

The Open Scoring System

Cheerleading Rules & Guidelines

(Glossary included)

2026-2027

TABLE OF CONTENTS

Glossary	2
General Rules & Routine Requirements	11
All Level General Rules	12
Level 1 Rules	15
Level 2 Rules	18
Level 3 Rules	20
Level 4 Rules	24
Level 5 Rules	28
Level 6 Rules	31
Level 7 Rules	34
All Star Prep	40
All Star Novice	40
International Divisions	40
Appropriate Choreography	41

GLOSSARY

Aerial: Cartwheel or walkover in which the athlete's hands do not touch the ground.

Airborne: Free of contact with a person and/or the performing surface.

Backbend (stunting): Athlete's body forms an arch, typically supported by the hands and feet with the abdomen facing upwards.

Backward Roll: A non-airborne tumbling skill where the athlete's body is rotated backwards through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Ball-X: Top person goes from a tucked position to a straddle/x position with the arms and legs or just the legs usually during a toss.

Barrel Roll: See "log roll".

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base may not support any weight of a top person while the base is in backbend or inverted position.

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

Block Cartwheel: A cartwheel which becomes airborne when the tumbler pushes through the shoulders against the performing surface during the skill.

Brace/Bracer: A brace is the physical connection from one top person to another top person that helps provide stability. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A bracer is a top person in direct physical contact with another top person that helps provide stability. A required bracer cannot pass through an inverted position during a transition.

Braced flip: A stunt in which a top person performs a hip-over-head rotation while in physical contact with another top person.

Bridge: (non-stunt) A body shape where the athlete has arms extended overhead with their hand(s) touching the floor and foot/feet touching the floor.

Candlestick: (non-stunt) A skill that involves the body in an inverted position by rolling onto the upper back/shoulder area of the athlete. (Hips are off the performing surface and at least one foot is above the head)

Cartwheel: A tumbling skill where the athlete remains in contact with the performing surface, rotating sideways, where the hands make contact one at a time while the body inverts and lands one foot at a time in an upright position.

Catcher(s): Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers must be attentive, must not be involved in other choreography, must not be involved in anything that could prevent them from catching, must make physical contact with the top person upon catching, and 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 underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the top person.

Revised March 1, 2026

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 (top person lands in a “V”/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

Cupie: A stunt where the 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 that is released to a cradle or released to the performing surface. If released to the performing surface, top person must land on their feet. 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. Dismounts may not intentionally travel. Tension drops/rolls of any kind are not allowed. Dismounts must return to original base(s) unless dismounting single based stunts with multiple top persons. Dismounts to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface. Top persons may not be or come in contact with each other while released from bases. All multi-based waist level cradles in which the bases begin underneath the top person’s feet will be considered a toss and must follow toss rules.

Dive Roll: An airborne skill that begins with a horizontal forward diving motion and results in a forward roll.

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 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 Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead but are NOT considered “Extended Stunts” since the height of the body of the top person is similar to a prep level stunt are chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

Flat Back: A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface. This is considered a two-leg stunt.

Flat Body: When the top person’s torso is parallel to the performing surface.

Flip: In stunting, a skill that passes through an inverted position with hip-over-head rotation without contact with a base or the performing surface. In tumbling, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

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

Floor Stunt: Base lying on the performing surface on their back with their arm(s) extended. This is considered a waist level stunt. Flyer: See “Top Person”.

Forward Roll: A non-airborne tumbling skill where the athlete’s body is rotated forward through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Revised March 1, 2026

Free Flipping Stunt: A stunt release move that involves a top person passing through an inverted position with hip-over-head rotation 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 Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip in a tuck position.

Full: A 360 degree twisting rotation.

Ground Level: On the performing surface.

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 where the body springs from the feet onto the hands and lands back on the feet, either forward or backwards, while rotating through a handstand position

Handstand: A skill that involves supporting the body in an inverted, vertical position by balancing on the hands where the arms of the athlete are extended straight by the head and ears.

Helicopter: 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 the belly button of a non-upright top person.

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

Inversion/Inverted: Athlete has at least one foot above the head, and shoulders are below the waist/hips.

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 performing surface.

Jump Skill: A skill which involves a change in body position during a jump. i.e. toe touch, pike, etc. A "straight jump" with a turn does not make the jump a "jump skill". If a jump is included in a tumbling pass, the jump will break up the pass. (A T-jump/straight jump will not count towards difficulty/technique on the score sheet)

Layout: An airborne tumbling skill or toss skill which involves a hip-over-head 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. Leap Frog Variations involve a top person transitioning over the torso of a base and/or another top person.

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.

Lib Foot Position - 2 (Two) leg stunt with one base holding under the foot that is next to the knee of the flyer. The bottom of this foot is being held with 1 (one) hand. (This skill is only referenced in the Level 3 skill list)

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg. **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.

Log Roll: A release move that is initiated at waist level, in which the top person's body rotates 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from a base that maintains contact throughout the transition. **Multi-based Stunt:** A stunt having 2 or more bases not including the spotter.

New Base(s): Base(s) 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.

Onodi: A back handspring with a half turn to the hands where the athlete finishes with a front handspring.

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.

Pass Through: When a stunt initiates at a specific level (ex: waist, prep, extended level), and travels to a higher level without a stop of movement in transition back to the initial level or lower.

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". The back can hold the leg ankle and it is still considered a single leg stunt.

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. If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level. A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as 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: Flat body, face downward 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 Front: See "Front Tuck".

Pyramid: Two or more connected stunts.

Rebound: An airborne position not involving hip-over-head rotation, where the athlete uses one's own feet and lower body power to bounce off the performing surface from a tumbling skill.

Release Move: The top person is free of contact with all athletes on the performing surface. May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be or come in contact with each other. No single based split catches. To determine the height of a release move, at the highest point of the release, the distance from the top person's 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 (Level 3- 4), or greater than the length of the top person's legs plus an additional 18 in/46cm (Level 5-7), it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Rewind: A backward 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 at the same time on the performing surface instead of one foot at a time, facing the direction from which they started.

Round off variation: Similar to round off, and may include the hands not coming off the ground at the end of skill. (Landing prone/push up shape)

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.

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

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.

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

Show-and-Go: Stunt that starts at waist level or below and passes through prep or extended level and returns to waist level or below position.

Show-and-Go for Level 1 Toss Requirement (and Mini 2): Load/Sponge position that starts at waist level and passes through prep or extended level and returns to load/sponge position.

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 responsible for preventing injuries of a top person during a stunt, pyramid, or toss by protecting the head, neck, back and shoulder area. A spotter: must be a team member and trained in proper spotting techniques; must be standing on the performing surface on the side or behind the stunt; must be attentive to the stunt being performed and may not be involved in anything that could prevent them from spotting such as holding a sign; must be able to touch the base of the stunt for which they are spotting; may not stand so their torso is under the stunt; may not be a primary support of the top person (If this person is removed from the stunt, the stunt is not possible) ; 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. If the spotter's hand is under the top person's foot, it must be their front hand, and their back hand may 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. **May not be 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.

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."

Step Out: A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously.

Straddle Lift: See "V-Sit".

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 is being supported by a base(s). Touching the bottom of the foot is considered supporting the flyer by the foot. If the top person is not supported under any foot, then the number of legs in which the top person is being held will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a "Two Leg" stunt.

Support person: A support person is any top person with a physical connection to another top person

Suspended Roll: A stunt skill that involves hip-over-head rotation from the top person while connected with hand/arm to hand/arm of the base(s). Each hand/arm of the top person must be connected to a separate hand/arm of the base(s). The base(s) may have their arms extended and will release the feet/legs during the rotation of the skill. This is considered a prep level stunt.

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. **(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 skill that starts as a single leg stunt, and transitions to the opposite single leg. Bases must only support/be in contact with the bottom of one foot of the flyer in order to be a single leg stunt.

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.

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

Torso: The area between the shoulders and the hips of an athlete. Arms/hands do not count as part of the torso.

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 and spotter. The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. The bases must remain stationary during toss. Top person must have both feet in/on hands of bases at initiation of toss. 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, individuals, or props. Top persons in separate tosses may not come in contact with each other. Only a single top person is allowed during a toss. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules. 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 $1\frac{1}{4}$ is considered 1 skill, exceeding $1\frac{1}{4}$ up to $2\frac{1}{4}$ is two skills. i.e. A $\frac{1}{2}$ twist, X, $\frac{1}{2}$ twist is considered 2 skills: 1 full twist and 1 additional skill.

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 contacting the performance surface.

Travel through (Stunts/Pyramids) - When a skill does not start and/or stop at that level/inverted position. Specific to Level 2 single leg stunts and Level 3 inversions in pyramids.

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 body position where the knees and hips are bent and drawn into the chest.

Tumbling: Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface. When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Revised March 1, 2026

Twist/Twisting: An athlete performing a rotation around their body's vertical axis. (Vertical axis=head to toe axis). Twisting tumbling skills involve hip-over-head rotation around an athlete's vertical axis. Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axes will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation). A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

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" 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 ½) – 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 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e., extension, liberty, etc.) are 2 ½ body lengths. "Above Two and One Half (2 ½) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 ½ high chairs are considered 2 ½ high pyramids. **Upright:** A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). i.e., star, liberty, v-sit.

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. This is considered a two-leg stunt.

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.

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.

Waist Level Cradle: A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Walkover: A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by arching backwards similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands.

Wrap Around: A stunt transition that involves a single base holding a top person in a cradle position releasing the legs of the top person and swings the legs 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 of the base.

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 a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

Whip Approach (Jumps): Continuous movement through swing connecting 2 or more jumps.

X-Out: An airborne tumbling skill or toss skill which involves a hip-over-head rotation in which an athlete performs a flip while spreading the arms and legs into an "x" during the rotation or execution of the skill.

GENERAL RULES & ROUTINE REQUIREMENTS

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

EXCEPTION: If bases have hands resting on the performance floor prior to the beginning of the routine, flyers are permitted to have feet/foot in bases hand(s).
12. 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), a sling, or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.

ALL LEVEL RULES

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

All Level General Rules

A. All Level General Rules

1. Athletes are permitted to jump and/or rebound over another athlete
2. Knee, seat, front, back and split drops from a skill are **prohibited** unless there is first support on the hands or feet. Support on the hands or feet will help break the impact onto the performance floor.
3. Shushunovas are permitted

All Level Tumbling

A. All Level Tumbling - General Rules

1. All tumbling skills must start and end on the performance floor.
2. Athlete may rebound from tumbling skill into a stunt transition
 - a. If athlete rebound includes an over the head rotation, the athlete must be caught in an upright position before continuing the transition or stunt.
3. Tumbling over/under or through a stunt, athlete or prop is **prohibited**. *This includes any body part.*
 - a. *If an athlete on the performing surface is connected to an athlete, then this is not considered tumbling over/under or through a stunt or athlete.*
4. It is **prohibited** for athletes to hold or contact props while performing a tumbling skill.

All Level Stunts

A. All Level Stunts - General Rules

1. Extended stunts (single based or assisted single based) are **prohibited** in Tiny, Mini and Youth divisions. Stunts may transition through an extended level without a clear and visible stop and must end at prep level or below.

B. All Level Stunts - Release Move Rules

1. Release Skills:
 - a. Athletes must return to the bases with whom he/she started the skill.
 - b. Athletes cannot land on the performance floor without assistance from another athlete.
 - c. Athletes cannot travel intentionally.
 - d. Athletes cannot land or end in an inverted position.
 - e. Athletes cannot travel under, over or through other stunts, pyramids, props, or other athletes.
 - f. Releases which result in the athlete in a non-upright position require:
 - i. Multi-based stunt: Three (3) catchers
 - ii. Single-based stunt: Two (2) catchers
 - g. Height of the release parameters:
 - i. Highest point of the release
 - ii. Distance from the flyers hips to the main/side base extended arms

2. Assisted or free flipping transitions and stunts are **prohibited**.

EXCEPTION: Senior & International Level 6

3. Single based split catches are **prohibited**.

C. All Level Stunt - Inversion Rules

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

Revised March 1, 2026

All Level Pyramid

A. All Level Pyramid - General Rules

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

All Level Dismounts

A. All Level Dismounts

1. To be considered a "dismount" the skill must be released and end in a cradle position or on the performing surface.
2. Cradles from single based stunts must have a spotter with a minimum of one (1) hand/arm supporting the shoulder to waist section of the flyer's body to protect the head and shoulders.
3. Multi-based stunts are required to have two (2) catchers and a spotter with a minimum of one (1) hand/arm supporting the shoulder to waist section of the flyer's body to protect the head and shoulders.
4. Multi-based stunts in which the bases start under the flyer's feet at waist level and end in a cradle must follow all toss rules.
5. All dismounts must end with the starting or original base(s).
EXCEPTION: Assisted dismounts that end on the performance floor must be performed with the spotter or original base.
EXCEPTION: Pop offs do not require assistance on dismount when from below waist level and no additional skills are performed.
EXCEPTION: Single based stunts with more than one flyer
6. Stunt, pyramid, athlete, or prop is not allowed to travel under or over a dismount. A dismount is **prohibited** from being thrown over, under or through pyramids, athletes, stunts or props.
7. Dismounts involving a free flip or an assisted flip are **prohibited**.
8. Intentional traveling on a dismount is **prohibited**.
9. Flyers cannot be in contact with one another when released for dismount.
EXCEPTION: Single based stunts with more than one flyer
10. Tension rolls/drops are **prohibited**.
11. Flyers may not pass through or land in an inverted position during a cradle.

All Level Tosses

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

1. Tosses are required to have:
 - a. Both feet of the flyer in/on the hands of bases when the toss begins
 - b. Only one (1) flyer per toss group
 - c. A minimum of three (3) bases but no more four (4) bases
 - d. All bases feet on the performance floor
 - e. A spotter/base behind the flyer during the toss and can assist the flyer
 - f. A spotter positioned at the flyers head for the cradle catch
 - g. Bases/Spotters that remain stationary during toss**EXCEPTION:** Bases may turn $\frac{1}{4}$ or $\frac{1}{2}$ for level appropriate twisting skills

Revised March 1, 2026

2. Tosses cannot intentionally travel.
3. Tosses must not flip, travel, or invert.
4. Other stunts, pyramids, athletes or props cannot travel under or over a toss.
5. Tosses cannot be thrown over, under or through any other stunts, athletes, pyramids or props.

LEVEL 1

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

Level 1 Tumbling

A. Standing / Running Tumbling

1. All tumbling skills are required to have constant contact with the performance floor
2. Skills Allowed:
 - a. Forward / backward rolls (no dive rolls), cartwheels/block cartwheels, round offs, backbends, walkovers, and handstands
3. Tumbling/inverted skills, as well as bridges/backbends, cannot be combined with round off, round off variation, round off rebound
 - a. There must be a clear and visible stop between round off or round off rebound and the next tumbling skill performed.
4. Handsprings (Front & Back) are **prohibited**.

Level 1 Stunts

A. Stunts - Spotter

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

B. Stunts - General

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

C. Stunts - Level

1. Waist level single leg stunts are permitted
2. Prep Level single leg stunts are permitted but must include:
 - a. Connection to another athlete standing on the performance floor. This athlete cannot be the base(s) or spotter.
 - b. Connection must be made before the single leg prep stunt is initiated.
 - c. Connection must be maintained throughout the entire transition
 - d. Connection is hand/arm to hand/arm.
3. Walk up shoulder stands are permitted
4. All stunts are **prohibited** from exceeding prep level.

Revised March 1, 2026

EXCEPTION: Two legged stunts may travel through extended level in a continuous transition without a clear and visible stop at the extended level.

D. Stunts - Twisting

1. Maximum of $\frac{1}{4}$ twist
2. Rebounding to prone, $\frac{1}{2}$ twist to stomach is permitted.
3. $\frac{1}{2}$ wrap around stunt is permitted.
4. Maximum $\frac{1}{2}$ twist is permitted if the flyer starts and ends on the performance floor and is supported only at the waist.

E. Stunts - Release

1. **Prohibited** unless stated in Level 1-Dismounts

F. Stunts - Inversions

1. Inversions of any kind are **prohibited**.

Level 1 Pyramids

A. Pyramids - General

1. Connection/brace, when required, must remain connected and not change throughout the transition.
2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.

B. Pyramids - Levels

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

C. Pyramids - Release Move

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

Level 1 Dismounts

- A. General
 - 1. 0 Twists (including $\frac{1}{4}$ turns)
 - 2. Dismounts are **prohibited** from skills above prep level in pyramids
- B. Dismounts to Cradles
 - 1. Straight cradles only
 - 2. Sponge, Load In, Squish and waist level cradles are **prohibited**.
- C. Dismounts to Performance Floor
 - 1. Straight pop downs only

Level 1 Tosses

- A. Toss - General
 - 1. All tosses are **prohibited** (includes waist level cradles and sponge tosses).

LEVEL 2

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

Level 2 Tumbling

A. Tumbling - General

1. Dive rolls are permitted. Swan/arched position or twisting dive rolls are **prohibited**.
2. After a back handspring step-out, athletes are not allowed to twist or turn and then continue into a tumbling skill.

Example (Illegal): Back handspring step-out → ½ turn → round-off/front walkover/cartwheel. If the athlete does **not** perform a tumbling skill after the back handspring step-out, a twist or turn before the feet come together **is allowed**.

3. Flips and aerials are **prohibited**.
4. Twisting while airborne is **prohibited**.

B. Tumbling - Standing Tumbling

1. Front/back handspring series are **prohibited**.
2. Jump skills connected with a handspring(s) are **prohibited**.

C. Tumbling - Running Tumbling

1. Front and back handspring series are permitted.

Level 2 Stunts

A. Stunts - Spotter

1. Spotter is mandatory for all flyers:
 - a. Above prep level
 - b. Involved in a floor stunt: The spotter is permitted to hold the flyer's waist.

B. Stunts - General

1. One (1) base, at minimum, must remain in contact with the flyer during transitions.
2. Multiple flyers in a single base stunt is **prohibited**.
3. Over/Under Rule

A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.

This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.

4. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.

C. Stunts - Level

1. Single leg stunts above prep level are **prohibited**.

EXCEPTION: Single leg stunts may travel through an extended level in a continuous transition without a clear and visible stop at the extended level.

D. Stunts - Twisting

1. Maximum ½ twists are permitted.

EXCEPTION: One (1) full twisting log/barrel roll is permitted if:

 - a. Starts and ends in cradle
 - b. Maintains contact with a base
 - c. Is not assisted by another flyer
 - d. Only the single twist is performed; additional skills are **prohibited**.

E. Stunts - Release Move

1. Release moves are **prohibited** other than those listed in Level 2 Dismounts and Tosses.

EXCEPTION: One (1) full twisting log/barrel roll is permitted if:

- a. Starts and ends in cradle
- b. There are two (2) catchers for single-based log rolls and three (3) catchers for multi-based log rolls.
- c. Returns to original bases.
- d. Is not assisted by another flyer
- e. Only the single twist is performed; additional skills are **prohibited**.

F. Stunts - Inversions

1. Ground level inversions that transition to a non-inverted position are the only inversions permitted.
2. Inverted athletes are required to maintain contact with the performance floor unless the flyer is being lifted into a non-inverted position.

Level 2 Pyramids

A. Pyramids - General

1. Connection/brace, when required, must remain connected and not change throughout the transition.
2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or no
4. Extended level stunts are **prohibited** to connect to other extended level stunts.

B. Pyramids - Level

1. Extended single leg stunts must:
 - a. Be supported by another flyer at the prep level or below with arm/hand connection.
 - b. Support athlete/bracer connections at prep level are required to be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands..

C. Pyramids - Release Move

1. When a flyer is released by the bases, the flyer must land in a cradle or dismount to the performance floor following the dismount rules.
2. Release moves are **prohibited** to be supported or connected to a flyer above the prep level.

Level 2 Dismounts

A. Dismounts to Cradle

1. Straight cradles and ¼ twist cradles are permitted.
2. Body positions (Pike, Toe touch, etc.) are **prohibited**.
3. Waist level cradles are **prohibited** in Mini Divisions.
EXCEPTION: Log rolls are permitted from waist level

B. Dismounts to Performance Floor

1. Straight pop downs only

Level 2 Tosses

A. Tosses - General

1. Straight ride tosses only. Exaggerated arch is **prohibited**.
2. Arm positions such as a wave or a salute are allowed if the flyer's body and legs are in the straight ride position.
3. Tosses are **prohibited** in the Mini Division (includes waist level cradles and sponge tosses).
EXCEPTION: Log rolls are permitted from waist level

Revised March 1, 2026

LEVEL 3

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

Level 3 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Swan/arched position or twisting dive rolls are **prohibited**.
- B. Tumbling - Standing Tumbling
 - 1. Front/back handspring series are permitted
 - 2. Flips and Jump skills connected with a flip(s) are **prohibited**.
 - 3. Twisting while airborne is **prohibited**.
- C. Tumbling - Running Tumbling
 - 1. Flips
 - a. Front/Back Flips can be performed if:
 - i. Tumbler is in tuck position and no additional skills are performed
 - ii. Tumbler connects the back flip from a round off or round off back handspring(s)
 - 2. Side (Cartwheel) Aerials, $\frac{3}{4}$ front flips and running punch front/forward tucks are permitted.
 - a. Tumbling prior to a punch front is **prohibited**
EXCEPTION: front handspring prior to running punch front/forward tuck is permitted
 - b. Tumbling after a flip or aerial is **prohibited**.
 - 3. Twisting while airborne is **prohibited** with the **EXCEPTION** of a side (cartwheel) aerial.

Level 3 Stunts

- A. Stunts - Spotter
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single base stunts with more than one flyer require a spotter for each top person (one spotter per flyer).
- B. Stunts - General
 - 1. One (1) base, at minimum, must remain in contact with the flyer during transitions.
EXCEPTION: See release moves
 - 2. Over/Under Rule
A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
- C. Stunts - Level
 - 1. Extended single leg stunts are permitted
 - 2. Extended single leg stunts cannot be supported by other extended level stunts
- D. Stunts - Twisting
 - 1. Maximum one (1) twist permitted.
 - 2. One (1) full twist transition must start from prep level or below.
 - 3. Twisting into an extended position is permitted but:
 - a. Maximum $\frac{1}{2}$ twist is permitted
 - b. If the twist is more than $\frac{1}{2}$ and up to one (1) twist - flyer must land in two-leg stunt.
 - 4. Exceeding a $\frac{1}{2}$ twist to and from an extended level one-leg stunt is **prohibited**.

E. Stunts - Release Moves

1. Release moves are required to:
 - a. Begin at waist level or below
 - b. End at prep level or below.
2. Release moves are **prohibited** from:
 - a. Passing through or ending inverted.
 - b. Releasing from inverted to non-inverted.
 - c. Traveling above the bases' extended arm levels.
If the distance is more than the length of the flyer's legs, skill is required to follow toss or dismount rules.
 - d. Flyers cannot touch other flyers in separate release skills/moves.
3. Releases ending in a non-upright position are required to:
 - a. Have three (3) catchers for a multi based stunt.
 - b. Have two (2) catchers for a single based stunt.
4. Skills performed during a release move are limited to:
 - a. One (1) skill / trick.
 - b. 0 Twists.
5. Log/Barrel Rolls (Exception to rule on twisting release move)
 - a. Up to one (1) twist maximum.
 - b. Required to land in a cradle, a flat back, or prone position.
 - c. Required to have two (2) catchers for single-based log rolls and three (3) catchers for multi-based log rolls.
6. Helicopters are **prohibited**.

F. Stunts - Inversions

1. Inversion levels
 - a. Inverted stunts above prep level are **prohibited** with the following exceptions:
 - i. multi-based suspended rolls
 - ii. traveling from an inverted position at prep level or below immediately to a non-inverted position at any level
 - b. Multi based suspended rolls (that pass above prep level) are required to have separate hands of the base(s) connected to both of the flyer's hands/arms.
2. Twisting inversions
 - c. Maximum one (1) twist to prep level and below.
 - d. Maximum ½ twist to extended level.
 - e. Multi-based suspended rolls may include up to one (1) twist
 - f. Rolls that exceed ½ twist are required to land in cradle position.
3. Downward inversions
 - a. Downward inversions are permitted to pass through prep level, but must originate at waist level or below and are required to:
 - i. Have two (2) catchers in contact with the torso of the flyer.
 - ii. Remain in contact with one (1) original base.
 - b. Two leg pancake stunts are **prohibited**.

Level 3 Pyramids

A. Pyramids - General

1. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
2. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
3. Extended single leg stunts cannot be supported/connected to other extended level stunts.

B. Pyramids - Twisting

1. One (1) twist is permitted to extended level with the following rules:
 - a. Connection to a support/bracing athlete at prep level or below and a base
 - b. Connection must be Arm/Hand to Arm/Hand of the support/bracing athlete
 - c. Connection/brace must remain connected and not change throughout the ENTIRE transition.
 - d. Must start at prep level or below

C. Pyramids - Inversions

1. Must follow Stunt Inversion Rules
2. Flyer is allowed to travel through an inverted position if:
 - a. Flyer maintains contact with a base on the performance floor and a support athlete in prep level or below.
 - b. If the skill starts and ends at prep level or below, the base that maintains contact with the flyer is permitted to extend their arms during the transition
 - c. The support/bracing athlete must maintain connection with the flyer throughout the entire transition. (from the initiation of the skill until the bottom of the catch/including cradles)
 - d. Inverted flyer is not allowed to travel over another flyer or separate base. (Same rule as Pyramids A1)

D. Pyramids - Release Moves

1. If connected to one (1) bracer at prep level or below, a flyer is permitted to be released from the bases if the release move follows all STUNT RELEASE rules. (Refer to Stunts E)
2. If connected to one (1) bracer at prep level or below, a flyer is permitted to start at waist level or below and be released from the bases and end at extended level.
 - a. Must be hand/arm contact
3. If connected to one (1) bracer at prep level or below, a flyer is permitted to be released from the bases if the release move follows all dismount rules.
4. If connected to two (2) bracers at prep level or below:
 - a. Maximum of one (1) twist
 - i. Arm/arm connection required
 - b. Non-twisting/Non-inverted release moves if:
 - i. Connected to two (2) support athletes at prep level or below
 - ii. Connected to at least one (1) support athlete by arm/hand to arm/hand
 - iii. Braced by 2 different sides of the released flyer
5. Contact must remain with the same support athlete(s) until contact is made with base on the performance floor.
6. Release transitions are **prohibited** from changing bases.

7. Release transitions are required to be caught by two (2) catchers that:
 - a. Must be stationary
 - b. Maintain constant visual contact with flyer throughout the entire transition
8. Release moves are **prohibited** from being supported/connected to flyer above prep level
9. Pyramid transitions are **prohibited** from including inversions when released from bases.
10. Pyramid release moves may land in a cradle or land on the performing surface. When landing on the performing surface the release skill must follow dismount rules.

Level 3 Dismounts

- A. Dismounts - General
 1. Maximum one (1) skill is permitted from any two-leg stunt dismount.
 2. Maximum 1-¼ twist is permitted from any two leg-stunt dismount
 3. Prep level and above dismounts that contain a skill (twist/toe touch) must be caught in a cradle
 4. Inverted position dismounts are **prohibited**.
- B. Dismounts to Cradle
 1. Maximum 1¼ twists are permitted from all two leg stunts (does not include platform position)
 2. Straight and ¼ twist cradles are permitted from single leg stunts.
 3. When performing a cradle from a single based stunt with more than one (1) flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers and bases must be stationary prior to the start of the dismount
- C. Dismounts to Performance Floor
 1. Straight pop downs from any single leg stunt is permitted
 2. Straight pop downs from any prep level or higher two-leg stunt is permitted
 3. Maximum one (1) skill dismount from waist level two leg stunt is permitted

Level 3 Tosses

- A. Tosses
 4. Maximum one (1) skill is permitted and cannot exceed 1 ¼ twist
EXCEPTION: Ball-X toss is permitted
 5. If toss contains a twist this is the only skill permitted to be performed.

LEVEL 4

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

Level 4 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Swan/arched or twisting dive rolls are **prohibited**.
- B. Tumbling - Standing
 - 1. Maximum one (1) flip is permitted
 - a. Zero (0) twists
 - b. Skill must be executed in a tuck position.
EXCEPTION: Aerial cartwheels and onodis are permitted
 - c. Standing flips and back handspring - flip are permitted
 - d. Flips connected to a jump are **prohibited**.
 - 2. Tumbling after flipping, aerial cartwheel or onodi is **prohibited**.
- C. Tumbling - Running
 - 1. Maximum one (1) flip and zero (0) twists permitted.
EXCEPTION: Aerial cartwheels and onodis are permitted.

Level 4 Stunts

- A. Stunts - Spotters
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single base stunts with more than one flyer require a spotter for each top person (one spotter per flyer).
- B. Stunts - General
 - 1. Minimum one (1) base must remain in contact with the flyer during transitions.
EXCEPTION: See release moves
 - 2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
EXCEPTION: Athlete is permitted to move under a stunt, or stunt is permitted to move over an athlete
Clarification: an athlete can not move over a separate stunt
- C. Stunts - Level
 - 1. Extended single leg stunts are permitted
 - 2. Extended single leg flyers are **prohibited** from connecting to any other extended single leg flyer
- D. Stunts - Twisting
 - 1. Maximum 1 ½ twists allowed if:
 - a. Landing at prep level or below
 - b. Landing in two-leg extended stunt
 - 2. Maximum 1 twist is permitted to an extended single leg stunt

E. Stunts - Release Moves

1. Release moves are **prohibited** from:
 - a. Traveling through or ending inverted
 - b. Traveling above the extended arm level of the bases.
If the distance is more than the length of the flyer's legs, skill is required to follow toss or dismount rules.
 - c. Encountering other flyers in separate release skills/moves
2. Release moves that end in the extended position are:
 - a. Required to start at prep level or below
 - b. **Prohibited** from twisting or flipping
3. Release moves from an extended position **prohibit** any twist
4. Release moves that end in non-upright positions require:
 - a. Three (3) catchers for a multi-based stunt
 - b. Two (2) catchers for a single-based stunt
5. Release moves from inverted to non-inverted position:
 - a. Flyer must be inverted at the bottom of dip
 - b. **Prohibit** any twist
 - c. If ending at prep level or higher a spotter is required
6. Helicopters are permitted with:
 - a. Maximum 180 degree rotation
 - b. 0 Twists
 - c. Caught by 3 catchers, one of the catchers must be in position at the flyers head and shoulder area.

F. Stunts - Inversions

1. Levels
 - a. Extended inverted stunts are permitted
2. Downward inversions
 - a. Three (3) catchers required
EXCEPTION: Downward inversions that do not travel above waist level do not require three (3) catchers.
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer
 - c. Remain in contact with an original base
EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - d. **Prohibited** to encounter other downward inversions
 - e. Must initiate at prep level or below
EXCEPTION: Downward inversions may pass above prep level in transition with continuous movement
 - f. **Prohibited** to land or stop movement in an inverted position
 - g. Extended inverted stunts (ex: handstand) can be lowered to shoulder level but must begin from an extended inverted stunt (does not include traveling thru extended). The lowering over the extended inversion must be controlled.

Level 4 Pyramids

A. Pyramids - General

1. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete; does not include arms.
2. Flyer is **prohibited** to invert over or under the head/torso of another flyer in any situation
3. An athlete is permitted to move under a stunt, or stunt permitted to move over athlete
4. Extended single leg stunts cannot be supported/connected to other extended single leg stunts

B. Pyramids - Twisting

1. Twisting into and out of an extended level is permitted up to 1 ½ twists with:
 - a. Support athlete connection at prep level or below
 - b. Support athlete connection that stays in contact throughout the entire transition

C. Pyramids - Inversions

1. Must follow Level 4 Stunt inversion rules

D. Pyramids - Release Moves

1. During transition (pyramid section), the flyer is permitted to travel above two (2) high and perform:
 - a. Maximum 1½ twists
 - b. Non-Inverted release skills
 - c. Non-inverted release skills are permitted to change bases if:
 - i. When the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
2. Connection to one (1) support athlete is required at prep level or below
3. Connection must remain with the same support athlete until the flyer makes contact with a base on the performance floor
4. Flyer is permitted to travel over another flyer while connected to that flyer at prep level or below
5. Minimum of two (2) catchers required (one spotter, one catcher minimum)
 - a. Catchers must be stationary
 - b. Catchers must remain in visual contact with the flyer throughout the entire transition
6. Release moves cannot be connected/supported by flyers above prep level.

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

Permitted when:

1. Constant contact with two (2) support athletes at prep level or below
2. Constant contact with the same support athletes until contact is made with base on the performance floor
3. Supported on two (2) separate sides (right side-left side, left side - front side, etc) by two (2) different support athletes
4. Supported on two (2) of the four (4) sides of flyer (front, back, right, left)
5. Maximum 1¼ flip rotation and zero (0) twists
6. Does not change bases
7. Movement is continuous
8. Three (3) catchers involved

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

Revised March 1, 2026

- a. All mandatory catchers/spotters are required to be stationary
 - b. All mandatory catchers/spotters are required to be in constant visual contact with flyer throughout the transition
 - c. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.
- 9. Does not move/travel downward while inverted
 - 10. Does not come in contact with other stunt/pyramid release moves.
 - 11. Not supported/connected to flyers above prep level

Level 4 Dismounts

- A. Dismounts - General
 - 1. Maximum 2 skills/tricks permitted during dismount
 - 2. Maximum 2¼ twists permitted from any two-leg stunt
 - 3. Maximum 1¼ twists permitted from a platform position
 - 4. Maximum 1¼ twists permitted from any single leg stunt
 - 5. Dismounts from inverted positions are **prohibited** from twisting
- B. Dismounts to Cradles
 - 1. A twist is the only skill permitted in the dismount if the twist exceeds 1¼ up to 2¼ twists.
 - 2. Cradling single based stunts with more than one flyer must:
 - a. Have 2 catchers per flyer
 - b. Before the start of the dismount, all catchers and bases must be stationary.

Level 4 Tosses

- A. Tosses - General
 - 1. Maximum two (2) skills permitted
 - 2. Maximum 2¼ twists permitted

LEVEL 5

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

Level 5 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Swan/arched or twisting dive rolls are **prohibited**.
- B. Tumbling - Standing Tumbling
 - 1. Maximum one (1) flip and 0 twists permitted
- C. Tumbling - Running Tumbling
 - 1. Tumbling skills are permitted:
 - a. Maximum of one (1) flip and one (1) twist
 - b. Tumbling after full twisting skill is **prohibited**.
 - c. Must be connected to a round off, round off back handspring(s) or front handspring(s)
EXCEPTION: Synchronous front flipping and twisting is permitted from a running entry or front handspring
 - d. Full twisting skills require:
 - i. Both feet to land on the performance floor (no landing in prone, seated, etc)
 - ii. Other tricks are **prohibited**
 - iii. An immediate connection with a hand supported skill. (Whip punch full prohibited)

Level 5 Stunts

- A. Stunts - Spotters
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single base stunts with more than one flyer require a spotter for each top person (one spotter per flyer).
- B. Stunts - Levels
 - 1. Extended single leg stunts are permitted
- C. Stunts - Twisting
 - 1. Maximum 2 twists permitted if:
 - a. Ending prep level or below
 - b. Ending in extended two leg stunt
 - 2. Maximum 1½ twists permitted if
 - a. Ending in an extended single leg stunt
- D. Stunts - Release Moves
 - 1. Release moves are **prohibited** from:
 - a. Traveling through or ending inverted
 - b. Traveling more than 18 inches above the extended arm level of the bases.
If the distance is more than the allowed 18 inches and flyer's legs, skill is required to follow toss or dismount rules.
 - c. Encountering other flyers in separate release skills/moves
 - 2. Release moves that end in a non-upright position are required to:
 - a. Have three (3) catchers for a multi-based stunt
 - b. Have two (2) catchers for a single based stunt
 - 3. Release moves from inverted to non-inverted position:
 - a. Flyer must be inverted at the bottom of dip
 - b. **Prohibit** any twist
 - c. If ending at prep level or higher a spotter is required

Revised March 1, 2026

4. Helicopters are permitted with:
 - a. Maximum 180 degree rotation
 - b. Three (3) catchers, one catcher must be in position at the flyers head and shoulder area
- E. Stunts - Inversions
 1. Levels
 - a. Extended level inverted stunts are permitted
 2. Downward inversions
 - a. Three (3) catchers required
EXCEPTION: Downward inversions that do not start or travel above prep level do not require three (3) catchers
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer
 - c. Connection must be made at shoulder level or above of the bases
 - d. Remain in contact with an original base
EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - e. **Prohibited** to encounter other downward inversions
 - f. Downward inversions are permitted from above prep level:
 - i. **Prohibited** to stop in an inverted position
EXCEPTION: An extended inverted stunt that is lowered to prep level with control, traveling above prep level or from non-inverted extended to prep level inverted stunt must have, at minimum, one (1) base and one (1) spotter.
 - ii. Cannot end, land on, or touch the ground while inverted

Level 5 Pyramids

- A. Pyramids - Twisting
 1. Twisting into extended level single leg skill is permitted up to 2 twists
 - a. Must be connected to support athlete at prep level or below
 - b. Connection to the support athlete must stay constant throughout the entire transition
- B. Pyramids - Inversions
 1. Must follow level 5 Stunt Inversion rules
- C. Pyramids - Release Moves
 1. During transition (pyramid section), the flyer may travel above two (2) high and perform:
 - a. Maximum 2 twists
 - b. Non-inverted release skills
 - c. Non-inverted release skills are permitted to change bases:
 - i. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.
 2. Connected to one (1) support athlete at prep level or below
 3. Connection must remain with the same support athlete until contact is made with a base on the performance floor
 4. Minimum of two (2) catchers required (one spotter, one catcher minimum)
 - a. Mandatory catchers must be stationary
 - b. Mandatory catchers must remain in visual contact with the flyer throughout the entire transition
 5. Release moves cannot be connected/supported by flyers above prep level.

Revised March 1, 2026

D. Release Moves with Athlete Supported Inversions (included supported flips)

Permitted when:

1. Constant contact with one (1) support athlete at prep level or below
2. Constant contact with the same support athlete until contact is made with base on the performance floor.
3. Maximum 1¼ flip and zero (0) twists
4. Permitted to change bases
5. Movement is continuous
6. Three (3) catchers involved

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

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

Level 5 Dismounts

A. Dismounts - General

1. Maximum 2 ¼ twists permitted
2. Maximum 3 tricks/skills permitted
3. The twist is the only skill that is permitted if dismount exceeds 1½ twists (Kick doubles are **prohibited**)
4. Dismounts from inverted positions are **prohibited** from twisting

B. Dismounts to Cradles

1. Cradling single based stunts with more than one flyer must:
 - a. Have 2 catchers per flyer
 - b. Before the start of the dismount, all catchers and bases must be stationary.

Level 5 Tosses

A. Tosses - General

1. Maximum three (3) tricks/skills permitted
2. Maximum 2½ twists permitted
3. The twist is the only skill permitted if toss exceeds 1½ twists (Kick doubles are **prohibited**)

LEVEL 6

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

Level 6 Tumbling

- A. Tumbling - General
 - 1. Dive rolls are permitted. Twisting dive rolls are **prohibited**
 - 2. Double twisting skills/tricks are **prohibited** to have:
 - a. Flipping and twisting immediately prior to the double
 - b. Twisting out of the double
- B. Tumbling - Standing Tumbling
 - 1. Maximum one (1) flip and two (2) twists permitted
 - 2. Skills/tricks with more than one (1) twist are required to:
 - a. Have a minimum of two (2) backward traveling, non-twisting skills prior to the double (excludes back extension rolls and one must be a back handspring)
EXCEPTION: These requirements are only required once during the tumbling pass. If met prior to a single full or additional double they are not expected to be performed again.
- C. Tumbling - Running Tumbling
 - 1. Maximum one (1) flip and two (2) twists permitted

Level 6 Stunts

- A. Stunts - Spotters
 - 1. A spotter is mandatory for all flyers above prep level.
 - 2. Single base stunts with more than one flyer require a spotter for each top person (one spotter per flyer).
- B. Stunts - Levels
 - 1. Extended single leg stunts are permitted
- C. Stunts - Twisting
 - 1. Maximum 2¼ twists permitted
- D. Stunts - Release Moves
 - 1. Release moves are **prohibited** from:
 - a. Traveling through or ending inverted
EXCEPTION: Senior & International level 6 teams - see level 6 stunt release moves
 - b. Traveling more than 18 inches above the extended arm level of the bases.
If the distance is more than the allowed 18 inches and flyer's legs, skill is required to follow toss or dismount rules.
 - c. Encountering other flyers in separate release skills/moves
 - 2. Release moves that end in a non-upright position are required to:
 - a. Have three (3) catchers for a multi-based stunt
 - b. Have two (2) catchers for a single based stunt
 - 3. Release moves from inverted to non-inverted:
 - a. Flyer must be inverted at the bottom of the dip
 - b. Maximum ½ twist permitted
 - c. If ending at prep level or higher a spotter is required
 - 4. Helicopters are permitted with:
 - a. Maximum 180 degree rotation
 - b. Three (3) catchers, one catcher must be in position at the flyers head and shoulder area

Revised March 1, 2026

5. Senior and International Divisions Only - Rewinds are permitted:
 - a. One (1) flip and 0 twists permitted
 - b. Tumbling prior to the rewind is **prohibited**
 - c. Toe pitch, leg pitch, or similar type tosses are **prohibited** in starting the rewind.
 - d. Must have one (1) catcher and one (1) spotter for single-based rewinds
 - e. Must have two (2) catchers and one (1) spotter for multi-based rewinds
- E. Stunts - Inversions
 1. Levels
 - a. Extended level inverted stunts are permitted
 2. Downward inversions
 - a. Three (3) catchers required

EXCEPTION: downward inversions that do not start or travel above prep level do not require three (3) catchers
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer
 - c. Contact must be made at shoulder level or above of the bases
 - d. Remain in contact with an original base

EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - e. **Prohibited** to encounter other downward inversions
 - f. Downward inversions are permitted from above prep level
 - i. **Prohibited** to stop in an inverted position

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

Level 6 Pyramids

- A. Pyramids - Twisting
 1. Maximum 2¼ twists permitted
- B. Pyramids - Inversions
 1. Must follow Level 6 Stunt Inversion rules
- C. Pyramids - Release Moves
 1. During transition (pyramid section), the flyer may travel above two (2) high and perform:
 - a. Maximum 2 ¼ twists
 - b. Non-inverted release skills
 - c. Non-inverted release skills that change bases:
 - i. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.
 2. Connected to one (1) support athlete at prep level or below.
 3. Connection must remain with the same support athlete until contact is made with a base on the performance floor.
 4. Minimum of two (2) catchers required (one spotter, one catcher minimum)
 - a. Mandatory catchers must be stationary
 - b. Mandatory catchers must remain in visual contact with the flyer throughout the entire transition
 5. Release moves cannot be connected/supported by flyers above prep level.

Revised March 1, 2026

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

Permitted when:

1. Constant contact with one (1) support athlete at prep level or below
2. Constant contact with the same support athlete until contact is made with base on the performance floor.
3. Maximum $1\frac{1}{4}$ flip and $\frac{1}{2}$ **twists**
4. Maximum $\frac{3}{4}$ flip and one (1) twist
5. Permitted to change bases
6. Movement is continuous
7. Three (3) catchers involved
EXCEPTION: Athlete supported flips that land in an **upright position** at prep level or above, and do not twist, must have minimum of one (1) catcher and two (2) spotters
 - a. All mandatory catchers/spotters must be stationary
 - b. Constant visual contact with the flyer must be maintained by the mandatory catchers/spotters throughout the transition.
 - c. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.
8. Does not move/travel downward while inverted
9. Does not come in contact with other stunt/pyramid release moves.
10. Not supported/connected to flyers above prep level

Level 6 Dismounts

A. Dismounts - General

1. Maximum $2\frac{1}{4}$ twists permitted
2. Maximum $\frac{1}{2}$ twist dismount from an inverted position

B. Dismounts to Cradles

1. Cradling single based stunts with more than one flyer must:
 - a. Have 2 catchers per flyer
 - b. Before the start of the dismount, all catchers and bases must be stationary.

Level 6 Tosses

A. Tosses - General

1. Maximum $2\frac{1}{2}$ twists permitted.

LEVEL 7

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

Level 7 General

A. General

1. Athletes are permitted to jump and/or rebound over another athlete
2. Knee, seat, front, back and split drops from a skill are **prohibited** unless there is first support on the hands or feet. Support on the hands or feet will help break the impact onto the performance floor.
3. Shushunovas are permitted

Level 7 Tumbling

A. Tumbling - General

1. Dive rolls are permitted. Twisting dive rolls are **prohibited**
2. Maximum one (1) flip and two (2) twists permitted
3. Twisting immediately out of a double twist is **prohibited**
4. Tumbling athlete is permitted to rebound from his/her feet into a stunt transition
 - a. If the rebound includes a hip-over-head rotation, the tumbler must be caught/stopped in a non-inverted position prior to the completion of the hip-over-head transition or skill.
EXCEPTION: Cartwheel, round off, and standing one (1) back handspring rewinds are permitted. Tumbling skills before the cartwheel, round-off or standing back handspring are **prohibited**.
5. Tumbling over/under or through a stunt, athlete or prop is **prohibited**. *This includes any body part.*
6. Holding or making contact with a prop while tumbling is **prohibited**

B. Tumbling - Standing Tumbling

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

Level 7 Stunts

A. Stunts - Spotters

Spotter is mandatory when:

1. One-arm stunts are above prep level
EXCLUDES: Cupie and liberty (no body positions permitted)
2. Load/transition includes:
 - a. Release moves with more than one (1) twist
 - b. Inverted position release move that ends at prep level or above
 - c. Free flip
3. Flyer is inverted above prep level
4. Flyer is released to one arm stunt from above ground level
5. Single base stunts with more than one flyer require a spotter for each top person (one spotter per flyer)
6. Coed style tosses to new base - the original base is permitted to become the spotter

B. Stunts - Levels

1. Extended single leg stunts are permitted

C. Stunts - Twisting

1. Maximum 2¼ twist permitted

Revised March 1, 2026

D. Stunts - Release Moves

1. Release moves are required to:

a. Return to original bases

EXCEPTION: Coed style toss to a new base is permitted if:

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

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

2. Release moves are **prohibited** from:

a. Landing inverted

EXCEPTION: Zero (0) twist and zero (0) flip handstands that release from ground level to hand-to-hand stunt

EXCEPTION: Zero (0) twist and zero (0) flip transitions that release from prep level or below are permitted to end in prep level inverted position.

b. Traveling more than 18 inches above the extended arm level of the bases.

If the distance is more than the allowed 18 inches and flyer's legs, skill is required to follow toss or dismount rules.

c. Encountering other flyers in separate release skills/moves

EXCEPTION: Single based stunts with more than one (1) flyer

d. Intentionally moving (excludes coed style toss to a new base)

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

f. Ending on the performance floor from above waist level stunt/skill with no assistance.

3. Helicopters are permitted with:

a. Maximum 180 degree rotation

b. Minimum of two (2) catchers, one (1) catcher must be positioned at the flyers head/shoulder area.

4. Rewinds, free flip and supported flipping transitions are permitted

5. Rewinds/free flip transitions that begin at ground level:

a. Maximum 1¼ flipping and 1¼ twist permitted.

b. Cartwheel rewind, round off rewind, and standing one (1) back handspring rewinds are permitted

- i. Tumbling skills before the cartwheel, round-off or standing back handspring are **prohibited**

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

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

6. Free flipping transitions that begin from a stunt:

a. Maximum 1¼ flip and ½ twist permitted

b. Must begin at prep level

c. Must end in a cradle, a horizontal body position, or standing on the performance floor following dismount rules

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

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

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

E. Stunts - Inversions

1. Inversion Levels

- a. Extended level inverted stunts are permitted.

2. Downward Inversions

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

EXCEPTION: Lowering of an extended inverted stunt to prep level, that traveled above prep level to prep level or from extended level non-inverted to inverted stunt at prep level, is permitted with one (1) base with a spotter.

- 3. Athletes on the performance floor in a backbend or inverted position are **prohibited** from being in contact with flyer.

LEVEL 7 PYRAMIDS

A. Pyramids - General

1. Must follow Stunts A: Spotter Rules

EXCEPTION: One (1) spotter for each flyer is mandatory for one arm extended level paper dolls

2. 2½ high pyramids are permitted

EXCEPTION: Tower pyramids are permitted

B. Pyramids 2½ high

1. Spotters

- a. Spotter is mandatory in both front and back of each athlete on the top level
- b. Spotters are required to be in a position to remain in visual contact with the flyer(s) the entire time at the 2½ high level(s)
- c. **Prohibited** from being the main support of the pyramid
- d. Permitted to stand to the side of pyramid but must stay in a position to spot the flyer
- e. Tower pyramids
A spotter is required behind the top person and cannot be in contact with the pyramid. A person assisting/touching the middle layer, cannot be this mandatory spotter.
- f. 2½ high pyramids with horizontal top persons (Prone, flat back, and swedish variations)
A spotter is mandatory on two (2) of the four (4) sides (i.e. left, right, back, front) of the pyramid but a mandatory spotter cannot be the foot/feet end of the top level flyer

C. Pyramids - Inversions

1. 2½ high is permitted

2. Downward inversions from above prep level

- a. Required to be assisted by two (2) bases
- b. Flyer must remain in contact with a base or another flyer

D. Pyramids - Free Flying mounts/transitions

- 1. Cannot exceed the height of the intended skill.
- 2. Traveling over, under or through other stunts, pyramids, athletes or props is **prohibited**
- 3. Cannot land inverted
- 4. When starting from ground level:
 - a. Maximum one (1) flip and one (1) twist permitted
 - b. Zero (0) flip and 2¼ twist permitted

5. When starting from above ground level
 - a. Maximum 1¼ flip and zero (0) twist permitted
 - b. Maximum zero (0) flip and two (2) twists permitted
- E. Pyramids - Release moves
 1. Permitted to travel above 2½ high
 2. **Prohibited** to travel over, under or through a prop
 3. **Prohibited** from landing inverted
 4. If second level base releases flyer, and he/she is then caught by a second level base (ex: tower pyramid tic-tocks):
 - a. Base that throws must also be the catcher
 5. Maximum zero (0) flip and one (1) twist permitted from 2½ high
 - a. Two (2) catchers are required
- F. Pyramids - Release Moves with Athlete Supported Inversions (included supported flips)
 1. Maximum 1 ¼ flip and one (1) twist permitted
 2. Flyer must remain in contact with one (1) flyer at prep level or below
 3. Two (2) catchers are required

EXCEPTION: Supported inversions to 2 ½ high pyramids are permitted to be caught by one (1) catcher

EXCEPTION: Supported inversions that land upright at prep level or above, require one (1) base and one (1) spotter

 - a. All mandatory catchers/spotters must be stationary
 - b. Constant visual contact with the flyer must be maintained by the mandatory catchers/spotters throughout the transition.
 - c. When the transition begins, mandatory catchers cannot be not involved in any other skill, stunt, or choreography.

LEVEL 7 DISMOUNTS

Movements will only be considered a “dismount” if the skill is released and ends in a cradle position or on the performing surface

- A. Dismounts - General
 1. All dismounts must end with the starting or original base(s).

EXCEPTION: Single based stunts with more than one flyer are not required to return to original base(s)
 2. Traveling over, under or through other stunts, pyramids, athletes or props is **prohibited**
 3. Intentional traveling on a dismount is **prohibited**
 4. Flyers cannot be in contact with one another when released for dismount
 5. Tension rolls/drops are **prohibited**
- B. Stunt - Dismounts to Cradle
 1. Maximum 2¼ twist
 2. Single based:
 - a. Dismounts that involve more than 1¼ twists are required to have a spotter with one arm-hand supporting the head and shoulder of the flyer
 3. Single based with more than one (1) flyer:
 - a. Two (2) catchers per flyer is required
 - b. Catchers/bases must be stationary before the start of the dismount

4. 1-Arm stunts
 - a. Dismounts that involve more than 1 twist are required to have a spotter with one arm-hand supporting the head and shoulder of the flyer
5. Free flipping
 - a. Maximum $1\frac{1}{4}$ flip and $\frac{1}{2}$ twist permitted
 - b. Required to begin at prep level
 - c. Two (2) catchers required; one must be an original base.
 - d. Backward rotating flips must end in cradle position
- C. Stunt - Dismounts to the Performance Floor
 1. Maximum $2\frac{1}{4}$ twist permitted
 2. Dismounts that involve more than $1\frac{1}{4}$ twists are required to have two (2) catchers or one (1) catcher and one (1) spotter
 3. Required to be assisted by an original base and/or spotter
EXCEPTION: Hop offs or straight drops that do not include additional skills are permitted without assistance from waist level or below.
 4. Athletes are **prohibited** from landing on the performance floor from above waist level without assistance
 5. Free Flipping
 - a. Maximum one (1) flip and zero (0) twist permitted.
 - b. Required to begin at prep level
 - c. Spotter is required
 - d. Front flipping only permitted
- CI. $2\frac{1}{2}$ high pyramid - Dismounts to Cradle
 1. Maximum $2\frac{1}{4}$ twist permitted
 - a. Two (2) catchers required; one must be stationary at the start of the cradle
 2. Maximum $\frac{3}{4}$ front flip and $\frac{1}{2}$ twist
 - a. Two (2) catchers required; one on each side of the flyer
 - b. One (1) catcher is required to be stationary at the start of the cradle
- CII. $2\frac{1}{2}$ high Pyramid - Dismount to the Performance Floor
 1. Maximum $1\frac{1}{4}$ twists permitted
 2. Two (2) catchers required or one (1) catcher and one (1) spotter
 3. Required to be assisted by an original base and/or spotter
EXCEPTION: Hop offs or straight drops that do not include additional skills are permitted without assistance from waist level or below.
 4. An athlete cannot land on performance floor from above waist level without assistance

Level 7 Tosses

A. Tosses - General

1. Tosses:

- a. Must have a minimum of three (3) bases but no more four (4) bases
- b. Must have a spotter/base behind the flyer during the toss and can assist the flyer into the toss
EXCEPTION: Tossing from one set of bases to another set of bases/catchers
EXCEPTION: Arabian tosses in which the third base would need to start in front to be in a position to catch the head/shoulder area of the flyer during the cradle
- c. Must be executed from ground level
- d. Must end in a cradle position
- e. Must have a base positioned at the head/shoulder area of the flyer for the cradle catch
- f. Not require base movement to catch the flyer
- g. Must have both feet of the flyer in/on the hands of bases when the toss begins
- h. Maximum 3½ twists permitted
- i. Tosses cannot be thrown over, under or through any other stunts, athletes, pyramids or props
- j. Only one (1) flyer per toss group
- k. Flyer must become free of all contact from bases, support athletes and/or other flyers.

2. Flipping Tosses

- a. Maximum 1¼ flip and two (2) additional skills permitted
 - i. Tuck, pike, or layout are not considered as the two (2) additional skills.

3. Flyover Tosses

- a. Maximum zero (0) flip and 1½ twists permitted
- b. Maximum ¾ front flip with zero (0) twists permitted
- c. Bases:
 - i. Three (3) or four (4) bases required
 - ii. Three (3) bases required in catch; must end in cradle position
 - iii. Required to be stationary while tossing
- d. Catchers
 - i. **Prohibited** from being in any other choreography
 - ii. Remain in visual contact with the flyer when the toss begins
 - iii. Must remain visual contact throughout the toss

PREP DIVISIONS

- A. Maximum routine time is 2:00
- B. Tosses are **prohibited** (Includes sponge toss)
 - 1. All waist level cradles are **prohibited**
Exception: Log rolls are permitted

NOVICE DIVISIONS

- A. Maximum routine time is 1:30
- B. Tosses are **prohibited** (includes sponge toss).
 - 1. All waist level cradles are **prohibited**
- C. Teams are evaluated not ranked. See Novice score sheets for rating system.
- D. Tumbling skills are permitted but not required. Tumbling skills will follow level rules.
- E. Level 1 Novice Rules (in addition to Level 1 Rules):
 - 1. Single leg stunts are **prohibited** above waist level **as a free standing stunt (Allowed in pyramids)**
 - 2. Two leg stunts are **prohibited** from traveling through an extended level position **(Allowed in pyramids)**
 - 3. Maximum ¼ twists permitted. (Stunts D ½ twisting exceptions are **prohibited**)
 - 4. Transitions to flat body/prone position are **prohibited**
 - 5. Straight pop down dismounts are **prohibited**.
 - 6. Tiny Novice: All building skills are **prohibited**
 - 7. Tiny Novice: Cartwheels and forward rolls are the only skills permitted
 - 8. Tiny Novice: Backbends and bridges are **prohibited**
- F. Level 2 Novice Rules (in addition to Level 2 Rules):
 - 1. Single leg stunts are **prohibited** from traveling through an extended level position
 - 2. Barrel/log rolls are **prohibited**
- G. Level 3 Novice Rules (in addition to Level 3 Rules):
 - 1. Twisting stunts in and out of extended level single leg are **prohibited**
 - 2. Multi-based suspended rolls with a twist are **prohibited**

INTERNATIONAL DIVISIONS

- A. All international divisions are required to have a minimum of 10 athletes when performing/competing.
- B. Maximum routine time is 2:30
EXCEPTION: Non-Tumbling divisions is 2:00
- C. Non-Tumbling Division: Tumbling is **prohibited**
EXCEPTION: Forward rolls, handstands, cartwheels, and round offs are permitted for stunting skills or formation changes and are required to follow level appropriate inversion rules

APPROPRIATE CHOREOGRAPHY

- A. All elements of a performance or routine—including choreography and music choices—must be appropriate for a family-friendly audience. Inappropriate choreography may include, but is not limited to, mimicking gun violence toward individuals or groups, promoting any form of gun violence, hip thrusts, inappropriate touching, suggestive gestures or signals, slapping, or provocative body positioning. Music, lyrics, or sound effects that are not suitable for family listening—such as profanity, sexual innuendos or behaviors, drug references, explicit mentions of body parts, or descriptions of violent acts—are also considered inappropriate. Simply censoring or replacing explicit language with sound effects or alternate words may still be deemed inappropriate. If there is any doubt about the appropriateness of music or movement, coaches are expected to err on the side of caution and remove it to avoid putting their team in a problematic position.