



Updated 10/2/2018

### Performance Recreation Cheer Divisions

Name	Age*	Gender	Number of Athletes
<b>Level 4</b>			
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
<b>Level 3</b>			
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
<b>Level 2</b>			
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
<b>Level 2.1</b>		(Level 2 stunts and Level 1 tumbling)	*No tosses in level 2.1 for Tiny and Mini age teams
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Tiny Rec	6 years and younger	Female/Male	5-36 Athletes
<b>Level 1</b>			*No tosses in Level 1
Senior Open Rec	18 years and younger	Female/Male	5-36 Athletes
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Tiny Rec	6 years and younger	Female/Male	5-36 Athletes

\*The age of the athlete as of August 31, 2018 will be used to determine if they are eligible for that division

The divisions listed above will be split into "Small" (5-12), "Medium" (13-18) and "Large" (19-24) "Super Large" (25-36) if there will be at least 2 teams in the respective division.  
We reserve the right to add, delete or combine divisions based on enrollment.



Updated 10/2/2018

## Traditional Recreation Cheer Divisions

• No basket tosses allowed at any level

Name	Age*	Gender	Number of Athletes
<b>Level 3</b>			<b>*No tosses in level 3</b>
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
<b>Level 2</b>			<b>*No tosses in level 2</b>
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
<b>Level 2.1</b>		(Level 2 stunts and Level 1 tumbling)	<b>*No tosses in level 2.1</b>
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Tiny Rec	6 years and younger	Female/Male	5-36 Athletes
<b>Level 1</b>			<b>*No tosses in level 1</b>
Senior Rec	15 Years and younger	Female/Male	5-36 Athletes
Junior Rec	13 years and younger	Female/Male	5-36 Athletes
Youth Rec	11 years and younger	Female/Male	5-36 Athletes
Mini Rec	9 years and younger	Female/Male	5-36 Athletes
Tiny Rec	6 years and younger	Female/Male	5-36 Athletes

\*The age of the athlete as of August 31, 2018 will be used to determine if they are eligible for that division

The divisions listed above will be split into "Small" (5-12), "Medium" (13-18) and "Large" (19-24) "Super Large" (25-36) if there will be at least 2 teams in the respective division.  
We reserve the right to add, delete or combine divisions based on enrollment.



Updated 10/2/2018

## 2018-2019 Recreation Rules/Restrictions

Spirit Championships events recognize that Recreational Cheerleading does not have an official governing body to refer to, and that Rec Cheer Teams may have different guidelines to follow within their individual organizations. Please adhere to the guidelines set forth by your organization and select the division that best fits both the age and abilities of the athletes on the team so that your team will be given the best opportunity for success at Spirit Championships events. All teams competing in these divisions must meet these criteria in order to compete in these divisions:

I. Must be affiliated with, report to, and be governed by an organization such as the following:

- YMCA
- Boys & Girls Club
- City/County Parks and Rec Program
- Community Youth Organization
- Pop Warner Association
- Any other community run program not associated with a school or all-star program

II. A team must be able to prove their relationship and affiliation with their said organization if requested. Their organization's president or higher seated authority must submit a formal letter stating their affiliation.

III. 50% of the team must have cheered for a sport (i.e. football, basketball) with that association or organization within the current cheer season. Proof must be provided in a timely fashion upon request. If the organization the team is representing or associated with does not offer cheering for a sport, this rule may be waived only if the president or higher seated official writes a letter to the event producer informing them that this option is not available. This is the only reason a team should not be allowed to cheer for a sport. This also does not guarantee that you will be allowed to compete in a rec division.

IV. A Recreational/Organizational Cheerleading team may do or have the following:

- Can hold tryouts
- Can have their own practice facility or gym
- Can practice and/or attend tumbling classes at gymnastics or all-star facilities
- Can combine team members from other teams within the organization

V. If a team does not meet all of the above criteria they may be disqualified.

VI. Rec Cheer Teams who do not cheer for a sport, or are affiliated with all-star programs or schools, even if it is a half year or introductory team, will need to register in the all-star, prep or school division that best suits their ability level at Spirit Championships events.

All Recreational Teams will follow the USASF Rules and Regulations for the levels in which they are competing.



Updated 10/2/2018

## Performance Recreation

Performance Rec is defined as a competitive rec division that has level restrictions and will be judged on the Spirit Championships All Star Score Sheet, which can be found by going to [www.spiritchampionships.com](http://www.spiritchampionships.com) Performance Rec will follow the level guidelines for All Star cheer set forth by USASF. Teams in Performance Rec divisions often practice more, have competition practices and/or compete on a regular basis. Performance Rec teams will follow USASF Rules and Regulations and Spirit Championships Scoring Grids without any additional restrictions. Performance rec teams are not required to have a cheer in their routine.

## Traditional Recreation

Traditional Rec is defined as a lower commitment and/or entry-level competitive rec division that has level restrictions and will be judged on the Spirit Championships All Star Prep Score Sheet which can be found by going to [www.spiritchampionships.com](http://www.spiritchampionships.com). Traditional Rec will follow the level guidelines for All Star cheer set forth by USASF.

Teams in Traditional Rec divisions typically practice less than Performance Rec teams, focus on cheering for their organization's athletic teams and/or compete very sporadically.

In order to maintain the integrity of these Traditional Rec divisions, the following skill caps will be in place:

- **No basket tosses allowed at any level**
- No stunt quantity or coed quantity requirement
- Stunt difficulty, pyramid difficulty, standing tumbling difficulty and running tumbling difficulty are capped at the LOW range.

For questions regarding Rec Divisions and Registration: Contact Chris Graham  
[chris@spiritchampionships.com](mailto:chris@spiritchampionships.com)

For questions regarding Rec Rules, Scoring, Restrictions, and Legalities:  
Dawn Graham at [spiritchampionshipsjudge@gmail.com](mailto:spiritchampionshipsjudge@gmail.com)



Updated 10/2/2018

## **LEGALITY VERIFICATION**

As a coach, it is important to be current on the Spirit Championships & USASF Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- All questions must be in written-email form.
- Due to the differences in interpretation and terminology; no phone calls will be accepted.
- Do not rely on prior rulings from other competitions.
- A separate video must be submitted for each competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
  1. Front, side and back view of skill.
  2. Name of the competition where you will be performing skill and the Division you will be performing in.
  3. Include your name, team name, email and phone number with your video.
  4. Do not send the entire routine, only video clips of the SKILL(S) in question.

VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED. VIDEOS MUST BE RECEIVED IN SPIRIT CHAMPIONSHIPS OFFICE at least TWO WEEKS PRIOR to the event date. Videos not received in the Spirit Championships office two weeks prior to the event date MAY NOT be reviewed. You must email your videos to: [Spitchampionshipsjudge@gmail.com](mailto:Spitchampionshipsjudge@gmail.com) Note: Emailed videos may not exceed 10MB and should be in either Windows Media Player or QuickTime formats.

DO NOT DEPEND ON YOUR CHOREOGRAPHER TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE SPIRIT CHAMPIONSHIPS OFFICE.

**Any general scoring questions can be directed to Dawn Graham at [spitchampionshipsjudge@gmail.com](mailto:spitchampionshipsjudge@gmail.com)**



Updated 10/2/2018

## TRADITIONAL RECREATION CHEER LEVELS QUICK GUIDE

This guide **DOES NOT** include all rules and skill restrictions. It is **ONLY** to be used as an overall summary of the highest skills allowed in each level.

<p style="text-align: center;"><b><u>Spirit Championships Level 1</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Walkovers  <b>Running Tumbling:</b> Round Offs  <b>Stunts:</b> Two leg prep level stunts, single leg below prep level stunts, 1/4 twist load-in/stunt transition  <b>Pyramids:</b> Two leg extended stunts braced on both sides, single leg prep level stunts braced on one side by prep level or below stunts  <b>Inversions:</b> Prohibited  <b>Dismounts:</b> 1/4 turn Cradle  <b>Release Moves:</b> Prohibited  <b>Tosses:</b> Prohibited</p>	<p style="text-align: center;"><b><u>Spirit Championships Level 2.1</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Walkovers  <b>Running Tumbling:</b> Round Offs  <b>Stunts:</b> Two leg extended stunts, single leg prep level stunts, 1/2 twist load in  <b>Pyramids:</b> Single leg extended stunts braced on one side by prep level or below stunts  <b>Inversions:</b> Prohibited  <b>Dismounts:</b> Single trick, non-twisting alternate cradles  <b>Release Moves:</b> Barrel Roll  <b>Tosses:</b> <u>No tosses in Traditional Rec Divisions</u></p>
<p style="text-align: center;"><b><u>Spirit Championships Level 2</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Single Front/Back Handspring  <b>Running Tumbling:</b> Single Front Handspring, Handspring series from Round Off  <b>Stunts:</b> Two leg extended stunts, single leg prep level stunts, 1/2 twist load in  <b>Pyramids:</b> Single leg extended stunts braced on one side by prep level or below stunts  <b>Inversions:</b> Prohibited  <b>Dismounts:</b> Single trick, non-twisting alternate cradles  <b>Release Moves:</b> Barrel Roll  <b>Tosses:</b> <u>No tosses in Traditional Rec Divisions</u></p>	<p style="text-align: center;"><b><u>Spirit Championships Level 3</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Handspring series  <b>Running Tumbling:</b> Back Tuck from Handspring or Round Off entry  <b>Stunts:</b> Single leg extended level stunts, 1 full twist (360) stunt transition to or from an Extension Prep  <b>Pyramids:</b> Single leg extended stunts braced on one side, upright landing non-twisting release moves braced on both sides by prep level or below stunts  <b>Inversions:</b> From ground level as entry to upright load in/waist level stunt  <b>Dismounts:</b> Single twist from two leg extended stunts  <b>Release Moves:</b> Tic tocs braced on both sides by prep level or below stunts  <b>Tosses:</b> <u>No tosses in Traditional Rec Divisions</u></p>



Updated 10/2/2018

## PERFORMANCE RECREATION CHEER LEVELS QUICK GUIDE

This guide **DOES NOT** include all rules and skill restrictions. It is **ONLY** to be used as an overall summary of the highest skills allowed in each level.

<p style="text-align: center;"><b><u>Spirit Championships Level 1</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Walkovers  <b>Running Tumbling:</b> Round Offs  <b>Stunts:</b> Two leg prep level stunts, single leg below prep level stunts, 1/4 twist load-in/stunt transition  <b>Pyramids:</b> Two leg extended stunts braced on both sides, single leg prep level stunts braced on one side by prep level or below stunts  <b>Inversions:</b> Prohibited  <b>Dismounts:</b> 1/4 turn Cradle  <b>Release Moves:</b> Prohibited  <b>Tosses:</b> Prohibited</p>	<p style="text-align: center;"><b><u>Spirit Championships Level 2</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Single Front/Back Handspring  <b>Running Tumbling:</b> Single Front Handspring, Handspring series from Round Off  <b>Stunts:</b> Two leg extended stunts, single leg prep level stunts, 1/2 twist load in  <b>Pyramids:</b> Single leg extended stunts braced on one side by prep level or below stunts  <b>Inversions:</b> inversion from ground level to extended level stunt  <b>Dismounts:</b> Single trick, non-twisting alternate cradles  <b>Release Moves:</b> Barrel Roll  <b>Tosses:</b> Straight Ride body position</p>
<p style="text-align: center;"><b><u>Spirit Championships Level 3</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Handspring series  <b>Running Tumbling:</b> Back Tuck from Handspring or Round Off entry  <b>Stunts:</b> Single leg extended level stunts, 1 full twist (360) stunt transition to or from an Extension Prep  <b>Pyramids:</b> Single leg extended stunts braced on one side, upright landing non-twisting release moves braced on both sides by prep level or below stunts  <b>Inversions:</b> Inversion to extended 1 leg stunt  <b>Dismounts:</b> Single twist from two leg extended stunts  <b>Release Moves:</b> Tic tocs braced on both sides by prep level or below stunts  <b>Tosses:</b> One trick non-twisting</p>	<p style="text-align: center;"><b><u>Spirit Championships Level 4</u></b></p> <p>HIGHEST SKILLS ALLOWED:</p> <p><b>Standing Tumbling:</b> Standing Full  <b>Running Tumbling:</b> Full twisting Layout from Handspring or Round Off entry  <b>Stunts:</b> Single leg extended, 1 1/2 twist load-in/stunt transition up to extended level, Tic Tocs  <b>Pyramids:</b> Single leg extended stunts braced on one side, braced release moves, 2 1/2 high transitions, limited braced inversions  <b>Inversions:</b> Ground level Handstand to prep level, Forward Suspended Roll, Back Walkover/Forward Roll out of a Cradle.  <b>Dismounts:</b> 1 1/4 twist from any single leg stunt, 2 1/4 twist from any two leg stunt  <b>Release Moves:</b> Release moves are allowed but must not exceed extended arm level.  <b>Tosses:</b> Two tricks and 1 1/4 twist</p>



Updated 10/2/2018

# Spirit Championships Traditional Rec Level 1

## Standing Tumbling-

- All non-airborne skills and series of skills performed from a standing position with at least one hand and/or foot in contact with the performance surface are allowed; including, but not limited to: Front Rolls, Back Rolls, Cartwheels, Handstands, Handstand Forward Rolls, and Front/Back Walkovers (exception: Round Offs are allowed).

- **PROHIBITED** skills include, but are not limited to: Front and/or Back Handsprings, flips in any body position and Dive Rolls.

- All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

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 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 (1/2 twist to stomach) in a stunt is allowed in Level 1.

- Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.

- Tumbling while holding or in contact with any prop is not allowed.

- Dive rolls are not allowed.

- 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.

## Running Tumbling-

- All non-airborne skills and series of skills with hand support performed from a running or Hurdle entry are allowed, including, but not limited to: Cartwheels, and Front/Back Walkovers (exception: Round Offs are allowed). At least one hand and/or foot must remain in contact with the performance surface during skill(s) execution.

- **No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off a clear and distinct pause must immediately follow a round off or round off rebound.**

- **PROHIBITED** skills include, but are not limited to: Front/Back Handsprings, flips in any body position and Dive Rolls.

- All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

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 levels 1-5. A clear separation from the tumbling to





Updated 10/2/2018

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 (1/2 twist to stomach) in a stunt is allowed in Level 1.

- Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.
- Tumbling while holding or in contact with any prop is not allowed.
- Dive rolls are not allowed.
- 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.

## Stunts -

- Double leg stunts are allowed at prep level or below.
- Single leg stunts are allowed below prep level. (waist level)
- Bases may move/turn while in a load in position, during a ¼ transition, and/or once the building of a stunt is completed (exception: Bases may move during a traveling Double-Based T-Lift).
- Freestanding extended stunts are not allowed (clarification: stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position are classified prep level stunts and are allowed).
- Extension Prep Hitches are allowed provided the flyer's foot (of the working leg) remains in contact with base's hands.
- Twisting during load in/stunt transition is limited to ¼ rotation by the flyer and/or bases combined.
- Non-release single based stunts are permitted provided they follow group stunt allowances.
- **PROHIBITED** stunts include, but are not limited to: Leap Frogs, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, Front/Back/Side Tension Rolls, single based Split Stunts, Show and Go Stunts that travel while building or go above the permitted stunt level, Swing Dance, and Swing Up Stunts.

### A. Spotters

1. 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.

Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.

Exception: Shoulder sits/straddles & T-Lifts and stunts with up to a 1/2 twist transition where the top person starts and ends on the performance surface and is only supported at the waist, do not require a spotter.

2. A spotter is required for each top person in a floor stunt. Clarification: The spotter may grab the top person's waist in a floor stunt.

B. Stunt Levels 1. Single leg stunts are only allowed at waist level.



Updated 10/2/2018

Exception 1: Prep level single leg stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.

Exception 2: A walk up shoulder stand is legal in level 1 if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.

2. Stunts above prep level are not allowed. A stunt may not pass above prep level.

Clarification: Taking the top person above the head of the bases would be illegal.

### **Inversions -**

- ALL Inversions are PROHIBITED.
- **PROHIBITED** skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.

### **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 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 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 Level 1 Tosses.

Clarification: All waist level cradles are illegal.

C. Dismounts must return to original base(s).

Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.

Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing 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 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 skills 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 may not intentionally travel.

J. Top persons in dismounts may not come in contact with each other while released from the bases.



Updated 10/2/2018

K. Tension drops/rolls of any kind are not allowed.

- **PROHIBITED** skills include, but are not limited to: Cradles from extended stunts, single trick non twisting alternate Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches and Fallbacks.

### **Tosses -**

- ALL TOSSES ARE **PROHIBITED**

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

Clarification: All waist level cradles are illegal.

### **Pyramids-**

- **Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:**

- Extended double leg stunts are allowed provided they are braced on both sides (by two separate participants) with hand/arm connection to prep level or below stunts OR bracers standing on the ground (clarification: the connection must be made at prep level or below and prior to the flyer passing above prep level. Connection may not be lost until the extended stunt is returned to prep level two leg stunt or below. Extended double leg stunts MAY NOT brace any other extended two leg stunts).

- Single leg stunts are allowed at prep level provided they are braced on at least one side with hand/arm connection by a two leg prep level, below prep level stunt, or a participant on the ground. Single leg stunts are allowed hand/arm connection on one side and hand/foot connection on the other side provided they are braced on both sides (clarification: the hand/arm connection must be made at prep level or below and prior to executing the single leg stunt. Connection may not be lost until the upward motion of a dismount, Retake/Sponge, or returned to prep level two leg stunt or below).

- Moving/walking pyramids are allowed.

- No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not.

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

- **PROHIBITED** stunts include, but are not limited to: Collapsible/hanging/released Split Pyramids, braced flips, extended single leg pyramids.



Updated 10/2/2018

## Spirit Championships Traditional Rec Level 2

### Standing Tumbling-

- Handstands that fall to Bridge, a single Front/Back Handspring (provided both hands are used).

- **PROHIBITED** skills include, but are not limited to: Front/Back Handspring series, flips in any body position, and Dive Rolls.

A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

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 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. 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.

E. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.

Example: Back handspring step out > 1/2 turn = Illegal.

### Running Tumbling-

- Single Front Handsprings

- Series Back Handspring that originate from Round off

- **PROHIBITED** skills include, but are not limited to: flips in any body position, and Dive Rolls

A. Flips and aeriels are not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne.

Exception: Round offs are allowed.

### Stunts -

- Double leg extended stunts.

- Single leg stunts are allowed at prep level or below.

- Bases may move/turn while in a load In position, building a stunt, during a stunt transition and/or once the building of the stunt is complete (exception: Superman transitions may not travel).



Updated 10/2/2018

- At least one base/continuous spotter must maintain contact with the flyer during transitions (example: Fake Tic Tocs may switch legs at prep level). Stepping Stone transitions are permitted provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition. Non-twisting Superman transitions are only allowed from prep level.
- Twisting during load in/stunt transition is limited to a combined total of a  $\frac{1}{2}$  twist by the flyer and/or bases (bases move  $\frac{1}{4}$  turn + flyer simultaneously twists  $\frac{1}{4}$  =  $\frac{1}{2}$  twist total. exception: Superman transitions may not twist).
- Non-released single based stunts must follow double leg and single leg group stunt limitations and require a continuous spotter.
- **PROHIBITED** skills include, but are not limited to: Leap Frogs, transitional stunts that involve changing bases, Front/Side/Back Tension Rolls, single based Split Stunts, Swing Up Stunts, and Swing Dance Stunts

### **Inversions –**

- ALL Inversions are PROHIBITED.
- **PROHIBITED** skills include, but are not limited to: Forward Suspended Rolls, Handstands that transition into a load In/Sponge position

### **Dismounts –**

- **PROHIBITED** skills include, but are not limited to: Pop Offs from extended level,  $\frac{1}{2}$  twist Cradles, Cradles that land in prone position, Cradles to different bases, Fireman Catches, Fallbacks, and single based Cradles.

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 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 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 must return to original base(s).

Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.

Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing 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.



Updated 10/2/2018

- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

### **Release Moves –**

- Flyers may be released during a transition from a Cradle position to a Reload/Sponge position and a transition up to Swedish Falls or Flatback; provided the flyer does not go above 12” from the bases’ hands.
- Single full twisting Barrel Rolls with a spotter at the head/neck of flyer that start and end in a Cradle position with no other trick during the skill (example: Kick Full Barrel Roll would = ILLEGAL). ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill.
- **PROHIBITED** skills include, but are not limited to: ½ twist Cradles, single based Cradles, and full release Helicopters.

### **Tosses –** • ALL TOSSES ARE **PROHIBITED**

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

Clarification: All waist level cradles are illegal.

### **Pyramids-**

- Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:
- Flyers must maintain contact with at least one base at all times and may not lose contact with bracing prep level stunts during transitions. Flyer in a Cradle/Flatback position may transition back into a stunt provided at least one base maintains continuous contact during the entire transition.
- Extended single leg stunts are allowed, provided they are braced on at least one side with hand/arm connection to a prep level or below stunt, or an individual on the ground. The connection must be made at or below prep level and prior to performing the extended single leg. Hand/arm connection must be maintained until the upward motion for a dismount or downward transition to prep level or below stunt. Braced Fake Tic Tocs are allowed from prep level to extended level provided at least one base/back spotter maintains continuous contact with the flyer’s foot/ankle and the flyer maintains continuous contact with the required bracer.
- **PROHIBITED** skills include, but are not limited to: Collapsible/hanging/released split pyramids, braced flips, full release braced Tic Tocs and connected Superman stunts.



Updated 10/2/2018

## Spirit Championships Traditional Rec Level 3

### Standing Tumbling-

A. Flips are not allowed.

Clarification: Jumps connected to 3/4 front flips are also not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne.

Exception: Round offs are allowed.

• **PROHIBITED** skills include, but are not limited to: flips in any body position, standing single/series Back Handsprings to a flip in any body position, Forward 3/4 Flips to the seat.

A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

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 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: round off > toe touch > back handspring > back tuck = Illegal. A back tuck is not allowed in Standing

Tumbling in L3.

### 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).

Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.

2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.

3. Cartwheel tucked flips and/or cartwheel > back handspring(s) > tucks are not allowed.

4. Aerial cartwheels, running front tucks, and 3/4 front flips are allowed.

Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.



Updated 10/2/2018

B. No tumbling is allowed after a flip or an aerial cartwheel.

Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass.

C. No twisting while airborne.

Exception: Round offs are allowed.

Exception: Aerial cartwheels are allowed.

• **PROHIBITED** skills include, but are not limited to: flipping in any body positions other than the specified allowances in this section, twisting in any flips, Forward  $\frac{3}{4}$  Flips to the seat, Cartwheel Step in Tucks.

### **Stunts –**

• Single leg extended stunts.

• At least one base/continuous spotter must maintain contact with the flyer during transitions. Transitional stunts where the flyer moves to new bases (clarification: forward traveling Leap Frogs may be caught in a double cradle). Prep level single leg stunts are permitted to switch legs (back to prep level or to extended level) provided flyer maintains contact with at least one base or back spotter (example: Fake Tic Tocs). Superman transitions are only allowed from prep level and may incorporate  $\frac{1}{2}$  twist by the flyer only. Swing up Stunts are allowed provided the following: they begin below prep level, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place.

• Twisting during the load in/stunt transition is limited to a combined total of 1 full twist by the flyer and/or bases and only to or from prep level (bases move  $\frac{1}{2}$  turn + flyer simultaneously twists  $\frac{1}{2}$  = 1 full twist.

Bases may extend their arms during the twist transition, provided they do not stop at the extended level).

• **PROHIBITED** skills include, but are not limited to: Front, Back or Side Tension Rolls, single-based Split Stunts, Swing Dance Stunts, Superman transitions that intentionally travel, backward Leap Frogs that land prone, and one full twist to Extension.

### **Inversions –**

• Inversions are allowed as an entry to a non-inverted upright load in position or a waist level or below stunt provided the inversion occurs at ground level and the inverted participant is in contact with the performance surface (example: flyer in a ground level handstand with contact to the performance surface transitions to a sponge = LEGAL).

• During transition from inversion, at least 2 bases/spotter must maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion.

• All non-airborne tumbling skills (exception: Round Offs are allowed) may be used as an entrance to a stunt or a stunt transition.

• **PROHIBITED** skills include, but are not limited to: A flyer must never move to an inverted position from a stunt





Updated 10/2/2018

### **Dismounts –**

- **PROHIBITED** skills include, but are not limited to: Cradles that land in prone position, flipping Cradles, and Cradle dismounts to different bases.

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 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 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 must return to original base(s)

Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter.

Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing 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 1/4 turns are allowed from any single leg stunt.

E. Up to 1-1/4 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 Level 4 Stunts Twisting Stunts 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 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 stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

N. Dismounts from an inverted position are not allowed.

### **Release Moves –**

- Bases may release flyer during a transition from a Cradle position to a Reload position and during a transition up to Swedish Falls or Flatback, provided the flyer does not go above 12” from the base’s hands.

- Limited braced release moves are allowed; see Level 3 Pyramids Section for allowances.



Updated 10/2/2018

- Single Based released toss stunts are allowed, but require a spotter for stunts prep level and above.
- **PROHIBITED** skills include but are not limited to: Released Helicopters, and any other full release stunt transitions other than those outlined in Level 3 release moves

### **Tosses** • ALL TOSSES ARE **PROHIBITED**

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

Clarification: All waist level cradles are illegal.

### **Pyramids-**

- Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:
- Flyer must maintain contact with at least one base at all times (exception: braced Tic Tocs, Switch Up release moves, Eagle ups, Pike Ups, and Ball Ups are allowed only if the flyer is continuously braced between two prep level or below stunts with hand/arm connection only and the flyer lands in an upright standing body position). Braced release moves may incorporate up to a ½ twist. The flyer may be released no more than 18" above extended arm level of the bases that are in direct contact with the ground.

- **PROHIBITED** skills include, but are not limited to: Any other full release pyramid or stunt transitions other than those outline in Level 3 Pyramids, release moves that do not land in upright body position, collapsible pyramids, released Split Catches, braced flips, connected Superman stunts.

A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

1. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.

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

Exception: See L3 Pyramid 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.

Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not.

Example: shoulder sits walking under prep.

E. Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least ONE bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. Hand/arm does not include shoulder.

F. L3 Pyramids-Release Moves

Any skill legal as a L3 Pyramid Release Move is also legal if it remains connected to a base and two bracers.

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 L3 dismount rules.



Updated 10/2/2018

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. Contact must be maintained with the same bracers throughout entire transition.

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

Clarification 2: Level 3 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L3 Stunt Release Moves or

L3 Dismounts.

2. Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-hand/arm. The second contact may be either hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee).

Clarification: Pyramid Release Moves 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.

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

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

Clarification: The transition must be continuous.

4. These release transitions may not involve changing bases.

5. 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.

6. Release moves may not be braced/connected to top persons above prep level.

G. L3 Pyramids-Inversions

1. Must follow L3 Stunt Inversions rules.

2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. 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. L3 Pyramids - Release Moves w/ Braced Inversions

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



Updated 10/2/2018

## Spirit Championships Performance Rec Level 4

### Standing Tumbling-

- Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) performed after the flip (exception: tumbling after/out of a front flip is allowed).

- **PROHIBITED** skills include, but are not limited to: Forward 3/4 flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.

A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

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 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 L4.

### Running Tumbling-

- Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) after the flip (tumbling out of/after a front tuck is allowed).

- **PROHIBITED** skills include, but are not limited to: Forward 3/4 Flips to the seat, Toe-Pitch Flips, tumbling directly out of an Arabian.

### Stunts -

- Transitional stunts may change bases and may include up to 1½ twist. During transitions at least one base/continuous spotter must remain with the flyer. Forward traveling Leap Frogs may land in a double based Cradle. Superman transitions are allowed from prep level and may incorporate a 3/4 twist by the flyer and/or bases. Swing Up Stunts are allowed



Updated 10/2/2018

provided the following: they begin at prep level or below, the flyer is face up and does not become inverted, two bases have contact with both of the flyer's hands/arms and at least one foot/ankle/leg, and a spotter is in place to protect the flyer's head/neck/shoulders.

- Twisting during the load in/stunt transition is limited to a combined total of 1½ twist by the flyer and/or bases (clarification: bases move ½ turn + flyer simultaneously twists 1 full rotation (360 degrees) = 1½ twist).

- **PROHIBITED** skills include, but are not limited to: Swing Dance Stunts, Front, Back, or Side Tension rolls, connected Superman stunts, Superman transitions that intentionally travel, and Backward leap frogs may not land in prone position.

#### A. Spotters

1. A spotter is required for each top person above prep level.

#### B. Stunt Levels

1. Single leg extended stunts are allowed.

2. Single based or assisted single based EXTENDED stunts are not allowed in Youth divisions.

#### C. Twisting stunts and transitions:

1. Twisting stunts and transitions to prep level and below are allowed up to 1-1/2 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 1-1/2 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 hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

### **Inversions –**

- Inversions are allowed as an entry to a non-inverted upright load in position or a prep level or below stunt provided the inversion occur at ground level and the inverted participant is in contact with the performance surface (example: flyer in a ground level Handstand with contact to the performance surface transitions to an Extension Prep = legal).

- Limited inversions are allowed as an exit from a group Cradle or a waist level prone position provided at least 2 of the original bases/back spotter assist the inversion and the flyer has both hands in contact with the performance surface prior to the inversion being executed; permitted skills are limited to a Back Walkover out of a group Cradle or Forward Roll/Front Walkover from waist level prone position.

- A single standing Back Handspring to a double based prone catch is allowed provided the flyer performs the Handspring unassisted by the bases.

- **PROHIBITED** skills include, but are not limited to: skills where the flyer moves from a stunt to an inverted position.

### **Dismounts –**

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

- Anything other than a Step Off the Front/Back, Shove Wrap, Bump Down, or Assisted Pop Off must be caught in a Cradle.



Updated 10/2/2018

- Cradles from all two-leg stunts are limited to  $2\frac{1}{4}$  twists. Cradles from all single leg stunts are limited to  $1\frac{1}{4}$  twist.
- Single based stunts may straight and  $\frac{1}{4}$  turn cradle from all single leg stunts and single twist cradle from two leg stunts, with the required spotter.
- Suspended Forward Rolls are allowed provided the following: The top person begins in a non- inverted position from the performance surface or a stunt at prep level or below. The top person has continuous hand/arm connection with two primary bases or with two posts who are controlling the top person (top person cannot have contact with one base and one post or with bracers). The bases or posts cannot be involved in any other skill or choreography during the Suspended Forward Roll. The top person lands in a double-based cradle or on the performance surface (may not land in a load in position).
- Cradle dismounts to different bases are allowed provided they originate from prep level or below (bases must be in place and not involved in any other choreography prior to the start of the dismount).
- **PROHIBITED** skills include, but are not limited to: any other flip/flipping dismount other than those allowed in Level 4 release moves and cradles that land in a prone position.

### **Release Moves –**

- Release moves are allowed but must not exceed extended arm level.  
Clarification: If the release move passes above the bases' 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.
- Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt.
- Single based released toss stunts are allowed, but require a separate spotter for stunts shoulder height and above.
- **PROHIBITED** skills include but are not limited to: full release Helicopters. Bases may not free toss a flyer to all new bases

### **Tosses – No tosses in Traditional Rec Divisions**

- Flyer limited to perform two tricks and may not exceed  $1\frac{1}{4}$  twisting rotations (example: Kick Full basket toss = legal; Double Full basket toss = illegal).
- **PROHIBITED** skills include but are not limited to: Flipping tosses (front or back), tosses that intentionally travel.
  - 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.



Updated 10/2/2018

Exception: A 1/2 turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

E. 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.

F. Up to 2 tricks allowed during a toss.

Example: Kick full, full up toe touch.

G. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed.

Example: No kick double tosses.

H. Tosses may not exceed 2-1/4 twisting rotations.

I. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

J. Only a single top person is allowed during a toss.

### **Pyramids-**

- Pyramids must follow stunts, dismounts, inversions, and releases moves rules and are allowed up to 2-high only, with the following allowances:
- During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced between two Extension Preps.
- Moving/walking, split and hanging pyramids are allowed.
- A FLYER 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 performance surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts at prep level or below. Examples: A Flat Back Split, which rolls to a load in position, would be legal; a Flat Back Split, which rolls to an extended position, would also be legal.
- **PROHIBITED** skills include but are not limited to: Collapsible pyramids, braced flips.



Updated 10/2/2018

## GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

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, gyms, coaches and 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 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 when adhered to the uniform and illegal when adhered to the skin.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre- approval from event producer, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. 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. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
11. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
12. 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.
13. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. Clarification: All Star Prep routines shall not exceed 2:00.
14. 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.
15. 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.





Updated 10/2/2018

16. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.

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.

## Cheer Glossary

**1/2 Wrap around:** A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in "Swing Dancing"). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back or the base.

**Aerial (noun):** Cartwheel or walkover executed without placing hands on the ground.

**Airborne/Aerial (adjective):** To be free of contact with a person or the performing surface.

**Airborne Tumbling Skill:** An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

**All 4s Position:** An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

**Assisted-Flipping Stunt:** A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Flip", "Braced Flip")

**Backbend (Stunting):** The athlete's body forms an arch, typically supported by the hands and feet with the abdomen facing upward.

**Back Walkover:** A non-aerial tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

**Backward Roll:** A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.



Updated 10/2/2018

**Ball - X:** A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

**Barrel Roll:** See "Log Roll".

**Base:** A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: New Base and/or Original Base). If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

**Basket Toss:** A toss involving 2 or 3 bases and a spotter -- 2 of the bases use their hands to interlock wrists.

**Block:** A tumbling term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill.

**Block Cartwheel:** A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

**Brace:** A physical connection that helps to provide stability from one top person to another top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

**Braced Flip:** A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

**Bracer:** A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

**Cartwheel:** A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

**Catcher:** Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers:

1. 1 must be attentive
2. 2 must not be involved in other choreography
3. 3 must make physical contact with the top person upon catching
4. 4 must be on the performing surface when the skill is initiated

**Chair:** A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

**Coed Style Toss:** A single base grabs the top person at the waist and tosses the top person from ground level. **Cradle:** A dismount in which the top person is caught in a cradle position.

**Cradle Position:** Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V"/pike/hollow body position (face up, legs straight and together) below prep level.



Updated 10/2/2018

**Cupie:** A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

**Dismount:** The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a "Dismount". When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.)

**Dive Roll:** An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

**Double-Leg Stunt:** See "Stunt".

**Double Cartwheel:** An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

**Downward Inversion:** A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

**Drop:** Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

**Extended Arm Level:** The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

**Extended Position:** A top person, in an upright position, supported by a base(s) with the base(s) arms extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

**Extended Stunt:** When the entire body of the top person is above the head of the base(s).  
Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie  
Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms, straddle lifts, suspended rolls and leap frogs. (These are stunts where the base(s) arm(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

**Extension Prep:** See "Prep".

**Flat Back:** A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.

**Flip (Stunting):** A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

**Flip (Tumbling):** A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.



Updated 10/2/2018

**Flipping Toss:** A toss where the top person rotates through an inverted position.

**Floor Stunt:** Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

**Flyer:** See "Top Person".

**Forward Roll:** A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

**Free Flipping Stunt:** A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

**Free Release Move:** A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

**Front Limber:** A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

**Front Tuck:** A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

**Front Walkover:** A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

**Full:** a 360-degree twisting rotation.

**Ground Level:** To be on the performing surface.

**Half (Stunt):** See "Prep".

**Hand/Arm Connection:** The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

**Handspring:** An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

**Handstand:** A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

**Hanging Pyramid:** A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and 1/2 high pyramid due to the weight of the top person being borne at the second level.



Updated 10/2/2018

**Helicopter Toss:** A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

**Horizontal Axis (Twisting in Stunts):** An invisible line drawn from front to back through belly button of a non-upright top person.

A building skill(s): stunt, pyramid, transition, release move, dismount, or toss

**Initiation/Initiating:** The beginning of a skill; the point from which it originates. The point of initiation for is the bottom of the dip from which the skill originates.

**Inversion:** See "Inverted"; it is the act of being inverted.

**Inverted:** When the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

**Jump:** An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

**Jump Skill:** A skill, which involves a change in body position during a jump. i.e. toe touch, pike, etc.

**Jump Turn:** Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

**Kick Double Full:** Skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

**Kick Full:** Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

**Knee (Body) Drop:** See "Drop".

**Layout:** An airborne tumbling skill, which involves a hip overhead rotation in a stretched, hollow body position.

**Leap Frog:** A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

Second Level Leap Frog: Same as above but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

**Leg/Foot Connection:** The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

**Load-In:** A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.



Updated 10/2/2018

**Log Roll:** A release move in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

**Mount:** See "Stunt".

**Multi-Based Stunt:** A stunt having 2 or more bases not including the spotter.

**New Base(s):** Bases previously not in direct contact with the top person of a stunt.

**Non-Inverted Position:** A body position in which either of the conditions below are met.

1. The top person's shoulders are at or above their waist.
2. The top person's shoulders are below their waist and both feet are below their head.

**Nugget:** A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

**Onodi:** Starting from a back handspring position after pushing off, the athlete performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

**Original Base(s):** Base(s), which is in contact with the top person during the initiation of the skill/stunt.

**Pancake:** A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

**Paper Dolls:** Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

**Pike:** Body bent forward at the hips with legs straight and together.

**Platform Position:** A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

**Power Press:** When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

**Prep (stunt):** A multi base, two-leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

**Prep-Level:** The lowest connection between the base(s) and the top person is above waist level and below extended level.

i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as



Updated 10/2/2018

determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

**Primary Support:** Supporting a majority of the weight of the top person.

**Prone Position:** A face down, flat body position.

**Prop:** An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

**Punch:** See "Rebound".

**Punch Front:** See "Front Tuck".

**Pyramid:** Two or more connected stunts.

**Rebound:** An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

**Release Move:** When the top person becomes free of contact with all people on the performing surface; see "Free Release Move"

**Rewind:** A free-flipping release move from ground level used as an entrance skill into a stunt.

**Round Off:** Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.

**Running Tumbling:** Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

**Second Level:** Any person being supported above the performing surface by one or more bases.

**Second Level Leap Frog:** Same as "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

**Series Front or Back Handsprings:** Two or more front or back handsprings performed consecutively by an athlete.

**Show and Go:** A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

**Shoulder Level:** A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

**Shoulder Sit:** A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.



Updated 10/2/2018

**Shoulder Stand:** A stunt in which an athlete stands on the shoulder(s) of a base(s).

**Shushunova:** A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

**Single-Based Stunt:** A stunt using a single base for support.

**Single-Leg Stunt:** See "Stunt".

**Split Catch:** A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

**Sponge Toss:** A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

**Spotter:** A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.  
The spotter:

- - must be standing to the side or the back of the stunt, pyramid or toss.
- - must be in direct contact with the performing surface.
- - must be attentive to the stunt being performed.
- - must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt.
- - cannot stand so that their torso is under a stunt.
- - may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- - may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- - may not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

Example: In a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter

(regardless of the grip).

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand MUST be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

**Standing Tumbling:** A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."





Updated 10/2/2018

**Straight Cradle:** A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

**Straight Ride:** The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

**Stunt:** Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a non-upright position, which is not supported under any foot, then the stunt will be considered a "Two Leg" stunt.

**Suspended Roll:** A stunt skill that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

**Suspended Forward Roll:** A suspended roll that rotates in a forward rotation. See Suspended Roll

**Suspended Backward Roll:** A suspended roll that rotates in a backward rotation. See Suspended Roll

**T-Lift:** A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

**Tension Roll/Drop:** A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other .

**Three Quarter (3/4) Front Flip (stunt):** A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

**Three Quarter (3/4) Front Flip (tumble):** A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

**Tic-Tock:** A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

**Toe/Leg Pitch:** A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

**Toss:** An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from performing surface when toss is initiated (ex:



Updated 10/2/2018

basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See Release Moves).

**Twisting Tosses:** Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. i.e. A 1/2 twist, X, 1/2 twist is considered 2 skills: 1 full twist and 1 additional skill.

**Top Person:** The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

**Tower Pyramid:** A stunt on top of a waist level stunt.

**Transitional Pyramid:** A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

**Transitional Stunt:** Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

**Traveling Toss:** A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

**Tuck Position:** A position in which the body is bent at the waist/hips with the knees drawn into the torso.

**Tumbling:** Any hip over head skill that is not supported by a base that begins and ends on the performing surface.

**Twist:** An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis)

**Twisting Stunt:** Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twisting rotation, starts a new transition.

**Twisting Tumbling:** A tumbling skill involving hip over head rotation in which an athlete rotates around their body's "Vertical Axis".

**Two - High Pyramid:** A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high"



Updated 10/2/2018

does not relate to the actual height of the top person but to the number of layers to which they are connected.

**Two and One Half (2-1/2) – High Pyramid:** A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a “Two and One Half High Pyramid” is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 1/2 body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 1/2 body lengths.

“Above Two and One Half (2 1/2) High Pyramid” is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1/2 high chairs are considered 2 1/2 high pyramids.

**Upright:** A body position of a top person in which the athlete is in a standing position on at least one foot while being supported by a base(s).

**V-Sit:** A top person’s body position when sitting in a stunt with straight legs parallel to the performing surface in a “V” position.

**Vertical Axis (Twisting in Stunts or Tumbling):** An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

**Walkover:** A non-aerial tumbling skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

**Waist Level:** A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

**Whip:** A non-twisting, backward-traveling, aerial tumbling skill in which the athlete’s feet rotate over their head and body, while the body remains in an arched position (not tucked and not in layout position). A “Whip” has the look of a back handspring without the hands contacting the ground.

**X-Out:** A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an “x” fashion during the rotation of the flip.