



Cheerleading Rules & Guidelines 2023 - 2024

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Registration and Competition Schedules

Registration and Payments

Global Cheer & Dance uses Reg Champ for the following actions:

- Registering for events
- Receipt of payment
- Scoring during competitions

Competition Schedule

- The draft competition schedule will be made available on Monday, the week of the competition. If you require competition schedule changes or accommodations, you will be required to send the request to scheduling@globalcheerdance.org
- Final competition schedules will be made available by Wednesday, the week of the competition.
- Global Cheer & Dance reserves the right to make changes up until 24 hours before the event date.
- Competition schedules will be accessible in REG CHAMP.
Reg-Champ can be reached at [regchamp](#)


Divisions Guidelines

The rules outlined below are division and level specific and in addition to the general rules outlined above. Please review rules carefully to ensure Athletes can perform required skills with proper execution.

- Skills Division
- Novice Cheer & Dance
- Prep Cheer & Dance
- Elite Cheer & Dance
- YCADA
- Collegiate
- NFHS Spirit

SKILLS DIVISION

Individual / Duo / Trio Tumbling Division

- Routines d to include motions, standing tumble, running tumble and dance.
- Routines an include both male and female Athlete's.

Stunt Group Division

- Routines are restricted to level appropriate building skills.
- See level skills breakdown to ensure you register for the correct building level.
- Transitions can include tumbling into and out of building skills.

- A spotter is permitted on the performance surface if required for safety. The spotter may not assist or help with building execution. The spotter may step in and make catches if safety is in question.
- Cheerabilities Athlete's in the stunt division are required to have a spotter on the performance surface. The spotter can assist with stunt execution.

COED Stunt Group Division

- Routines are restricted to building skills only.
- Building skills must follow level appropriate guidelines outlined within this document.
- One (1) additional spotter is required in this division. The spotter may assist with the catch and dismount only.
- Coed style stunt division can consist of both male and female Athlete's.

Team Stunt Division

- Routines are restricted to level appropriate building skills.
- See level skills breakdown to ensure you register for the correct building level.
- Transitions can include tumbling into and out of building skills.
- A spotter is permitted on the performance surface if required for safety. The spotter may not assist or help with building execution. The spotter may step in and make catches if safety is in question.
- Cheerabilities Athlete's in the stunt division are required to have a spotter on the performance surface. The spotter can assist with stunt execution.

NOVICE CHEER & DANCE

- Routine time limit is 1:30.
- Tosses are **not allowed** (includes sponge toss).
- All waist level cradles are **not allowed**.
- Teams are evaluated not scored. See Novice score sheets for rating system.
- Tumbling skills are allowed but not required. Tumbling skills will follow level rules.
- Level 1 Novice Rules (in addition to Level 1 Rules):
- Single leg stunts are allowed at waist level only.
- Two leg stunts are **not allowed** to travel through an extended level position.
- Maximum ¼ twists allowed. Level 1 Stunt Rule D4 is **not allowed**.
- Transitions to flat body/prone position are **not allowed**.
- Straight pop down dismounts are **not allowed**.
- Tiny Novice: All building skills are **not allowed**.
- Tiny Novice: Cartwheels and forward rolls are the only skills allowed.
- Level 2 Novice Rules (in addition to Level 2 Rules):
- Single leg stunts are **not allowed** to travel through an extended level position.
- Barrel/log rolls are **not allowed**.
- Level 3 Novice Rules (in addition to Level 3 Rules):
- Twisting stunts in and out extended level single leg are **not allowed**.
- Multi-based suspended twisting rolls are **not allowed**.

PREP CHEER & DANCE

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

INTERNATIONAL CHEER & DANCE

- All international divisions are required to have a minimum of 8 athletes when performing/competing.
- Routine time limit is 2:30.
 - **EXCEPTION:** Non-Tumbling divisions: 2:00.
 - **EXCEPTION:** Global divisions: 3:30. Cheer = 30 to 40 seconds, 20 seconds to transition for the music section. 2:30 maximum for the music section.
 - Non-Tumbling Division: tumbling is **not allowed**.
 - **EXCEPTION:** Forward rolls, handstands, cartwheels, and round offs are allowed for stunting skills or formation changes and required to follow level appropriate inversion rules.

ELITE CHEER & DANCE

- Routine time limit is 2:30.
- COED teams only require one male athlete to register in this division.
- Non-Tumbling Division: tumbling is **not allowed**.

COLLEGIATE

- Routine time limit is 2:30 seconds.
- Must follow Level 5 – 7 rules.

SCHOOL CHEER & DANCE

- Must follow NFHS SPIRIT Guidelines

YCADA (Affiliated, Non-Affiliated, Pop Warner, AYC)

- Must follow the YCADA guidelines for performance recreation cheerleading and dance.

Division Splits

Division splits and combining are at the discretion of the event producer. If Global Cheer Dance splits divisions, the following guidelines will apply:

SMALL	SMALL COED	MEDIUM	MEDIUM COED	LARGE	LARGE COED
5 – 15 Athlete's	1-3 Male Athlete's	16 – 23 Athlete's	1 – 5 Male Athlete's	24 – 38 Athlete's	1 – 9 Males
Females Only	15 Max	23 Max	23 Max	Female Only	38 Max

Cheerabilities / Athlete's With Disabilities

Global Cheer Dance strives to work together to create a collective, inclusive future for all Athlete's with disabilities. An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

Cheerabilities Premier Team

- Routines may not exceed 2:00.
- Teams will not receive ordinal rankings or ratings for their performance.
- Tumbling skills are allowed up to and including Level 2.
- Teams may execute building skills up to Level 2.
- Single leg stunts are required to be at prep level with an additional spotter making hand to hand connections.
- Tosses and log/barrel rolls are not allowed.
- If Coaches/Buddies/Assistants are fulfilling a required position (base, back spot, top person, etc.) the group may only do waist level stunts.
- T-lifts are allowed.
- Spotted and assisted tumbling is allowed.
- There is no limit to the number of assistants on the floor assisting in skills and they should be included in choreography of dance and formations.

Cheerabilities Premier or Major Teams

- Routines may not exceed 2:30.
- Teams may receive ratings for their performance.
- Tumbling skills are allowed up to and including Level 2.
- Teams may execute building skills up to Level 2.
- Single leg stunts at prep level are required to have 4 Athlete's in the basing unit. An additional spotter is required to make a hand-to-hand connection.
- Two leg stunts may not immediately pass through an extended position.
- Up to a ¼ twist allowed.
- Transitions to prone position are allowed with the backspot maintaining contact and an assistant participates with the catch.
- Straight pop down dismounts are allowed with an assistant maintaining contact with the waist.
- If Coaches/Buddies/Assistants are fulfilling a required position (base, back spot, top person, etc.) they should be choreographed into the full routine.
- T-lifts are allowed.
- Spotted and assisted tumbling is allowed.
- Exception: Assistants may help an athlete up after a forward roll to get to their feet.
- There is no limit to the number of assistants on the floor assisting in skills, they be included in choreography of dance and formations.

Cheerabilities General Rules

- All teams will follow the General Rules and level appropriate guidelines.
- No Tosses permitted. This includes sponge/load-in/squish tosses and waist-level cradles.
- ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a coach/assistant.
- Performances may be performed on spring floor or carpet bonded foam.
- Coaches or assistants on the performance surface are required to be dressed in contrasting colors from the performing team. Assistants and coaches on the performance surface are required to remove jewelry, have hair pulled back and no flip flops allowed.

Mobility and Support Device Rules

- All mobility equipment, prosthesis, canes, crutches, elbow crutches and braces are considered part of the athlete unless they are removed, in which case they are considered legal props and therefore are considered legal.
- Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill, wheels locked, with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the two back handles stabilizing the wheelchair with both wheels on the performance surface) for safety.
- Clarification: For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair, in working order and prepared to be used on the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.
- Mobility devices (i.e., wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid.
- Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill. Must have additional safety spotter behind mobility device.
- Wheelchair users when basing stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt and wheels in locked position.
- All Athlete's spotting, catching and/or cradling a skill have mobility through their lower body OR the strength in the upper body enough (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot and/or catch the skill.
- All Athlete's spotting and/or catching a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill. Release moves and dismounts may be caught by individuals who are not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.
- When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
- Motorized wheelchairs must always have all 4 wheels on the floor.
 - EXCEPTION: if an assistant is needed to lift the back wheels onto the performance floor.

GENERAL RULES & ROUTINE GUIDELINES

General Routine Time Guidelines

Routine time will begin with the first beat of music. Time will end with the last movement, beat of music, or voice.

Choreography and Music

Routine choreography and music selection should be age appropriate and suitable for families viewing and listening to the performance.

- Examples of inappropriate choreography can include sexually inappropriate hip thrusting, hand gestures, and body positions.
- Dance portion of routines needs to be age appropriate and acceptable for all audiences.
 - I.E., young Athlete's should not be grinding and twerking.
- Music selection needs to be free of sexual connotations, swear words, references to drugs, or violence.
- Global Cheer Dance reserves the right to penalize teams that violate the choreography and music policy.

Uniform Guidelines

- Global Cheer Dance does not allow sexually provocative inspired garments or uniforms on our performance surfaces.
- Uniforms must properly fit each athlete and cover the athlete's undergarments during the performance of the routine.
- Skirts worn as part of the uniform are required to have briefs that cover the athlete's personal undergarments. The skirt needs to fully cover the athlete's hips and bottom.
- Shorts as part of the uniform must have a minimum of a 2" inseam.
- Uniform tops need to be age appropriate and cover the midriff area for all Athlete's under Senior age.
- Uniform tops must be secured by straps or material across one shoulder or around the neck.
- Tub style uniform tops are not allowed.
- Soft & solid-soled shoes are mandatory while performing/competing.
- All forms of jewelry are **not allowed** while performing. All jewelry must be removed, cannot be taped over, or covered up. The only exception is medical alert / ID bracelets.

Makeup and hair Accessories

- Makeup should be age appropriate for the athlete and type of performance.
- Rhinestones on the face, eyelashes, or eyelids are prohibited.
- Hair must be secured away from the athlete's face.
- Hair accessories should not be excessive in size or block the athlete's visibility.

Braces, Casts, Walking Boots and Aids

Injuries happen, Global Cheer Dance does allow braces, casts, and walking boots on the performance surface. The following guidelines must be followed:

- Athletes with walking boots are required to have a sock on their foot to cover their toes. Any metal component is required to be covered with padding approved by the athlete's medical doctor.
- Casts, any athlete performing with a cast is required to provide a doctor's notice and adhere to medical advice. Hard casts are required to have cast pad and cover.
- Braces of any kind are required to have metal components covered in padding to prevent injury while performing.

GENERAL SAFETY GUIDELINES

General Skills Guidelines

Athlete safety is key to successful routines. It is extremely important that coaches should encourage proper technique and skills progression.

- Each level has appropriate skills that are allowed.
- Skills increase with difficulty are also inclusive of previous levels.
 - Novice League follows the Novice guidelines as well as the appropriate level.
 - Level 1 can only perform skills allowed in Level 1.
 - Level 2 can perform skills inclusive of previous levels.
 - Level 3 can perform skills inclusive of previous levels.
 - Level 4 can perform skills inclusive of previous levels.
 - Level 5 can perform skills inclusive of previous levels.
 - Level 6 can perform skills inclusive of previous levels.
 - Collegiate can perform skills inclusive of previous levels.
- If a skill is prohibited in a specific level, it is also prohibited in previous levels.
- Any equipment used to enhance the height of an athlete is **not allowed**.
- Skills that require mandatory spotters must have spotters who are members of the team performing/competing.
- The Athlete's that begin the routine must remain on the floor throughout the performance. Athletes are **not allowed** to be replaced by another athlete during the routine performance.
- Props are not required to be in routine performances.
- Flags, banners/signs, poms, and megaphones are allowed.
- If teams would like to use a prop that is not the items listed previously, the prop must be approved by Global Cheer Dance.
- Props with poles are **not allowed** to be used while performing stunting or tumbling skills.
- All Athlete's must have at minimum one (1) foot, hand, or body part on the performance floor

at the start of the routine.

- Athletes are allowed to jump and or rebound over another athlete that is on the performance surface.
- Drops to knees, seat, front, back and split drops are not allowed unless there is support from the athlete's hands or feet on the performance surface.

General Tumble Guidelines

Global Cheer Dance scores tumble based on standing and running skills performed.

- Standing tumble is performed from a standing position without any previous forward or backwards movement.
- Running Tumble is a foot forward or a hurdle to gain momentum as the entry into a tumble pass. Tumble Pass is more than one connected skill.
- All tumbling must start and end on the performance surface.
- Athlete's may rebound from a tumbling skill into a stunt transition. If a rebounding skill involves an overhead rotation, the athlete must be caught in an upright position before continuing the transition or stunt skill.
- Athletes are prohibited from tumbling under or over another athlete, prop or through a stunt.
- Props must be placed on the performance surface prior to executing a tumbling skill.

General Stunt Guidelines

- Extended stunts are prohibited in level one, except for a two-leg braced extension in pyramid.
- Release skills must have the athlete returning to the bases the stunt skill originated with.
- Athletes are required to have assistance from another athlete when landing on the performance surface.
- Athletes cannot land in an inverted position.
- Athletes cannot travel intentionally when a release move is performed.
- Athletes cannot travel over, under or through other stunts, pyramids, props or Athlete's.
- Release moves that result in a non-upright position require the following:
 - Multi-based stunt – a minimum of three catchers
 - Single-based stunt – requires a minimum of two catchers.
 - Single base split catches are not allowed.
- Release moves are judged based on the height of the release, this is defined as the distance from the flyer's hips to the main and secondary base's extended arms.
- Free flipping transitions and stunts are not allowed except in level 6 or above.
- Athletes in bridge position, inverted or backbends on the performance surface cannot be in contact with a flyer.

General Pyramid Guidelines

Pyramids are required to follow the level guidelines for stunts, transitions, release, and dismounts. Please review each level to ensure proper progression and level appropriate skills are included.

- Pyramid skills are required to follow the rules for each level, this includes stunts, dismounts,

release moves and transitions.

- Two (2) high pyramid structures are allowed. Two High pyramids require the flyers weight to be distributed to the basing structures and not solely on the second level.
- Pyramid release skills are required to be level appropriate and must stay in contact to a base for athlete support.
- Pyramid execution requires connections to be visible and made prior to the start of skills or body positions.

General Dismount Guidelines

- All dismounts must end in a cradle position. Cradle position can be belly or back position for the flyer.
- A dismount to the performance surface must be assisted by a member of the flyers originating basing unit.
- All single base stunts must have a spotter responsible for supporting the shoulder to waist section of the flyers body.
- Pop offs do not require assistance on the dismount if performed at waist level or below.
- Flyers performing in the pyramid are not allowed to travel under over or through a dismount.
- Dismounts are not allowed to be thrown under, over or through pyramids, stunts, or props.
- Catching a dismount requires the following:
 - Level 1 two catchers and one spotter. The spotter can be the backspot in the stunt group.
 - Level 2 and higher are required to have a minimum of two bases making the catch.
 - All tosses are required to have a minimum of two bases and one spotter making the catch.

General Toss Guidelines

- Tosses are only allowed at level two and higher.
- Tiny and Mini teams are not allowed to toss regardless of the level.
- Tosses require the flyer to be fully released and not in contact with the basing unit.
- Toss skills require both feet of the flyer to be on the hands of the bases when the toss begins.
- Tosses are required to have a minimum of two bases and one backspot (3) and no more than four (4).
- All bases must have both feet on the performance surface during the toss and catch.
- Tosses cannot intentionally travel.
- Tosses may not flip or invert intentionally.

LEVEL APPROPRIATE GUIDELINES

Level 1 Tumble

- All tumble skills are required to originate and land with hands or feet on the performance surface.
- Handsprings are not allowed in level 1.1 tumbling.
- Skills included in level 1.1 are:
 - Forward Rolls
 - Backward Rolls
 - Straddle Rolls
 - Handstands
 - Bridges
 - Bridge kickovers
 - Back walkovers
 - Front walkovers
 - Cartwheels
 - Roundoffs, no additional skills can be performed after landing this skill.
 - One handed Cartwheels

Level 1 Toss Skills

- Tosses are not allowed until level 2.
- Sponge tosses are not allowed.
- Squish tosses are not allowed.

Level 1 Stunt Skills

- The basing structure needs to consist of a main base, secondary base, backspot and front spot if needed for safety.
- Stunt skills are required to remain at prep level or below.
- Single leg stunts are required to have a hand-to-hand connection with a spotter if executed at prep level.
- Single leg stunts executed at belly level or below are not required to have a hand-to-hand connection with a spotter.
- Two leg stunts require a backspot to protect the head and shoulders of the flyer.
- Floor stunts do require a backspot. The backspot should be directly behind the stunt and may grab the flyers waist.
- Extended V-Sits are allowed. The center spotter (backspot) is required to be behind the stunt and must have the ability to see the head / shoulders of the flyer.
- Shoulder sits and T-Lifts do not require a spotter holding the waist of the flyer.
- Athlete's are not allowed to travel over, under or through another stunt, pyramid, or prop.
- Walkup shoulder stands are allowed but require a spotter behind the shoulder stand.
- $\frac{1}{4}$ twisting is allowed. The twist can be executed by the basing structure or the flyer. The hip

placement defines the twist.

- Rebounding with a $\frac{1}{4}$ twist to prone is allowed.
- Superman catches are allowed (belly cradles) if the spotter remains in contact with the flyers ankles or legs.
- Inversions are not allowed.
- Release moves are only allowed in the form of a cradle.

Level 1 Pyramid Skills

- Braced connections are required before executing skills.
- Pyramid skills cannot have an athlete moving over or under another stunt, prop, or athlete.
- Flyers may not move over the head and shoulders area of another flyer while in pyramid or stunts.
- Two level extended stunts are required to be braced at or below prep level before skills execution.
 - Two leg extended stunts are not allowed to be connected or braced by another extended stunt.
- Single leg skills are only allowed at prep level or below.
 - No extended braced single leg stunts allowed.
- Braced connections are required to remain at prep level. Braced connections providing structure support to an athlete at prep level or higher can be in the following positions:
- Two leg structure with both feet in bases hands at prep level
 - Shoulder sit
 - Flat back
 - Straddle lift / VSit / Teddy Bear.
 - Shoulder stand, however, a spotter is required to be behind the flyer.
- Release moves allowed in pyramid can be:
 - Cradles
 - Braced Cradles
 - Assisted Dismount to the performance surface.
 - Dismounts from cradles are required to be assisted to the performance surface.
- A dismount that executes tumble is required to have the flyers foot touch the floor before execution.

Level 1 Dismount Skills

- $\frac{1}{4}$ turn twists are not allowed in a dismount.
- Dismounts are not allowed from any skill above prep level.
- Sponge, Squish, and waist level cradles are not allowed.
- Dismounts to the performance surface must be straight pop downs.

Level 1 Stunt and Pyramid Transition Skills

- All transitions from a cradle into tumble are required to have the flyer place one foot on the ground.
- All transitions from bases hands to the performance surface are required to be assisted.

Level 2 Tumble

- Tumble is inclusive of all skills allowed at level 1.
- Dive Rolls are allowed.
 - Swan or arched position is not allowed.
 - Twisting dive rolls are not allowed.
- Standing handsprings are allowed.
- Jump skills that connect with a handspring are not allowed, except for a T-Jump.
- Back handsprings can connect to a level one skill.
- Standing handsprings cannot be a series standing pass (i.e., no multiple standing)
 - Back handspring step-outs are allowed.
- The handspring step-out must land on feet and may not ½ turn.
- Aerials are not allowed.
- Flips, including front tucks or back tucks are not allowed.
- Twisting while airborne is not allowed.
- Running tumble is required to have a forward foot motion with continuous movement.
 - Power hurdles are allowed.
 - Running in tumbling skill is allowed.
 - A large step with continuous movement is allowed.
 - Running tumble can have series front or back handsprings.
- Bounders are allowed.

Level 2 Toss

- Tosses are allowed at level two.
- Body position for level 2 is required to be hollow body straight ride.
 - No exaggerated arched positions allowed.
- Arm placement should be in one of the following positions:
 - Touchdown (arms by ears)
 - Salute if hollow body straight ride is maintained.
 - Waves allowed if hollow body straight ride is maintained.
- Sponge tosses are not allowed.
- Squish tosses are not allowed.
- Tosses can only be caught in a cradle.
- Tosses should not intentionally travel.
- Athletes in 8U or lower are not allowed to perform tosses.
- Prep Cheer & Dance is not allowed to perform tosses.

Level 2 Stunts

- All skills allowed at lower levels can be incorporated into level 2.
- A backspot / spotter is required for all stunts above prep level.
- One member of the basing unit must remain in contact with the flyer.
- A flyer on a single based stunt is required to have a spotter.
- Single leg stunts are allowed at prep level without a hand-to-hand connection.

- Single leg stunts may not travel though an extended level.
- Athletes are not allowed to travel over, under or through a stunt, pyramid, or prop.
- Leap frog variations are allowed.
 - Flyers may not have head over hips rotation.
 - Flyers may land in squish or sponge position.
 - Flyers may land in a prep level two leg skill.
 - The flyer must be connected to one member of the basing unit during the skill execution.
- Stunts are allowed to twist up to $\frac{1}{2}$ rotation:
 - Rotation is based on the hips of the flyer.
 - Log / Barrel Rolls are allowed.
 - Must start and end in a cradled position.
 - Must be assisted by a base.
 - Cannot be assisted by another flyer.
 - Cannot be performed in addition to any other twisting skill.
- Release moves are not allowed other than what is acceptable for level 2 dismounts or tosses.
 - Rule exception is the Log / Barrel Roll.

Level 2 Stunt Inversions

- Ground inversions to an upright position is the only inversion allowed.
- Inverted Athletes are required to remain in contact with the performance surface unless the flyer is being lifted to a prep level non-inverted position.

Level 2 Pyramid

- Braced connections are required before initiating pyramid skills.
- Extended single leg stunts are allowed if there is a braced connection that is maintained until the flyer returns to prep level.
- $\frac{1}{2}$ twisting rotation is allowed as long as the motion is not head over hips
- Extended stunts cannot be braced by another extended stunt.

Level 2 Dismount

- Cradles are allowed to $\frac{1}{2}$ twist.
- Body position cradles are not allowed – i.e., pike or toe touch.
- Cradles can be caught in superman position as long as one member of the basing unit maintains contact with the flyer.
- Waist level cradles are not allowed in 8U or younger age groups.
- Straight pop downs are allowed.
- If the dismount transitions to a tumble skill, the flyer must have one foot on the performance surface to execute the skill.

Level 3 Tumble

- Tumble is inclusive of all skills allowed in previous levels.
- Dive Rolls are allowed.
 - Swan or arched position is not allowed.
 - Twisting dive rolls are not allowed.
- Standing handsprings are allowed.
- Standing handsprings series standing passes are allowed.
- Back handspring step-outs are allowed.
- Aerials are allowed.
- Flips, including front tucks or back tucks are not allowed.
- Twisting while airborne is not allowed.
- Running tumble is required to have a forward foot motion with continuous movement.
 - Power hurdles are allowed.
 - Running in tumbling skill is allowed.
 - A large step with continuous movement is allowed.
 - Running tumbling can have series front or back handsprings with a flipping skill connected.
- Flipping skills must be performed in a tuck position.
- Tuck must land with feet on the performance surface.
- Punch fronts are allowed.
- No other skill can be executed from the punch front.

Level 3 Toss

- Tosses are allowed at level three.
- The toss can include a full rotating twist.
- The flyer is allowed to execute a variety of body positions, including toe touch, ball Xout, pike.
- Toss basing units can consist of three or four Athlete's.

Level 3 Stunt

- A spotter is mandatory for all flyers above prep level.
- Single-base stunts with more than one (1) flyer require a spotter for each top person (One (1) spotter per one (1) flyer).
- One (1) base at minimum must remain in contact with the flyer during transitions.
 - **EXCEPTION:** See release moves.
- Flyers cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
- Single leg extended stunts are allowed.
- Extended single leg stunts cannot be supported by other extended level stunts.
- Maximum one (1) twist allowed.
 - One (1) full twist transition must start and end from prep level or below.
 - Exceeding a ½ twist to and from an extended level position is **not allowed**.
- Release moves are required to:

- Begin at waist level or below.
- End at prep level or below.
- Release Moves are **not allowed** to:
 - Pass through or end in an inverted position.
 - Release from an inverted position to a non-inverted position.
 - If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.
- Releases ending in a non-upright position are required to:
 - Have three (3) catchers for a multi-based stunt.
 - Have two (2) catchers for a single-based stunt.
- Skills performed during a release move are limited to:
 - One (1) skill performed.
 - Log/Barrel Rolls
 - Maximum one (1) twist.
 - Required to land in a cradle, or a flat back or prone position.
 - Required to have two (2) catchers for a single-based log roll. Multi-based log rolls need three (3) Athlete's making the catch.
- Helicopters are not allowed.

Level 3 Stunt Inversions

- Inversion Levels
- Inverted stunts above shoulder level are **not allowed** except for multi-base suspended rolls.
- Multi-based suspended rolls are required to:
 - Roll to cradle, load in position, flat body prep level stunt, or the performance floor.
 - Have both flyers' hands connected to separate hands of the base(s).
- Twisting inversions
 - Maximum one (1) twist to prep level and below.
 - Maximum ½ twist to extended level.
- Multi-based forward rolls:
 - Maximum one (1) twist is allowed.
 - Forward rolls that exceed ½ twist are required to land in cradle position.
- Multi-based suspended backward rolls cannot twist.
- Downward inversions are allowed to twist at waist level and are required to:
 - Have two (2) catchers in contact with shoulder to waist region of flyer.
 - Remain in contact with the original base.
 - Not travel through prep level and then become inverted below prep level.
- Pancake stunts are **not allowed**.

Level 3 Pyramid

- Extended single leg stunts cannot be supported/connected by other extended level stunts.
- One (1) twist is allowed up to extended level and is required to:
 - Be connected to a support athlete at prep level or below and a base.
 - Have arm/hand connection to the same support athlete throughout the twist and must

remain connected throughout the transition.

- Inversions must follow Stunt Inversion Level 3 Rules.
- Flyer is allowed to travel through an inverted position if:
 - Flyer maintains contact with a base that is stationary on the performance floor and a support athlete in prep level throughout the transition.
 - If the skill starts and ends at prep level or below, the base that maintains contact with the flyer is allowed to extend their arms during the transition.
 - When a flyer is released by the bases during a transition (pyramid section) and does not follow the rules stated below, the flyer is required to land in a cradle or dismount to the performance floor and follow the dismount rules.
- During transition (pyramid section), the flyer is allowed to pass above two (2) high and perform:
- Level 3 Stunt release skills or dismounts if:
 - Connected to one (1) support athlete at prep level or below.
- Maximum one (1) twist if:
 - Connected to two (2) support Athlete's at prep level or below with arm/arm connection.
- Non-Twisting/Non-Inverted Release moves if:
 - Connected to two (2) different support Athlete's at prep level or below.
 - Connected to one (1) support athlete by arm/hand to arm/hand.
 - Connected to a second support athlete by arm/hand to arm/hand or arm/hand to foot/below the knee.
 - Supported on two (2) separate sides by two (2) different support Athlete's.
 - Supported on two (2) of the four (4) sides of flyer (front, back, right, left).
 - Contact must remain with the same support athlete(s) until contact is made with base(s) on the performance floor.
- Release transitions are not allowed to change bases.
- Release transitions are required to be caught by two (2) catchers:
- Must be stationary.
- Requires constant visual contact with flyer throughout the entire transition.
- Release moves are not allowed to be supported/connected to flyer above prep level.
- Pyramid transitions that include inversions when released from bases are not allowed.

Level 3 Dismounts

- Maximum 1¼ twists are allowed from all two leg stunts (does not include platform position).
- Straight and 1¼ twist cradles are allowed from single leg stunts.
- When performing a cradle from a single based stunt with more than one (1) flyer:
 - Two (2) catchers must catch each flyer.
 - Catchers and bases must be stationary prior to the start of the dismount.
- Dismounts to Performance Floor
 - Straight pop downs from any single leg stunts are allowed.
 - Straight pop downs from any prep level or higher two leg stunts are allowed.
- Maximum one (1) skill is allowed in a dismount from waist level two leg stunts.

Level 4 Tumble

- Dive Rolls are allowed. Swan, Arched or twisting dive rolls are not allowed.
- Standing tumble does allow flipping. The flipping must not contain:
 - Any twisting
 - Must be executed from a tuck position.
 - No standing layouts
 - Arabians are allowed.
- Flips connected to a jump are not allowed.
- Tumbling after flipping skill is not allowed.
- Running tumble can have a maximum of 1 flipping rotation and Zero (0) twists.
 - Flips must be in the form of a layout or tuck.
- Exception: aerial cartwheels, Arabians, and Onodis are allowed.

Level 4 Toss

- A maximum of two (2) skills are allowed.
- Maximum of 2 ¼ twisting rotations are allowed.

Level 4 Stunts

- Spotter is mandatory for each flyer above prep level.
- Single-based stunts with more than one flyer require a spotter for each flyer (one (1) spotter per one (1) flyer).
- Minimum one (1) base must remain in contact with the flyer during transitions.
- A stunt or pyramid cannot travel over or under another stunt, pyramid, or prop.
- An athlete is allowed to move under a stunt, and a stunt is allowed to move over an athlete.
- Single leg extended stunts are allowed.
- Extended single leg flyers are **not allowed** to connect to any other extended single leg flyers.
- Stunts – Twisting is allowed with a maximum twist of 1 ½.
- If the twist is more than ½ and up to one (1) twist, the flyer must land in a two-leg stunt, platform position or liberty. No body positions can be hit directly after the twist. A clear and visible stop is required at extended platform position or liberty before performing a body position.
- Stunts - Release Moves are not allowed to do the following:
 - travel through or end in an inverted position.
 - flyers to encounter other flyers in separate release skills/moves.
- Release moves that end in the extended position are required to:
 - Start at waist level or below.
 - Have zero (0) twists and zero (0) flips.
 - Release moves from an extended position are not allowed to twist.
 - Release moves that end in non-upright positions require:
 - Three (3) catchers for a multi-based stunt.
 - Two (2) catchers for a single-based stunt.
- Release moves from inverted to non-inverted positions require:
 - The inversion to be at the bottom of the dip.
 - No twisting.

- A flyer landing at prep level or higher to have a spotter.
- Helicopters are allowed with Maximum 180-degree rotation.
 - Zero (0) Twists.
 - Caught by three (3) catchers, with one of the catchers positioned at the flyer's head and shoulder area.
- Extended inverted stunts are allowed.

Level 4 Inversions

- Downward inversions are allowed but require Three (3) catchers.
 - **EXCEPTION:** Downward inversions that do not travel above waist level do not require three (3) catchers.
 - Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer.
 - Flyers must maintain contact with an original base.
 - **EXCEPTION:** Downward inversions that rotate to the side are allowed to lose contact with the flyer when it becomes necessary.
 - Not allowed to encounter other downward inversions.
- Downward inversions from prep level and below are allowed but:
 - Cannot travel above prep level and then invert below prep level.
- Two leg pancake stunts:
 - Required to start at shoulder level or below.
 - Allowed to immediately travel through extended level position.
 - Not allowed to stop or end in an inverted position.
- Extended inverted stunts (ex: handstand) can be lowered to shoulder level and must begin from an extended inverted stunt (does not include traveling through extended level). Lowering from the extended inverted position must be controlled.

Level 4 Pyramid

- A stunt or pyramid cannot travel over or under another stunt, pyramid, or prop.
- Flyers are not allowed to be inverted over or under the head/torso of another flyer in any situation.
- An athlete is allowed to move under a stunt and a stunt is allowed to move over an athlete.
- Extended level single leg stunts are not allowed to be supported by any other extended level single leg stunts.
- Twisting into and out of an extended level is allowed up to 1 ½ twists.
- Athlete support connection required for prep level or below.
- Athlete support connection must stay in contact throughout the entire transition.
- Inversions must follow Level 4 Stunt Inversion rules.
- Release moves must follow Level 4 Stunt Release rules, including:
 - During transition (pyramid section), the flyer is allowed to travel above two (2) high and perform:
 - Maximum 1 ½ twists.
- Non-inverted release skills are allowed to change bases if:
 - Catchers cannot be not involved in any other skill, stunt, choreography at the start of the transition.
 - Connection to one (1) athlete support is required at prep level or below.

- Connection must remain with the same athlete support until the flyer is in contact with a base on the performance floor.
- Flyer is allowed to travel over another flyer while connected to that flyer at prep level or below.
- Two (2) catchers are required.
- Catchers must be stationary.
- Catchers must remain in visual contact with the flyer throughout the entire transition.
- Release moves cannot be connected/supported to flyers above prep level.
- Release Moves with Athlete Supported Inversions (included supported flips):
 - The flyer must have constant contact with two (2) athlete supports at prep level or below.
 - The flyer must have constant contact with the same athlete supports until contact is made with a base on the performance floor.
 - The flyer must be supported on two (2) separate sides (right side-left side, left side - front side, etc.) by two (2) different athlete supports.
 - The flyer must be supported on two (2) of the four (4) sides of flyer (front, back, right, left).
 - Maximum 1-¼ flip rotation and zero (0) twists.
 - The flyer may not change bases.
 - The release move must be a continuous movement.
 - Three (3) catchers are required.
 - **EXCEPTION:** Athlete supported flips that land in an upright position at prep level or above must have at minimum one (1) catcher and two (2) spotters.
 - All catchers/spotters are required to be stationary.
 - All catchers/spotters are required to be in constant visual contact with flyer throughout the transition.
 - When the transition begins catchers may not be involved in any other skill, stunt, or choreography.
 - The flyer may not travel downward while inverted.
 - Release moves may not come in contact with other release moves.
 - Flyers performing release moves may not be supported/connected to flyers above prep level.

Level 4 Dismounts

- Maximum 2 skills/tricks allowed during dismount.
- Maximum 2¼ twists allowed from any two-leg stunt.
- Maximum 1¼ twists allowed from a platform position.
- Maximum 1¼ twists allowed from any single leg stunt.
- Dismounts from inverted positions are not allowed to twist.
- Dismounts to Cradles
 - A twist is the only skill allowed in the dismount if the twist exceeds 1¼ up to 2¼ twists.
- Cradling single-based stunts with more than one flyer must:
 - Have 2 catchers per flyer.
 - Before the start of the dismount all catchers and bases must be stationary.

Level 5 Tumble

- Dive rolls are allowed. Swan, Arched or twisting dive rolls are not allowed.
- Standing tumbling can have a maximum of 1 flipping rotation and zero twists.
- Running tumbling can have a maximum of 1 flipping rotation and 1 twisting rotation.
- Tumbling after a twisting skill has landed is not allowed.
- Twisting skills must be connected to a round off, back handspring or front handspring.
- Front flipping and twisting from a running entry are allowed.
- Full twisting skills are required to land with both feet on the performance surface.

Level 5 Toss

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

Level 5 Stunts

- A spotter is mandatory for each flyer above prep level.
- Single based stunts with more than one flyer require a spotter for each flyer.
- Single leg extended level stunts are allowed.
- Stunts are allowed to twist a maximum of:
 - 2 ¼ twists
 - 1 ¼ twists allowed if landing in an extended two leg stunt.
 - 1 twist allowed if landing in a extended single leg stunt.
- Release moves are not allowed if:
 - The flyer travels through or ends in an inverted position.
 - If the release distance is greater than the length of the flyers legs plus eighteen (18) inches, the dismount and toss rules apply.
 - Must not encounter other flyers in separate release moves.
- Release moves that end in a non-upright / inverted position are required to:
 - Have a minimum of three (3) catchers.
 - Have a minimum of two (2) catchers for a single base stunt.
 - Flyers are required to be inverted at the bottom of the dip.
 - Flyers are not allowed to twist while inverted.
 - If the inversion is ending in prep level or higher, a separate spotter is required.
- Helicopters are allowed to have 180 degrees of rotation.
 - Three (3) catchers are required, one (1) catcher is required to protect the head and shoulder area of the flyer.

Level 5 Inversions

- Extended level inverted stunts are allowed.
- Downward inversions require:
 - Three (3) catchers.
 - **EXCEPTION:** Downward inversions that do not start or travel above waist level do not require three

- (3) catchers.
- Two (2) of the catchers to be in contact with the waist to shoulder region of the flyer.
- The connection to be made at the shoulder level and/or above of the bases.
- The flyer to remain in contact with an original base.
- **EXCEPTION:** Downward inversions that rotate to the side are allowed to lose contact with the flyer when it becomes necessary.
- Flyers to not be in contact with other downward inversions.
- Downward inversions are allowed from above prep level if:
 - They do not stop in an inverted position.
 - **EXCEPTION:** An extended inverted stunt that is lowered controllably to prep level, traveling above prep level or from non-inverted extended to prep level inverted stunt must have at minimum one (1) base and one (1) spotter.
 - They do not end/land on or touch the ground while inverted.

Level 5 Pyramid

- 2 ¼ twists is permitted to extended level.
- Must be connected to support athlete at prep level or below.
- Connection to the support athlete must stay constant throughout the entire transition.
- Pyramids Inversions must follow level 5 stunt inversion rules.
- Pyramid release moves must follow level 5 stunt release moved, as well as the following:
- During transition, the flyer may travel above two (2) high and perform:
 - Maximum 2 ¼ twists.
 - Non-Inverted release skills.
 - Non-inverted release skills allowed to change bases if:
 - Catchers are not involved in any other skill, stunt, or choreography when the release begins.
 - Flyers must be connected to one (1) support athlete at prep level or below.
 - Flyers must maintain the connection with the same support athlete until contact is made with a base on the performance floor.
 - Required to be caught by at least two (2) catchers at minimum (one (1) catcher and one (1) spotter).
 - Both catchers must be stationary.
 - All required catchers/spotters must be in constant visual contact with flyer throughout the entire transition.
- Release moves are not allowed to be connected/supported to the flyer above prep level.
- Release Moves with Athlete Supported Inversions (included supported flips) are allowed:
 - The flyer must remain in constant contact with one (1) athlete support at prep level or below.
 - The flyer must remain in constant contact with the same athlete support until contact is made with a base on the performance floor.
 - Maximum 1¼ flip and zero (0) twists.
 - The flyer is allowed to change bases.
 - The flyer must be in continuous movement.
 - Three (3) catchers are required.

- **EXCEPTION:** Flips that land in an upright position at prep level or above with an athlete support must have one (1) catcher or two (2) spotters at minimum.
- All required catchers/spotters must be stationary.
- Constant visual contact with the flyer must be maintained by the catchers/spotters throughout the transition.
- When the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
- The Flyer may not travel downward while inverted.
- The inversion may not encounter other stunt/pyramid release moves.
- The inversion may not be supported/connected to flyers above prep level.

Level 5 Dismounts

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

Level 6 Tumble

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

Level 6 Toss

- Maximum three (3) tricks/skills allowed.
- Maximum 2½ twists allowed.
- Kick Doubles are allowed.

Level 6 Stunts

- A spotter is mandatory for each flyer above prep level.
- Single-based stunts with more than one (1) flyer require a spotter for each flyer.
- Single leg extended level stunts are allowed a maximum of 2 ¼ twists.
- Release moves are **not allowed** if:
 - They travel through or end inverted.
 - **EXCEPTION: international level 6 teams - see level 6 stunt release moves.**
 - If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.
 - Flyers in separate release moves come into contact.
- Release moves that end in a non-upright position are required to:
 - Have three (3) catchers for a multi-based stunt.
 - Have two (2) catchers for a single-based stunt.
- Release moves from inverted to non-inverted are required to:
 - Be inverted at the bottom of the dip.
 - Have a spot if landing at prep level or higher.
 - Maximum ½ twist allowed.
- Helicopters are allowed with a maximum 180-degree rotation.
 - Caught by three (3) catchers, one of the catchers must be in position at the flyers head and shoulder area.
- International Divisions Only - Rewinds are allowed with:
 - One (1) flip and zero (0) twists allowed.
 - Tumbling prior to the rewind is **not allowed**.
 - Toe pitch, leg pitch, or similar type tosses are **not allowed** when starting the rewind.
 - Mandatory one (1) catcher and one (1) spotter for single-based rewinds.
 - Mandatory two (2) catchers and one (1) spotter for multi-based rewinds

Level 6 Inversions

- Extended level inverted stunts are allowed.
- Downward inversions are required to have three (3) catchers.
 - **EXCEPTION: downward inversions that do not start or travel above waist level do not require three (3) catchers.**
- Two (2) of the catchers must be in contact with the waist to shoulder region of the flyer.
- Contact must begin at the bases' shoulder level or above.
- Flyers must remain in contact with an original base.
 - **EXCEPTION: Downward inversions that rotate to the side are allowed to lose contact**

with the flyer when it becomes necessary.

- Cannot encounter other downward inversions.
- Downward inversions are allowed from above prep level:
 - Not allowed to stop in an inverted position.
 - **EXCEPTION:** Extended inverted stunts can be lowered to prep level, traveling above prep level to prep level or from non-inverted extended level to inverted prep level must have a mandatory one (1) base and one (1) spotter at minimum. The lowering of the inverted extended stunt must be controlled.
 - Cannot end/land on or touch the ground while inverted.

Level 6 Pyramid

- Maximum 2¼ twists allowed.
- Pyramids Inversions must follow level 6 stunt inversion rules.
- Pyramids Release moves During transition (pyramid section), the flyer may pass above two (2) high and perform and can have a maximum of 2 ¼ rotations.
- Non-inverted release skills can change bases when the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
- Flyers must be connected to one (1) support athlete at prep level or below.
- Connection must remain with the same support athlete until contact is made with a base on the performance floor.
- Must be caught by at least two (2) catchers at minimum (one catcher, one spotter)
- Both catchers must be stationary
- Catchers/spotters must remain in constant visual contact with flyers throughout the transition.
- Release moves are **not allowed** to be connected/supported to the flyer above prep level.
- Release moves with Athlete Supported inversions (included supported flips) are allowed if:
 - The flyer remains in constant contact with one (1) athlete supports at prep level or below.
 - The flyer remains in constant contact with the same athlete supports until contact is made with a base on the performance floor.
 - Maximum 1¼ flip and ½ twists.
 - Maximum ¾ flip and one (1) twist.
 - Changing of bases is allowed.
 - The flyer maintains continuous movement.
 - There are three (3) catchers (required).
 - **EXCEPTION:** Athlete supported flips that land in an upright position at prep level or above must have minimum of one (1) catcher and two (2) spotters.
 - Catchers/spotters must be stationary.
 - Catchers/spotters must be in constant visual contact with flyer throughout the transition.
 - When the transition begins, catchers cannot be not involved in any other skill, stunt, or choreography.
 - It is not traveling downward while inverted.
 - Is not in contact with other stunt/pyramid release moves.
 - It is not supported/connected to flyers above prep level.

Level 6 Dismounts

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

Level 7 / Collegiate Tumble

- Dive Rolls are allowed in swan or arched positions.
- Knee, seat, front, back and split drops are allowed. The skill requires support on the performance surface from hands or feet.
- Maximum one (1) flip and two (2) twists are allowed.
- Twisting immediately out of a double twist is not allowed.
- Tumbling is allowed to rebound from his/her feet into a stunt transition.
- If the tumbler's rebound includes a hip-over-head rotation, the tumbler must be caught/stopped in a non-inverted position prior to the completion of the hip-over-head stunt/transition.
- **EXCEPTION: Cartwheel, round off and standing one (1) back handspring rewinds are allowed.**
- **Tumbling skills before the cartwheel, round off or standing back handspring are not allowed.**
- Tumbling over/under or through a stunt, athlete or prop is not allowed. This includes any body part.
- Tumbling while holding or in contact with a prop is not allowed.
- Standing tumbling can have a minimum of one (1) backward non-twisting skill is required prior to executing any skill with more than one (1) twist.

Level 7 / Collegiate Toss

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

Level 7 / Collegiate Stunts

- A Spotter is mandatory for
- one-arm stunts above prep level (excludes Cupies and liberties).
- Load ins or transitions that include more than one (1) twist release moves.
- Inverted position release moves that end at prep level or above.
- Free flipping is allowed.
- An inverted flyer above prep level.
- A flyer released from above ground level to a one-arm stunt.
- Single-based stunts with more than one flyer require a spotter for each flyer (one (1) spotter per one (1) flyer).
- Coed style tosses to new base - the original base is allowed to become the spotter.
- Single leg extended level stunts are allowed.
- Stunts may have a maximum $2\frac{1}{4}$ twists are allowed.
- Release moves require:
 - Flyers to return to original bases.
 - **EXCEPTION:** Coed style tosses to a new base are allowed if:
 - Single-base tosses the stunt.
 - Minimum one (1) base and one (1) spotter catches.
 - The catchers are not involved in any other skill, stunt, or choreography when it begins.
 - The ending/catching spotter is allowed to be the original tossing base.
 - **EXCEPTION:** Single-base toss stunts that have more than one (1) flyer are allowed to change bases. The original base is allowed to become the spotter.
- Release moves are **not allowed** to:
 - Land in an inverted position.
 - **EXCEPTION: Zero (0) twist or flip handstands released from ground level to hand-to-hand stunt**
 - **EXCEPTION: Zero (0) twist or flip released from prep level and below to prep level inverted position.**
 - If the distance is more than the length of the flyers legs plus an additional 18 inches, it is required to follow toss or dismount rules.
 - Be in contact with other flyers in separate release skills/moves.
 - **EXCEPTION: single-based stunts with more than one (1) flyer.**
 - Intentionally move/travel (excludes coed style tosses to new set of bases)
 - Travel over, under or through other stunts, pyramids, Athlete's, or props.
 - End on the performance floor with no assistance from above waist level.
- Helicopters are allowed with a maximum 180-degree rotation.
 - Two (2) catchers are required. One (1) catcher must be positioned at the flyer's head/shoulder area.
- Rewinds/free flip and supported and transitions with flips are allowed.
- Rewinds/free flip that begins at ground level:
 - Maximum $1\frac{1}{4}$ flipping and $1\frac{1}{4}$ twist allowed.
 - Cartwheel rewind, round off rewind, and standing back handspring rewinds are allowed.
 - Pitch (i.e., toe, leg, or similar) type tosses are allowed in starting free flipping skills.
 - One (1) catcher and one (1) spotter are mandatory.

- Free flipping transitions that begin from a stunt:
 - Maximum 1¼ flip and ½ twist allowed.
 - Must begin at prep level.
 - Must end/land in a cradle, horizontal position or to a standing position on the performance floor (must follow dismount rules when landing on performance floor).
 - Two (2) catchers are mandatory, one (1) flip rotation or less.
 - Three (3) catchers ARE mandatory for 1¼ flip rotation.
 - Single based split catches are not allowed.

Level 7 / Collegiate Inversions

- Stunts Inversions follow level 7 rules.
- Extended level inverted stunts allowed.
- Downward Inversions must remain in contact with an original base.
 - Two (2) catchers are required.
 - **EXCEPTION:** A lowering of an extended inverted stunt to prep level, traveling above prep level to prep level or from extended level non-inverted to inverted stunt at prep level is allowed with one (1) base with a spotter.
- Athlete's on the performance floor in a backbend or inverted position are not allowed to be in contact with any flyer.

Level 7 / Collegiate Pyramid

- Pyramids can be 2 ½ high and Tower Pyramids are allowed.
- Spotter Rules for level 7 / collegiate stunts must be followed.
- Spotter in front and back is mandatory for each athlete on the top level.
 - One (1) spotter for each flyer is mandatory for one arm extended level paper dolls.
 - Required to be in position and remain in visual contact the entire time the flyer(s) is at the 2½ high level(s).
 - Spotters are allowed to stand to the side of pyramid but must stay in a position to spot the flyer.
 - A spotter who is not in contact with the pyramid is required to be in place behind the top person.
 - A person assisting/touching the middle layer, cannot be this spotter.
- 2½ high pyramids with horizontal top persons (Prone, flat back, and Swedish variations)
 - Spotter is mandatory to be on two (2) of the four (4) sides (left, right, back, front) of the pyramid.
- Pyramids Inversions are allowed up to 2 ½ high.
- Downward inversions from above prep level
 - Required to be assisted by two (2) bases.
 - Flyer must remain in contact with a base or another flyer.
- Pyramids free Flying mounts/transitions cannot exceed the height of the intended skill.
- Traveling over, under or through other stunts, pyramids, Athlete's, or props is not allowed.
- Flyers cannot land inverted.
- If the inversion begins from ground level:
 - Maximum one (1) flip and one (1) twist are allowed.

- Zero (0) flips and $2\frac{1}{4}$ twists allowed.
- If the inversion begins from above ground level:
 - Maximum $1\frac{1}{4}$ flip and zero (0) twist allowed.
 - Maximum zero (0) flips and two (2) twists are allowed.
- Pyramids release moves follow level 7 / collegiate rules.
- Release moves are allowed to travel above $2\frac{1}{2}$ high.
- Not allowed to travel over, under or through a prop.
- Not allowed from landing inverted.
- If second level base releases flyer and the flyer is caught by a second level base (ex: tower pyramid tic- tocks), the base that throws must also be the catcher.
- Maximum zero (0) flips and one (1) twist allowed from $2\frac{1}{2}$ high.
- Pyramids - Release Moves with Support Athlete (including supported flips)
 - Maximum $1\frac{1}{2}$ flip and one (1) twist allowed.
 - Flyers must remain in contact with one (1) flyer at prep level or below must be caught by a minimum of two (2) catchers.
 - **EXCEPTION: Supported inversions to $2\frac{1}{2}$ high pyramids are allowed to be caught by one (1) person.**
 - **EXCEPTION: Supported inversions that land upright at prep level or above require one (1) base and one (1) spotter.**
 - The mandatory base/spotter must:
 - Be stationary.
 - Remain in visual contact with the flyer throughout the transition.
 - Not be involved in any other skill, stunt, or choreography.

Level 7 / Collegiate Dismount Rules

- Movements are only considered “dismounts” if released to a cradle or released and assisted to the performance floor.
- Dismounts must return to original base(s).
- Single-based stunts with more than one flyer are not required to return to original base(s).
- Traveling over, under or through other stunts, pyramids, Athlete’s, or props is not allowed.
- Cannot intentionally move/travel.
- When flyers are released from the bases for the dismount, they cannot encounter each other.
- Tension drops/rolls are not allowed.
- Dismounts to Cradle can have a maximum twist of to $2\frac{1}{4}$.
- Single-based dismounts that involve more than $1\frac{1}{4}$ twists are required to have a spotter with one arm/hand supporting the head and shoulder of the flyer.
- Single-based with more than one (1) flyer are required to have two (2) catchers per flyer.
- Catchers/bases must be stationary before the start of the dismount.
- One-Arm stunt dismounts that involve more than $1\frac{1}{4}$ twists are required to have a spotter with one arm/hand supporting the head and shoulder of the flyer.
- Free flipping can have a maximum $1\frac{1}{4}$ flip and $\frac{1}{2}$ twist allowed.
- Required to begin at prep level.
- Required to be caught by two (2) catchers. One must be the original base.
- Back flips must end in cradle.

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

