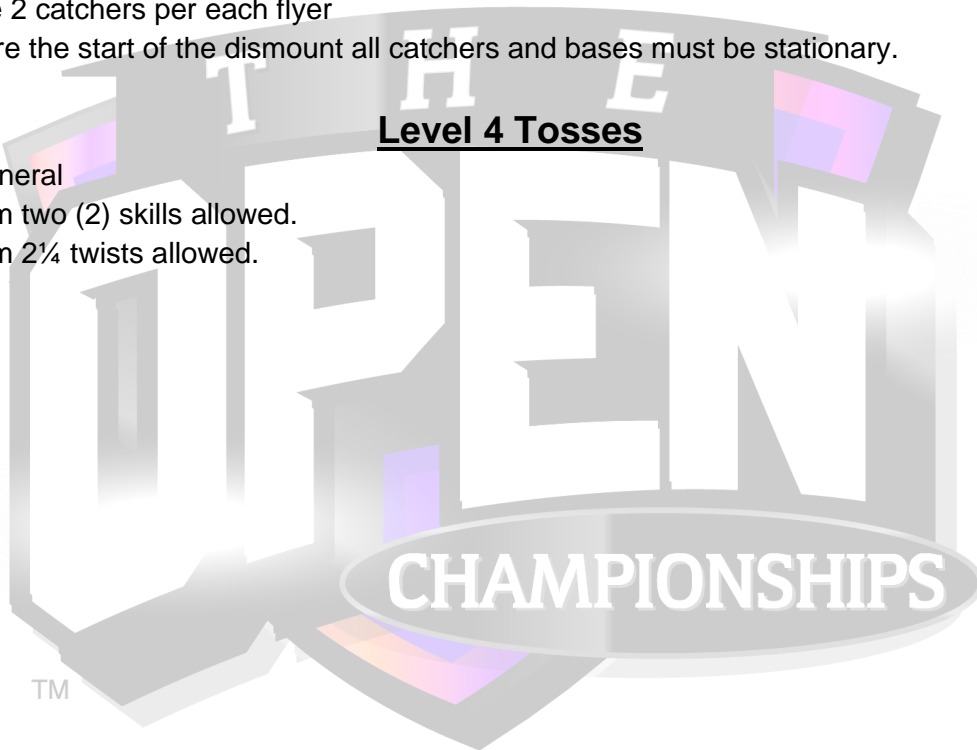
10. Release moves may not come in contact with other release moves.
11. Flyers performing release moves may not be supported/connected to flyers above prep level.

Level 4 Dismounts

- A. Dismounts - General
 1. Maximum 2 skills/tricks allowed during dismount.
 2. Maximum $2\frac{1}{4}$ twists allowed from any two leg stunt.
 3. Maximum $1\frac{1}{4}$ twists allowed from a platform position.
 4. Maximum $1\frac{1}{4}$ twists allowed from any single leg stunt.
 5. Dismounts from inverted positions are **not allowed** to twist.
- B. Dismounts to Cradles
 1. A twist is the only skill allowed in the dismount if the twist exceeds $1\frac{1}{4}$ up to $2\frac{1}{4}$ twists.
 2. Cradling single-based stunts with more than one flyer must:
 - a. Have 2 catchers per each flyer
 - b. Before the start of the dismount all catchers and bases must be stationary.

Level 4 Tosses

- A. Tosses - General
 1. Maximum two (2) skills allowed.
 2. Maximum $2\frac{1}{4}$ twists allowed.



LEVEL 5

These rules are level specific and in addition to the General Rules.

Level 5 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are allowed. Swam/arched or twisting dive rolls are **not allowed**.
- B. Tumbling - Standing Tumbling
 - 1. Maximum one (1) flip and zero (0) twists are allowed.
- C. Tumbling - Running Tumbling
 - 1. Tumbling skills allowed:
 - a. Maximum one (1) flip and one (1) twist.
 - b. Tumbling after a twisting skill is **not allowed**.
 - c. Twists must be immediately connected to a round off, back handspring(s) or front handspring(s).
EXCEPTION: Synchronous front-flipping and twisting allowed from a running entry
 - d. Full twisting skills require:
 - i. Both feet must land on the performance floor (no landing in prone, seated, etc.).
 - ii. No other skills to be performed at the same time.

Level 5 Stunts

- A. Stunts - Spotters
 - 1. A spotter is mandatory for each flyer above prep level.
 - 2. Single-based stunts with more than one flyer require a spotter for each flyer (one (1) spotter per one (1) flyer).
- B. Stunts - Levels
 - 1. Single leg extended level stunts are allowed.
- C. Stunts - Twisting
 - 1. Maximum $2\frac{1}{4}$ twists allowed.
 - 2. Maximum $1\frac{1}{2}$ twists allowed if landing in an extended level two leg stunt.
 - 3. Maximum of 1 twist allowed if landing in an extended single leg stunt.
- D. Stunts - Release Moves
 - 1. Release moves are **not allowed** if:
 - a. The flyer travels through or ends in an inverted position.
 - b. Release extends beyond 18 inches above the extended arm level of the bases.
If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.
 - c. It is in contact with other flyers in separate release skills/moves.
 - 2. Release moves that end in a non-upright position are required to:
 - a. Have three (3) catchers for a multi-based stunt.
 - b. Have two (2) catchers for a single-based stunt.
 - 3. Release moves from inverted to non-inverted positions:
 - a. Flyers are required to be inverted at the bottom of the dip.
 - b. Flyers are **not allowed** to twist.
 - c. If ending at prep level or higher a spotter is required.
 - 4. Helicopters are allowed with:

- a. Maximum 180 degree rotation.
 - b. Three (3) catchers. One of the catchers must be in position at the flyer's head and shoulder area.
- E. Stunts - Inversions
1. Levels
 - a. Extended level inverted stunts are allowed.
 2. Downward inversions require:
 - a. Three (3) catchers.

EXCEPTION: Downward inversions that do not start or travel above waist level do not require three (3) catchers.
 - b. Two (2) of the catchers to be in contact with the waist to shoulder region of the flyer.
 - c. The connection to be made at the shoulder level and/or above of the bases.
 - d. The flyer to remain in contact with an original base.

EXCEPTION: Downward inversions that rotate to the side are allowed to lose contact with the flyer when it becomes necessary.
 - e. Flyers to not be in contact with other downward inversions.
 - f. Downward inversions are allowed from above prep level if:
 - i. They do not stop in an inverted position.

EXCEPTION: An extended inverted stunt that is lowered controllably to prep level, traveling above prep level or from non-inverted extended to prep level inverted stunt must have at minimum one (1) base and one (1) spotter.
 - ii. They do not end/land on or touch the ground while inverted.

Level 5 Pyramids

- A. Pyramids - Twisting
1. Twisting into extended level is allowed up to 2¼ twists.
 - a. Must be connected to support athlete at prep level or below.
 - b. Connection to the support athlete must stay constant throughout the entire transition.
- B. Pyramids - Inversions
1. Must follow level 5 stunt inversion rules.
- C. Pyramids - Release Moves
1. During transition, the flyer may travel above two (2) high and perform:
 - a. Maximum 2 ¼ twists.
 - b. Non-Inverted release skills.
 - c. Non-inverted release skills allowed to change bases if:
 - i. Catchers are not involved in any other skill, stunt, or choreography when the release begins.
 2. Flyers must be connected to one (1) support athlete at prep level or below.
 3. Flyers must maintain the connection with the same support athlete until contact is made with a base on the performance floor.
 4. Required to be caught by at least two (2) catchers at minimum (one (1) catcher and one (1) spotter).
 - a. Both catchers must be stationary.
 - b. All required catchers/spotters must be in constant visual contact with flyer throughout the entire transition.
 5. Release moves are **not allowed** to be connected/supported to the flyer above prep level.
- D. Release Moves with Athlete Supported Inversions (included supported flips) are allowed:
1. The flyer must remain in constant contact with one (1) athlete support at prep level or below.

2. The flyer must remain in constant contact with the same athlete support until contact is made with a base on the performance floor.
3. Maximum 1¼ flip and zero (0) twists.
4. The flyer is allowed to change bases.
5. The flyer must be in continuous movement.
6. Three (3) catchers are required.

EXCEPTION: Flips that land in an upright position at prep level or above with an athlete support must have one (1) catcher or two (2) spotters at minimum.

 - a. All required catchers/spotters must be stationary.
 - b. Constant visual contact with the flyer must be maintained by the catchers/spotters throughout the transition.
 - c. When the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
7. The Flyer may not travel downward while inverted.
8. The inversion may not come in contact with other stunt/pyramid release moves.
9. The inversion may not be supported/connected to flyers above prep level

Level 5 Dismounts

- A. Dismounts - General
 1. Maximum 2 ¼ twists allowed.
 2. Maximum three (3) tricks/skills allowed.
 3. The twist is the only skill that is allowed if dismount exceeds 1½ twists (Kick doubles are **not allowed**).
 4. Dismounts from an inverted position are **not allowed** to twist.
- B. Dismounts to Cradles
 1. When cradling single-based stunts with more than one flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers/bases must be stationary prior to the start of the dismount.

Level 5 Tosses

- A. Tosses - General
 1. Maximum three (3) tricks/skills allowed.
 2. Maximum 2½ twists allowed.
 3. The twist is the only skill allowed if toss exceeds 1½ twists (Kick doubles are **not allowed**).

LEVEL 6

These rules are level specific and in addition to the General Rules.

Level 6 Tumbling

A. Tumbling - General

1. Dive rolls are allowed. Twisting dive rolls are **prohibited**.
2. Double twisting skills/tricks are **not allowed** to have:
 - a. Flipping and twisting immediately into the double.
 - b. Twisting out of the double.

B. Tumbling - Standing Tumbling

1. Maximum one (1) flip and two (2) twists allowed.
2. Skills/tricks with more than one (1) twist are required to:
 - a. Must have a minimum of two (2) backward traveling, non-twisting skills prior to the double (excludes back extension rolls, and one skill is required to be a back handspring).

EXCEPTION: These requirements are only required once during the tumbling pass. If it is met prior to a single full or additional double, they are not expected to be performed again.

C. Tumbling - Running Tumbling

1. Maximum one (1) flip and two (2) twists allowed.

Level 6 Stunts

A. Stunts - Spotters

1. A spotter is mandatory for each flyer above prep level.
2. Single-based stunts with more than one (1) flyer require a spotter for each flyer (one (1) spotter per one (1) flyer).

B. Stunts - Levels

1. Single leg extended level stunts are allowed.

C. Stunts - Twisting

1. Maximum 2¼ twists allowed.

D. Stunts - Release moves

1. Release moves are **not allowed** if:
 - a. They travel through or end inverted.
EXCEPTION: international level 6 teams - see level 6 stunt release moves.
 - b. The release extends beyond 18 inches above the extended arm level of the bases.
If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.
 - c. Flyers in separate release moves come into contact.
2. Release moves that end in a non-upright position are required to:
 - a. Have three (3) catchers for a multi-based stunt.
 - b. Have two (2) catchers for a single-based stunt.
3. Release moves from inverted to non-inverted are required to:
 - a. Be inverted at the bottom of the dip.
 - b. Have a spot if landing at prep level or higher.
 - c. Maximum ½ twist allowed.

4. Helicopters are allowed with:
 - a. Maximum 180 degree rotation.
 - b. Caught by three (3) catchers, one of the catchers must be in position at the flyers head and shoulder area.
 5. International Divisions Only - Rewinds are allowed with:
 - a. One (1) flip and zero (0) twists allowed.
 - b. Tumbling prior to the rewind is **not allowed**.
 - c. Toe pitch, leg pitch, or similar type tosses are **not allowed** when starting the rewind.
 - d. Mandatory one (1) catcher and one (1) spotter for single-based rewinds.
 - e. Mandatory two (2) catchers and one (1) spotter for multi-based rewinds.
- E. Stunts - Inversions
1. Levels
 - a. Extended level inverted stunts are allowed.
 2. Downward inversions
 - a. Three (3) catchers are required.
EXCEPTION: downward inversions that do not start or travel above waist level do not require three (3) catchers.
 - b. Two (2) of the catchers must be in contact with the waist to shoulder region of the flyer.
 - c. Contact must begin at the bases' shoulder level or above.
 - d. Flyers must remain in contact with an original base.
EXCEPTION: Downward inversions that rotate to the side are allowed to lose contact with the flyer when it becomes necessary.
 - e. Cannot come in contact with other downward inversions
 - f. Downward inversions are allowed from above prep level:
 - i. **Not allowed** to stop in an inverted position.
EXCEPTION: Extended inverted stunts can be lowered to prep level, traveling above prep level to prep level or from non-inverted extended level to inverted prep level must have a mandatory one (1) base and one (1) spotter at minimum. The lowering of the inverted extended stunt must be controlled.
 - ii. Cannot end/land on or touch the ground while inverted.

Level 6 Pyramids

- A. Pyramids - Twisting
 1. Maximum 2¼ twists allowed.
- B. Pyramids - Inversions
 1. Must follow level 6 stunt inversion rules.
- C. Pyramids - Release moves
 1. During transition (pyramid section), the flyer may pass above two (2) high and perform:
 - a. Maximum 2 ¼ twists.
 - b. Non-Inverted release skills.
 - c. Non-inverted release skills can change bases if:
 - i. When the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
 2. Flyers must be connected to one (1) support athlete at prep level or below.

3. Connection must remain with the same support athlete until contact is made with a base on the performance floor.
 4. Must be caught by at least two (2) catchers at minimum (one catcher, one spotter)
 - a. Both catchers must be stationary
 - b. Catchers/spotter must remain in constant visual contact with flyer throughout the transition.
 5. Release moves are **not allowed** to be connected/supported to the flyer above prep level.
- D. Pyramids - Release moves with Athlete Supported inversions (included supported flips) are allowed if:
1. The flyer remains in constant contact with one (1) athlete supports at prep level or below.
 2. The flyer remains in constant contact with the same athlete supports until contact is made with a base on the performance floor.
 3. Maximum $1\frac{1}{4}$ flip and $\frac{1}{2}$ twists.
 4. Maximum $\frac{3}{4}$ flip and one (1) twist.
 5. Changing of bases is allowed.
 6. The flyer maintains continuous movement.
 7. There are three (3) catchers (required).
EXCEPTION: Athlete supported flips that land in an upright position at prep level or above must have minimum of one (1) catcher and two (2) spotters.
 - a. Catchers/spotter must be stationary.
 - b. Catchers/spotter must be in constant visual contact with flyer throughout the transition.
 - c. When the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
 8. It is not traveling downward while inverted.
 9. Is not in contact with other stunt/pyramid release moves.
 10. It is not supported/connected to flyers above prep level.

Level 6 Dismounts

- A. Dismounts - General
1. Maximum $2\frac{1}{4}$ twists are allowed.
 2. Maximum $\frac{1}{2}$ twist dismount from an inverted position.
- B. Dismounts to cradles
1. When cradling single based stunts with more than one (1) flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers/bases must be stationary before the dismount begins.

Level 6 Tosses

- A. Tosses - General
1. Maximum $2\frac{1}{2}$ twists are allowed.

LEVEL 7

These rules are level specific and in addition to the General Rules.

Level 7 General

A. General

1. Athletes are allowed to jump and/or rebound over another athlete.
2. Knee, Seat, Front, Back and Split drops from a skill are **not allowed** unless there is support on the hands or feet. Support on the hands or feet will help break the impact onto the performance floor.

Level 7 Tumbling

A. Tumbling - General

1. Dive rolls are allowed. Twisting dive rolls are **not allowed**.
2. Maximum one (1) flip and two (2) twists are allowed.
3. Twisting immediately out of a double twist is **not allowed**.
4. Tumbling is allowed to rebound from his/her feet into a stunt transition.
 - a. If the tumbler's rebound includes a hip-over-head rotation, the tumbler must be caught/stopped in a non-inverted position prior to the completion of the hip-over-head stunt/transition.
EXCEPTION: Cartwheel, round off and standing one (1) back handspring rewinds are allowed.
 - b. Tumbling skills before the cartwheel, round off or standing back handspring are **not allowed**.
5. Tumbling over/under or through a stunt, athlete or prop is **not allowed**. *This includes any body part.*
6. Tumbling while holding or in contact with a prop is **not allowed**.

B. Tumbling - Standing tumbling

1. Minimum of one (1) backward non-twisting skill is required prior to executing any skill with more than one (1) twist.

Level 7 Stunts

A. Stunts - Spotters

A Spotter is mandatory for:

1. One-arm stunts above prep level (excludes Cupies and liberties).
2. Load ins or transitions that include:
 - a. More than one (1) twist release moves.
 - b. Inverted position release moves that end at prep level or above.
 - c. Free flipping.
3. An inverted flyer above prep level.
4. A flyer released from above ground level to a one-arm stunt.
5. Single-based stunts with more than one flyer require a spotter for each flyer (one (1) spotter per one (1) flyer).
6. Coed style tosses to new base - the original base is allowed to become the spotter.

B. Stunts - Levels

1. Single leg extended level stunts are allowed.

C. Stunts - Twisting

1. Maximum 2¼ twists are allowed.

D. Stunts - Release moves

1. Release moves require:

a. Flyers to return to original bases.

EXCEPTION: Coed style tosses to a new base are allowed if:

- i. Single-base tosses the stunt.
- ii. Minimum one (1) base and one (1) spotter catches.
- iii. The catchers are not involved in any other skill, stunt, or choreography when it begins.
- iv. The ending/catching spotter is allowed to be the original tossing base.

EXCEPTION: Single-base toss stunts that have more than one (1) flyer are allowed to change bases. The original base is allowed to become the spotter.

2. Release moves are **not allowed** to:

a. Land inverted.

EXCEPTION: Zero (0) twist or flip handstands released from ground level to hand-to-hand stunt

EXCEPTION: Zero (0) twist or flip released from prep level and below to prep level inverted position.

b. Release beyond 18 inches above the extended arm level of the bases.

If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.

c. Be in contact with other flyers in separate release skills/moves.

EXCEPTION: single-based stunts with more than one (1) flyer.

d. Intentionally move/travel (excludes coed style tosses to new set of bases)

e. Travel over, under or through other stunts, pyramids, athletes, or props.

f. End on the performance floor with no assistance from above waist level.

3. Helicopters are allowed with:

a. Maximum 180 degree rotation

b. Two (2) catchers are required. One (1) catcher must be positioned at the flyer's head/shoulder area.

4. Rewinds/free flip and supported and transitions with flips are allowed.

5. Rewinds/free flip that begins at ground level:

a. Maximum 1¼ flipping and 1¼ twist allowed.

b. Cartwheel rewind, round off rewind, and standing back handspring rewinds are allowed.

- i. Tumbling before to the roundoff, cartwheel or standing back handspring is **not allowed**.

c. Pitch (i.e., toe, leg, or similar) type tosses are allowed in starting free flipping skills.

d. One (1) catcher and one (1) spotter are mandatory.

6. Free flipping transitions that begin from a stunt:

a. Maximum 1¼ flip and ½ twist allowed.

b. Must begin at prep level

c. Must end/land in a cradle, horizontal position or to a standing position on the performance floor (must follow dismount rules when landing on performance floor).

d. Two (2) catchers are mandatory one (1) flip rotation or less.

e. Three (3) catchers ARE mandatory for 1¼ flip rotation.

f. Single based split catches are **not allowed**.

E. Stunts - Inversions

1. Inversion Levels

a. Extended level inverted stunts allowed.

2. Downward Inversions
 - a. Must remain in contact with an original base
 - b. Two (2) catchers are required.

EXCEPTION: A lowering of an extended inverted stunt to prep level, traveling above prep level to prep level or from extended level non-inverted to inverted stunt at prep level is allowed with one (1) base with a spotter.
3. Athletes on the performance floor in a backbend or inverted position are **not allowed** to be in contact with any flyer.

LEVEL 7 PYRAMIDS

- A. Pyramids - General
 1. Must follow Stunts A: Spotter Rules

EXCEPTION: One (1) spotter for each flyer is mandatory for one arm extended level paper dolls.
 2. 2½ high is allowed.

EXCEPTION: Tower pyramids are allowed.
- B. Pyramids 2½ high
 1. Spotters
 - a. Spotter in front and back is mandatory for each athlete on the top level.
 - b. Required to be in position and remain in visual contact the entire time the flyer(s) is at the 2½ high level(s).
 - c. Are **not allowed** to be the main support of the pyramid.
 - d. Allowed to stand to the side of pyramid but must stay in a position to spot the flyer
 - e. Tower pyramids
 - i. A spotter who is not in contact with the pyramid is required to be in place behind the top person. A person assisting/touching the middle layer, cannot be this spotter.
 - f. 2½ high pyramids with horizontal top persons (Prone, flat back, and Swedish variations)
 - i. Spotter is mandatory to be on two (2) of the four (4) sides (left, right, back, front) of the pyramid
- C. Pyramids - Inversions
 1. 2½ high is allowed
 2. Downward inversions from above prep level
 - a. Required to be assisted by two (2) bases
 - b. Flyer must remain in contact with a base or another flyer
- D. Pyramids - Free Flying mounts/transitions
 1. Cannot exceed the height of the intended skill.
 2. Traveling over, under or through other stunts, pyramids, athletes, or props is **not allowed**.
 3. Cannot land inverted.
 4. If begins from ground level:
 - a. Maximum one (1) flip and one (1) twist are allowed.
 - b. Zero (0) flips and 2¼ twists allowed.
 5. If begins from above ground level
 - a. Maximum 1¼ flip and zero (0) twist allowed
 - b. Maximum zero (0) flips and two (2) twists are allowed.
- E. Pyramids - Release moves are:
 1. Allowed to travel above 2½ high.

2. **Not allowed** to travel over, under or through a prop.
 3. **Not allowed** from landing inverted.
 4. If second level base releases flyer and the flyer is caught by a second level base (ex: tower pyramid tic-tocks), the base that throws must also be the catcher.
 5. Maximum zero (0) flips and one (1) twist allowed from 2½ high.
- F. Pyramids - Release Moves with Support Athlete (including supported flips)
1. Maximum 1½ flip and one (1) twist allowed.
 2. Flyer must remain in contact with one (1) flyer at prep level or below
 3. Must be caught by two (2) catchers.
EXCEPTION: Supported inversions to 2 ½ high pyramids are allowed to be caught by one (1) person.
EXCEPTION: Supported inversions that land upright at prep level or above require one (1) base and one (1) spotter.
 4. The mandatory base/spotter must:
 - a. Be stationary.
 - b. Remain in visual contact with the flyer throughout the transition.
 - c. Not be involved in any other skill, stunt, or choreography.

LEVEL 7 DISMOUNTS

Movements are only considered “dismounts” if released to a cradle or released and assisted to the performance floor.

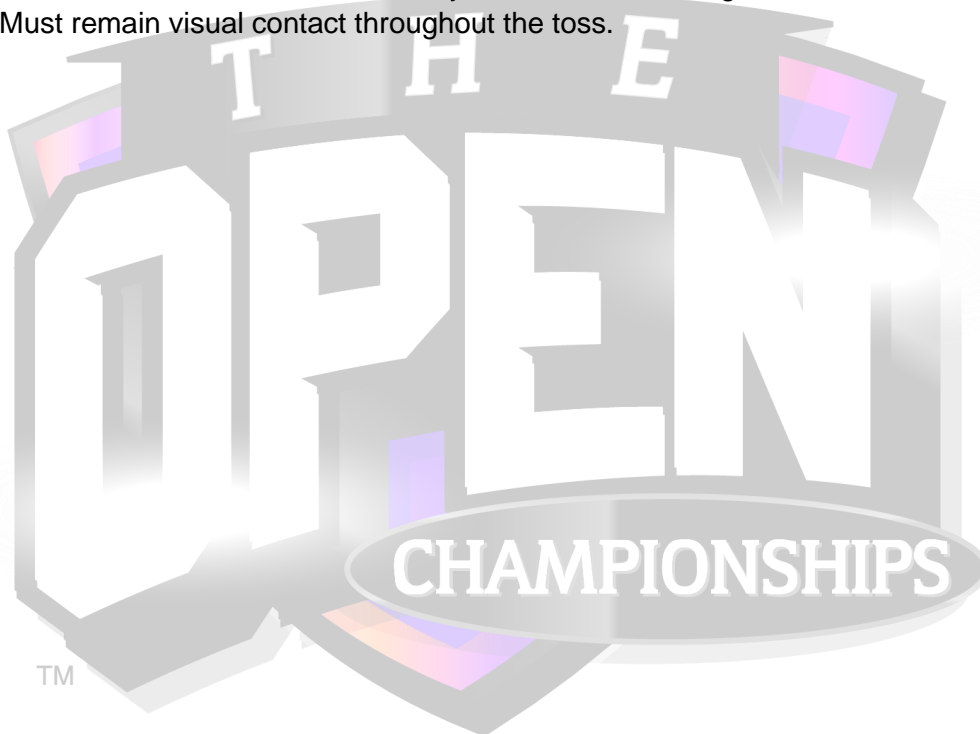
- A. Dismounts - General
1. Required to return to original base(s).
EXCEPTION: Single-based stunts with more than one flyer are not required to return to original base(s).
 2. Traveling over, under or through other stunts, pyramids, athletes, or props is **not allowed**.
 3. Cannot intentionally move/travel.
 4. When flyers are released from the bases for the dismount, they cannot come in contact with each other.
 5. Tension drops/rolls are **not allowed**.
- B. Stunt - Dismounts to Cradle
1. Maximum to 2¼ twist.
 2. Single-based:
 - a. Dismounts that involve more than 1¼ twists are required to have a spotter with one arm/hand supporting the head and shoulder of the flyer.
 3. Single-based with more than one (1) flyer:
 - a. Two (2) catchers per flyer is required.
 - b. Catchers/bases must be stationary before the start of the dismount.
 4. One-Arm stunts
 - a. Dismounts that involve more than 1¼ twists are required to have a spotter with one arm/hand supporting the head and shoulder of the flyer.
 5. Free flipping
 - a. Maximum 1¼ flip and ½ twist allowed.
 - b. Required to begin at prep level.
 - c. Required to be caught by two (2) catchers. One must be the original base.
 - d. Back flips must end in cradle.
- C. Stunt - Dismounts to the Performance floor

1. Maximum $2\frac{1}{4}$ twist allowed.
 2. Dismounts that involve more than $1\frac{1}{4}$ twists are required to have two (2) catchers or one (1) catcher and one (1) spotter.
 3. Required to be assisted by an original base and/or spotter.
EXCEPTION: Hop offs or straight drops that do not include additional skills are allowed without assistance from waist level or below.
 4. Athletes are **not allowed** to land on the performance floor from above waist level without assistance.
 5. Free Flipping
 - a. Maximum one (1) flip and zero (0) twists are allowed.
 - b. Required to begin at prep level.
 - c. Spotter is required.
 - d. Front flipping only is allowed.
- D. $2\frac{1}{2}$ high pyramid - Dismounts to Cradle
1. Maximum $2\frac{1}{4}$ twist allowed.
 - a. Required to be caught by two (2) catchers, one must be stationary at the start of the cradle.
 2. Maximum $\frac{3}{4}$ front flip and $\frac{1}{2}$ twist.
 - a. Required to be caught by two (2) catchers, one on each side of the flyer.
 - b. One (1) catcher is required to be stationary at the start of the cradle.
- E. $1\frac{1}{2}$ high Pyramid - Dismount to the Performance Floor
1. Maximum $1\frac{1}{4}$ twists allowed.
 2. Required to have two (2) catchers or one (1) catcher and one (1) spotter.
 3. Required to be assisted by an original base and/or spotter.
EXCEPTION: Hop offs or straight drops that do not include additional skills are allowed without assistance from waist level or below.
 4. An athlete cannot land on the performance floor from above waist level without assistance.

Level 7 Tosses

- A. Tosses - General
1. Required:
 - a. Minimum three (3) bases and maximum four (4) bases.
 - b. Base is required to be behind the flyer during the toss and can assist the flyer into the toss.
EXCEPTION: Tossing from one set of bases to another set of bases/catchers.
EXCEPTION: Arabian tosses in which the third base would need to start in front to be in a position to catch the head/shoulder area of the flyer during the cradle.
 - c. Executed from ground level.
 - d. End in a cradle position.
 - e. Base positioned at the head/shoulder area of the flyer for the cradle.
 - f. Not choreographed so that the bases are required to move in order to catch the flyer.
 - g. Flyer's feet must be in/on hands of bases when the toss begins.
 - h. Maximum $3\frac{1}{2}$ twists allowed.
 - i. Other stunts, pyramids, athletes, or props cannot travel over or under a toss, and a toss cannot be thrown over, under or through stunts, pyramids, athletes, or props.
 - j. **Not allowed** to have more than one (1) flyer.
 - k. Flyer must become free of all contact from bases, support athletes and/or other flyers.

2. Flipping Tosses
 - a. Maximum $1\frac{1}{4}$ flip and two (2) additional skills are allowed.
 - i. Tuck, pike, or layout are not counted as the two (2) additional skills.
3. Flyover Tosses
 - a. Maximum zero (0) flips and $1\frac{1}{2}$ twists are allowed.
 - b. Maximum $\frac{3}{4}$ front flip with zero (0) twists allowed.
 - c. Bases:
 - i. Required to be tossed by three (3) or four (4) bases.
 - ii. Required to be caught in cradle by three (3) bases.
 - iii. Required be stationary while tossing.
 - d. Catchers:
 - i. **Not allowed** to be in any other choreography.
 - ii. Remain in visual contact with the flyer when the toss begins.
 - iii. Must remain visual contact throughout the toss.



PREP DIVISIONS

Rule differences from All Star Elite:

- A. Maximum routine time limit is 2:00.
- B. Tosses are **not allowed** (Includes sponge toss).
 - 1. All waist level cradles are **not allowed**.
- C. Athletes may not cross over from prep to elite divisions or from elite to prep divisions.

NOVICE DIVISIONS

- A. Maximum routine time limit is 1:30.
- B. Tosses are **not allowed** (includes sponge toss).
 - 1. All waist level cradles are **not allowed**.
- C. Teams are evaluated not scored. See Novice score sheets for rating system.
- D. Tumbling skills are allowed but not required. Tumbling skills will follow level rules.
- E. Level 1 Novice Rules (in addition to Level 1 Rules):
 - 1. Single leg stunts are allowed at waist level only.
 - 2. Two leg stunts are **not allowed** to travel through an extended level position.
 - 3. Maximum $\frac{1}{4}$ twists allowed. Level 1 Stunt Rule D4 is **not allowed**.
 - 4. Transitions to flat body/prone position are **not allowed**.
 - 5. Straight pop down dismounts are **not allowed**.
 - 6. Tiny Novice: All building skills are **not allowed**.
 - 7. Tiny Novice: Cartwheels and forward rolls are the only skills allowed.
- F. Level 2 Novice Rules (in addition to Level 2 Rules):
 - 1. Single leg stunts are **not allowed** to travel through an extended level position.
 - 2. Barrel/log rolls are **not allowed**.
- G. Level 3 Novice Rules (in addition to Level 3 Rules):
 - 1. Twisting stunts in and out extended level single leg are **not allowed**.
 - 2. Multi-based suspended twisting rolls are **not allowed**.

INTERNATIONAL DIVISIONS

- A. All international divisions are required to have a minimum of 10 athletes when performing/competing.
- B. Male athletes are prohibited from exceeding $\frac{2}{3}$ of the total athletes on the coed team.
- C. Routine time limit is 2:30.
 - EXCEPTION:** Non-Tumbling divisions: 2:00.
 - EXCEPTION:** Global divisions: 3:30. Cheer = 30 seconds minimum, 40 seconds maximum, 20 seconds to transition for the music section. 2:30 maximum for the music section.
- D. Non-Tumbling Division: tumbling is **not allowed**.
 - EXCEPTION:** Forward rolls, handstands, cartwheels, and round offs are allowed for stunting skills or formation changes and required to follow level appropriate inversion rules.

EXCEPTIONAL TEAMS

Athletes with Disabilities

Open Championship Series follows the definition of disability as defined by the American Disability Act. An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

General Rules

- A. All teams will follow the OCS General Rules and All Level Rules.
- B. No Tosses permitted. This includes sponge/load-in/squish tosses and waist-level cradles.
- C. ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a coach/assistant.
- D. Performances may be performed on spring floor or carpet bonded foam.
- E. Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers, so it is clear to the judges who is the athlete and who is the Assistant. Ex: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirt. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.

Mobility and Support Device Rules

- 1. All mobility equipment, prosthesis, canes, crutches, elbow crutches and braces are considered part of the athlete unless they are removed, in which case they are considered legal props and therefore are considered legal. Please refer to USASF Coach App to send in videos of use of device if in question.
- 2. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill, wheels locked, with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the two back handles stabilizing the wheelchair with both wheels on the performance surface) for safety. Clarification: For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair, in working order and prepared to be used on the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.
- 3. Mobility devices (i.e., wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid. Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill. Must have additional safety spotter behind mobility device.
- 4. Wheelchair users when basing stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt and wheels in locked position.
- 5. All athletes spotting, catching and/or cradling a skill have mobility through their lower body OR the strength in the upper body enough (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot and/or catch the skill.
- 6. All athletes spotting and/or catching a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill. Release moves and

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

7. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair **MUST NOT** be released during motion.
8. Motorized wheelchairs must have all 4 wheels on the floor at all times (**EXCEPTION:** if an assistant is needed to lift back wheels onto performance floor G. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

EXCEPTIONAL EXHIBITION TEAMS

- A. Routines may not exceed 2:30.
- B. Teams will not receive ordinal rankings or ratings for their performance.
- C. Tumbling skills are allowed up to and including Level 2.
- D. Teams may execute building skills up to Level 2.
 - Exception: Single leg stunts may not immediately pass through an extended position.
 - Exception: Tosses and log/barrel rolls are not allowed.
- E. If Coaches/Buddies/Assistants are fulfilling a required position (base, back spot, top person, etc.) the group may only do waist level stunts.
 - Exception: T-lifts are allowed.
- F. Spotted and assisted tumbling is allowed.
- G. There is no limit to the number of assistants on the floor assisting in skills and they **MAY** be included in choreography of dance and formations.

EXCEPTIONAL NOVICE TEAMS

- A. Routines may not exceed 1:30.
- B. Teams may receive ratings for their performance (ordinal rankings not allowed).
- C. If offered at 2-day events, Novice divisions will perform **ONE TIME ONLY**.
- D. Cartwheels and forward rolls are the only allowable tumbling skills.
- E. Teams may execute Level 1 building skills.
 - a. Exceptions:
 1. Single leg stunts are only allowed at waist level.
 2. Two leg stunts may not immediately pass through an extended position.
 3. Up to a ¼ twist allowed.
 4. Transitions TO prone position are not allowed.
 5. Straight pop down dismounts are not allowed.
 6. If Coaches/Buddies/Assistants are fulfilling a required position (base, back spot, top person, etc.) the group may only do waist level stunts.
 - Exception: T-lifts are allowed.
- F. Spotted and assisted tumbling is **NOT** allowed.
 - Exception: Assistants may help an athlete up after a forward roll to get to their feet.
- G. There is no limit to the number of assistants on the floor assisting in skills, but they **MAY NOT** be included in choreography of dance and formations.

EXCEPTIONAL ELITE TEAMS

- A. Routines may not exceed 2:30.
- B. Teams may receive ordinal rankings for their performance.
- C. Tumbling skills are allowed up to and including Level 2.
- D. Teams may execute building skills up to and including Level 2.
Exception: Tosses are not allowed.
- E. Coach/Assistant(s) may not provide support to athletes while the athletes are performing building skills.
Exception: Assistants may assist an athlete to the floor as a result of a fall or almost fall.
- F. Spotted and assisted tumbling is not allowed.
Exception: Assistants may help an athlete up after a forward roll to get to their feet.
- G. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. There is no limit to the number of assistants around the perimeter of the floor in a squat position or on the floor assisting wheelchairs and sight impaired athletes to their spots/positions on the floor.

