



SCHOLASTIC RULES & REGULATIONS 2025 - 2026

GENERAL SAFETY RULES

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed.
7. Jewelry of any kind, including all piercings (including clear plastic jewelry) must be removed and may not be taped over.
 - a. Exception: medical ID tags/bracelets.
 - b. Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.
8. Head coverings worn for religious reasons so as not to expose one's uncovered head may be worn and must be attached in such a way that it is unlikely to come off during performance. It must be made of non-abrasive, soft materials; must fit securely and not pose a danger to any other participant.
9. Any height increasing apparatus used to propel an athlete is not allowed.
 - a. Exception: spring floor.
10. Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props allowed.
 - a. 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.
11. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.
12. All props must be safely discarded out of harm's way
 - a. Example: throwing a hard sign across the mat from a stunt is not allowed.

13. Supports, braces and soft casts that are unaltered from the manufacturer's original design/production do not require 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 1/2 inch/1.27 centimeters thick if the participant is involved in tumbling, stunts, pyramids, or tosses.
 - a. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in tumbling, stunts, pyramids or tosses.
14. From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.
15. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
16. Drops including but not limited to knee, seat, thigh, 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.
 - a. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
17. Athletes must have at least one foot, hand, or body part (other than hair) on the performing surface when the routine begins.
 - a. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
18. 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.
19. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in their mouth while participating in sport activity.
20. An athlete in full head and/or body costume (example: mascot) must not spot, stunt, or tumble except for a forward roll or cartwheel.
21. Bases may not hold any objects while supporting the top person.
 - a. Exception: A base and top person may share a pom during a dismount from a thigh stand, shoulder sit/straddle, shoulder stand, or prep.
 - b. Clarification: For Premier, a mid-layer base is allowed to hold objects while providing support to the top person.
 - c. Clarification: A base may pass or take a prop from a top person in prep level stunts or below.

- 22. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
- 23. Top persons in dismounts may not come in contact with each other while released from the bases.
- 24. Tension drops/rolls of any kind are not allowed.
- 25. Single based split catches are prohibited.
- 26. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

ROUTINE LENGTH RULES

In any discrepancy, the *Time Limit document* is considered most current.

ROUTINE LENGTH - GENERAL RULES FOR ALL DIVISIONS:

1. Timing will begin with the first choreographed 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.
2. Skills are not allowed during the team's entry onto the floor or any time prior to starting the performance.
3. All team breaks, rituals and traditions need to take place prior to entering the performance surface.
4. All teams should refrain from any type of excessive celebration following the team's performance.

ROUTINE LENGTH - SCHOLASTIC GAME DAY

1. Maximum Overall Time: 3:00 (180 Seconds)
2. Order of the Game Day components will be: Band Chant, Situational Sideline (Offense or Defense), Time Out Cheer and Fight Song.
 - a. Use of native language in cheer and/or sideline chant encouraged
3. Timing will NOT include the team spiriting, rallying, or individuals performing jumps, kicks, or tumbling, but will begin with the first group movement, voice, or note of music, whichever comes first.
4. Each Game Day section should have a beginning and an end.
 - a. Note: Spirited crowd leading interaction between each section is encouraged to continue to enhance the Game Day feeling/experience. The spirit time in-between sections is included in the maximum routine time limit.

ROUTINE LENGTH - COLLEGIATE GAME DAY:

1. Maximum Overall Time: 3:00 (180 Seconds)
2. Order of the Game Day components will be: Fight Song, Situational Sideline (Offense or Defense), Game Day Time Out.
3. Timing will NOT include the team spiriting, rallying, or individuals performing jumps, or kicks, but will begin with the first group movement, voice, or note of music, whichever comes first.
4. Each Game Day section should have a beginning and an end.

- a. Note: Spirited crowd leading interaction between each section is encouraged to continue to enhance the Game Day feeling/experience. The spirit time in-between sections is included in the maximum routine time limit.

ROUTINE LENGTH - SCHOLASTIC and COLLEGIATE ALL LEVELS

- 1. Cheer Portion: Cheer must be included and can be placed in the beginning or middle of routine.
 - a. Use of native language in cheer and/or sideline chant is encouraged.
- 2. The total maximum time for the routine is three (3) minutes.
 - a. Maximum musical portion: 2:00 minutes (120 seconds)
 - i. A cheer is required and can be at any point in the routine
 - 1. EXCEPTION: in Cheer Abilities a cheer is not required if a sizable percentage of athletes are not able to due to their disability.
 - ii. Note that teams competing outside of Canada may be required to have shorter routine length (typically 1:45 minutes for music).

ROUTINE LENGTH - PERFORMANCE CHEER

- 1. Scholastic and Collegiate all levels: 2:00 minutes (120 seconds)
- 2. Game Day: Maximum Overall Time: 3:00 (180 Seconds)
- 3. Doubles: 1:30 minutes (90 seconds)

SCHOLASTIC GAME DAY

DIVISION RULES

SCHOLASTIC GAME DAY - GENERAL

1. Use of crowd leading tools such as signs, poms, flags and/or megaphones is required; however, use of all crowd leading tools mentioned herein are not required.
2. The incorporation of stunts/tumbling (if applicable) is required in the Situational Sideline, Cheer and Fight Song.
3. Each Section: Should have a beginning and end.
 - a. Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, this would include the team's entry to the floor and any time prior to starting the performance. Tumbling would be allowed during the performance with the exception of during the Band Chant.
4. Additional Skill Restrictions (if applicable to the level performed)
 - a. Tosses (basket, sponge, or elevator) are NOT allowed.
 - b. Inversions are NOT allowed.
 - c. Twisting Released Dismounts are NOT allowed.
 - d. Single leg stunts ARE LIMITED to liberties and liberty hitches.
 - e. Running Tumbling is NOT allowed.
 - f. Standing Tumbling IS ALLOWED; however, connected tumbling skills are NOT allowed and a back tuck is the most elite tumbling skill allowed.
 - i. Examples: Standing full IS NOT allowed. Rippled Single Back Handsprings would be allowed. Jump tumble (single skill) would be allowed.

SCHOLASTIC GAME DAY - BAND CHANT

1. Should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted, however jumps and kicks are allowed.

SCHOLASTIC GAME DAY - SITUATION SIDELINE

1. The team will perform an offense or defense game scenario at their own discretion. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.

SCHOLASTIC GAME DAY - CROWD LEADING CHEER

1. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment

SCHOLASTIC GAME DAY - FIGHT SONG

1. Incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight Song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill (stunt or tumbling) until one of the following:
 - a. The routine ends within the 3 consecutive 8 counts
 - b. Building Skills must be stationary prior to the end of the 3rd 8-count and may remain stationary until the end of the routine
 - c. Dismounts following the completion of the routine will not be included for timing purposes.

COLLEGIATE GAME DAY

DIVISION RULES

COLLEGIATE GAME DAY - GENERAL

1. The use of crowd leading tools such as rally towels, signs, poms, flags and/or megaphones is recommended (All are not required). No other props, musical instruments, etc. may be used by anyone on the performance floor. Props may not be thrown into the crowd.
2. Teams may add up to 1 (one) mascot in their routine. The mascot must enter the floor with the team and remain on the floor for the entire routine or an out of bounds penalty will be assessed.
 - a. Mascots should be used to raise crowd energy and participation.
 - b. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed.
 - c. The mascot will not count toward the number of participants allowed but may impact the overall impression score.
 - d. Mascots will only be allowed to use the following traditional sideline props i.e., rally towels, signs, pom, megaphones, or flags.
3. Skills must be practical for Game Day and performed with strong technique while providing a visual effect that encourages crowd energy and participation. The incorporation of skills will be allowed with the following restrictions:
 - a. Flips into or from-stunts and pyramids will not be allowed.
 - b. Twisting stunts and dismounts may not exceed 1 1/4 rotations.
 - c. Flipping tosses are permitted with 0 twisting rotations.
 - d. No twisting airborne tumbling is allowed. Exception – Aerials are allowed.
4. No voice-overs or words may be recorded and overlaid on the music tracks to make the team's vocal projection sound louder.

COLLEGIATE GAME DAY - FIGHT SONG

1. Should represent the traditional Fight Song played & performance by your university/related scholastic institution. Should your university/related scholastic institution not possess a traditional Fight Song, another Fight Song may be used following the music guidelines contained herein.
2. Skills within the Fight Song should be minimal and practical.
3. Teams should begin the Fight Song in a sideline formation.

COLLEGIATE GAME DAY - SITUATIONAL SIDELINE

1. The team will perform an offense or defense game scenario at their own discretion. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.
2. Teams are encouraged to use native language.
3. Skills should be minimal and practical.

COLLEGIATE GAME DAY - GAME DAY TIME OUT

1. Similar to Cheerleading team game performances during a 60 second timeout (e.g., at a Basketball and/or Football Game, Baseball Game, for example) that is designed for crowd interaction and involves crowd response.
2. Traditionally performed to popular Game Day timeout music (e.g., a band chant), this component is designed to showcase your team's energy, leadership, visual appeal, and your team's connection to the crowd.

BEGINNER DIVISION RULES

BEGINNER DIVISION – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface.
 - a. Clarification: A tumbler may rebound from their feet into a stunt transition.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
 - a. Clarification: An individual may jump over (rebound) another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are not allowed.
5. 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.

BEGINNER DIVISION – STANDING/RUNNING TUMBLING

1. Skills must involve constant physical contact with the performance surface.
 - a. Exception: Block cartwheels and round offs are allowed.
2. Forward and backward rolls are allowed.
3. Cartwheels, round offs, and handstands are allowed.
4. Front and back walkovers are not allowed.
5. No tumbling is allowed in immediate combinations 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.
6. Front and back handsprings are not allowed.

BEGINNER DIVISION – STUNTS

1. Spotters:
 - a. A spotter is required for each top person above ground level.
 - i. Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.
 - b. Clarification: The spotter may grab the top person's waist for all stunts above ground level.
2. Stunt Levels:
 - a. Single leg, 2 leg and all stunts are only allowed at waist level if the top person is connected to someone standing on the performance surface (e.g. spotter grabbing the waist of the top person, a hand/arm connection, etc.), which must be a separate person other than the base(s) or spotter.
 - b. Stunts above waist level are not allowed. A stunt may not pass above waist level.
 - i. Clarification: Taking the top person above the waist level of the bases is not allowed.

3. Twisting stunts and transitions are not allowed.
 - a. Exception: Rebounding to a prone position (1/2 twist to stomach) is a stunt allowed in the Beginner Division.
4. During transitions, at least one base must remain in contact with the other top person.
 - a. Exception: Leap frogs and leap frog variations are not allowed in the Beginner Division.
5. Free flipping or assisted flipping stunts and transitions are not allowed.
6. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
 - a. Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
 - b. Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
 - c. Example: A load in walking under another stunt is not allowed.
 - d. Exception: An individual may jump over another individual.
7. Single based stunts with multiple top persons are not allowed.

BEGINNER DIVISION - STUNTS - RELEASE MOVES

1. Release moves are not allowed.
 - a. Clarification 1: Helicopters are not allowed.
 - b. Clarification 2: Log/barrel rolls are not allowed.

BEGINNER DIVISION - STUNTS - INVERSIONS

1. Inversions are not allowed.
 - a. Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Beginner Division "Standing/Running Tumbling").
 - b. Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

BEGINNER DIVISION – PYRAMIDS

1. Pyramids must follow Beginner Division "Stunts" and "Dismounts" rules.
2. Top persons must receive primary support from a base.
 - a. Clarification: Anytime a top person is released by the base(s) during a pyramid transition, the top person must dismount to the performance surface, may not cradle and must follow the Beginner Division "Dismount" rules.
3. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

- a. Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
- b. Example: A load in walking under another stunt is not allowed.

BEGINNER DIVISION – DISMOUNTS

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

- 1. Only straight pop downs are allowed.
 - a. Clarification 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
 - b. Clarification 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below to the performance surface require assistance in the Beginner Division.
 - c. Clarification 3: An individual may not land on the performance surface from waist level without assistance.
- 2. Waist level cradles are not allowed.
- 3. Twisting dismounts (including a 1/4 turn/rotation) are not allowed.
- 4. 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.
- 5. No dismounts are allowed from skills above waist level in pyramids.
 - a. Clarification: An individual may not land on the performance surface from above waist level without assistance.
- 6. No free flipping or assisted flipping dismounts are allowed.
- 7. Dismounts may not intentionally travel.

BEGINNER DIVISION – TOSSES

- 1. Tosses are not allowed.
 - a. Clarification 1: This includes “Sponge” (also known as Load Ins or Squish) tosses.
 - b. Clarification 2: All waist level cradles are not allowed.

NOVICE DIVISION RULES

NOVICE DIVISION – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface.
 - a. Clarification: A tumbler may rebound from their feet into a transition.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
 - a. Clarification: An individual may jump over (rebound) another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are not allowed.
5. 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.

NOVICE DIVISION – STANDING/RUNNING TUMBLING

1. Skills must involve constant physical contact with the performance surface.
 - a. Exception: Block cartwheels and round offs are allowed
2. Forward and backward rolls, front and back walkovers, and handstands are allowed.
3. Cartwheels and round offs are allowed.
4. No tumbling is allowed in immediate combinations 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.
5. Front and back handsprings are not allowed.

NOVICE DIVISION - STUNTS

1. Spotters:

- a. A spotter is required for each top person at prep level and above*.
 - i. Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. *Extended arm stunts that are not in the upright position (e.g., v-sits, extended flats backs, etc.) are considered prep level stunts.
 - ii. Clarification 1: 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.
 - iii. 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 not allowed, regardless of the back spot's position.
 - iv. 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 while only being supported continuously at the waist, do not require a spotter.
- b. A spotter is required for each top person in a floor stunt.
 - i. Clarification: The spotter may grab the top person's waist in a floor stunt.

2. Stunt Levels:

- a. Single leg stunts are only allowed at waist level.
 - i. Exception 1: Prep level single legs 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.
 - ii. Exception 2: A walk up shoulder stand is allowed in the Novice Division 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.
- b. Stunts above prep level are not allowed. A stunt may not pass above prep level.
 - i. Clarification: Taking the top person above the head of the bases is not allowed.

3. Twisting stunts and transitions are allowed up to a total of a 1/4 twisting rotation by the top person in relation to the performing surface.

- a. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1/4 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e.,prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

- b. Exception 1: Rebounding to a prone position (1/2 twist to stomach) is a stunt that is allowed in the Novice Division.
 - c. Exception 2: 1/2 wrap around stunts are allowed in the Novice Division.
 - d. Exception 3: Up to a 1/2 twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.
- 4. During transitions, at least one base must remain in contact with the other top person.
 - a. Exception: Leapfrogs and leapfrog variations are not allowed in the Novice Division.
- 5. Free flipping or assisted flipping stunts and transitions are not allowed.
- 6. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
 - a. Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
 - b. Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
 - c. Example: A shoulder sit walking under a prep is not allowed.
 - d. Exception: An individual may jump over another individual.
- 7. Single based stunts with multiple top persons are not allowed.

NOVICE DIVISION - STUNTS - RELEASE MOVES

- 1. No release moves are allowed other than those allowed in Novice Division "Dismounts" and "Tosses".
- 2. Release moves may not land in a prone or inverted position.
- 3. Release moves must return to original bases.
 - a. Clarification: An individual may not land on the performing surface without assistance.
- 4. Helicopters are not allowed.
- 5. A single full twisting log/barrel roll is not allowed.
- 6. Release moves may not intentionally travel.
- 7. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

NOVICE DIVISION - STUNTS - INVERSIONS

- 1. Inversions are not allowed.
 - a. Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Novice Division "Standing/Running Tumbling").
 - b. Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

NOVICE DIVISION – PYRAMIDS

1. Pyramids must follow Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base.
 - a. Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Novice Division "Dismount" rules.
3. Two leg stunts:
 - a. Two leg extended stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:
 - i. The connection must be made prior to initiating the two-leg extended stunt.
 - ii. Prep level top person bracers must have both feet in bases' hands.
 - iii. Exception: Prep level top persons are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
 - b. Two leg extended stunts may not brace or be braced by other extended stunts.
4. Single leg stunts:
 - a. Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:
 - i. The connection must be made prior to initiating the single leg prep level stunt.
 - ii. Prep level top person bracers must have both feet in bases' hands.
 - iii. Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
 - b. Extended single leg stunts are not allowed.
5. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
 - a. Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
 - b. Example: A shoulder sit walking under a prep is not allowed.

NOVICE DIVISION – DISMOUNTS

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

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
 - a. Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in the Novice Division.
 - b. Clarification 2: All waist level cradles are not allowed.
3. Dismounts must return to the original base(s):
 - a. Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
 - b. Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.
 - c. Clarification: An individual may not land on the performance surface from above waist level without assistance.
4. Only straight pop downs and basic straight cradles are allowed.
5. Twisting dismounts (including a 1/4 turn/rotation) are not allowed.
6. 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.
7. No dismounts are allowed from skills above a prep level in pyramids.
8. No free flipping or assisted flipping dismounts are allowed.
9. Dismounts may not intentionally travel.

NOVICE DIVISION – TOSSES

1. Tosses are not allowed.
 - a. Clarification 1: This includes “Sponge” (also known as Load Ins or Squish) tosses.
 - b. Clarification 2: All waist level cradles are not allowed.

INTERMEDIATE DIVISION RULES

INTERMEDIATE DIVISION – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface.
 - a. Clarification: A tumbler may rebound from their feet into a 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.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
 - a. Clarification: An individual may jump over (rebound) another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed.
 - a. Exception 1: Dive rolls performed in a swan/arched position are not allowed.
 - b. Exception 2: Dive rolls that involve twisting are not allowed.
5. 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.
6. 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.
 - a. Example: A back handspring step out immediately moving into a 1/2 turn is not allowed.

INTERMEDIATE DIVISION - STANDING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are not allowed.
 - a. Clarification: A back walkover into a back handspring is allowed.
3. Jump skills in immediate combination with handspring(s) is not allowed.
 - a. Example: Toe touch handsprings and handspring toe touches are not allowed.
 - b. Clarification: T-Jump to handspring are allowed
4. No twisting while airborne.
 - a. Exception: Round offs are allowed

INTERMEDIATE DIVISION - RUNNING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne.

- a. Exception: Round offs are allowed.

INTERMEDIATE DIVISION - STUNTS

1. Spotters:
 - a. A spotter is required for each top person above prep level.
 - b. A spotter is required for each top person in a floor stunt.
 - i. Clarification: The spotter may grab the top person's waist in a floor stunt.
2. Stunt Levels:
 - a. Single base or assisted single base extended stunts are not allowed in Primary divisions.
 - b. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.
 - i. Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.
 - ii. Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.
3. Twisting stunts and transitions are allowed up to a total of a 1/2 twisting rotation by the top person in relation to the performing surface.
 - a. Clarification 1: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1/2 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - b. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.
 - c. Clarification 2: A log/barrel roll may not include any other skills (e.g., kick full twists, etc.) other than the twist.
 - d. Clarification 3: A log/barrel roll may not be assisted by another top person.
4. During transitions, at least one base must remain in contact with the other top person.
5. Free flipping or assisted flipping stunts and transitions are not allowed.
6. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual
 - a. Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

- b. Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
 - c. Example: A shoulder sit walking under a prep is not allowed.
 - d. Exception: An individual may jump over another individual.
7. Single based stunts with multiple top persons are not allowed.

INTERMEDIATE DIVISION - STUNTS - RELEASE MOVES

1. Release moves may not land in a prone or inverted position.
2. Release moves must return to original bases.
 - a. Clarification: An individual may not land on the performing surface without assistance.
 - b. Exception: See Dismount "C".
3. Releasing from inverted to non-inverted body positions is not allowed.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
 - a. Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.
 - b. Clarification 2: A log/barrel roll may not be assisted by another top person.
 - c. Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.
 - d. Example: No kick full twists.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

INTERMEDIATE DIVISION - STUNTS - INVERSIONS

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
 - a. Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.
 - b. Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g., a shoulder sit).
 - c. Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

INTERMEDIATE DIVISION – PYRAMIDS

1. Pyramids must follow Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base.
 - a. Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Intermediate Division "Dismount" rules.
3. Extended stunts may not connect to or be braced by any other extended stunts.
4. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
 - a. Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
 - b. Example: A shoulder sit walking under a prep is not allowed.
5. Extended single-leg stunts:
 - a. Must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.
 - b. The connection must be made prior to initiating the extended single leg stunt.
 - c. Prep level top persons bracers must have both feet in the bases' hands.
 - i. Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.

INTERMEDIATE DIVISION – DISMOUNTS

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

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s):
 - a. Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
 - b. Exception 2: Straight pop downs or small pop offs with no additional skill(s) from the waist level or below are the only dismounts allowed to the performance surface without assistance.

- c. Clarification: An individual may not land on the performance surface from above waist level without assistance.
- 4. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- 5. Twisting dismounts exceeding 1/4 turn/rotation are not allowed. All other positions/additional skills are not allowed.
 - a. Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.
- 6. 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.
- 7. Cradles from extended single-leg stunts in pyramids are allowed.
- 8. No free flipping or assisted flipping dismounts are allowed.
- 9. Dismounts may not intentionally travel.

INTERMEDIATE DIVISION – TOSSES

- 1. 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.
- 2. 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.
 - a. Example: no intentional traveling tosses.
- 3. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- 4. Flipping, twisting, inverted, or traveling tosses are not allowed.
- 5. 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.
- 6. The only body position allowed is the straight ride. (No exaggerated arch)
- 7. Arm variations such as a salute etc. are allowed if the legs and body are in the straight ride position.
- 8. Top persons in separate tosses may not come in contact with each other.
- 9. Only a single top person is allowed during a toss.

MEDIAN DIVISION RULES

MEDIAN DIVISION - GENERAL TUMBLING

1. All tumbling must originate from and land on the performance surface.
 - a. Clarification: A tumbler may rebound from their feet into a 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.
 - b. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. 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.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
 - a. Clarification: An individual may jump (rebound) over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed.
 - a. Exception 1: Dive rolls performed in a swan/arched position are not allowed.
 - b. Exception 2: Dive rolls that involve twisting are not allowed.
5. 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.
 - a. Example: If an athlete in the Median Division performs a round off - toe touch - back handspring- back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median Division Standing Tumbling regulations.

MEDIAN DIVISION - STANDING TUMBLING

1. Flips are not allowed.
 - a. Clarification: Jumps connected to 3/4 front flips are also not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne.
 - a. Exception: Round offs are allowed.

MEDIAN DIVISION - RUNNING TUMBLING

1. Flips must follow the enclosed conditions:
 - a. Back flips may ONLY be performed in tuck position only from a round off or round off backhandspring(s). Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.

- b. Other skills with hand support prior to the round off or round off back handspring are allowed.
 - i. Example: Front handsprings and front walkover through to round off back handspring back tucks are allowed.
- c. Cartwheel tucked flips and/or cartwheel to back handsprings(s) to tucks are not allowed.
- d. Aerial cartwheels, running front tucks, and 3/4 front flips are allowed.
 - i. Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.
- 2. No tumbling is allowed after a flip or an aerial cartwheel.
 - a. Clarification: If any tumbling follows a flip or an aerial cartwheel, at least 1 step into the next tumbling skills must be included to separate the 2 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(s) finishes the skill with both feet together, then 1 step is all that is needed to create a new tumbling pass.
- 3. No twisting is allowed while airborne.
 - a. Exception: Round offs are allowed.
 - b. Exception: Aerial cartwheels are allowed.

MEDIAN DIVISION – STUNTS

- 1. A spotter is required for each top person above prep level.
- 2. Single leg extended stunts are allowed.
- 3. Twisting stunts and transitions are allowed up to 1 twisting rotation by the top person in relation to the performance surface.
 - a. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- 4. Full twisting transitions must originate from and land at prep level or below only.
 - a. Example: No full ups (1 twist or more) to an extended position.
- 5. Twisting transitions to and from an extended position may not exceed a 1/2 twisting rotation.
 - a. Clarification: A twist performed with an additional turn by the bases performed in the same level set, would not be allowed if the resulting cumulative rotation of the top person exceeds 1/2 rotation.
- 6. During stunts and transitions, at least 1 base must remain in contact with the top person.
 - a. Exception: See “Release Moves”.
- 7. Free flipping stunts and transitions are not allowed.

8. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
 - a. Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
 - b. Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless of whether the stunt or pyramid is separate or not.
 - c. Example: A shoulder sit walking under a prep is not allowed.
 - d. Exception: An individual may jump over another individual.
9. Single based stunts with multiple top persons require a separate spotter for each top person.
10. Extended single leg top persons may not connect to any other extended top person.

MEDIAN DIVISION - STUNTS - RELEASE MOVES

1. Release moves are allowed but must not exceed extended arm level.
 - a. 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.
2. Release moves may not land in an inverted position. Releasing from an inverted to non-inverted position is not allowed.
3. Release moves must start at waist level or below and must be caught at prep level or below.
4. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single base stunt.
5. Release moves are restricted to 1 skill/trick and 0 twists. Only skills performed during the release attribute to the 1 skill/trick and 0 twists limitation. Therefore, placement to an immediate body position would not be considered a skill.
 - a. Exception: Log/barrel rolls may twist up to 1 rotation and must land in a cradle or a flat and horizontal body position. (i.e., Flat back or prone position)
 - b. Clarification: Single based log rolls must have 2 catchers. Multi-based log rolls must have 3 catchers.
6. Release moves must return to original bases.
 - a. Clarification: An individual may not land on the performing surface without assistance.
 - b. Exception 1: See Median Division Dismount "C".
 - c. Exception 2: Dismounting single based stunts with multiple top persons.
7. Helicopters are not allowed.

8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
10. Top persons in separate release moves may not come in contact with each other.
 - a. Exception: Dismounting single based stunts with multiple top persons.

MEDIAN DIVISION - STUNTS - INVERSIONS

1. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.
 - a. Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or to the performance surface are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a separate hand of the base(s).
2. Inversions are limited to a 1/2 twisting rotation to extended level and 1 twisting rotation to prep level and below.
 - a. Exception 1: A multi-based suspended forward roll may twist up to 1 full twisting rotation. A Forward Suspended Roll exceeding a 1/2 twist must land in a cradle.
 - b. Exception 2: In a multi-based suspending backward roll, the top person may not twist.
3. Downward inversions are allowed at waist level and must be assisted by at least 2 bases/catchers positioned at the waist to shoulder level to protect the head and shoulder area. The top person must maintain contact with the original base.
 - a. Clarification 1: The stunt may not pass through prep level and then become inverted below prep level or below. (The momentum of the top person coming down is the primary safety concern.)
 - b. Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
 - c. Clarification 3: Two-leg Pancake stunts are not allowed in the Median Division.
4. Downward inversions may not come into contact with each other.

MEDIAN DIVISION - PYRAMIDS

1. Pyramids must follow Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base.
 - a. Exception: See Median "Pyramid Release Moves"
3. Extended single leg (1 leg) stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid or individual may move over or under another separate stunt, pyramid, or individual.
 - a. Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
 - b. Example: A shoulder sit walking under a prep is not allowed.
5. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at least 1 bracer at prep level or below and at least 1 base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiating of the skill and must remain in contact throughout the skill. A Hand/arm connection does not include the shoulder.

MEDIAN DIVISION - PYRAMIDS - RELEASE MOVES

1. Any skill allowed as a Median Division Release Move is also allowed if it remains connected to a base and 2 bracers.
2. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performance surface and must follow the Median Division dismount rules.
3. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 2 persons at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.
 - a. Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least 2 bracers at prep level or below with an arm/arm connection. The connections must be made prior to the initiation of the skill and must remain in contact throughout the skill.
 - b. Clarification 2: Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Median Division "Stunt Release Moves" or "Dismounts" criteria.
4. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One of these top person contacts must be in a hand/arm-to-hand/arm connection; the other may be either in a hand/arm-to-hand/arm connections or in a hand/arm-to-foot/lower leg (below the knee) connection.
 - a. Clarification 1: Pyramid Release Moves must be braced on 2 different sides (e.g., right side/left side or left side/back side, etc.) by 2 separate bracers. (Example: 2 bracers on

the same arm are not allowed.) A top person must be braced on 2 of the 4 sides (front, back, right, or left) of her/his body.

- b. Clarification 2: Contact must be made with a base on the performance surface BEFORE the contact with the bracer(s) is lost.
5. Primary weight may not be borne at the 2nd level.
 - a. Clarification: The transition must be continuous.
6. These release transitions may not involve changing of bases.
7. These transitions must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
8. Release moves may not be braced/connected to the top person(s) above prep level.

MEDIAN DIVISION - PYRAMIDS - INVERSIONS

1. Must follow Median Division “Stunt Inversions” rules.
2. A top person may pass through an inverted position during a pyramid position IF the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and also 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(s) that remains in contact with the top person may extend their arms during the transition if the skill(s) starts and ends in a position at prep level or below.
 - a. Example 1: A flat back split that rolls to a load in position is allowed even if the base(s) extends their arms during the inversion skill.
 - b. Example 2: A flat back that rolls into an extended position is not allowed because the skill did not first land in a position below the extended level.

MEDIAN DIVISION - PYRAMIDS - RELEASE MOVES W/ BRACED INVERSIONS

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

MEDIAN DIVISION - DISMOUNTS

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

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s).
 - a. Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s).
 - b. Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
 - c. Clarification: An individual may not land on the performing surface from above waist level without assistance.
4. Only straight pop downs, basic straight cradles, and 1/4 turns are allowed from any single (1 leg) stunt.
5. Up to a 1 1/4 twisting rotations are allowed from all 2 - leg stunts.
 - a. Clarification: Twisting from a platform is not allowed. A Platform is not considered a 2-leg stunt.
6. 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.
7. Up to 1 trick is allowed during a dismount from any 2-leg stunt.
8. Any dismount from prep level and above involving a skill/trick (i.e., twist, toe touch) must be caught in a cradle.
9. No free flipping dismounts allowed.
10. Dismounts may not intentionally travel.
11. 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 dismount.
12. Dismounts from an inverted position are not allowed.

MEDIAN DIVISION - TOSSES

1. 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.
2. 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.
 - a. Example: no intentional traveling tosses.
3. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
4. Flipping, inverted, or traveling tosses are not allowed.
5. 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.
6. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 $\frac{1}{4}$ twisting rotation.
 - a. Example 1: Legal: toe-touch, ball out, pretty girl
 - b. Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch
 - c. Clarification: The 'arch' does not count as a trick.
 - d. Exception: A Ball X toss is allowed at this level.
7. During a twisting toss, no skill other than the twist is allowed.
 - a. Example: No kick fulls, No $\frac{1}{2}$ twist toe touches.
8. Top persons in separate tosses may not come in contact with each other.
9. Only a single top person is allowed during a toss.

ADVANCED DIVISION RULES

ADVANCED DIVISION - JUMPS

1. Landings for all jumps must bear weight on at least 1 foot.
 - a. Example: A toe touch jump to the seat, knees, or lands with both feet back, or to a push-up position is prohibited.
2. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulder, and hands. (This rule only refers to a type of entrance into the “kip-up/rubber band” skill.)

ADVANCED DIVISION - STANDING / RUNNING TUMBLING

1. Dive rolls are prohibited.
2. Flips greater than 1 rotation are prohibited.
3. Twists greater than 1 rotation are prohibited.
4. A forward $\frac{3}{4}$ flip to the seat or knees is prohibited.
5. Tumbling over, onto, or under a stunt, person or prop is prohibited. Rebounding over a stunt, person or prop is also prohibited.
 - a. Exception: Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed)
6. A flip that lands in a partner stunt or cradle is prohibited.
 - a. Example: A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
7. Tumbling while holding or in contact with any prop is not allowed.
 - a. Exception: A standing back tuck flip and aerials with poms are allowed.

ADVANCED DIVISION – STUNTS

1. A spotter is required for extended stunts where the top person's weight is being borne by the base(s)
 - a. Example: “Show and Go” stunts, where the top person is not in an extended static position, do not require a spotter.
2. A spotter is required for tosses to single base shoulder stands and single based shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
3. In stunts requiring a spotter, a spotter:
 - a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.

- b. Must be in position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts, this required spotter position is located behind or beside the top person.
 - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
 - d. May not have their hands behind their back.
 - e. May not support under the heel or sole of the top person's foot in a single based extended stunt. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
 - f. May not hold any objects in their hands.
4. The top person cannot travel over another person from Quick Tosses or Partner Tosses.
 5. The base(s) of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
 6. An athlete must not move over or under a stunt or pyramid except when helping build, stabilize or dismount that stunt or pyramid.
 7. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
 - a. The top person must have both hands in continuous hand-to-hand contact with a post or with both bases' hands or,
 - b. When transitioning into a split without continuous hand-to-hand contact, the following conditions are met:
 - i. There are a total of 3 bases that support the top person.
 - ii. At least 2 of the bases support under the legs of the top person. The 3rd base may support the top person under the legs or in contact with the hands of the top person.
 - iii. The top person must have both hands in contact with the bases during the split portion of the transition.
 8. Double Based Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
 9. Single-based stunts in which the top person is parallel to the performance surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person (e.g., Bird, Side T. Single-Based Flatback, etc.)
 10. A top person may be moved from a vertical position to a horizontal position (straight body, cradle, or flatback) provided all the following conditions are met:
 - a. The top person maintains contact with at least 1 original base or spotter.
 - b. At least 2 catchers and/or based catch the upper body of the top person.
 - c. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.

- d. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least 3 catchers are required.
- 11. A single base may not be the only primary support for 2 extended top persons.
 - a. Exception: Double Cupies/Awesomes are allowed. (If dismounted to cradles, there must be 3 people for each top person being cradled.)
- 12. A swinging stunt is legal provided all of the following conditions are met:
 - a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performance surface or in a stunt that is below shoulder height.
- 13. A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.

ADVANCED DIVISION - STUNTS - RELEASE MOVES

- 1. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
 - a. Helicopters are allowed provided all of the following conditions are met:
 - i. The top person makes no more than a 180-degree rotation (half / 1/2 turn).
 - ii. Four bases must be in position during the entire release.
 - iii. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
 - iv. The bases are not allowed to change positions during the release.
 - v. The top person must begin and end in a face up position.
 - vi. The top person cannot perform a twisting skill.
 - b. A log roll is legal provided it does not involve more than 1 complete rotation and the top person is not in contact with another person in a release stunt. The following additional conditions apply:
 - i. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
 - ii. In a multi-base log roll, the top person must begin and end in a face-up or face-down position.
 - c. A top person in a vertical position at prep level or above may be released to a stunt at any level provided that the top person remains vertical, and the top person performs no more than 1 1/4 twisting rotations. Vertical releases from an extended position to an extended position may not perform more than a 1/4 twisting rotation
 - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or to a stunt at shoulder height or below.
 - e. Switch Ups to the same stunt group are allowed.

ADVANCED DIVISION - STUNTS - INVERSIONS

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

1. Unless allowed under the rules of this section, a top person must not be in an inverted position.
 - a. Example: Basket toss flips are not allowed under this section, and therefore are prohibited.
2. An inverted top person may pass through an extended position, but must not begin, end, pause or stop in a static extended inverted position.
3. In all other inversions:
 - a. Inversions may be released to the following provided there is a spotter:
 - i. Non-inverted dismounts with no more than a 1/2 twist.
 - ii. Loading positions below prep level with no more than a 1/2 twist.
 - iii. Non-inverted stunts at any level with up to 1/4 twists.
 - b. Inversions where the base of support begins and remains below prep level, at minimum, 1 person must maintain contact with the top person until the top person is no longer inverted or her/his hands are on the performance surface.
 - c. Inversions where the base of support begins at or passes through prep level, the following conditions must be met:
 - i. At minimum, 2 people must be positioned on the performance surface to protect the head/neck of the top person.
 - ii. Contact must be maintained between, at minimum, 1 base and the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or her/his hands are on the performance surface. The contact shall be sufficient to stabilize/control the top person's position.
 - iii. Exception: A fold-over that begins at or below prep level and doesn't stop in an extended position is allowed without continuous upper body contact under the following conditions:
 1. If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
 2. The top person must not go directly to an inverted position on the performance surface from prep level or higher.
 - d. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
4. An inverted top person must not hold objects (e.g. poms, signs, etc.) in their hands.
 - a. Exception: A top person can hold objects during a transition from an inverted position on the performance surface to a non-inverted stunt or from a prone position below prep level to a forward roll dismount.

5. A Swing Roll Down stunt is not permitted.

ADVANCED DIVISION – DISMOUNTS

1. The total number of twists in a dismount from a stunt cannot be greater than 1 1/4 rotations.
2. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in a position to protect the head, neck and shoulders of the top person.
3. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - a. The top person must be cradled by 2 catchers and a head-and-shoulders spotter/catcher.
 - b. The new catchers must remain close to the original bases.
 - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
 - d. The top person may not perform any skills (twist, toe touch, etc.) following the release.
4. Dismounts to the performance surface from shoulder height or above must have assisted landings. This assistance must be sufficient to slow the momentum of the top person. If the dismount involves a skill (e.g., toe touch, twist, etc.), there must be an additional spotter who may, but is not required to provide assistance.

ADVANCED DIVISION – PYRAMIDS

Note: In addition to these specific pyramid rules, all persons and stunts involved in a pyramid must follow all rules from the Stunt and Inversion sections.

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. A bracer may not support a majority of a top person's weight.
3. In pyramids where 1 extended stunt braces another extended stunt, the connection must be hand/arm to leg/foot or hand/arm to hand/arm.
4. An athlete must not move over or be under a partner stunt or pyramid except when assisting to build, stabilize or dismount that partner stunt or pyramid.
5. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)

ADVANCED DIVISION - PYRAMIDS – NON-INVERTED RELEASE MOVES

1. In a Released Pyramid Transition, the following rules apply:
 - a. The skills before and after the release must be legal, including the required spotters.
 - b. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - c. The bracer(s) are at prep level or below. The bracer(s) must have at least 2 bases or 1 base and a spotter.
 - i. Exception: Shoulder sits, and thigh stands
 - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (e.g., shoulders of the bracer).
 - e. The released top person and bases make no more than a 1/4 turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that there is a pause during the transition.
 - f. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.
 - g. The top person does not land in an inverted position.

ADVANCED DIVISION - PYRAMIDS – INVERSIONS

1. Braced inversion in a pyramid that do not flip or roll are allowed under the following conditions:
 - a. The inverted top person must have 2 bases or a base and a spotter.
 - b. In the case when a top person is released from the base(s), all of the rules for release moves with braced inversions also apply.
2. Braced rolls in a pyramid are allowed under the following conditions:
 - a. The bracer(s) must have 2 bases or a base and a spotter.
 - i. Exception: Shoulder sits and thigh stands

ADVANCED DIVISION - PYRAMIDS - RELEASE MOVES W/BRACED INVERSIONS

1. Braced flips in a pyramid are allowed under the following conditions:
 - a. Both of the top persons' hands/arms are in continuous contact with a bracer or bracers. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and of the bracer.
 - b. Each bracer must be in a double base prep with a spotter.
 - c. The top person must be to the side of or in front of the bracer(s).
 - d. There must be 3 people involved in the toss and the catch of the top person either as a base or as a spotter. Any new catchers/spotters must be in place when the flip is initiated, remaining close to the original bases and may not be part of any other skill.

- e. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and as long as the top person is no longer in an inverted body position.
- f. The person ends in a non-inverted body position.
- g. The top person does not perform more than 1 and 1/4 flipping rotations and no more than 1 twist.

ADVANCED DIVISION - TOSSES

- 1. No more than 4 tossers are allowed.
- 2. The top person must be caught in a cradle.
- 3. The cradle must include at least 3 of the original tossers.
- 4. 1 of the catchers must be at the head and shoulders of the top person.
- 5. The toss may not be directed so that the bases must travel to catch the top person (The bases can turn/rotate under the toss.)
- 6. The top person must not land in an inverted position.
- 7. The top person may not hold any objects (flags, signs, etc.) during the toss.
 - a. Exception: Poms are allowed
- 8. The top person cannot travel over or under another person or through a prop.
- 9. The total number of twists cannot be greater than 1 1/4 rotations.

PREMIER DIVISION RULES

PREMIER DIVISION - STANDING / RUNNING TUMBLING

1. Tumbling skills performed over, under, or through a partner stunt, pyramids, or individuals are prohibited.
2. Tumbling skills that exceed 1 flipping rotation are prohibited.
3. Tumbling skills are allowed up to 1 twisting rotations.
4. Dive rolls are prohibited

PREMIER DIVISION - STUNTS

1. Dismounts with more than 1 1/4 twists require an additional spotter that assists on the cradle.
2. Stunts in which the base uses only 1 arm for support require a spotter when:
 - a. The stunt is anything other than a cupie/awesome or basic liberty. All other 1-arm stunts require a spotter (e.g., heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.)
 - b. There is a released twisting load-in or dismount. The spotter must be in a place during the twist to assist in the cradle during the twisting dismount(s).
 - c. The top person popped from one arm to the other.
3. A single base release to shoulders requires a spotter positioned to the side or back of the base during the release and landing phase of the skill.
4. Releases from a handstand position on the ground or a skill to a partner stunt (e.g., handspring loads, hand-to-hand releases) require a spotter.
5. Stunts in which the top person is in an extended handstand position require a spotter.
6. A top person can be released from a handstand position on the ground to a hand-to-hand stunt provided that the top person does not twist or rotate.
7. A top person can be released from a standing position on the performance surface to a hand-to-hand stunt provided adherence to the following criteria:
 - a. The top person does not twist.
 - b. The top person does not rotate beyond a 1/2 rotation into the hand-to-hand skill.
 - c. A spotter is present.
8. A top person can be released from a cradle position or a horizontal position below shoulder level to an inverted position.
9. Twisting mounts and dismounts greater than 2 1/4 rotations are prohibited.
10. Unless allowed by Rule 14-D., all leg pitch, toe pitch, walk-in, sponge, and straddle catch flips to the performing surface are prohibited.
11. Helicopters are allowed up to a 180-degree rotation and up to 1 full twist, and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

12. Flipping into and out of stunts is allowed with the following conditions: (Note that flipping from a basket or sponge loading position is a “toss” and must follow the Toss section rules)
- a. The top person is limited to 1 1/4 flipping rotations and one twisting rotation.
 - b. Flips must be caught by the original group and may not be directed so that the bases must move to catch the top person.
 - c. Bases are limited to 1/2 turn under the top person.
 - d. In flipping entries:
 - i. Flipping entries require a spotter and may land in a stunt (including loads and horizontal positions), a standing position on the performing surface, or a cradle with assistance from the spotter.
 - ii. Spotters may throw from under a single foot or leg of the top person.
 - iii. Flipping entries may originate directly out of a single tumbling skill.
 - e. In flips from stunts:
 - i. Flips from stunts must initiate from prep level or below.
 - ii. Flips that initiate from prep level or from below prep level in a cradle or horizontal position may land in a cradle, horizontal or vertical stunt or in a standing position on the performance surface.
 - iii. Flips that initiate from an elevator toss may land in a cradle, horizontal or vertical stunt; however, may not land in a standing position on the performance surface.
 - iv. Flips to vertical stunts or to the performance surface may not perform any skills (i.e., toe touch, twist, etc.)
 - v. Flips that land in a vertical stunt require a spotter.
 - vi. Landings from all other flips require a minimum of 2 catchers.
 - vii. Flips to the performing surface require the top person landing on at least 1 foot with assistance from at least 1 base. The spotter must be active but is not required to make contact.
 - viii. In all other landings from flips, all required catchers must be active in assisting the top person during the landing by making contact.

PREMIER DIVISION - PYRAMIDS

Note: In addition to these specific pyramid rules, all persons and stunts involved in a pyramid must follow all rules from the Stunt and Inversion sections.

1. Pyramids higher than 2 1/2 body lengths are prohibited. Pyramid height 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.
 - a. Exception: an extended stunt on top of a thigh stand is allowed.
2. In all pyramids:
 - a. There must be at least two spotters designated for each person who is above 2 persons high and whose primary support does not have at least 1 foot on the ground.
 - b. Spotters must be in position as the top person lands in the 2 1/2 high position. They can load and move to this position as the top is loading.
 - c. One (1) spotter must be behind the top person and the other must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. If on the side, the spotter must have at least 1 foot/shoulder in front of the base to show a clear path to the front.
 - d. The required spotter behind the top person must not place their hands directly under the sole of the foot of a middle layer or under the hands of a base in a support role.
 - e. The required front/side spotter is allowed to place one hand under the exposed sole of the foot of a middle layer or under the hands of a base in a support role. The other hand may be in direct contact with the body or may be free but it may not be directly under the sole of the foot of a middle layer or under the hands of a base in a support role.
 - f. Once the pyramid shows adequate stability and just prior to the dismount, either required spotter can move to catch the cradle.
 - g. Loaders may act as spotters.
 - h. Only bases and middle layer persons can bear the primary weight of another person.
3. Flipping dismounts from pyramids are allowed under the following conditions:
 - a. A front flip and Arabian dismounts may land in a cradle, face up horizontal position, or the performance surface to a minimum of 2 catchers who assist on the landing.
 - b. Front flip with up to 1 complete twist may land in a cradle only.
4. Cradles and horizontal landings from pyramids over 2 high must use at least 2 catchers, 1 on each side of the top person.
5. Twisting released mounts and dismounts greater than 2 1/4 rotations are prohibited.

PREMIER DIVISION - PYRAMIDS - RELEASE MOVES

1. Flips into a pyramid are allowed under the following conditions:
 - a. The flip is initiated from prep level or below.
 - i. Clarification: Flips may originate directly out of a single tumbling skill.
 - b. The top person is limited to 1 1/4 flipping rotations and 1 twisting rotation.
 - c. The top person(s) may not land in an inverted position.
 - d. A rewind to a pyramid does not require an additional spotter.

PREMIER DIVISION - PYRAMIDS - INVERSIONS

1. A top person can be released from an inverted position on the performance surface (e.g., handspring up) and land inverted in a pyramid with the following conditions:
 - a. A minimum of 2 bases/spotters must load the skill.
 - b. The top person cannot flip (must be less than one complete rotation).
 - c. The release is limited to 1/2 twist.

PREMIER DIVISION - TOSSES

1. 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.
 - a. Exception 1: Fly away tosses that would go over the back person.
 - b. Exception 2: Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
2. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases, 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
3. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
4. Flipping tosses are allowed up to 1 1/4 flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

Legal (Two Skills)

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

Illegal (Three Skills)

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

NOTE: An Arabian Front followed by a 1 1/2 twist is considered to be a legal skill.

5. 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.
6. Non-flipping tosses may not exceed 3 1/2 twists.
7. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with the top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 1/2 twisting rotations or 3/4 front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
8. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.
9. Only a single top person is allowed during a basket toss.
10. The top person may not hold any objects (flags, signs, etc.) during the toss.
 - a. Exception: Poms are allowed