

EUROPEAN CHEER UNION

**EUROPEAN CHEERLEADING
CHAMPIONSHIPS 2024**

**COMPREHENSIVE
COMPETITION RULEBOOK**



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EUROPEAN CHEERLEADING CHAMPIONSHIPS

The ICU European Cheerleading Championships will take place as a three-day event, with the details concerning the event and a possible qualification mode (semi-finals) being published separately.

The schedule will be published after the registration has been closed, as it depends on the number of registered teams in each division.

The following further rules and regulations apply for the ICU European Cheerleading Championships 2024;

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2. GENERAL REGULATIONS

1. Only ICU & ECU members can register competitors for the ICU European Cheerleading Championships. However, in exceptional circumstances, the ICU in agreement with the ECU Board can decide that competitors not belonging to an ICU or ECU member may participate in the ICU European Cheerleading Championships if competitors:

- come from a country where the ICU & ECU do not have any member,
- come from a country where the ICU & ECU member(s) is / are inactive or do not register any competitors.

2.a. All athletes (except athletes with Ukrainian nationality, proven by passport) that represent an ICU & ECU member from the specific country (including substitutes) must normally have citizenship or permanent residency for at least 6 months in that respected country at the time of the respective ICU European Cheerleading Championships. Identity, age and permanent residency of the athlete will be determined by inspection of the valid photo ID document and supporting documents that need to include the following information:

- name and surname,
- date of birth,
- photo,
- citizenship or proof for the duration of residency.

If the photo ID document does not include the information about the citizenship or duration of residency, a separate document without the athlete's photo must be used to determine the citizenship or residency.

ECU strongly recommends to send in all documentation prior to the Europeans for preliminary inspection (rules@europeancheerunion.com).

2.b. In exceptional cases, where an athlete lives in close proximity to the boarder and there are no suitable options to compete on a team of the country that the athlete has permanent residency in, an application may be made to the ECU Board for an exception. The ECU Board will decide based upon the information presented and in consultation with the ECU Rules Committee on a case-by-case basis.

3. Irrespective of the number of ECU members from a country, the following maximum participants are allowed:

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- for all Team categories, a maximum of two (2) participants (2 teams) per division from one country;
- for all Doubles categories, the top 5 doubles (only one per country) in the ranking of the 2023 results of the European Cheer League.

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4. Irrespective of the limitations stated above, the winning team of the preceding European Cheer League (ECL) will be directly qualified to compete in the respective team category in the upcoming ICU European Cheerleading Championships.

Note: Special rules apply for Performance Cheer Doubles Divisions for Junior and Senior Divisions due to the qualification through the European Cheer League (ECL). Doubles that have qualified through the ECL in accordance with the ECL rules of 2023, may compete with the registered athletes, even if they do not meet the age requirements.

5. It is the sole discretion of each ICU & ECU member to decide how they select or qualify the participants for the European Cheerleading Championships (e.g. national competition, tryouts or any other selection procedure applied by the member).

6. If any registered competitor fails to pay the registration fee for the ICU European Cheerleading Championships, the respective participant will normally not be allowed to compete. However, in exceptional circumstances, the ECU Board can decide that the respective competitor is allowed to compete. In that case, the ICU & ECU member affiliated to this competitor becomes jointly liable for the payment of the registration fee.

7. All substitutes who have been registered to participate at the ICU European Cheerleading Championships are considered members of the team and therefore have to comply with the rulebook as well and are equally eligible to all benefits that the team is entitled to.

8. Personal Data Protection: All teams must comply with all data protection principles, including acquiring the consent of each member of a team they register to the ICU European Cheerleading Championships for the transfer of their data to ECU and the event organizer as third parties for the purposes necessary for event registration.

9. COVID-19 / Health Precautions & Guidelines: ICU, ECU and the organizer will fully comply with all health policies & guidelines required by local authorities at the ICU European Cheerleading Championships and full compliance will be required of all attendees as well. Should any measures be required, the ICU and ECU reserve the right to take any required measures, at any time, to assure the safety of our athletes and all attendees in relation to these championships.

2.1. Divisions - Cheerleading

The following divisions with number of athletes exist for Cheerleading:

Division / Age group	Senior	Junior	Youth
All Girl Premier	16 – 24 athletes	/	/
Coed Premier	16 – 24 athletes	/	/
All Girl Elite	16 – 24 athletes	16 – 24 athletes	/
Coed Elite	16 – 24 athletes	16 – 24 athletes	/
All Girl Advanced	/	16 – 24 athletes	16 – 24 athletes
Coed Advanced	/	16 – 24 athletes	16 – 24 athletes
All Girl Median	/	/	16 – 24 athletes
Coed Median	/	/	16 – 24 athletes
Special Abilities Traditional Novice		16 – 24 athletes	
Special Abilities Unified Intermediate		16 – 24 athletes	
Adaptive Abilities Unified Median		16 – 24 athletes	
Adaptive Abilities Unified All Girl Advanced		16 – 24 athletes	
Adaptive Abilities Unified Coed Advanced		16 – 24 athletes	

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Deleted: Note: As an exception for 2023, the winning ECL Teams from the Junior team divisions (Cheerleading Elite Junior and Team PC Pom Junior) will be allowed to choose between competing in the respective Youth (Cheerleading Advanced Youth and Team PC Youth) or Junior division (Cheerleading Elite Junior and Team PC Pom Junior).

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In Coed divisions at least one male athlete must be participating on the team.
No male athletes are allowed in All Girl divisions.

Note: Special Abilities Unified Teams must comprise of a minimum 1:1 ratio of athletes with an intellectual disability to (ID) to athletes without an ID on a team. The ICU & ECU reserve the right to consolidate or expand divisions based on team eligibility and number of teams registered in each division.

Note: Adaptive Abilities Unified Teams must comprise of 25% or more athletes with disabilities per team in compliance with the ICU Adaptive Abilities qualification guidelines.

Substitutes

Team divisions: up to 5 substitutes per team.

Entourage

Team divisions: up to a total of 5 persons per team: coaches, team helpers or other accompanying persons (this number includes persons responsible for playing the music and media representatives).

Choosing Team Division Levels for a country

Team Division Levels will be considered separately for All Girl and Coed Divisions.

All participating teams from one country must compete at the same level:

- All Girl Senior teams either in the Premier or in the Elite Division;
- Coed Senior teams either in the Premier or in the Elite Division;
- All Girl Junior teams either in the Elite or in the Advanced Division;
- Coed Junior teams either in the Elite or in the Advanced Division;
- All Girl Youth teams either in the Advanced or in the Median Division;
- Coed Youth teams either in the Advanced or in the Median Division.

If any team from a member country places 1st in the respective lower level All Girl or Coed Division (i.e. Youth Median, Junior Advanced or Senior Elite), that specific country has to advance to the higher level All Girl or Coed Division (i.e. Youth Advanced, Junior Elite or Senior Premier) the calendar year after the year when the respective competition took place.

ECU member countries can decide to advance to a higher level All Girl or Coed Division any time if they wish to do so, even if they have not placed in the top two positions in the previous year.

Countries cannot drop down from the respective higher level All Girl or Coed Division (i.e. Youth Advanced, Junior Elite or Senior Premier).

2024 Youth Median, Junior Advanced and Senior Elite Level (considered separately for All Girl and Coed Divisions);

Only countries that fulfill all conditions as described below will be allowed to nominate teams for the respective Youth Median / Junior Advanced / Senior Elite Divisions:

- Countries that have not sent teams in the Youth Advanced / Junior Elite / Senior Premier All Girl / Coed Divisions at the European Cheerleading Championships in the years after 2021;
- Countries that have not won the Youth Median / Junior Advanced / Senior Elite All Girl / Coed Division against at least two other competing teams in 2023.

All other countries will remain in the Youth Advanced / Junior Elite / Senior Premier All Girl / Coed Divisions.

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Deleted: <#>for Seniors either in the Premier or in the Elite Division; ¶ for Juniors either in the Elite or in the Advanced Division; ¶ for Youth either in the Advanced or in the Median Division. ¶

Deleted: 2023 Junior Advanced and Senior Elite Level:

Deleted: have not previously sent teams in the Junior Elite / Senior Premier Divisions to the European Cheerleading Championships and that have not won the respective Division against at least two other competing teams in 2022

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2023 Youth Levels: ¶
Countries are free to choose to compete either in the Advanced or in the Median Division with all of their Youth teams. ¶

2.2. Divisions – Team Performance Cheer

The following divisions with number of athletes exist for Performance Cheer (PC):

Division / Age group	Senior	Junior	Youth
Pom	16 – 24 athletes	16 – 24 athletes	16 – 24 athletes
Hip Hop	16 – 24 athletes	16 – 24 athletes	16 – 24 athletes
Jazz	18 – 24 athletes	18 – 24 athletes	/
Pom Doubles	2 athletes	2 athletes	/
Hip Hop Doubles	2 athletes	2 athletes	/
Adaptive Abilities Unified Pom	16 – 24 athletes		
Adaptive Abilities Unified Hip Hop	16 – 24 athletes		
Special Abilities Unified / Traditional Pom	16 – 24 athletes		
Special Abilities Unified / Traditional Hip Hop	16 – 24 athletes		

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Males and females are allowed to participate on the same team.

Note: Adaptive Abilities Unified Teams must comprise of 25% or more athletes with disabilities per team in compliance with the [ICU Adaptive Abilities qualification guidelines](#).

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Note: Special Abilities Unified Teams must comprise of a minimum 1:1 ratio of athletes with [an intellectual disability \(ID\) to athletes without an ID on a team](#). The [ICU & ECU](#) reserve the right to [consolidate or expand divisions based on team eligibility and number of teams registered in each division](#).

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Substitutes

Team divisions: up to 5 substitutes per team.

Doubles: up to 1 substitute per team.

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Entourage

Team divisions: up to 5 coaches or accompanying persons per team.

Doubles: up to 2 coaches or accompanying persons per team.

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2.3. Age groups

The following age groups exist:

Age group	Age	Year of birth for 2024 competitions
Senior all divisions	16 years and older	2008 or before
Junior all divisions	15 to 18 years	2009 to 2005
Youth all divisions	12 to 14 years	2012 to 2009
Adaptive & Special Abilities (all divisions)	12 years and older	2012 or before

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Age in years refers to an athlete being that age at some point of time during the calendar year of the respective competition.

Any team proven to be in violation of the age requirements will be automatically disqualified.

Note: Special rules may apply for Performance Cheer Doubles Divisions for Junior Divisions due to the qualification through the European Cheer League (ECL).

2.4. Cross-overs

Each athlete may only compete in one team in a specific division.

Cross-overs to other divisions are allowed at the coaches' discretion as scheduling conflicts are likely to occur.

Cross-overs to other age groups are allowed, as long as eligibility requirements are met.

2.5. Time of the routine

A. Team Cheerleading:

1. Cheer portion: can be placed in the beginning or middle of routine. Time minimum requirement of thirty seconds (0:30).

2. Maximum time between Cheer and Music portion: twenty seconds (0:20).

3. Music portion: Maximum two minutes, fifteen seconds (2:15).

B. Performance Cheer Team: Maximum two minutes, fifteen seconds (2:15).

C. Performance Cheer Doubles: Maximum one minute, thirty seconds (1:30).

2.6. Music / Entrances

1. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.

2. Timing of each portion will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.

3. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.

4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave several seconds cushion to allow for variations in sound equipment.

5. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.

6. In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.

7. The requirements for music including the type of carrier will be determined by the event organizer. In any case, ECU recommends that you also bring mp3 type music file.

9. Teams are required to follow the ICU Music Copyrights Educational Initiative available at:

<http://cheerunion.org/education/musicinfo/>

10. All teams entering confirm that they have read and understood the ICU Music Copyrights Educational Initiative and all sound recordings used in a team's music shall only be used with the written license from the owner(s) of the sound recordings.

11. Teams must be able to provide proof of licensing during the registration at the Championships.

12. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by ICU) or can count verbally; otherwise they will be disqualified from the competition.

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2.7. Performance Surface

1. Performance Cheer: Marley floor or a wooden parquet floor surface. Minimum surface area of 16 meters wide x 12 meters deep.

2. Cheerleading: No spring floor, standard foam mat surface. Minimum surface area of 16 meters wide x 12 meters deep.

3. Teams may line up anywhere inside the competition area.

4. No penalty for stepping outside the area.

2.8. How to handle procedural questions

A. Rules & Procedure - Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Competition officials. Such questions should be made prior to the team's competition performance. For any questions concerning the legality of a move or trick, it is recommended to send a video of any skill of question to the ECU Competition Rules Committee, available at rules@europeancheerunion.com.

B. Performance - Any questions concerning the team's performance should be made to the Competition officials immediately after the team's performance and/or following the outcome of the competition.

2.9. Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.

2.10. Interruption of performance

A. Unforeseen Circumstances

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should stop the routine.

2. The team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

B. Fault of Team

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.

2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.

3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

C. Injury

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.

2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

4. The injured participant that wishes to perform may not return to the competition floor unless:

- a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
- b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
- c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
- d. In addition to the head injury policy, the ECU encourages to be familiar with the specific law where the competition is being held.

2.11. Interpretations and / or Rulings

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the ECU Competition Rules Committee. The committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. If the interpretation needs to be made during an ongoing competition, it is made together by those committee members present and holding a function in the jury of the respective competition and the Head Judge.

2.12. Disqualification

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

2.13. Judging procedure

As the teams perform, a panel of judges will score the teams using a 100 point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be added to determine the overall team score. In the event of a tie for the first, second or third place, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

2.14. Scores and Rankings

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams' final placement.

The final ranking sheet will show the results in a unified manner for each age group, listing all participants in the following order (from bottom to top):

- ranking from the lower level divisions (i.e. Youth Median, Junior Advanced and Senior Elite);
- ranking from semi-finals of the higher level division (i.e. Youth Advanced, Junior Elite and Senior Premier) without the Top 5 teams ;
- Ranking of the Top 5 teams of the finals of Youth Advanced, Junior Elite and Senior Premier.

2.15. Finals - Scoring

The scores from the semi-finals do not carry over to the finals.

2.16. Finals - Order of Performance

The performance order for the finals will be the reverse order of the placement from semi-finals.

2.17. Finality of Decisions

By participating in this championship, each team agrees that judges' and competition officials' decisions are final and will not be subject for review. Each team acknowledges the necessity for the judges and competition officials to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

2.18. Appearances, Endorsement and Publicity

All teams winning titles or awards agree to have all appearances, endorsements and publicity approved by the ICU & ECU.

2.19. Penalties

A five (5) point penalty per judge whose individual score was added to the overall team's score will be assessed to any team violating any of the specific rules. This deduction does not apply to violations that are designated a lesser point value. Violation of a specific rule in more instances at the same time (ripples included) will be considered as just one violation of that specific rule and will result in just five (5) point penalty. If you have any questions concerning the legality of a move or trick, please send a video to the ECU Rules Committee (rules@europeancheerunion.com). This must be submitted clearly labeled with Division, Team name, contact person name, telephone number and e-mail.

3. REGULATIONS FOR ADAPTIVE AND SPECIAL ABILITIES DIVISIONS

3.1. Qualification Guidelines – Adaptive Abilities Divisions

For the purpose to assist and encourage the development of Adaptive Abilities opportunities for disabled and nondisabled athletes (e.g. "Adaptive Abilities Unified" divisions) within our Sport, enclosed (as a guideline only) please find a the IPC's brief description of the 10 eligible* impairment types (below) also shown on the IPC website
<https://www.paralympic.org/classification>; found under section 2 chapter 3.13 of the IPC Handbook.

**Note 1: Due to the newness of the Adaptive Abilities development programme at the grass-roots level, the ICU encourages its National Federations to use the IPC's excellent brief description of eligible impairment types as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. ICU asks all Adaptive Abilities teams make its best effort to include a team composition with, at minimum, one (1) or more athlete(s) with an IPC eligible impairment type with Minimum Impairment Criteria (MIC) as noted on www.cheerunion.org. This is only a guideline & recommendation for 2024.*

**Note 2: Based on the uniqueness of Cheerleading and Performance Cheer competition, the ICU additionally includes Hearing Impairment (#11) as a guideline only and for possible future development of programmes compliant with the ICSD. The ICU again encourages National Federations to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for Adaptive Abilities development purposes.*

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JPC's brief description of the 10 eligible impairment types (as a guideline for the IJU Adaptive Abilities programme):

Impairment: Explanation

1. Impaired muscle power: Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. Impaired passive range of movement: Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
4. Leg length difference: Bone shortening in one leg due to congenital deficiency or trauma.
5. Short stature: Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. Hypertonia: Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. Ataxia: Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. Athetosis: Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
9. Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. Intellectual Impairment: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
11. Hearing Impairment: Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

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4. CHEERLEADING DIVISIONS

4.1. Glossary of Terms – Cheerleading

1. ½ Wrap around

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

2. Aerial (noun)

Cartwheel or walkover executed without placing hands on the ground.

3. Airborne / Aerial (adjective)

To be free of contact with a person or the performing surface.

4. Airborne Tumbling Skill

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

5. All 4s Position

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

6. Assisted-Flipping Stunt

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

7. Atlanto-Axial Instability (AAI)

A potential condition for an athlete with an intellectual disability or neurological symptom that is characterized by excessive movement at the junction between the atlas (C1) and axis (C2) cervical vertebra of the spine as a result of either a bony or ligamentous abnormality.

Note: AAI is referenced herein as a precaution for Special Abilities and/or Adaptive Abilities Teams or any athlete that may potentially have AAI or any physical condition associated with spinal cord compression. Any skills that may pose a danger to an athlete with AAI or any physical condition associated with spinal cord compression (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI or any spinal cord compression condition at risk, etc.) are prohibited without the written approval/clearance by a medical professional and proof of all waivers and documentation, prior to any physical activity, is the direct responsibility of the Team Director and Coach.

8. Backbend

An athlete's body position created when an athlete bends forming a backward arched body position, typically supported by the athlete's hands and feet with the abdomen facing upward.

9. Back Walkover

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

10. Backward Roll

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

11. Ball - X

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

12. Barrel Roll

See “Log Roll”.

13. Base

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

14. Basket Toss

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

15. Block

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

16. Block Cartwheel

A momentarily airborne cartwheel created by the athlete "blocking" through the shoulders against the performing surface during the execution of the skill.

17. Brace

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

18. Braced Flip

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

19. Bracer

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

20. Cartwheel

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

21. Catcher

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

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

22. Chair

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

23. Coed Style Toss

A single base grabs the top person at the waist and tosses the top person from ground level.

24. Cradle

A dismount in which the top person is caught in a cradle position.

25. Cradle Position

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

26. Cupie

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

27. Dismount

The ending movement from a stunt or pyramid to a cradle or the performing surface.

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

28. Dive Roll

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

29. Double-Leg Stunt

See "Stunt".

30. Double Cartwheel

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

31. Downward Inversion

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

32. Drop

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

33. Extended Arm Level

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

34. Extended Position

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

35. Extended Stunt

When the entire body of the top person is extended in an upright position over the base(s).

Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie.

Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms, and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

36. Extension Prep

See "Prep".

37. Flat Back

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

38. Flip (Stunting)

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

39. Flip (Tumbling)

A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

40. Flipping Toss

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

41. Floor Stunt

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

42. Flyer

See "Top Person".

43. Forward Roll

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

44. Free-Flipping Stunt

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

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45. Free Release Move

A release move in which the top person becomes free of contact with all bases, bracers, or the performance surface.

46. Front Limber

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

47. Front Tuck

A tumbling skill in which the tumbler generates momentum upward to perform a forward flip.

48. Front Walkover

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

49. Full

A 360 degree twisting rotation. *Note: This is an example of the definition in a tumbling skill.*

50. Ground Level

To be on the performing surface.

51. Half (Stunt)

See "Prep".

52. 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.

53. Handspring

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

54. Handstand

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

55. Hanging Pyramid

A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and ½ high pyramid due to the weight of the top person being borne at the second level.

56. Helicopter Toss ("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.

57. Horizontal Axis (Twisting in Stunts)

An invisible line drawn from front to back through belly button of the top person.

58. Initiation / Initiating

The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

59. Inversion

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

60. Inverted

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

61. Jump

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

62. Jump Skill

A skill that involves a change in body position during a jump (e.g. toe touch, pike, etc.).

63. Jump Turn

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

64. Kick Double Full ("Kick Double")

A skill, typically in a toss, that involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

65. Kick Full

A skill, typically in a toss, that involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

66. Knee (Body) Drop

See "Drop".

67. Layout

An airborne tumbling skill which involves a hip over head rotation in a stretched, hollow body position.

68. 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 brace while transitioning.

(Second Level) Leap Frog

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

69. 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.

70. Liberty

A stunt in which the base(s) hold one foot of the top person while the top person's other leg is bent placing the bent leg foot next to the supporting leg knee.

71. 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.

72. Log Roll

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

73. Mount

See "Stunt".

74. Multi-Based Stunt

A stunt having 2 or more bases not including the spotter.

75. New Base(s)

Bases previously not in direct contact with the top person of a stunt.

76. 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.

77. Nugget

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

78. Onodi

Starting from a back handspring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

79. Original Base(s)

Base(s) that is/are in contact with the top person during the initiation of the skill/stunt.

80. 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.

81. Paper Dolls

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

82. Pike

Body position with the body bent forward at the hips with legs straight and together.

83. 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".

84. Power Press

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

85. Prep (stunt)

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

86. Prep-Level

The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit etc.). A stunt may also be considered at prep level if the arms 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 (e.g. flatback, straddle lifts, chair, T-lift, etc.).

Clarification: 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 sits are prep level stunts).

87. Primary Support

Supporting a majority of the weight of the top person.

88. Prone Position

A face down, flat body position.

89. 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.

90. Punch

See "Rebound".

91. Punch Front

See "Front Tuck".

92. Pyramid

Two or more connected stunts.

93. Rebound

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

94. Release Move

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

95. Rewind

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

96. Round Off

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

97. Running Tumbling

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

98. Second Level

Any person being supported above the performance surface by one or more bases.

99. Second Level Leap Frog

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

100. Series Front or Back Handsprings

Two or more front or back handsprings performed consecutively by an athlete.

101. Shoulder Level

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

102. 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.

103. Shoulder Stand

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

104. Show and Go

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

105. Shushunova

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

106. Single-Based Double Cupie

A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie".

107. Single-Based Stunt

A stunt using a single base for support.

108. Single-Leg Stunt

See "Stunt".

109. 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.

110. 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.

111. Spotter

A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be trained in proper spotting techniques.

The spotter

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

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

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

112. 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".

113. Step Out

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

114. Straight Cradle

A release move/dismount from a stunt to a catching 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.

115. 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.

116. Stunt

Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s).

If the top person is not supported under any foot, then the skill will be considered a "Two Leg" stunt.

117. Suspended Roll

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

118. Suspended Forward Roll

A suspended roll that rotates in a forward rotation. See "Suspended Roll".

119. Suspended Backward Roll

A suspended roll that rotates in a backward rotation. See "Suspended Roll".

120. 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.

121. 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.

122. Three Quarter (¾) Front Flip (stunt)

A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

123. Three Quarter (¾) Front Flip (tumbling)

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.

124. Tick-Tock

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

125. 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.

126. Torso

The midsection / waist area of an athlete's body.

127. Toss

An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from the performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See "Release Moves").

128. Top Person

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

129. Tower Pyramid

A stunt on top of a waist level stunt.

130. 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.

131. Transitional Stunt

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

132. 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 ¼ or ½ turn by the bases in tosses such as a "Kick Full").

133. Tuck Position

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

134. Tumbling

Any hip over head skill that is not supported by a base that begins and ends on the performance surface.

135. Twist

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

136. Twisting Stunt

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

137. Twisting Toss

A toss in which the athlete rotates around their body's "Vertical Axis".

138. Twisting Tumbling

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

139. 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.

140. Two and One Half (2 and 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 (2 and ½) 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.

141. Unified Partner

An Athlete without an intellectual disability competing on a Special Abilities Unified Team.

142. Upright

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

143. 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.

144. 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.

145. 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, based on the point of connection to the base(s), and is not considered a waist level stunt.

146. Walkover

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

147. Whip

A non-twisting, backward-travelling, 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.

148. X-Out

A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "X" fashion during the rotation of the flip.

4.2. General Cheerleading Safety Rules and Routine Requirements

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams, coaches and program directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over (Exception: medical ID tags/bracelets). *Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.*
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor as a performance surface.
9. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Exception: Adaptive Abilities & Special Abilities athlete mobility/support devices.
10. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.

Exception 1: Adaptive Abilities & Special Abilities athlete mobility/support devices.

Exception 2: As is common with Cheerleaders at sporting events; for divisions that allow the standing single back tuck flip skill, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.

11. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

12. Supports, braces and soft casts that are unaltered from the manufacturer's original design / production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch / 1.27 centimeters thick if the athlete is involved in tumbling, stunts, pyramids, or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in tumbling, stunts, pyramids, or tosses. Exception: Within the ECU Adaptive Abilities Divisions and Special Abilities Divisions, a mobile assistance and support devices in use to assist the athlete are considered part of the athlete.

13. From a level grid standpoint, all skills allowed for a particular level additionally encompass all skills allowed in preceding levels.

14. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.

15. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.

Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.

16. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

17. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.

18. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

17. For purposes of promotion of international sport and the global athletic image of the Sport of Cheer, athletes must compete in team attire that does not intentionally expose the midriff/mid-section of the athlete while the athlete is in a standing position.

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4.3. Beginner Division

BEGINNER DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant divisions, if the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in the Beginner Division.
- B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

BEGINNER DIVISION STANDING / RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface.
Exception: Block cartwheels and round offs are allowed.
- B. Forward and backward rolls are allowed.
- C. Cartwheels, round offs and handstands are allowed.
- D. Front and back walkovers are not allowed.
- E. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.
- F. Front and back handsprings are not allowed.

BEGINNER DIVISION STUNTS

- A. Spotters
1. A spotter is required for each top person above ground level.
Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.
Clarification: The spotter may grab the top person's waist for all stunts above ground level.
- B. Stunt Levels
1. Single leg, two leg and all stunts are only allowed at waist level if the top person is connected to someone standing on the performing surface (e.g. spotter grabbing the waist of the top person, a hand/arm connection etc.), which must be a separate person other than the base(s) or spotter.
 2. Stunts above waist level are not allowed. A stunt may not pass above waist level.
Clarification: Taking the top person above the waist level of the bases is not allowed.
- C. Twisting stunts and transitions are not allowed.
Clarification: Rebounding to a prone position (½ twist to stomach) is a stunt allowed in the Beginner Division.
- D. During transitions, at least one base must remain in contact with the top person.
Exception: Leap frogs and leap frog variations are not allowed in the Beginner Division.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.

- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A load in walking under another stunt is not allowed.
 Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.
- I. Beginner Division Stunts – Release Moves**
1. Release moves are not allowed.
Clarification 1: Helicopters are not allowed.
Clarification 2: Log / barrel rolls are not allowed.
- J. Beginner Division Stunts – Inversions**
1. Inversions are not allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Beginner Division rules for "standing / running tumbling").
Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

BEGINNER DIVISION PYRAMIDS

- A. Pyramids must follow Beginner Division "Stunts" and "Dismounts" rules.
- B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the base(s) during a pyramid transition, the top person must dismount to the performing surface, may not cradle and must follow the Beginner Division dismount rules.
- C. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A load in walking under another stunt is not allowed.

BEGINNER DIVISION DISMOUNTS

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

- A. Only straight pop downs are allowed.
Clarification 1: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
Clarification 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below to the performance surface require assistance in the Beginner Division.
Clarification 3: An individual may not land on the performance surface from waist level without assistance.
- B. Waist level cradles are not allowed.
- C. Twisting dismounts (including a ¼ turn / rotation) are not allowed.
- D. 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.
- E. No dismounts are allowed from skills above waist level in pyramids.

Clarification: An individual may not land on the performance surface from above waist level without assistance.

- F. No free flipping or assisted flipping dismounts are allowed.
- G. Dismounts may not intentionally travel.
- H. Top persons in dismounts may not come in contact with each other while released from the bases.
- I. Tension drops/rolls of any kind are not allowed.

BEGINNER DIVISION TOSSES

- A. Tosses are not allowed.

Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.

Clarification 2: All waist level cradles are not allowed.

4.4. Novice Division

NOVICE DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a transition.
Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in the Novice Division.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over (rebound) another individual.
- C. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility device for the Special Olympics or Special Abilities athlete.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

NOVICE DIVISION STANDING / RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface.
Exception: Block cartwheels and round offs are allowed.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound
- E. Front and back handsprings are not allowed.

NOVICE DIVISION STUNTS

- A. Spotters
1. A spotter is required for each top person at prep level and above.
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (e.g. v-sits, extended flat backs, etc.) are considered prep level stunts.
Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.
Exception: Shoulder sits/straddles, t-lifts and stunts with up to a ½ twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.
 2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
- B. Stunt Levels
1. Single leg stunts are only allowed at waist level.
Exception 1: Prep level single leg stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.
Exception 2: A walk up shoulder stand is allowed in the Novice Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.
 2. Stunts above prep level are not allowed. A stunt may not pass above prep level.
Clarification: Taking the top person above the head of the bases is not allowed.

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Deleted: For relevant divisions, if the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

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- C. Twisting stunts and transitions are allowed up to a total of a $\frac{1}{4}$ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a $\frac{1}{4}$ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 Exception 1: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) is a stunt that is allowed in the Novice Division.
 Exception 2: $\frac{1}{2}$ wrap around stunts are allowed in the Novice Division.
 Exception 3: Up to a $\frac{1}{2}$ twist is allowed if the top person starts and ends on performance surface and is only supported at the waist and does not require an additional spotter.
- D. During transitions, at least one base must remain in contact with the top person.
 Exception: Leap frogs and leap frog variations are not allowed in the Novice Division.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
 Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.
- I. Novice Division Stunts – Release Moves**
- No release moves are allowed other than those allowed in Novice Division "Dismounts".
 - Release moves may not land in a prone or inverted position.
 - Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 - Helicopters are not allowed.
 - A single full twisting log/barrel roll is not allowed.
 - Release moves may not intentionally travel.
 - Release moves may not pass over, under or through other stunts, pyramids or individuals.
- J. Novice Division Stunts – Inversions**
- Inversions are not allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Novice Division rules for "Standing / Running Tumbling").
Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

NOVICE DIVISION PYRAMIDS

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

1. Note: Single based or assisted single based EXTENDED stunts are not allowed in the Novice Divisions (also not allowed in the Novice Primary or any of the younger Novice Divisions).

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

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface, may not be connected to a bracer that is above prep level, and must follow the Novice Division "Dismounts" rules.

C. Two leg stunts:

1. Two leg extended stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:
 - a. The connection must be made prior to initiating the two leg extended stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.
Exception: Prep level top persons are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
2. Two leg extended stunts may not brace or be braced by other extended stunts.

D. Single Leg Stunts

1. Prep level single leg stunts must be braced by at least one person at prep level or below with hand-arm connection only, with the following conditions:
 - a. The connection must be made prior to initiating the single leg prep level stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.
Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
2. Extended single leg stunts are not allowed.

E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

NOVICE DIVISION DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in the Novice Division.

Clarification 2: All waist level cradles are not allowed.

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

Exception 1: Dismounts to the performing surface must be assisted by either an original base and/or spotter.

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.

Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs and basic straight cradles are allowed.

E. Twisting dismounts (including a ¼ turn/rotation) are not allowed.

F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

G. No dismounts are allowed from skills above prep level in pyramids.

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- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

NOVICE DIVISION TOSSES

- A. Tosses are not allowed.

Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.

Clarification 2: All waist level cradles are not allowed.

4.5. Intermediate Division

INTERMEDIATE DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility device for the Special Abilities athlete.
- D. Dive rolls are allowed.
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
- F. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.
Example: A back handspring step out immediately moving into a ½ turn is not allowed.

INTERMEDIATE DIVISION STANDING TUMBLING

- A. Flips and aeriels are not allowed.
- B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. No twisting while airborne.
Exception: Round offs are allowed.

INTERMEDIATE DIVISION RUNNING TUMBLING

- A. Flips and aeriels are not allowed.
- B. Series front and back handsprings are allowed.
- C. No twisting while airborne.
Exception: Round offs are allowed.

INTERMEDIATE DIVISION STUNTS

- A. Spotters
1. A spotter is required for each top person above prep level.
 2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
- B. Stunt Levels
1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.

Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

2. [Note: Single based or assisted single based EXTENDED stunts are not allowed in the Intermediate Special Abilities Unified Divisions \(also not allowed in the Intermediate Primary or any of the younger Intermediate Divisions\).](#)
- C. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person in relation to the performing surface.
Clarification 1: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.
Clarification 2: A log/barrel roll may not include any other skills (e.g. kick full twists, etc.) other than the twist.
Clarification 3: A log/barrel roll may not be assisted by another top person.
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.

I. Intermediate Division Stunts – Release Moves

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

J. Intermediate Division Stunts – Inversions

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.

Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.

Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).

Example 2: Not allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

INTERMEDIATE DIVISION PYRAMIDS

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

1. [Note: Single based or assisted single based EXTENDED stunts are not allowed in the Intermediate Special Abilities Unified Divisions \(also not allowed in the Intermediate Primary or any of the younger Intermediate Divisions\).](#)

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

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performing surface, may not be connected to a bracer that is above prep level, and must follow the Intermediate "Dismount" rules.

C. Extended stunts may not connect to brace or be braced by any other extended stunts.

D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

E. Extended single-leg stunts:

1. Must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.
2. The connection must be made prior to initiating the extended single leg stunt.
3. Prep level top persons bracers must have both feet in the bases' hands.

Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.

INTERMEDIATE DIVISION DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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

Exception 1: Dismounts to the performing surface must be assisted by either an original base and/or spotter.

Exception 2: Straight pop downs or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.

Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed.

E. Twisting dismounts exceeding $\frac{1}{4}$ turn/rotation are not allowed. All other positions / additional skills are not allowed.

Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.

F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

- G. Cradles from extended single leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

INTERMEDIATE DIVISION TOSSES

Special Abilities Divisions

- A. Tosses are not allowed.

Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.

Clarification 2: All waist level cradles are not allowed.

Other Divisions

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
- C. Flipping, twisting, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. The only body position allowed is a straight ride.
Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.
- F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

4.6. Median Division

MEDIAN DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
- Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*
- Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.*
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.
- Clarification: An individual may jump (rebound) over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.
- D. Dive rolls are allowed.
- Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
- Example: If an athlete in Median Division performs a round off - toe touch - back handspring - back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median Division rules for "Standing Tumbling".*

MEDIAN DIVISION STANDING TUMBLING

- A. Flips are not allowed.
- Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.*
- B. Series front and back handsprings are allowed.
- C. No twisting while airborne.
- Exception: Round offs are allowed.

MEDIAN DIVISION RUNNING TUMBLING

- A. Flips must follow the enclosed conditions:
1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
 2. Other skills with hand support prior to the round off or round off back handspring are allowed.
Example: Front handspring(s) and front walkover(s) through to round off back handspring back tucks are allowed.
 3. Cartwheel tucked flips and/or cartwheel to back handspring(s) to tuck(s) are not allowed.
 4. Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips are allowed.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel.
- Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is required to create a new tumbling pass.*
- C. No twisting is allowed while airborne.
- Exception 1: Round offs are allowed.
Exception 2: Aerial cartwheels are allowed.

MEDIAN DIVISION STUNTS

- A. A spotter is required for each top person above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting Stunts & Transitions
1. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 2. Full twisting transitions must land at and originate from prep level or below only.
Example: No full ups (1 twist or more) to an extended position.
 3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would not be allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation.
- D. During stunts and transitions, at least one base must remain in contact with the top person.
Exception: See "Release Moves".
- E. Free flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless of whether the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons require a separate spotter for each top person.
- I. Extended single leg top persons may not connect to any other extended top person.
- J. Median Division Stunts – Release Moves**
1. Release moves are allowed but must not exceed extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted positions is not allowed.
 3. Release moves must start at waist level or below and must be caught at prep level or below.
 4. Release moves that land in a non-upright position must have three (3) catchers for a multi-based stunt and two (2) catchers for a single based stunt.
 5. Release moves are restricted to one (1) skill/trick and zero (0) twists. Only skills performed during the release attribute to the 1 skill/trick and 0 twists limitation. Therefore, placement to an immediate body position would not be considered a skill.
Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or a flat and horizontal body position (e.g. flat back or prone).

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Clarification: Single based log rolls must have two catchers. Multi-based log rolls must have three catchers.

6. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.

Clarification: An individual may not land on the performing surface without assistance.

Exception 1: See Median Division Dismount "C".

Exception 2: Dismounting single based stunts with multiple top persons.

7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

K. Median Division Stunts – Inversions

1. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.

Exception: Multi-based suspended rolls to a cradle, to a load in position, to a flat body prep level stunt or to the performing surface are allowed. Multi-based suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).

2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.

Exception (a): Multi base suspended forward roll(s) may twist up to one twisting rotation (see #1. Exception above). A Forward Suspended Rolls exceeding ½ twist must land in cradle.

Exception (b): In a multi-based suspended backward roll, the top person may not twist.

3. Downward inversions are allowed at waist level and must be assisted by at least two bases / catchers positioned at the waist to shoulder region to protect the head and shoulder area. The top person must maintain contact with an original base.

Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).

Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.

Clarification 3: Two-leg "Pancake" stunts are not allowed in the Median Division.

4. Downward inversions may not come in contact with each other.

- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

MEDIAN DIVISION PYRAMIDS

- A. Pyramids must follow Median Division "Stunts" and "Dismounts" rules and are allowed" up to 2 high.

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

Exception: See Median Division "Pyramid Release Moves".

- C. Extended single leg (1 leg) stunts may not brace or be braced by any other extended stunts.

- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

- E. Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least one bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The

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connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. A hand/arm connection does not include the shoulder.

F. Median Division Pyramids – Release Moves

1. Any skill allowed as a Median Division Release Move is also allowed if it remains connected to a base and two bracers.
2. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performing surface and must follow the Median Division “Dismount” rules.
3. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.

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

Clarification 2: Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release Move meets the Median Division “Stunt Release Moves” or “Dismounts” criteria.

4. The top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be in a hand/arm to hand/arm connection; the other may be either in a hand/arm to hand/arm connection or in a hand/arm to foot/lower leg (below the knee) connection.
Clarification 1: Pyramid Release Moves must be braced on two separate sides (e.g. right side/left side or left side/back side, etc.) by two separate bracers (Example: Two bracers on the same side is not permitted). A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
Clarification 2: Contact must be made with a base on the performance surface BEFORE the contact with the bracer(s) is lost.
5. Primary weight may not be borne at the 2nd level.
Clarification: The transition must be continuous.
6. These release transitions may not involve changing bases.
7. These release transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter) under the following conditions:
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
8. Release moves may not be braced/connected to top persons above prep level.

G. Median Division Pyramids – Inversions

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

H. Median Division Pyramids - Release Moves with Braced Inversions

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

MEDIAN DIVISION DISMOUNTS

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

- A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to the original base(s).
Exception 1: Dismounts to the performing surface must be assisted by either an original base(s) or and/or a spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg (1 leg) stunt.
- E. Up to a 1-¼ twisting rotations are allowed from all two leg stunts.
Clarification: Twisting from a platform position is not allowed. A platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at within the Median Division "Stunts" regarding Twisting Stunts and Transitions specifically.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick is allowed during a dismount from any two leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (e.g. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- N. Dismounts from an inverted position are not allowed.

MEDIAN DIVISION TOSSES

Adaptive Abilities Unified Divisions

- A. Basket Tosses are not allowed.
- B. Any other tosses, that are not Basket Tosses, must follow the Median Division Tosses Rules.

Other Divisions

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: no intentional traveling tosses.

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

- D. Flipping, inverted or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.

Example 1: Legal: toe-touch, ball out, pretty girl

Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch

Clarification: The 'arch' does not count as a trick.

Exception: A Ball-X toss is allowed at this level as an "EXCEPTION".

G. During a twisting toss, no skill other than the twist is allowed.

Example: No kick fulls. No ½ twist toe touches.

H. Top persons in separate tosses may not come in contact with each other.

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

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4.7. Advanced Division

ADVANCED DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
- Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*
- Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.*
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed, unless the “prop” is mobility equipment for and Adaptive Abilities athlete.
- Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility equipment for and Adaptive Abilities athlete.
- Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete’s hands during the Cheer portion of the routine.
- D. Dive rolls are allowed.
- Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
- Example: If an athlete in Advanced performs a round off – toe touch – back handspring – whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced Standing Tumbling regulations.*

ADVANCED DIVISION STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
- Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.
- Example: Back tuck - back tuck, back tuck - punch front is not allowed.*
- D. Jump skills are not allowed in immediate combination with a standing flip.
- Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.*
- Clarification 1: Jumps connected to $\frac{3}{4}$ front flips are not allowed.*
- Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

ADVANCED DIVISION RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.
- Exception: Aerial cartwheels and Onodis are allowed.

ADVANCED DIVISION STUNTS

- A. A spotter is required for each top person above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions to prep level are allowed up to 1 $\frac{1}{2}$ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1 ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Twisting stunts and transitions to an extended position are allowed under the following conditions:

1. Extended skills up to a ½ twist are allowed.

Example: A ½ up to extended single leg stunt is allowed.

Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

2. Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a two leg stunt, platform position or a liberty (body position variations are not allowed).

Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.

Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

E. During transitions, at least 1 base must remain in contact with the top person.

Exception: See "Release Moves".

F. Free flipping mounts and transitions are not allowed.

G. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

H. Single based split catches are not allowed.

I. Single based stunts with multiple top persons require a separate spotter for each top person.

J. Extended single top persons may not connect to any other extended single leg top person.

K. Advanced Division Stunts – Release Moves

1. Release moves are allowed but must not exceed extended arm level.

Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have three catchers for a multi-based stunt and two catchers for a single based stunt.

4. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception 1: See Dismount "C".
Exception 2: Dismounting single based stunts with multiple top persons.
5. Release moves that land in an extended position must originate from waist level or below and may not involve twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

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L. Advanced Division Stunts – Inversions

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.
Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
Clarification 4: Two Leg Pancakes cannot stop or land in an inverted position.
3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions.
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come in contact with each other.

M. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

ADVANCED DIVISION PYRAMIDS

- A. Pyramids must follow Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

- B. Top persons must receive primary support from a base.
Exception: Advanced "Pyramid Release Moves".
- C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E. Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).
Example: An extended pancake would be required to remain connected to 2 bracers.

F. Advanced Division Pyramids – Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.
Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Exception: While a tick-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Advanced Division "Stunts", the same skill is allowed in Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tick-tock must be braced the entire time during the release from the bases.
Clarification 2: Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced Division "Stunt Release Moves" or "Dismounts" criteria.
Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists, if connected to at least 1 bracer at prep level or below.
2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at the 2nd level.
Clarification: The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases under the following conditions:
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced/connected to top persons above prep level.

G. Advanced Division Pyramids – Inversions

1. Must follow Advanced Division "Stunt Inversions" rules.

H. Advanced Division Pyramids - Release Moves with Braced Inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition.

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Clarification 2: Braced flips must be braced on two separate sides (i.e. right side - left side, left side - back side, etc.) by 2 separate bracers. (Example: two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right, left) of their body.

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
Exception: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
 - a. All required catchers/spotters must be stationary.
 - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

ADVANCED DIVISION DISMOUNTS

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

- A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to original base(s).
Exception 1: Dismounts to the performing surface must be assisted by either an original base(s) and/or a spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2 ¼ twisting rotations are allowed from all two leg (2 leg) stunts.
Clarification: Twisting from a platform position may not exceed 1 ¼ rotation. A platform is not considered a two leg (2 leg) stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.
- E. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.
Clarification: A Platform is not considered a two leg (2 leg) stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.

- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.
- L. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- M. Dismounts from an inverted position may not twist.

ADVANCED DIVISION TOSSES

Adaptive Abilities Unified Divisions

- A. Basket Tosses are not allowed
- B. Any other tosses, that are not Basket Tosses, must follow the Advanced Division Tosses Rules

Other Divisions

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: No intentional traveling tosses.

Exception: A ½ turn is allowed by bases as in a kick full basket.

- C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- D. Flipping, inverted or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 2 tricks are allowed during a toss.

Example: Kick full, full up toe touch.

- G. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.

Example: No kick double tosses.

- H. Tosses may not exceed 2 ¼ twisting rotations.
- I. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- J. Only a single top person is allowed during a toss.

Deleted: basket

Advanced

4.8. Elite Division

ELITE DIVISION GENERAL TUMBLING

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

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

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump over another individual.

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

Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.

- D. Dive rolls are allowed.

Exception: Dive rolls that involve twisting are not allowed.

- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

ELITE DIVISION STANDING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

ELITE DIVISION RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

ELITE DIVISION STUNTS

- A. A spotter is required for each top above prep level.

- B. Single leg extended stunts are allowed.

- C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

- D. Free flipping stunts and transitions are not allowed.

- E. Single based split catches are not allowed.

- F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. Elite Division Stunts - Release Moves

1. Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level.

Clarification: If the release move exceeds more than 18 inches / 46 centimeters above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches (46 centimeters), it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.
Exception: Front handspring up to an extended stunt may include up to a ½ twist.
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have three catchers for a multi-based stunt and two catchers for a single based stunt.
4. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception 1: See Elite Division Dismounts “C”.
Exception 2: Dismounting single based stunts with multiple top persons.
5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
8. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

H. Elite Division Stunts – Inversions

1. Extended inverted stunts are allowed. Also, see “Stunts” and “Pyramids.”
2. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification 2: Downward inversions originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
3. Downward inversions must maintain contact with an original base.
Exception: The original base may lose contact with the top person when it becomes necessary to do so.
Example: Cartwheel-style transition dismounts.
4. Downward inversions from above prep level:
 - a. May not stop in an inverted position.
Example: a cartwheel roll off would be legal because the top person is landing on their feet.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
 - b. May not land on or touch the ground while inverted.
Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
5. Downward inversions may not come in contact with each other.
- I. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

ELITE DIVISION PYRAMIDS

- A. Pyramids must follow Elite Division “Stunts” and “Dismounts” rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
Exception: See Elite Division “Pyramids Release Moves”.

C. Elite Division Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Primary weight may not be borne at the 2nd level.
Clarification: The transition must be continuous.
3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non-inverted transitional pyramids may involve changing bases. When changing bases:
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).
5. Release moves may not be braced/connected to top persons above prep level.

D. Elite Division Pyramids - Inversions

1. Must follow Elite Division “Stunt Inversions” rules.

E. Elite Division Pyramids - Release Moves w/ Braced Inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.
3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.
Clarification: ALLOWED – An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
 - a. The 3 catchers/spotters must be stationary.
 - b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.

- c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).
- 7. All braced inversions (including braced flips) that twist (including $\frac{1}{4}$ twist or more) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.
 - a. The catchers must be stationary.
 - b. The catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The catchers may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).
- 8. Braced inversions (including braced flips) may not travel downward while inverted.
- 9. Braced flips may not come in contact with other stunt/pyramid release moves.
- 10. Braced inversions (including braced flips) may not be braced/connected to top person(s) above prep level.

ELITE DIVISION DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to original base(s).
 - Exception 1: Dismounts to the performing surface must be assisted by either an original base(s) and/or spotter(s).
 - Exception 2: Straight drops or small hop offs, with no additional skill(s), from waist level or below are the only dismounts allowed to the performing surface without assistance.
 - Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Up to a $2\frac{1}{4}$ twisting rotations are allowed from all stunts.
- E. 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 prop.
- F. No free flipping dismounts allowed.
- G. Dismounts may not intentionally travel.
- H. Top persons in dismounts may not come in contact with each other while released from the bases.
- I. Tension drops/rolls of any kind are not allowed.
- J. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- K. Dismounts from an inverted position may not twist.

ELITE DIVISION TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
 - Example: no intentional traveling tosses.*
 - Exception: A $\frac{1}{2}$ turn is allowed by bases as in a kick full basket.
- C. The top person in a toss must have both feet in/on the hands of bases when the toss is initiated.
- D. Flipping, inverted or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to $2\frac{1}{2}$ twisting rotations allowed.
- G. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.
- H. Only a single top person is allowed during a basket toss.

4.9. Premier Division

PREMIER DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
- Exception 1: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
- Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.
- D. Dive rolls are allowed.
- Exception: Dive rolls that involve twisting are not allowed.

PREMIER DIVISION STANDING / RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.

PREMIER DIVISION STUNTS

- A. A spotter is required:
1. During one-arm (1 arm) stunts above prep level other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 2. When the load/transition involves:
 - a. A release move with a twist greater than 360 degrees.
 - b. A release move with an inverted position landing at prep level or above.
 - c. A free flip.
 3. During stunts in which the top person is in an inverted position above prep level.
 4. When the top person is released from above ground level to a one-arm (1 arm) stunt.
- B. Stunt Levels:
1. Single leg (1 leg) extended stunts are allowed.
- C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.
- Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*
- D. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.
- Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers (Example: a rewind that lands in a cradle position).
- Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
- Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.*
- Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.*
- E. Single based split catches are not allowed.

Deleted: below

F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. Premier Division Stunts - Release Moves

1. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.

Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position.
3. Release moves must return to original bases.

Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons.

Clarification: An individual may not land on the performing surface without assistance from above waist level.

4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. See exception in #3 herein.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.

Exception: Single based stunts with multiple top persons.

H. Premier Division Stunts - Inversions

1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

PREMIER DIVISION PYRAMIDS

A. Pyramids are allowed up to 2 ½ high.

B. For 2 ½ high pyramids, there must be at least 2 spotters, one providing additional pyramid support, and both designated for each person who is above two persons high and whose primary support does not have at least one foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.

Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.

C. Free-flying mounts originating from ground level and above may not originate in a handstand position and are allowed up to 1 flipping (¼ maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations.

Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.

D. Premier Division Pyramids – Release Moves

1. During a pyramid transition, a top person may pass above 2 ½ high under the following conditions:
 - a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person (i.e. tower pyramid tic-tocks).
 - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

Deleted: Free-flying mounts originating from above ground level are permitted and are allowed up to 1 flipping (¼ maximum free flip between release and catch) and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations

E. Premier Division Pyramids - Inversions

1. Inverted stunts are allowed up to 2 ½ persons high.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

F. Premier Division Pyramids – Release Moves w/ Braced Inversions

1. Braced flips are allowed up to 1 ¼ flipping and 1 twisting rotation.
2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
Exception: Braced inversion to 2 ½ high pyramids may be caught by 1 person.
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

G. Free released moves from 2 ½ high pyramids:

1. May not land in a prone or inverted position.
2. Are limited to 0 flipping and 1 twisting rotation.

H. One arm (1 arm) extended Paper Dolls require a spotter for each top person.

PREMIER DIVISION DISMOUNTS

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

- A. Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performance surface must be assisted by an original base or spotter.

Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performance surface that do not require assistance.

Clarification: An individual may not land on the performance surface from above waist level without assistance.

[1. Dismounts to the performance surface are allowed up to 2 ¼ twists.](#)

[2. Dismounts to the performance surface exceeding 1 ¼ twists must be assisted by 2 catchers or 1 catcher with a spotter.](#)

[Exception: Dismounts to the performance surface from 2 ½ high pyramids are allowed up to 1 ¼ twists and must be assisted by 2 catchers or 1 catcher with a spotter.](#)

- C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.

Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (*example: extension, liberty, heel stretch*).

- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

E. Free flipping dismounts to a cradle:

1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (Arabians).
2. Require at least 2 catchers, one of which is an original base.
3. May not intentionally travel.
4. Must originate from prep level or below (may not originate from 2 ½ high pyramid).

Exception: ¼ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¼ front flip to cradle from 2 ½ high may not twist.

- F. Free flipping dismounts to the performance surface are only allowed in front flipping rotation:
Clarification: Back flipping dismounts must go to cradle.
1. Allowed up to 1 front flipping and 0 twisting rotations.
 2. Must return to an original base.
 3. Must have a spotter.
 4. May not intentionally travel.
 5. Must originate from prep level or below (may not originate from 2 ½ high pyramids).
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand / arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must return to original base(s).
 Exception: Single based stunts with multiple top persons do not need to return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

PREMIER DIVISION TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
 Exception 1: Fly away tosses that would go over the back person.
 Exception 2: Arabians in which the 3rd person would need to start in front to be in a position to catch the cradle.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases, one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full illegal because the X-out is considered a skill.

Legal (Two Skills)

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

Illegal (Three Skills)

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

NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.

- E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Non-flipping tosses may not exceed 3 ½ twists.
- G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, braces and/or other top persons.
- I. Only a single top person is allowed during a basket toss.

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4.10. Mobility & Support Device Rules

Note: The use of the term "wheelchair" below also applies to the use of scooters and similar mobility devices, as is applicable.

1. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.
2. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill 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 2 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 and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.

3. Mobility devices (i.e. wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid. Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill.
4. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.
5. All athletes spotting, catching and/or cradling a skill have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
6. All athletes spotting, catching and/or cradling 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.
7. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.

4.11. Special Abilities Unified & Traditional Divisions – Specific Division Criteria

- A. All general rules and guidelines, mobility / support device rules, as well as routine requirements apply.
- B. All Special Abilities Unified Teams must be comprised of 50% or more Athletes with an intellectual disability.
- C. All Special Abilities Traditional Teams must be comprised of 100% Athletes with intellectual disabilities.
- D. All Stunts and Pyramids - at prep level or above - will require the spot of a Coach or Assistant for safety purposes. Should the Coach or Assistant assist in the skill, directly or indirectly (for safety reasons), while spotting the skill- a reduced point value will be reflected in the team score for the respective category based on the level of assistance provided.
- E. Tosses are not allowed.
- F. Spotted and assisted tumbling is not allowed in competition; however, spotted and assisted tumbling is allowed in Exhibition performances.
- G. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
- H. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a dark t-shirt and pants in contrast to the Athletes' lighter colored uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer uniform during the routine.
- I. Assistants shall wear athletic shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.
- J. Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner within a specific category (e.g. tumbling, partner stunts, pyramids, etc.) must not exceed the difficulty of a comparable skill or a skill within the same category performed by an athlete with an intellectual disability, unless an athlete with an intellectual

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disability is part of the skill (e.g. a partner stunt group, pyramid, etc.), and compliant with the rules detailed herein.

- K. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression, are strictly prohibited from any skills that may pose a danger to an athlete with AAI or with any physical condition associated with spinal cord compression (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI or any spinal cord compression at risk, etc.). Written approval/clearance by a medical professional and proof of all waivers and documentation prior to physical activity is the direct responsibility of the Team Director and Coach.

4.12. Special Abilities Intermediate Division

Special Abilities Intermediate Divisions must follow the Intermediate rules as well as the “SPECIAL ABILITIES UNIFIED & TRADITIONAL DIVISIONS SPECIFIC DIVISION RULES” and all modifications as noted within the INTERMEDIATE DIVISION rules.

4.13. Adaptive Abilities Unified Divisions – Specific Division Criteria

- A. All general rules and guidelines, mobility / support device rules, as well as routine requirements apply.
- B. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression, “ECU Special Abilities Division RULES - Specific Division Criteria” rules apply.
- C. All Adaptive Abilities Unified Teams must be comprised of a minimum 25% or more Athletes with a disability per team.
Clarification: Adaptive Abilities Athlete qualification is subject to respective general rules and guidelines, as well as National Federation confirmation and/or medical documentation, as requested in compliance with the JCU Adaptive Abilities qualification guidelines.
- D. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
- E. All athletes spotting, catching and/or cradling 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.
- F. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.
- G. Basket tosses are not allowed.

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4.14. Adaptive Abilities Unified Median Division

Adaptive Abilities Median Divisions must follow the Median rules as well as the “ADAPTIVE ABILITIES UNIFIED DIVISIONS SPECIFIC DIVISION RULES” and all modifications as noted within the MEDIAN DIVISION rules.

4.15. Adaptive Abilities Unified Advanced Division

Adaptive Abilities Advanced Divisions must follow the Advanced rules as well as the “ADAPTIVE ABILITIES UNIFIED DIVISIONS SPECIFIC DIVISION RULES” and all modifications as noted within the ADVANCED DIVISION rules.

4.16. Score Sheets - Cheerleading

Distribution of points in Special Abilities Unified Intermediate Divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphone, practical use of stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Use of all athletes in partner stunts throughout routine Execution of skills, Proper technique, Synchronization Difficulty (Level of skill), Creativity, Variety	20
Pyramids	Use of all athletes in pyramids throughout routine Execution of skills, Synchronization (when applicable) Difficulty (level of skill), Creativity, Variety	20
Tumbling/Individual Skills	Group tumbling, Execution of skills (includes jumps if applicable) Difficulty, Proper Technique, Synchronization	5
Choreography	Routine creativity for crowd effectiveness Effective use of all athletes throughout the routine Synchronization, Variety	25
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		100

Distribution of points in Special Abilities Traditional Intermediate Divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphone, practical use of stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Proper technique, Synchronization Difficulty (Level of skill), Creativity, Variety	20
Pyramids	Execution of skills, Synchronization (when applicable) Difficulty (level of skill), Creativity, Variety	20
Tumbling/Individual Skills	Group tumbling, Execution of skills (includes jumps if applicable) Difficulty, Proper Technique, Synchronization	5
Choreography	Routine creativity for crowd effectiveness Effective use of Special Ability athlete skills throughout the routine Synchronization, Variety	25
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		100

Distribution of points in Adaptive Abilities Unified Median Divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphone, practical use of stunts/pyramids to lead the crowd, execution (native language & sign language encouraged)	10
Partner Stunts	Use of all athletes in partner stunts throughout routine Execution of skills, Proper technique, Synchronization Difficulty (Level of skill), Creativity, Variety	20
Pyramids	Use of all athletes in pyramids throughout routine Execution of skills, Synchronization (when applicable) Difficulty (level of skill), Creativity, Variety	20
Tumbling/Individual Skills	Group tumbling, Execution of skills (includes jumps if applicable) Difficulty, Proper Technique, Synchronization	5
Choreography	Routine creativity for crowd effectiveness Effective use of all athletes throughout the routine Synchronization, Variety	25
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		100

Distribution of points in Adaptive Abilities Unified Advanced Divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphone, practical use of stunts/pyramids to lead the crowd, execution (native language & sign language encouraged)	10
Partner Stunts	Use of all athletes in partner stunts throughout routine Execution of skills, Proper technique, Synchronization Difficulty (Level of skill), Creativity, Variety	20
Pyramids	Use of all athletes in pyramids throughout routine Execution of skills, Synchronization (when applicable) Difficulty (level of skill), Creativity, Variety	20
Tumbling/Individual Skills	Group tumbling, Execution of skills (includes jumps if applicable) Difficulty, Proper Technique, Synchronization	5
Choreography	Routine creativity for crowd effectiveness Effective use of all athletes throughout the routine Synchronization, Variety	25
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		100

Distribution of points in Beginner & Novice Divisions:

Judging Criteria	Description	Points
Cheer Criteria	<i>Crowd Leading (Native Language Encourage)</i> Crowd leading ability/ability to lead the crowd for the team's nation and/or team's programme; including an effective use of voice, pace, and flow of the Cheer for the crowd to participate. Proper use of signs, poms, megaphones, flags, and/or motion technique & practical use of Stunts/Pyramids to lead the crowd. Execution.	10
Partner Stunts	Execution of skills, Difficulty (Level of skills, Number of bases, Number of Stunt Groups), Synchronization, Variety & Creativity	25
Pyramids	Execution of Skills, Level of Skills, Difficulty, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity	25
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	15
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, dance (if applicable), crowd effect	15
TOTAL		100

Distribution of points in All Girl Intermediate & Median Divisions:

Judging Criteria	Description	Points
Cheer Criteria	<i>Crowd Leading (Native Language Encourage)</i> Crowd leading ability/ability to lead the crowd for the team's nation and/or team's programme; including an effective use of voice, pace, and flow of the Cheer for the crowd to participate. Proper use of signs, poms, megaphones, flags, and/or motion technique & practical use of Stunts/Pyramids to lead the crowd, execution	10
Partner Stunts	Execution of skills, Difficulty (Level of skills, Number of bases, Number of Stunt Groups), Synchronization, Variety & Creativity	25
Pyramids	Execution of Skills, Level of Skills, Difficulty, Number of Structures Performed, Number of Bases Used, Transitions, Variety & Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety	10
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance (if applicable), crowd effect	10
TOTAL		100

Distribution of points in Coed Intermediate & Median Divisions:

Judging Criteria	Description	Points
Cheer Criteria	<i>Crowd Leading (Native Language Encourage)</i> Crowd leading ability/ability to lead the crowd for the team's nation and/or team's programme; including an effective use of voice, pace, and flow of the Cheer for the crowd to participate. Proper use of signs, poms, megaphones, flags, and/or motion technique & practical use of Stunts/Pyramids to lead the crowd, execution	10
Partner Stunts	Execution of skills, Difficulty (Level of skills, Number of bases, Number of Stunt Groups), Synchronization, Variety & Creativity	25
Pyramids	Execution of Skills, Level of Skills, Difficulty, Number of Structures Performed, Number of Bases Uses, Transitions, Variety & Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety	10
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	10
TOTAL		100

Distribution of points in All Girl Advanced, Elite and Premier Divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety	15
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal, Dance	Overall presentation, showmanship, dance, crowd effect	10
TOTAL		100

Distribution of points in Coed Advanced, Elite and Premier Divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety	15
Tumbling	Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	10
TOTAL		100

5. PERFORMANCE CHEER DIVISIONS

5.1. Glossary of Terms – Performance Cheer

- 1. Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel, performed without placing hands on the ground.
- 2. Airborne (performed by Individuals, Groups or Pairs):** A state or skill in which the athlete is free of contact from another athlete and the performance surface.
- 3. Airborne Hip Over Head Rotation (performed by Individuals):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (*Example: Round off or a Back Handspring*).
- 4. Atlanto-Axial Instability (AAI):** A potential condition for an athlete with an intellectual disability or neurological symptom that is characterized by excessive movement at the junction between the atlas (C1) and axis (C2) cervical vertebra of the spine as a result of either a bony or ligamentous abnormality. *Note: AAI is referenced herein as a precaution for Special Olympic, Special Abilities and/or Adaptive Abilities Teams or any athlete that may potentially have AAI or any physical condition associated with spinal cord compression. Any skills that may pose a danger to an athlete with AAI or any physical condition associated with spinal cord compression (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI or any spinal cord compression condition at risk, etc.) are prohibited without the written approval/clearance by a medical professional and proof of all waivers and documentation, prior to any physical activity, is the direct responsibility of the Team Director and Coach.*
- 5. Axis Rotation:** An action in which an athlete rotates around her/his vertical or horizontal center.
- 6. Category:** Denoting the style of the routine (*Example: Pom, Hip Hop, Jazz, High Kick*).
- 7. Connected/Consecutive Skills:** An action in which the athlete performs skills continuously, without a step, pause or break in between (*Example: Double Pirouette or Double Toe Touch*).
- 8. Contact (performed by Groups or Pairs):** The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
- 9. Division:** Denoting the composition of a competing group of individuals (*Example: Senior, Junior*).
- 10. Drop (performed by Individuals):** An action in which the airborne athlete lands on a body part other than his/her hand(s) or feet.
- 11. Elevated:** An action in which an athlete is moved to a higher position from a lower position in relation to the performance surface.
- 12. Head Level:** A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.*)
- 13. Height of the Skill:** Where the action is taking place.
- 14. Hip Level:** A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.*)
- 15. Hip Over Head Rotation (performed by Individuals):** An action characterized by continuous movement where an athlete's hips rotate over his/her own head in a skill (*Example: Back Walkover or Cartwheel*).
- 16. Hip Over Head Rotation (performed by Groups or Pairs):** An action characterized by continuous movement where the Performing Athlete's hips rotate over his/her own head in a lift or partnering skill.

- 17. Inversion/Inverted:** A position in which the athlete's waist and hips and feet are higher than his/her head and shoulders.
- 18. Inverted Skills (performed by Individuals):** A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall, or change in momentum.
- 19. Lift (performed by Groups or Pairs):** A skill in which an athlete(s) is elevated from the performance surface by one or more athletes and placed back onto the performance surface. A Lift is comprised of a Performing Athlete(s) and a Supporting Athlete(s).
- 20. Partnering (performed by Pairs):** A skill in which two athletes use support from one another. Partnering can involve both Supporting and Performing Athlete skills.
- 21. Performing Athlete:** An athlete who performs a skill as a part of "Groups or Pairs" who use(s) support from or maintains contact with another athlete(s).
- 22. Perpendicular Inversion (performed by Individuals):** An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.
- 23. Prone:** A position in which the front of the athlete's body is facing the ground, and the back of the athlete's body is facing up.
- 24. Prop:** Anything that is used in the routine choreography that is no/was not originally part of the costume.
Clarification 1: For Pom Categories, Poms are considered part of the uniform.
Clarification 2: For Adaptive Abilities Divisions, Special Abilities & All Divisions as applicable, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.
- 25. Shoulder Inversion (performed by Individuals):** A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.
- 26. Shoulder Level:** A designated and averaged height; the height of a standing athlete's shoulders while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*).
- 27. Supine:** A position in which the back of the athlete's body is facing the ground, and the front of the athlete's body is facing up.
- 28. Supporting Athlete:** An athlete who performs a skill as part of "Groups or Pairs" who supports or maintains contact with a Performing Athlete.
- 29. Toss:** A skill where the Supporting Athlete(s) releases the Performing Athlete. The Performing Athlete's feet are free from the performance surface when the toss is initiated.
- 30. Unified Partner:** An Athlete without an intellectual disability competing on a Special Abilities Unified Team.
- 31. Vertical Inversion (performed by Groups or Pairs):** A skill in which the Performing Athlete's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Athlete(s) by a stop, stall or change in momentum.

5.2. General Rules

1. All teams must be supervised during all official functions by a qualified director/advisor/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

5.3. Choreography and Costuming

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
3. Teams may not compromise the integrity of the performance surface (*Examples: residue from sprays, powders, oils, etc.*).
4. Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited.
5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
8. Tights should be worn under briefs, hot pants or excessively short shorts.
9. Footwear is required. Partial sole shoes are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt please, consult the ECU Competition Rules Committee for approval.
10. Jewelry as a part of the costume is allowed.
11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
12. No cheers or chants are allowed.
13. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
14. An athlete must not have gum, candy, cough drops or other such edible items or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

5.4. Props

1. A prop is defined as anything that is used in the routine choreography that is / was not originally part of the costume.

Clarification 1: For Pom Categories, poms are considered part of the uniform.

Clarification 2: For Adaptive Abilities & Special Abilities divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

2. Handheld props and free "standing props" in all categories are not allowed. Use of parts of a costume (e.g. costume elements such as a necklace, jacket, hat, etc.) are allowed and may be used and discarded (Please see #1 for further clarification).
3. Within the Pom Category it is compulsory to use poms throughout the entire routine. If there are male performers in this category they are not required to use poms.
4. No large free "standing props" will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets etc. Any item that bears the weight of the participant is considered a "standing prop".

5.5. Mobility & Support Device Rules

Note: The use of the term "wheelchair" below also applies to the use of scooters and similar mobility devices as is applicable.

FOR ALL DIVISIONS

1. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed and used to enhance the visual aspect of the performance, in which case they are considered props – and this is not allowed. However, if any device is removed based on the need for an athlete to perform a skill and the device itself is not used as a prop for the purpose to enhance the visual aspect of the performance, then the device is not considered a prop and is allowed.
2. Mobility devices (i.e. wheelchairs, crutches, etc.) are allowed within the rules of the division and may be used to support the athlete during the execution of skills.
3. It is the responsibility of the Coach to assure that there are no rocks or other sharp objects lodged in the wheels of the mobility device that could damage the performance surface - prior to the performance.

FOR SPECIAL ABILITIES DIVISIONS ONLY

1. Athletes using non-motorized wheelchairs:
 - a. Must have a minimum of 2 wheels in contact with the performance surface with an added and appropriate anti-tip attachment (or a bracer with both feet firmly placed on the performance surface with both hands gripped on the 2 back handles stabilizing the wheelchair with both wheels on the performance surface) for safety.
 - b. If also basing a skill – without a bracer with both feet firmly placed on the performance surface with both hands gripped on the 2 back handles stabilizing the wheelchair with both wheels on the performance surface - must place the wheels in the lock position.

Clarification: For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair and 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.

2. Athletes using motorized wheelchairs must have all wheels on the performance surface at all times.
3. An athlete may be lifted out of a wheelchair; however, the wheelchair may not be lifted from the performance surface.
4. Once an athlete in a wheelchair is in motion the Coach(es)/Team Manager(s) must remain with the athlete until the wheelchair has stopped.

Clarification: Athletes in a wheelchair that require assistance to initiate movement cannot be pushed and released.

FOR ADAPTIVE ABILITIES DIVISIONS

1. Wheelchair users when basing lifts must have all wheels in contact with the performance surface during the skill 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 2 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 and 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.

2. Performing athletes using a wheelchair (or similar apparatus) in the lift must use a seatbelt.
3. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
4. All athletes spotting, catching and/or cradling 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.

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5.6. General Rules – Adaptive Abilities (Unified & Traditional) Pom & Hip Hop Divisions

1. All Performance Cheer general rules and guidelines, mobility / support device rules, as well as routine requirements apply.
2. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression, ECU Special Abilities Performance Cheer Divisions Specific Rules / Criteria” rules apply”.
3. The use of Service Animals by athletes is permitted (not allowed in the ECU general rules & guidelines).
4. All Adaptive Abilities Unified Teams must be comprised of a minimum 25% or more Athletes with a disability per team.
5. Depending on the global interest, IJU reserves the right to include IJU Adaptive Abilities Unified Divisions specifically for athletes with Visual Impairments and Hearing Impairments.
6. Qualification of athletes with disabilities for Adaptive Abilities Divisions specifically, is subject to respective general rules and guidelines, as well as National Federation confirmation and/or medical documentation, as requested. Please see “Qualification and Classification Guidelines – Adaptive Abilities Divisions” for more information.

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5.7. Genre / Category Definitions

Pom

Incorporates the use of proper Pom motion technique that is sharp, clean, and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels, and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. The uniform/costuming should reflect the category style. See Score Sheet for more information.

Hip Hop

Incorporates authentic street style influenced movements with groove and style. An emphasis is on placed on group execution, including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See Score Sheet for more information.

Jazz

Incorporates traditional and stylized dynamic movements with strength, continuity, presence, and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic, and motivating, with the understanding that the dynamics of movement may change to utilize musicality. The uniform/costuming should reflect the category style. See Score Sheet for more information.

5.8. Specific Rules – Pom / Hip Hop / Jazz for Tiny and Mini Divisions

A. Performed by Individuals:

1. Inverted Skills:
 - a. Non-airborne inverted skills are allowed. (Example: Headstand).
 - b. Airborne inverted skills with hand support are not allowed.
(Exception: Kip up with hand support originating from performance surface is allowed, but may not hold poms/articles of clothing in supporting hand(s).)
 - c. Airborne inverted skills without hand support are not allowed.
2. Skills with hip over-head rotation:
 - a. That include hand support must use hand(s) free of any materials in supporting hand(s) for the skill.
(Exception: forward rolls and backward rolls are allowed.)
 - b. Non-airborne skills are allowed.
 - c. Airborne skills with hand support are allowed provided:
 - i. Are limited to two consecutive hip-over-head rotation skills.
 - ii. It is not airborne in approach but may be airborne in the descent.
Clarification: In the approach the hands must touch the ground before the feet leave the ground.
 - d. Airborne skills without hand support are not allowed.
(Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation.)
3. Simultaneous hip-over-head rotation over or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.
5. Landing on the performance surface in a push-up position from an airborne skill while holding poms or articles of clothing in supporting hand(s) is not allowed.

B. Performed by Groups and Pairs:

Lifts and Partnering are allowed, but not required with the following limitations:

1. The Performing Athlete must maintain contact with a Supporting Athlete who is in direct contact with the performance surface (Exception: kick line leaps).
2. At least one Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above shoulder-level.
3. Hip over-head rotation of the Performing Athlete(s) is allowed provided:
 - a. A Supporting Athlete maintains contact until the Performing Athlete returns to the performance surface or returns to the upright position.
 - b. The Performing Athlete is limited to one continuous hip-over-head rotation.
4. A Vertical Inversion is allowed provided:
 - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or returns to the upright position.
 - b. At the point when the height of the Performing Athlete's shoulders exceeds shoulder level there is at least one additional athlete to spot who does not concurrently bear the weight of the Performing Athlete. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required.*)

C. Performed by Groups & Pairs: Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
 - a. The highest point of the released skill does not elevate the Performing Athlete's hips above head level.
 - b. The Performing Athlete does not pass through the Prone or Inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
 - a. The highest point of the release/toss does not elevate the Performing Athlete's hips above head level.
 - b. The Performing Athlete is not supine or inverted when released.
 - c. The Performing Athlete does not pass through a prone or inverted position after release.

5.9. Specific Rules – Pom for Youth, Junior, Senior and Adaptive Abilities Divisions

Note: The Adaptive Abilities Unified Pom Division must follow the enclosed Pom Divisions rules as well as the "Adaptive Abilities Unified Performance Cheer Divisions Specific Rules/Criteria".

A. Performed by Individuals:

1. Inverted Skills:
 - a. Non-airborne inverted skills are allowed. (Example: Headstand).
 - b. Airborne inverted skills with hand support are not allowed while holding poms and / or articles of clothing (e.g. used for choreography purposes).
 - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding poms and/or an article(s) of clothing. (e.g., used for choreography purposes).
2. Skills with hip over-head rotation:
 - a. That include hand support must use hand(s) free of any materials in supporting hand(s) for the skill. (Exception: forward rolls and backward rolls are allowed.)
 - b. Non-airborne skills are allowed.
 - c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over-head rotation skills.
 - d. Airborne skills without hand support are allowed provided the following:
 - i. Involves no more than 1 twisting transition.
 - ii. Does not connect to another skill that is airborne with hip-over-head rotation without hand support.
 - iii. Are / is limited to 2 consecutive hip over-head rotation skill(s).
3. Simultaneous hip-over-head rotation over or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.
Exception: Only drops to the shoulder, back or seat are permitted provided that the height of the airborne skill does not exceed hip level.
5. Landing in a push-up position is not allowed from any airborne skill in which the legs start in front of the body and swing behind the body while holding poms and / or articles of clothing in supporting hand(s).

B. Performed by Groups and Pairs:

Lifts and Partnering are allowed, but not required with the following limitations:

1. At least one Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.
2. At least one Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above shoulder-level. Exception: When a Performing Athlete is supported by 1 Supporting Athlete, the Performing Athlete may be released at any level provided:
 - a. The Performing Athlete does not pass through an inverted position after the release.
 - b. The Performing Athlete is either caught by or supported to the performance surface by one or more Supporting Athletes.
 - c. The Performing Athlete is not caught in a prone position.
 - d. Any Supporting Athlete must have hands free for the duration of the skill to aid in the support / catch / release as needed.
3. Hip over-head rotation of the Performing Athlete(s) is allowed provided that contact between the Performing Athlete and at least 1 Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed provided:
 - c. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or returns to the upright position.
 - d. At the point when the height of the Performing Athlete's shoulders exceeds shoulder level there is at least one additional athlete to spot who does not concurrently bearing the weight of the Performing Athlete. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required.*)

C. Performed by Groups & Pairs: Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
 - a. The highest point of the released skill does not elevate the Performing Athlete's hips above head level.
 - b. The Performing Athlete does not pass through the Prone or Inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
 - a. The highest point of the toss does not elevate the Performing Athlete's hips above head level.
 - b. The Performing Athlete is not supine or inverted when released.
 - c. The Performing Athlete does not pass through a prone or inverted position after release.

5.10. Specific Rules – Hip Hop for Youth, Junior, Senior and Adaptive Abilities Divisions

Note: The Adaptive Abilities Unified Hip Hop Division must follow the enclosed Pom Divisions rules as well as the “Adaptive Abilities Unified Performance Cheer Divisions Specific Rules/Criteria”.

A. Performed by Individuals:

1. Inverted Skills:
 - a. Non airborne inverted skills are allowed (*Example: Headstand*).
 - b. Airborne inverted skills with hand support are not allowed while holding articles of clothing (e.g. used for choreography purposes).
 - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing. (e.g., used for choreography purposes).
2. Skills with hip over-head rotation:
 - a. That include hand support must use hand(s) free of any material in supporting hand(s) for the skill. (Exception: forward rolls and backward rolls are allowed).
 - b. Non airborne skills are allowed.
 - c. Airborne skills with hand support are allowed provided the skill is limited to two consecutive hip over-head rotation skills.
 - d. Airborne skills without hand support are allowed provided all of the following:
 - i. Involves no more than one twisting transition.
 - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
 - iii. Are / is limited to 2 consecutive hip over-head rotation skill(s).
3. Simultaneous hip-over-head rotation over or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.

Exception: Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne skill does not exceed hip level.
5. Landing in a push-up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g. used for choreography purposes) is not allowed.

B. Performed by Groups or Pairs:

Lifts and Partnering are allowed but, not required with the following limitations:

1. At least one Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.
2. At least one Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level.

Exception: When a Performing Athlete is supported by 1 Supporting Athlete they may be released at any level provided:

 - a. The Performing Athlete does not pass through an inverted position after the release.
 - b. The Performing Athlete is either caught by or supported to the performance surface by one or more Supporting Athlete(s).
 - c. The Performing Athlete is not caught in the prone position.
 - d. Any Supporting Athlete must have hands free for the duration of the skill to aid in the support / catch / release as needed.
3. Hip Over Head Rotation of the Performing Athlete(s) is allowed provided that contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed provided:
 - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or returns to the upright position.
 - b. At the point when the height of the Performing Athlete’s shoulders exceeds shoulder level there is at least one additional athlete to spot who is not concurrently bearing the weight of the Performing Athlete. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required*).

C. Performed by Groups & Pairs: Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
 - a. At least one part of the Performing Athlete’s body is at or below head level at the highest point of the released skill.
 - b. The Performing Athlete may not pass through the prone or inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
 - a. At least one part of the Performing Athlete’s body is at or below head level at the highest point of the released skill.
 - b. The Performing Athlete may be supine or inverted when released, but s/he must land on their foot / feet.
 - c. The Performing Athlete may not pass through an inverted position after release.

5.11. Specific Rules – Jazz for Junior & Senior

A. Performed by Individuals:

1. Inverted Skills:
 - a. Non airborne inverted skills are allowed (*Example: headstand*).
 - b. Airborne inverted skills with hand support are not allowed while holding articles of clothing (e.g. used for choreography purposes).
 - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing (e.g., used for choreography purposes).
2. Skills with hip over-head rotation:
 - a. That include hand support must use hand(s) free of any materials in supporting hand(s) for the skill. (*Exception: forward rolls and backward rolls are allowed.*)
 - b. Non airborne skills are allowed.
 - c. Airborne skills with hand support are allowed provided the skill is limited to 2 consecutive hip over-head rotation skills.
 - d. Airborne skills without hand support are allowed provided all of the following criteria are met:
 - i. Involves no more than one twisting transition.
 - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
 - iii. Are / is limited to 2 consecutive hip over-head rotation skill(s).
3. Simultaneous hip-over-head rotation over or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed. Exception: Only drops (airborne) to the shoulder, back or seat are permitted provided that the height of the airborne skill does not exceed hip level.
5. Landing in a push-up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g. used for choreography purposes) is not allowed.

B. Performed in Pairs or Groups:

Lifts and Partnering are allowed, but not required with the following limitations:

1. At least one Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.
2. At least one Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level. Exception: When a Performing Athlete is supported by 1 Supporting Athlete, they may be released at any level provided:
 - a. The Performing Athlete does not pass through an inverted position after the release.
 - b. The Performing Athlete is either caught by or supported to the performance surface by one or more Supporting Athletes.
 - c. The Performing Athlete is not caught in the prone position.
 - d. Any Supporting Athlete must have hands free for the duration of the skill to aid in the support / catch / release as needed.
3. Hip Over Head Rotation of the Performing Athlete(s) is allowed provided that contact between the Performing Athlete and at least 1 Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
4. A Vertical Inversion is allowed provided:
 - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
 - b. At the point when the height of the Performing Athlete's shoulders exceeds shoulder level there is at least one additional athlete to spot who is not concurrently bearing the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required.*)

C. Performed by Groups & Pairs: Dismounts to the performance surface

Clarification: May be assisted but not required.

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
 - a. At least one part of the Performing Athlete's body is at or below head level at the highest point of the released skill.
 - b. The Performing Athlete may not pass through the prone or inverted position after the release.
2. Supporting Athlete(s) may toss a Performing Athlete provided:
 - a. At least one part of the Performing Athlete's body is at or below head level at the highest point of the released skill.
 - b. The Performing Athlete may be supine or inverted when released, but must land on their foot / feet.
 - c. The Performing Athlete does not pass through an Inverted position after release.

5.12. General Rules – Special Abilities (Unified & Traditional) Pom & Hip Hop Divisions

1. All Performance Cheer general rules and guidelines, as well as routine requirements apply.
2. The use of Service Animals by athletes is permitted (not allowed in the ECU general rules).
3. All Special Abilities Unified Teams must be comprised of a 1:1 ratio of athletes with and without intellectual disabilities.
4. All Special Abilities Traditional Teams must be comprised of 100% Athletes with intellectual disabilities.
5. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
6. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a light colored t-shirt and pants in contrast to the Athletes' darker colored costume/uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer costume/ uniform during the routine.
7. Assistants shall wear athletic/performance style shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.
8. Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner must not exceed the difficulty of a comparable skill performed by an athlete with an intellectual disability.
9. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athletes that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression are strictly prohibited from any skills that may pose a danger to an athlete with AAI or with any physical condition associated with spinal cord compression (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI or any spinal cord compression at risk, etc.). Written approval/clearance by a medical professional and proof of all waivers and documentation prior to physical activity is the direct responsibility of the Team Director and Coach.

Deleted: NOTE: The ECU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more Teams are registered that would comply with each divisions composition requirements. ¶

5.13. Specific Rules – Special Abilities (Unified & Traditional) Pom

A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
 - a. Non-airborne inverted skills are allowed. (Example: Headstand); however the skill must involve hand support with at least 1 hand throughout the skill.
 - b. Poms & articles of clothing (e.g. used for choreography purposes) are not allowed in the supporting hands of any inverted skills.
 - c. Airborne inverted skills are not allowed.
2. Skills with Hip over-head rotation:
 - a. Cannot be airborne.
 - b. Are limited to 2 consecutive rotations.
 - c. Must use hand(s) free of any materials in the supporting hand(s) for the skill. Example: Poms & articles of clothing (e.g. used for choreography purposes) are not allowed in the supporting hands in any hip-over-head rotation skills (Exception: forward and backward rolls).
3. Simultaneous hip-over-head rotation over or under another athlete is not allowed.
4. Drops to any other body part than the hand(s) or foot / feet are not allowed.
5. Landing in a push-up position onto the performance surface from any jump is not allowed.

B. Performed by Groups & Pairs:

Lifts and Partnering are allowed to be performed independently; however, only with a Coach / Assistant as additional spotter under the following limitations:

1. The lift may not elevate the Performing Athlete's hips above head level.
2. The Performing Athlete must maintain contact with a minimum of one Supporting Athlete who is in direct contact with the performance surface.
3. At least one Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill.
4. Hip over-head rotation skills and inverted skills are not permitted when the Performing Athlete is elevated from the performance surface.

C. Performed by Groups & Pairs: Dismounts to the Performance Surface

1. The Performing Athlete may not be released to the performance surface.

5.14. Specific Rules – Special Abilities (Unified & Traditional) Hip Hop

A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
 - a. Non airborne inverted skills are allowed. (Example: Headstand); however the skill must involve hand support with at least one hand throughout the skill.
 - b. Articles of clothing (e.g., used for choreography purposes) are not allowed in the supporting hands of any inverted skills.
 - c. Airborne inverted skills are not allowed.
2. Skills with hip over-head rotation:
 - a. Cannot be-airborne.
 - b. Are limited to two consecutive rotations.
 - c. Must use hand(s) free of any materials in the supporting hand(s) for the skill. Example: Poms & articles of clothing (e.g. used for choreography purposes) are not allowed in the supporting hands in any hip over head rotation skills (Exception: forward and backward rolls).
3. Simultaneous hip-over-head rotation over or under another athlete is not allowed.
4. Drops to any other body part than the hand(s) or foot / feet are not allowed.
5. Landing in a push up position onto the performance surface from any jump is not allowed.

B. Performed by Pairs or Groups:

Lifts and Partnering are allowed to be performed independently; however, only with a Coach / Assistant as additional spotter under the following limitations:

1. The lift may not elevate the Performing Athlete's hips above head level.
2. The Performing Athlete must maintain contact with a minimum of one Supporting Athlete who is in direct contact with the performance surface.
3. At least one Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill.
4. Hip over-head rotation skills and inverted skills are not permitted when the Performing Athlete is elevated from the performance surface.

C. Performed by Groups & Pairs: Dismounts to the Performance Surface

1. The Performing Athlete may not be released to the performance surface.

5.15. Score Sheets - Performance Cheer

Distribution of points in Pom divisions:

Judging Criteria		Description	Points
TECHNICAL EXECUTION	Category Style Execution	Quality of Pom Technique: placement, control, precise and strong completion of movement	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technical Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement	10
GROUP EXECUTION	Synchronization / Timing with Music	Correct timing with team members and the music	10
	Uniformity of Movement	Movements are the same on each person: clear, clean and precise	10
	Spacing	Correct positioning/distance between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with genuine showmanship and audience appeal The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

Distribution of points in Hip Hop divisions:

Judging Criteria		Description	Points
TECHNICAL EXECUTION	Category Style Execution	Groove and quality of authentic hip hop/street style	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technique Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement.	10
GROUP EXECUTION	Synchronization / Timing with Music	Correct timing with team members and the music	10
	Uniformity of Movement	Movements are the same on each person: clear, clean and precise	10
	Spacing	Correct positioning/distance between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with genuine showmanship and audience appeal The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

Distribution of points in Jazz divisions:

Judging Criteria		Description	Points
TECHNICAL EXECUTION	Category Style Execution	Continuity of movement and quality of style, extension and presence/carriage	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technique Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement	10
GROUP EXECUTION	Synchronization / Timing with Music	Correct timing with team members and the music	10
	Uniformity of Movement	Movements are the same on each person: clear, clean and precise	10
	Spacing	Correct positioning/distance between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement, such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with genuine showmanship and audience appeal The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

Distribution of points in Doubles divisions:

Judging Criteria		Description	Points
TECHNICAL EXECUTION	Execution of Category Specific Style	Pom – Pom motion technique; control, levels, placement, complete, precise and strong Hip Hop – Groove and quality of authentic hip hop/street style Jazz - Continuity of movement and quality of style, extension and presence/carriage	10
	Execution of Overall Movement	Body alignment, placement, balance, control, completion of movement, extension and flexibility	10
	Execution of Technical Skills & Movement used within Category	Kicks, leaps, jumps, turns, floor work, freezes, partner work, lifts, etc.	10
	Execution of Quality of Movement	Strength, intensity, presence and commitment to the movement	10
EXECUTION AS A PAIR	Synchronization	Timing of movement with the music Synchronization and uniformity of the athletes	10
CHOREOGRAPHY	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative and original manner	10
	Routine Staging	Utilization of floor space, transitions, partner work / group work, levels, opposition etc. Interaction of the pair while allowing for a seamless flow of the routine	10
	Complexity of Movement	Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc.	10
	Difficulty of Skills	Level of difficulty of technical skills, partner work, lifts etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with genuine showmanship and audience appeal The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

Distribution of points in Special Abilities (Unified & Traditional) and Adaptive Abilities Unified Pom divisions:

Judging Criteria		Description	Points
TECHNICAL EXECUTION	Category Style Execution	Quality of Pom Technique: placement, control, precise and strong completion of movement	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technical Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement	10
GROUP EXECUTION	Synchronization / Timing with Music	Use of all athletes within the routine. Correct timing with team members and music	10
	Uniformity of Movement	Movements are the same on each person: clear, clean and precise	10
	Spacing	Correct positioning / distance between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions - with use of all athletes within routine. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement, such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Use of all athletes within the routine. Ability to exhibit a dynamic routine with genuine showmanship and audience appeal The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

Distribution of points in Special Abilities (Unified & Traditional) and Adaptive Abilities Unified Hip Hop divisions:

Judging Criteria		Description	Points
TECHNICAL EXECUTION	Category Style Execution	Groove and quality of authentic hip hop/street style	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technique Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement	10
GROUP EXECUTION	Synchronization / Timing with Music	Use of all athletes within the routine. Correct timing with team members and the music	10
	Uniformity of Movement	Movements are the same on each person: clear, clean and precise	10
	Spacing	Correct positioning / distance between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions - with use of all athletes within the routine. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Use of all athletes within the routine Ability to exhibit a dynamic routine with genuine showmanship and audience appeal The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

6. COMPREHENSIVE AGE GROUPS

6.1. Comprehensive Age Groups – Cheerleading Divisions

European Cheerleading Championships:

Cheerleading Divisions	Age in years	Years of birth 2024
Senior Premier & Elite	16 and older	2008 , 2007, 2006, 2005, 2004, ...
Junior Elite & Advanced	15 to 18	2009 , 2008, 2007, 2006, 2005
Youth Advanced & Median	12 to 14	2012 , 2011, 2010, 2009
Adaptive & Special Abilities	12 and older	2012 or before

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Note 1: Age in years refers to an athlete being that age at some point of time during the calendar year of the respective competition.

Recommended additional Age Groups for the national level:

Note 2: The respective recommended additional age groups and Cheerleading Levels for the national level are meant as the maximum level allowed for that particular age; of course lower levels are possible for all of the age groups.

Cheerleading Divisions	Age in years	Years of birth 2024
Primary Advanced	8 to 12	2016 , 2015, 2014, 2013, 2012, 2011
Mini Intermediate	5 to 8	2019 , 2018, 2017, 2016, 2015
Tiny Novice & Beginner	6 and younger	2017 or after

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6.2. Comprehensive Age Groups – Performance Cheer Divisions

European Cheerleading Championships:

Performance Cheer Divisions	Age in years	Years of birth 2024
Senior	16 and older	2008 , 2007, 2006, 2005, 2004, ...
Junior	15 to 18	2009 , 2008, 2007, 2006, 2005
Youth	12 to 14	2012 , 2011, 2010, 2009
Adaptive & Special Abilities	12 and older	2012 or before

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Recommended additional Age Groups for the national level:

Performance Cheer Divisions	Age in years	Years of birth 2024
Primary	8 to 12	2016 , 2015, 2014, 2013, 2012, 2011
Mini	5 to 8	2019 , 2018, 2017, 2016, 2015
Tiny	6 and younger	2017 or after

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