



**INVINCIBLE  
CHEER FEST  
2022**

A large, faded version of the Invincible Cheerleading logo and text is centered on the page. It includes the crown, the words 'INVINCIBLE CHEERLEADING', and the slogan 'YOU LEAD . WE CHEER' in a light gray color.

**INVINCIBLE  
CHEERLEADING  
YOU LEAD . WE CHEER**

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**APPENDIX**



## GENERAL SAFETY RULES

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, coaches and programme 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 is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. *Clarification: Rhinestones are legal whether adhered to the uniform or the skin.*
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor as a performance surface specifically for All Star Cheerleading Teams.
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt 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.
10. 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 stunts, pyramids or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking bot must not be involved in stunts, pyramids or tosses.
11. From a level grid standpoint, all skills allowed at particular level additionally encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed. *Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting



on the performing surface.

15. 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.
16. 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. A team’s native and local language is recommended for all cheers and chants.
18. A team’s native and local culture is recommended for inclusion within the performance routine.
19. The ICU is committed to protecting clean athletes and strictly follows the enclosed ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our Sport.  
[http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013\\_Website/WADA/ICU\\_2015\\_WADA-Code.pdf](http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADA-Code.pdf)
20. The ICU is committed to fair play for our athletes and the integrity of sport, and follows ICU’s rules and regulations in the fight against illegal betting and competition fixing.  
[http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013\\_Website/About%20Us/Documents/ICU\\_Rules\\_Competition-Fixing.pdf](http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/About%20Us/Documents/ICU_Rules_Competition-Fixing.pdf)
21. All athletes must be legal residents or legal student residents of their respective team’s country, as well as within compliance of tournament eligibility rules. A minimum of 6 months of consecutive legal residence in a respective country represented or where the team is located is recommended.

**Note:** Copies of these guidelines should be distributed to all team members and any administrators involved with the Cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including coaches, assistants, team members, parents and administrators.

The enclosed safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading skills including partner stunts, pyramids, tumbling and jumps should be carefully reviewed and supervised by a qualified adult coach.

The accompanied safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. Invincible Cheerleading, Cheerleading Association (Singapore) and The International Cheer Union make no warranties or representations; either expressed or implied, that the above guidelines will prevent injuries to individual participants.



## ADVANCED DIVISION RULES (Equivalent to Level 4)

### ADVANCED DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performance 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 for the Beginner/L0 – Elite/L5 Divisions. 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 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 Advanced/L4 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/L4 Standing Tumbling regulations.

### ADVANCED DIVISION STANDING / RUNNING 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 are 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 skills.

### 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 performance 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 1 $\frac{1}{2}$  rotation. The safety judge



will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

- D. Twisting stunts and transitions to an extended position are allowed under the following conditions:
1. Extended skills up to a  $\frac{1}{2}$  twist are allowed.  
Example: A  $\frac{1}{2}$  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  $\frac{1}{2}$  rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a 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  $\frac{1}{2}$  twist but not exceeding 1 twist must land in a 2 -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 (1 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 judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a 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. Extended single leg top persons may not connect to any other extended single leg top person.
- J. **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 inverted to non-inverted positions may not twist. Release moved 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 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
4. 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 Advanced Division 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.

#### J. **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 into contact with each other.
5. 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 twists 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.

Note: Single based or assisted single based EXTENDED stunts are not allowed in Youth Divisions or any



of the younger Divisions.

- B. Top persons must receive primary support from a base.  
Exception: Advanced "Pyramid Release Moves"
- C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 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 tic-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 tic-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 the top persons above prep level.



### G. ADVANCED DIVISION Pyramids-Inversions

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

### H. ADVANCED 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 2 persons at prep level or below. Contact must be maintained with the same bracer 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 2 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 or 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: Brace 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 the original base(s).  
Exception 1: Dismounts to the performance 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 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. Up to a 2 ¼ twisting rotations are allowed from all 2 - leg stunts.  
Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered



a 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 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 dismount.
- M. Dismounts from an inverted position may not twist.

#### **ADVANCED 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.
- 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. Flipping, 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. Up to 2 tricks allowed during a toss. Example: Kick full, full up toe touch.
- F. During a toss that exceeds 1-½ twisting rotations, no skill other than the twist is allowed. Example: No kick double tosses.
- G. Tosses may not exceed 2-¼ twisting rotations.
- 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.



## ELITE DIVISION RULES (Equivalent to Level 5)

### ELITE DIVISION RULES GENERAL TUMBLING

- A. All tumbling must originate from and land on the performance 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 for the Novice/L1 – Elite/L5 Divisions. 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.
- 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 / 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 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. 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 inverted to non-inverted positions may not twist.  
Exception: Front handspring up to an extended stunt may include up to a 1/2 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 3 catches for a multi-based stunt and 2 catchers for a single based stunt.
4. Release moves must return to original bases.  
Clarification: An individual may not land on the performance surface without assistance.  
Exception 1: See Elite Division Dismount "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 inversion 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 the 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 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, flat back, prone) and doesn't exceed 1 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  $\frac{3}{4}$  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 persons above prep level.

#### ELITE DIVISION DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performance 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 the original base(s).
  - Exception 1: Dismounts to the performance 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 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. 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 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 ½ 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.





## PREMIER DIVISION RULES (Equivalent to Level 6)

### 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.
- 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 below.
    - 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.
- 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 a 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 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 above.
- 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 2 persons high and whose primary support does not have at least 1 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 a 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 may not originate in a handstand position, and are allowed up to 1 flipping (3/4 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.

**E. 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 moved 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 the top person. (i.e. tower tick-tocks)
  - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

**F. 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.

**G. PREMIER DIVISION Pyramids–Release Moves w/ Braced Inversions**

1. Braced flips are allowed up to 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 inversions 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 of the top person is considered the initiation of the skill.)

**H. 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.

**I. 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 performing surface.

- A. Single based cradles that exceed 1¼ 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 performing 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 performing surface that do not require assistance.

Clarification: An individual may not land on the performing surface from above waist level without assistance.
- 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, 1 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 pyramids.)  
Exception: ¾ 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, ¾ front flip to cradle from 2 ½ high may not twist.
- F. Free flipping dismounts to the performing 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 position to catch a 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 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- 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 is illegal because the X-out is considered a skill.



**Legal (Two Skills)**

Tuck flip, X-Out, Full Twist  
Double Full-Twisting Layout  
Kick, Full-Twisting Layout  
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 the bases, bracers and / or other top persons.
- I. Only a single top person is allowed during a basket toss.



## GLOSSARY OF TERMS

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

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

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

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

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

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

**Backbend**: 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.

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

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

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

**Barrel Roll**: See “Log Roll”.

**Base**: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: “New Base” and/or “Original Base”). If there is only 1 person under a top person’s foot, regardless of hand placement, that person is considered a base.

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

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

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

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

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

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

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

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

1. 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

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

**Coed Style Toss:** A single base grabs the top person at the waist and tosses the top person from ground level.

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

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

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

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

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

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

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

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

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

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

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

**Extended Stunt:** When the entire body of the top person is 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.)

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

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

**Flip (Stunting):** A stunting skill that involves hip-over-head rotation without contact with the performing

surface or base(s) as the body passes through the inverted position.

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

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

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

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

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

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

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

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

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

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

**Full:** A 360 degree twisting rotation.

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

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

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

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

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

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

**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.

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

**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.

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

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

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

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

**Jump Turn:** Any turn that is added to a jump. A “straight jump” with a turn does not make the jump a “jump skill”. **Kick Double Full (“Kick Double”):** Skill, typically from a toss, which involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

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

**Knee (Body) Drop:** See “Drop”.

**Layout:** An airborne tumbling skill that involves a hip over head rotation in a stretched, hollow body position.

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

**(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.

**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.

**Liberty:** A stunt in which the base(s) hold 1 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.

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

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

**Mount:** See “Stunt”.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

extended level (e.g. prep, shoulder level hitch, shoulder sit, etc.). A stunt may also be considered at prep-level if the arm(s) of the base(s) are extended overhead, but are not considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. (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 should sits are prep level stunts)*

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

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

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

**Punch:** See "Rebound".

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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"

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

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

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

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

**Spotter:** A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and

shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be trained in proper spotting techniques.

The spotter:

- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.
- must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only 1 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.

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

**Step Out:** A tumbling skill that lands on 1 foot at a time as opposed to landing on both feet simultaneously.

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

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

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

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

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

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

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

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

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

**Tic-Tock:** A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. **Toe/Leg Pitch:** A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

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

**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 performance 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")

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

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

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

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

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

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

**Tumbling:** Any hip over head skill that is not supported by a base that begins and ends on the performing surface. **Twist:** An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis) **Twisting Stunt:** Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface.

Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twist/rotation, starts a new transition.

**Twisting Toss:** A toss in which the athlete rotates around their body's "Vertical Axis"

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

**Two – High Pyramid:** A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

**Two and One Half (2-1/2) – High Pyramid:** A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths.

**Upright:** A body position of a top person in which the athlete is in a standing position on at least one foot

while being supported by a base(s).

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

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

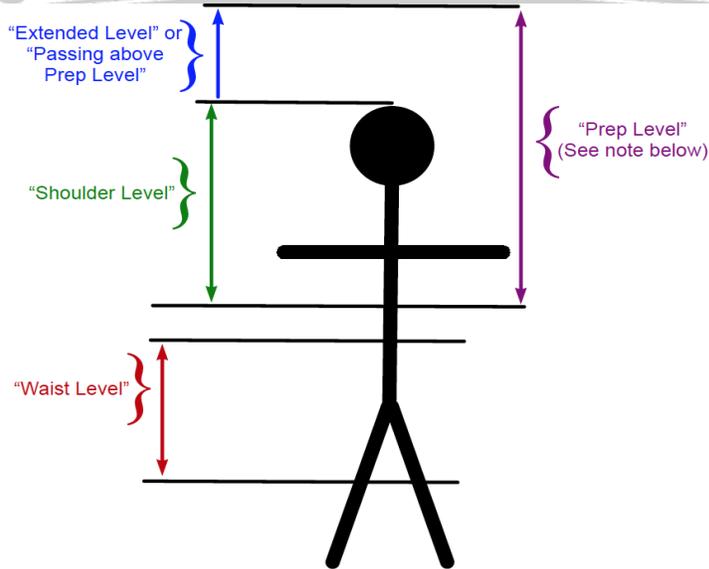
**Waist Level:** A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: 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.

**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.

**Whip:** A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

**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.

### CHEERLEADING DIAGRAM REFERENCE



**NOTE:** Holding a stunt above the head may also be considered Prep Level (not Shoulder Level) if the top person is being held in a non-upright vertical position such as an extended flat back or extended prone (face down) position or in a seated position such as an extended "V" sit.

**INVINCIBLE CHEER FEST 2022**  
**PARTNER STUNT DIVISION**

DATE: 3 DEC 2022

JUDGE NO. \_\_\_\_\_

TEAM NAME \_\_\_\_\_

TEAM NO. \_\_\_\_\_

**A). STUNTS AND TOSSES- 75 POINTS**

**1). EXECUTION OF TECHNIQUE** **30 POINTS** \_\_\_\_\_

Execution of proper technique to perform stunts, making the stunts appear to be easy.

**2). DIFFICULTY** **25 POINTS** \_\_\_\_\_

Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

**3). FORM AND APPEARANCE OF STUNTS** **20 POINTS** \_\_\_\_\_

This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.

**B). OVERALL PERFORMANCE- 25 POINTS**

**1). TRANSITIONS** **15 POINTS** \_\_\_\_\_

Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible.

**2. SHOWMANSHIP** **10 POINTS** \_\_\_\_\_

Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

**100 POINTS POSSIBLE**

**TOTAL** \_\_\_\_\_

**COMMENTS:**

**INVINCIBLE CHEER FEST 2022**  
**GROUP STUNT DIVISION**

DATE: 3 DEC 2022

JUDGE NO. \_\_\_\_\_

TEAM NAME \_\_\_\_\_

TEAM NO. \_\_\_\_\_

**A). STUNTS AND TOSSES- 75 POINTS**

**1). EXECUTION OF TECHNIQUE**

**30 POINTS** \_\_\_\_\_

Execution of proper technique to perform stunts, making the stunts appear to be easy.

**2). DIFFICULTY**

**25 POINTS** \_\_\_\_\_

Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

**3). FORM AND APPEARANCE OF STUNTS**

**20 POINTS** \_\_\_\_\_

This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.

**B). OVERALL PERFORMANCE- 25 POINTS**

**1). TRANSITIONS**

**15 POINTS** \_\_\_\_\_

Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions.

There should be as few 'breaks' in the routine as possible.

**2. SHOWMANSHIP**

**10 POINTS** \_\_\_\_\_

Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

**100 POINTS POSSIBLE**

**TOTAL** \_\_\_\_\_

**COMMENTS:**

**INVINCIBLE CHEER FEST 2022**  
**SMALL TEAM COED DIVISION**

DATE: 3 DEC 2022

JUDGE NO. \_\_\_\_\_

TEAM NAME \_\_\_\_\_

TEAM NO. \_\_\_\_\_

**PARTNER STUNTS**

25 POINTS \_\_\_\_\_

Execution of skills, Difficulty (Level of skill, Number of bases, Number of stunt groups) Synchronization, Variety

**PYRAMIDS**

25 POINTS \_\_\_\_\_

Difficulty, Level of Skills, Number of Structures Performed, Number of Bases Used, Transitions, Execution, Creativity

**BASKET TOSSES**

15 POINTS \_\_\_\_\_

Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety

**TUMBLING**

10 POINTS \_\_\_\_\_

Group Tumbling, Execution of Skills (includes Jumps if applicable), Difficulty Proper Technique, Synchronization

**DANCE**

10 POINTS \_\_\_\_\_

Synchronization, Variety of formation, Execution, Creativity

**FLOW OF ROUTINE / TRANSITIONS**

5 POINTS \_\_\_\_\_

Execution of routine components: flow, pace, timing of skills, Number of consecutive transitions

**OVERALL PRESENTATION, CROWD APPEAL**

10 POINTS \_\_\_\_\_

Overall presentation, showmanship, Energy & Dynamism, crowd effect

100 POINTS POSSIBLE

TOTAL \_\_\_\_\_

COMMENTS: