

# Safety and Level Rules 2011-2013

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## FCQ General Regulations

1. All participants must be FCQ affiliated members to participate in a FCQ organized event. (**Exception:** FCQ's Canadian Championships, see Canadian's Information Package for more details).
2. To participate in the FCQ championships, at least 1 (one) coach per team must be certified FCQ specific one. (Should you require more information regarding the coach certification, please visit the FCQ website at [www.cheerleadingquebec.com](http://www.cheerleadingquebec.com).) (**Exception:** FCQ's Canadian Championships, see Canadian's Information Package for more details).
3. All coaches must have a gymnastic certification in order to teach gymnastic to a team. Coaches must have the right equipment to ensure the proper instruction of gymnastic.
4. A coach (16 years old and over) may be assisted by one or more assistant coaches (14 years old and over). The coach must be present at all team activities and can not leave this responsibility to the assistant coach. All teams should be supervised by an adult (18 years old and over), at all times. No person under 18 years old may be in charge of a team, and this is applicable to all Cheerleading activities, whether activities are organized by the Federation or other companies.
5. The performance surface is nine strips sprung floor measuring 42' x 54', unless otherwise specified by the FCQ. The installation's height must have minimum 20 feet (6 meters). On each side of the performance surface, a 5 feet (1.5 meters) corridor should be reserved to access and exit the floor.
6. All items deemed as not safe or not permitted by the technical regulations are liable to a penalty. The ruling of the officials at the event is final and will not be subsequently amended.
7. In case of major and justified errors, only the head coach of the club or school is entitled to send a letter and a video of the choreography explaining the error. This letter should be sent to the attention of the Officials Committee in Cheerleading (CDOC) within a maximum of 7 days after the holding of the event. The committee will undertake to reassess whether or not the penalty was justified and will announce it's decision to the head coach in a timely manner.
8. In the event of any conduct considered unethical, discriminatory, lack of sportmanship etc. from a spectator, parent, athlete, coach, administrator, volunteer, or other, the FCQ reserves it's right to award a penalty (penalty or disqualification) to the team in question, and this is applicable at all FCQ cheerleading activities.

### Precisions for the Academic Division

- 1) An athlete shall not represent more than one school at a time.
- 2) The athlete must be enrolled for study at a school and must be a full time student.
- 3) In a competition, the athlete performing the routine must be active \* in the school.
- 4) Level 4.2 is offered in some categories, this level must follow Level 4 rules for Stunts/Pyramids/Tosses and level 2 rules for General Tumbling/Standing Tumbling and Running Tumbling.

\* Be active in the school means that the student is taking courses at this institution. If a student is enrolled in 2 places and is active in 2 places, we will take into account where the largest proportion (in hours) of his studies are.

### Precisions for the All-Star Division

- 1) An athlete cannot be part of two teams (or more), if these teams compete against each other.
- 2) Level 4.2 must follow Level 4 rules for Stunts/Pyramids/Tosses and Level 2 rules for General Tumbling/Standing Tumbling and Running Tumbling.

## Precisions for Partner Stunts

- 1) A Person who registers to compete in a Partner stunts competition must be an affiliated member of the federation.
- 2) Partner stunts must follow FCQ's Regulations (**Example:** a mini group stunt cannot perform level 5.)
- 3) The routine duration is 1 minute (up to an additional 5 seconds will be accepted without penalty).
- 4) If there is an uncontrolled fall where the top person touches unsafely the ground (risk obvious of injury, the person lies on the floor), the routine will be stopped at that point and judged according to the elements prior to the fall.
- 5) A maximum of 3 partner stunts groups per category may register to competition,

## « Crossovers »

For the 2011-12 season, a cheerleader is limited to crossing over to **2 (two)** additional cheer teams from their gym per competition. Therefore, an athlete may compete on one team and crossover to two more teams from the same gym during the competition, for a total of 3 teams maximum.

An individual will not be permitted to crossover from one program to another within the same event (Exception: An athlete from one gym may crossover to **one additional** gym's Level 6 team provided (s)he meets the age requirement. This is applicable to athletes within one division, ex: all-star athlete.

## Substitutions

Each team must have a list of of substitutes. All Athletes participating on a team must be registered member of that team during the 2011-2012 competition season. **Exception:** Canadian Championships.

On the Regional and Provincial rosters, each athlete's name will have to be identified as either a participant or a substitute.

At Regionals, all names on the team rosters will be verified. The roster of all athletes participating on a team will have to be confirmed and signed by coaches. This list must include all the substitute's names. At Provincials, these signed rosters will be used at the accreditation table. It will not be authorized to make any changes to these rosters. Only registered athletes will be authorized to substitute/replace another athlete.

The rule that applies to substitutions is as follows:

A Maximum of 10 substitutions will be allowed per team. All substitutes must meet the same eligibility requirements (i.e. age, etc.).

## Special needs teams

Special Needs teams are limited to Level **2** rules, in addition to no basket tosses permitted.

## General Safety Rules and Routine Requirements

**Note: These rules are applicable to all team participating in a FCQ event.**

### **Please read carefully the following regulations:**

**A. The characters highlighted in **YELLOW** represent a change made to the USASF 2011-2013 rules in comparison to the 2009-2011.**

**B. All characters written in **RED BOLD** represent a regulation that does not exactly follow USASF rules. The characters highlighted in **GREEN** represent a change made to the FCQ rules in comparison to the 2010-2011. All other regulations should match the USASF rules.**

**C. Any failure to following these regulations is liable to a penalty.**

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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, gyms, coaches and directors must have an emergency response plan in the event of an injury.
  4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, over-the-counter medications or **energy drinks** 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 and **hair accessories** including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, **bobby pins** and pins on uniforms is not allowed. Jewelry **must be removed** and may not be taped over. **The hair extensions are allowed only if they are sewn, glued or held with a gymnastic hairclip.**  
**Exception:** medical ID tags/bracelets.
  8. Any height increasing apparatus used to propel an athlete is not allowed. **Exception:** spring floor.
  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 harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop. **Caps, headbands and scarves are not allowed.**
  10. Casts that are hard and unyielding or have rough edges **will not be allowed on the performance surface and may not participate in any activities that require physical exertion (i.e camps, practices, shows, etc.). This participant with such cast is authorized to follow his/her team and**

**participate as a spectator.**

11. On the level grid, all skills allowed for a particular level 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, 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 would not be in clear violation of this rule.

14. **There is no minimum time for duration of routine.** Competition routines shall not exceed 2 minutes and 30 seconds. **Clarification:** If a routine exceeds 2 minutes 35 seconds, a penalty will be issued.

15. 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.

16. 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.

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

**18. Vulgar (or rude) music, lyric or gesture will be penalized. Using profanity, obscene words, racial slurs, sexually-oriented gesture or suggestive choreography will be penalized.**

**19. A very short spankie/blumer (where we can see the beginning of the buttock) will not be tolerated. If it is clear to penalty judges that the spankies under the skirt is too short and we see the buttock (or intimate parts) while performing.**

**20. Nails should be short in order to prevent injuries or harm to yourself or any member of your team. False nails are also prohibited.**

**21. All skills must originate and be completed within the competition boundary. The competition boundary is defined as the actual spring floor, the carpet bonded foam panels that connect to the spring floor, and any additional border that supports the spring floor.**

# LEVEL 1 RULES

## Level 1 - General Tumbling

**Note:** The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF/FCQ neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

**(Example 1:** In level 1, an athlete spotting another athlete in a back walkover, would:

- a) Not be a stunt because the athlete performing the skill is not above/off the performing surface;
- b) Be legal, because assisted tumbling is no longer restricted.

However, a panel judge may view this as the athlete lacks the ability to perform the skill without assistance and therefore, would give a lower score or no score at all.)

**(Example 2:** In level 1, if 6 athletes did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.)

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

**Exception:** Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

**(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 levels 1-5. 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.)

**Clarification:** Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in level 1.

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 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.

## Level 1 - Standing/Running Tumbling

A. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position.

**Exception:** block cartwheels and round offs are also allowed.

B. Forward and backward rolls, front and back walkovers, and handstands are allowed.

C. Cartwheels and round offs are allowed.

D. Front/back handsprings are not allowed.

## Level 1 - Stunts

A. 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 (such as 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.

**Exception:** Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.

B. **Stunt Levels:**

1- Single leg stunts are only allowed below shoulder (prep) level.

**Clarification:** If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.

2- Extended stunts are not allowed. A stunt may not be held at or pass through an extended position.

**Clarification:** Taking the top person above the head of the bases would be illegal.

C. Twisting stunts and transitions are allowed up to  $\frac{1}{4}$  twists 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, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{4}$  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 a stunt is hit (i.e prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.

**Clarification 2:** Rebounding to a prone position ( $\frac{1}{2}$  twist to stomach) in a stunt is allowed in Level 1.

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 Level 1.

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. (Example: A shoulder sits walking under prep is illegal).

**Exception:** An individual may jump over another individual.

G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s). **When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition. (The dip to throw the top person is considered the initiation of the skill.)**

H. Single based split catches are not allowed.

I. "True" (unassisted) Double Cupies are not allowed.

**Clarification:** "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level. (Example: "True" (unassisted) Double Cupies = one base holding two top people.) However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.

J. Level 1 - Stunts- Release moves:

1- Release moves are not allowed other than those allowed at Level 1 in "Dismounts".

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.

4- Helicopters are not allowed.

5- A single full twisting log/barrel roll is not allowed.

6- Release moves may not intentionally travel.

7- Release moves may not pass over, under or through other stunts, pyramids, individuals.

K. Level 1 - Stunts- Inversions:

1- All inversions must maintain contact with the performance surface. (**Example:** supported handstand.)

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.

## Level 1 - Pyramids

A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

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

C. Two leg extended stunts must be braced by at least two (2) persons at prep level or below with hand/arm connection only. The connection must be made at or below prep level.

D. Prep level single leg stunts:

1- Must be braced by at least one (1) person at prep level or below with hand/arm connection only.

2- If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.

3- The connection must be made prior to executing the single leg prep level stunt.

4- Prep level bracers must have both feet in bases' hands.

**Exception:** Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

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

## Level 1 - Dismounts

A. Cradles from single based stunts must have a separate 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 separate 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.

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

E. Twisting dismounts (including 1/4 turns) 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 extended stunts in pyramids.

**Clarification:** An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.

H. No free flipping or assisted flipping dismounts allowed.

I. Tension drops/rolls of any kind are not allowed.

### **Level 1 - Tosses**

A. No tosses allowed.

## LEVEL 2 RULES

### Level 2 - General Tumbling

**Note:** The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF/FCQ neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

**(Example 1:** If an athlete in L2 received a spot on a back handspring, this skill would receive no score under tumbling and would be considered illegal under L2 Stunt-inversions rules.)

**(Example 2:** In level 2, if 6 athletes did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.)

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

**Exception:** Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

**(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 levels 1-5. 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 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.

### Level 2 - Standing/Running Tumbling

A. Flips and aials are not allowed.

B. Standing series of front and back handsprings are not allowed.

**Clarification for standing tumbling:** A back walk over into a back handspring is allowed.

C. Running series of front and back handsprings are allowed.

D. Jump skills in immediate combination with handspring(s) are not allowed.

**(Example:** toe touch handsprings and handspring toe touches are considered illegal)

E. Standing tumbling: non-airborne skills must involve hand support with at least one hand when passing through the inverted position. **(Example:** Front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills).

F. Standing tumbling: airborne skills must involve hand support with both hands when passing through the inverted position. **(Example:** Front and back handsprings are examples of airborne tumbling skills).

G. Running tumbling: Airborne skills must involve hand support with at least one hand when passing

through the inverted position.

H. No twisting while airborne.

**Exception:** Round offs are allowed.

## Level 2 - Stunts

A. A spotter is required for each top person in an extended stunt or passing through an extended position.

B. Single leg stunts may not be held at or pass through an extended position.

**Clarification 1:** Taking the top person above the head of the bases would be illegal.

**Clarification 2:** If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.

C. Twisting mounts and transitions are allowed up to a total of  $\frac{1}{2}$  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, would be illegal 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 a stunt is hit (i.e prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.

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. (Example: A shoulder sits walking under prep is illegal.)

**Exception:** An individual may jump over another individual.

G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).

H. Single based split catches are not allowed.

I. "True" (unassisted) Double Cupies are not allowed.

**Clarification:** "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level. (Example: "True" (unassisted) Double Cupies = one base holding two top people.) However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.

J. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.

**Clarification 1:** Log/Barrel roll may not include any skill other than the twist (Example: kick full twists)

**Clarification 2:** The log roll may not be assisted by another top person.

K. Level 2 - Stunts- Release Moves:

1- No release moves allowed other than those allowed at Level 2 in "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.

4- Helicopters are not allowed.

5- A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

**Clarification 1:** Log/Barrel roll must return to original bases and may not include any skill other than the twist (Example: no kick full twists).

**Clarification 2:** The log roll may not be assisted by another top person.

6- Release moves may not intentionally travel.

7- Release moves may not pass over, under or through other stunts, pyramids or individuals.

L. Level 2 - Stunts- Inversions:

1- All inversions must maintain contact with the performance surface.

**Exception:** Transitions from ground level inversions to non-inverted positions are allowed.

(**Example 1:** Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is legal.)

(**Example 2:** Going from a cradle to a handstand or from a prone position to a forward roll is illegal.)

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.

## Niveau 2 - Pyramids

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

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 dismount to the performing surface **and must follow the L2 dismount rules.**

C. Extended **single 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. (**Example:** A shoulder sits walking under prep is considered illegal.)

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 of the top person must be, and remain, connected to the hand/arm of the bracer.**

2- The connection must be made prior to executing the extended single leg stunt.

3- Prep level top persons must have both feet in bases' hands.

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

## Level 2 - Dismounts

A. Cradles from single based stunts must have a separate 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 separate 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 to the performing surface, **from above waist level,** from stunts and pyramids must be assisted by an original base. **Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.** 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.

D. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.

E. Twisting dismounts exceeding 1/4 turn are not allowed. All other positions are not allowed.

(**Example:** toe touch, pike, tuck, etc).

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 allowed.

I. Tension drops/rolls of any kind are not allowed.

## Level 2 - 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).

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 positions allowed are straight rides.

**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.

# LEVEL 3 RULES

## Level 3 - General Tumbling

**Note:** The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF/FCQ neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

**(Example 1:** If an athlete in L3 received a spot on a back handspring (or back tucks where the contact was no higher than shoulder level), this would be considered legal under L3 Stunt-inversions rules.) However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

**(Example 2:** In level 3, if 6 athletes did back handsprings (or back tucks where the contact was no higher than shoulder level) and 3 of them were spotted by other athletes, the judges should score only the 3 back handsprings performed without spots. The remaining 3 "spotted" back handsprings would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.)

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

**Exception:** Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

**(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 levels 1-5. 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 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 L3 were to do a round off- toe touch- back handspring- back tuck, this would be considered illegal since a back tuck is not allowed in standing tumbling for L3.)

## Level 3- Standing/Running Tumbling

A. Standing flips are not allowed.

**Clarification:** Jumps connected to  $\frac{3}{4}$  front flips are also not allowed.

B. Standing series of front and back handsprings are allowed.

C. Standing tumbling: airborne skills must involve hand support with at least one hand when passing through the inverted position.

D. Running tumbling **Flips** are allowed:

1- **Back flips** may ONLY be performed in tuck position only from a round off or round off back handspring(s). **Exception:** aerial cartwheels, running tuck fronts, and  $\frac{3}{4}$  front flips are allowed.

**(Example:** The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step

outs, whips, pikes, aerial walkovers, and Arabians.)

**Clarification:** A front handspring (or any other tumbling skill) into a front tuck is illegal.

2- Other skills with hand support prior to the round off or round off back handspring are allowed.

(**Example:** front handsprings and front walkover through to round off back handspring back tucks are legal.)

3- Cartwheel tucked flips are not allowed.

E. Running tumbling: No tumbling is allowed after a flip or an aerial cartwheel.

**Exception:** a forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll.

**Clarification:** If any tumbling follows a forward or backward roll or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.

F. No twisting while airborne.

**Exception:** round offs are allowed.

### Level 3 - Stunts

A. A spotter is required for each top person in an extended stunt or passing through an extended position.

B. Single leg extended stunts are allowed.

C. Twisting mounts and transitions:

1- Twisting mounts 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, would be illegal 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 a stunt is hit (i.e prep) and the athletes show a definite and clear stop, then 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 up to an extended position).

3- Twisting transitions to and from an extended position may not exceed a 1/2 twisting rotation.

**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 ½ rotation.

D. During transitions, at least one base must remain in contact with the top person.

E. Free flipping mounts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. (**Example:** A shoulder sits walking under prep is illegal.)

**Exception:** An individual may jump over another individual.

G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.

H. Single based split catches are not allowed.

I. Single based double awesomes/cupies require a separate spotter for each top person.

J. Level 3 - Stunts- Release Moves:

1- Release moves are allowed but must not pass above extended arm level.

**Clarification:** If the release move passes above extended arm level, it will be considered a toss.

and must follow the appropriate "Toss" rules.

2- Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.

3- Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

4- Release moves are restricted to a single skill/trick and zero (0) twists. Only skills performed during the release are counted. Therefore, hitting an immediate body position would not count as a skill.

**Exception:** Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position, i.e. Flat back or prone.

5- Release moves must return to original bases.

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

6- Helicopters are not allowed.

7- Release moves may not intentionally travel.

8- Release moves may not pass over, under or through other stunts, pyramids or individuals.

#### K. Level 3 - Stunts- Inversions:

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

**Exception:** Multi base suspended forward roll dismounts to a cradle or the performing surface are allowed. Multi base suspended forward 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.

**Exception:** Multi base suspended forward roll may twist up to a full twisting rotation (see #1 exception above).

3- Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. 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 physically catch the top person at the waist to shoulder region to protect the head and shoulder area.

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.

### Level 3 - Pyramids

A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

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

C. Extended single 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. (Example: shoulder sits walking under prep is illegal.)

#### E. Level 3 - Pyramids- Release Moves:

**Clarification:** Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and follow the L3 dismount rules.

1- 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.

**Clarification:** Level 3 Pyramid Release Moves may now incorporate stunt release moves that maintain contact with one other top person provided the release move meet the criteria established under Stunt Release Moves or L3 Dismounts. L3 Pyramid Release moves, must maintain contact

with two other top persons if the release move begins at prep level or above, passes above extended arm level, includes more than one skill, or is caught in an extended position.

2- Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below.

**Clarification 1:** Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.

**Clarification 2:** If top person is braced on each side with arm-to-arm connection and a THIRD bracer with hand-foot connection, the skill would be legal.

3- These release transitions may not involve changing bases.

4- These transitions must be caught by at least 2 catchers:

- a. Both catchers must be stationary.
- b. Both catchers must maintain visual contact with the top person throughout the entire transition.

#### F. Level 3 - Pyramids – Inversions:

1- Must follow L3 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 direct weight bearing contact with the performing surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill 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 legal even if the base extends their arms during the inversion skill).

**(Example 2:** A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.)

#### G. Level 3 - Pyramids- Release Moves with Braced Inversions:

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

### Level 3 - Dismounts

A. Cradles from single based stunts must have a separate 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 separate 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.

D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg stunt.

E. Up to 1-1/4 twists are allowed from any two leg stunts. Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 stunts twisting mounts and transitions only.

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 allowed during a dismount from any two leg stunt.

H. Any dismount from prep level and above involving a skill/trick (**Example:** twist, toe touch) must be

caught in a cradle.

I. No free flipping dismounts allowed.

J. Tension drops/rolls of any kind are not allowed.

K. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

### Level 3 - 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).

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 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.

**Exception:** a Ball X is allowed at this level.

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

(**Example 1:** toe-touch, ball out, pretty girl are allowed).

(**Example 2:** Switch kick, pretty girl-kick, double toe-touch are not allowed)

F. During a twisting toss, no skill other than the twist is allowed. (**Example:** kick fulls, ½ twist toe touches are not allowed)

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.

# LEVEL 4 RULES

## Level 4 - General Tumbling

**Note:** The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF/FCQ neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

**(Example 1:** If an athlete in L4 received a spot on a back tuck, this would be considered legal under L4 Stunt-inversions rules.) However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

**(Example 2:** In L4, if 6 athletes did back tucks and 3 of them were spotted by other athletes, the judges should score only the 3 back tucks performed without spots. The remaining 3 "spotted" back tucks would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine. )

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

**Exception:** Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

**(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 levels 1-5. 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 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 L4 were to do a round off- toe touch- back handspring- whip- Layout, this would be considered illegal since a consecutive flip-flip combination is not allowed in standing tumbling for L4.)

## Level 4- Standing/Running Tumbling

A. Standing flips and flips from a back handspring entry are allowed.

B. Standing and Running skills are allowed up to 1 flipping and 0 twisting rotations.

**Exception:** aerial cartwheel and Onodis are allowed.

C. Standing tumbling: consecutive flip-flip combinations are not allowed (**Example:** back tuck-back tuck, back tuck-punch front, etc).

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)

**Clarification 1:** Jumps connected to  $\frac{3}{4}$  flip are also not allowed.

**Clarificatio 2:** toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

## Level 4 - Stunts

A. A spotter is required for each top person in an extended stunt or passing through an extended position.

B. Single leg extended stunts are allowed.

C. Twisting mounts and transitions:

1- Twisting mounts and transitions to prep level and below are allowed up to 1-1/2 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, would be illegal if the resulting cumulative rotation of the top person exceed 1-1/2 rotations. 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 a stunt is hit (i.e prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.

2- Twisting mounts and transitions to an extended position are allowed and must meet the following conditions:

a) Extended skills up to ½ twist are allowed.

**Clarification:** Any additional turn performed by the bases in the same skill set would be illegal 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 a stunt is hit (i.e prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.

b) Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt.

(Example: full up to immediate liberty is illegal, full up to extension is legal.)

**Exception:** Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

**Clarification:** Any additional turn performed by the bases in the same skill set would be illegal 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 a stunt is hit (i.e prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.

D. During transitions, at least one base must remain in contact with the top person. **Exception:** See "Release Moves".

E. Free flipping mounts and transitions are not allowed.

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

(Example: a shoulder sits walking under prep is illegal.)

**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.

G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.

H. Single based split catches are not allowed.

I. Single based double awesomes/cupies require a separate spotter for each top person.

J. Level 4 - Stunts- Release Moves:

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

**Clarification:** If the release move passes above extended arm level, it will be considered a toss.

and must follow the appropriate "Toss" 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.

3. Release moves must return to original bases.

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

4. Release moves that land in extended position must originate from ground-level and may not involve any twisting or flipping.

5. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.

6. Release moves may not intentionally travel.

7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

#### K. Level 4 - Stunts- Inversions:

1- Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."

2- Downward inversions are allowed at prep level or below and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area.

**Clarification 1:** The stunt may not pass above prep level and then become inverted at 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.

3- Downward inversions must maintain contact with an original base.

**Exception:** In side rotating downward inversions. (**Example:** cartwheel-style transition dismounts, the original base may lose contact with the top person when it becomes necessary to do so.)

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

## Level 4 - Pyramids

A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

**Exception:** Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.

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

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

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

(**Example:** shoulder sits walking under prep is illegal.)

**Exception 1:** An individual may jump over another individual.

**Exception 2:** An individual may move under a stunt.

#### E. Level 4 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 one person at prep level or below.

**Clarification:** While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for L4, the same skill is legal in a pyramid release moves if it is braced by at least one person 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 second level.

**Clarification:** The transition must be continuous.

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.

- b. The top person must be caught by at least 2 catchers. 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.
  - a. In pyramids where the top person travels over their bracer (example: leap frogs, wolf wall transitions), both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.

F. Level 4 Pyramids-Inversions:

1. Must follow L4 Stunt Inversions rules.

G. Level 4 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 throughout entire transition with either the top person(s) or the base(s).

**Clarification 1:** The bracers of the inverted top person must show a concerted effort to maintain contact throughout the entire transition until they are safely caught by the bases.

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

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 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) must be caught by at least 3 catchers.

**Exception:** Braced flips that land in an extended upright position (see #6 below).

a. All 3 catchers must be stationary.

b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.

c. The 3 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).

6. All braced inversions (including braced flips) that land in an extended upright position require at least one base and 2 additional spotters.

a. The base(s) and spotter(s) must be stationary.

b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.

c. The base(s) and spotter(s) 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. Braced inversions (including braced flips) may not travel downward while inverted.

## Level 4 - Dismounts

A. Cradles from single based stunts must have a separate 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 separate 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.

D. Up to a 2-¼ twisting rotations allowed from all two leg stunts. Twisting from a platform position may not exceed 1-¼ rotation. Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 stunts twisting mounts and transitions only.

E. Up to a 1-¼ twisting rotation allowed from all single leg stunts. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 stunts twisting mount and transitions only.

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 prop.

G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts allowed.

I. Tension drops/rolls of any kind are not allowed.

J. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## Level 4 - 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.

## LEVEL 5 RULES

**The following skill restrictions apply for all Restricted divisions (i.e. Senior open\* Level 5):**

### STANDING/ RUNNING TUMBLING

1. Tumbling skills are allowed up to 1 flipping and 1 twisting rotations.

In tumbling, twisting skills may ONLY be performed if immediately preceded by a back handspring(s) or round off. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar).

**Clarification:** All skills up to a full twist are also allowed. (Example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring.

2. No tumbling is allowed after the twisting skill.

**Exception:** A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.

**Clarification:** If any tumbling follows a forward or backward roll or forward or backward twisting skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) or forward roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a forward roll step out. However, if the athlete finishes the twisting skill or stands the forward roll with both feet together, then one step is all that is needed to create a new tumbling pass.

### PYRAMIDS

1. Pyramids- Release moves with braced inversions: All pyramids release moves are limited to up to one and ¼ flipping and 0 twisting rotations.

### TOSSES

1. Tosses may not exceed three tricks (Example: hitch kick full, switch kick full, kick double)

## Level 5 - General Tumbling

**Note:** The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF/FCQ neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

**(Example 1:** If an athlete in L5 receives a spot on a back tuck, this would be considered legal under L4 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.)

**(Example 2:** In L5 if 6 athletes did back tucks and 3 of them were spotted by other athletes, the judges should score only the 3 back tucks performed without spots. The remaining 3 "spotted" back tucks would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine. )

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

**Exception:** Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

**(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 levels 1-5. 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 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.

## Level 5- Standing/Running Tumbling

A. Skills are allowed up to 1 flipping and 2 twisting rotations.

## Level 5 - Stunts

A. A spotter is required for each top person in an extended stunt or passing through an extended position.

B. Single leg extended stunts are allowed.

C. Twisting mounts and transitions are allowed up to 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, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. 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 a stunt is hit (i.e prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.

D. Free flipping mounts and transitions are not allowed.

E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.

F. Single based split catches are not allowed.

G. Single based double awesomes/cupies require a separate spotter for each top person.

H. Level 5 - Stunts- Release Moves:

1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level (**Example:** tic-tocks are allowed).

**Clarification:** If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" 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.

3. Release moves must return to original bases.

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

4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

5. Release moves may not intentionally travel.

6. Release moves may not pass over, under or through other stunts, pyramids or individuals.

I. Level 5 - Stunts- Inversions:

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."

2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two 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:** Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

**Exception:** A controlled power pressing of an extended inverted stunt (**Example:** needle or handstand) to shoulder level is allowed.

3. Downward inversions must maintain contact with an original base.

**Exception:** In side rotating downward inversions, 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)

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.

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

## Level 5 - Pyramids

A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

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

C. Level 5 - 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 one person at prep level or below.

2- Primary weight may not be borne at second level.

**Clarification:** The transition must be continuous.

3- Non-inverted pyramid release moves must be caught by at least 2 catchers.

a) In pyramids where the top person travels over their bracer (**Example:** leap frogs or wolf wall transitions), 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.

b) The top person must be caught by at least 2 catchers. 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).

D. Level 5 - Pyramids- Inversions:

1- Must follow L5 Stunt Inversions rules.

E. Level 5 - 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 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).

**Clarification:** Top person(s) bracing the inversion must show a concerted effort to maintain contact with the inverted top person until they are safely caught by the bases.

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  $\frac{1}{2}$  twisting rotations are only allowed up to a  $\frac{3}{4}$  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:** LEGAL - 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 one 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) must be caught by at least 3 catchers. **Exception:** Brace flips that land in an extended upright position (see #7 below).

a. The 3 catchers must be stationary.

b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.

c. The 3 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).

7. All braced inversions (including braced flips) that land in an extended upright position require at least one base and 2 additional spotters.

a. The base(s) and spotter(s) must be stationary.

b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.

c. The base(s) and spotter(s) 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.

## Level 5 - Dismounts

A. Cradles from single based stunts must have a separate 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 separate 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 to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.

D. Up to a 2- $\frac{1}{4}$  twisting rotations 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. Tension drops/rolls of any kind are not allowed.

H. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

## Level 5 - 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.

**Clarification:** 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 2-½ twisting rotations allowed.

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

G. Only a single top person is allowed during a basket toss.

## LEVEL 6 RULES

### Level 6 - General Tumbling

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

**Exception 1:** Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

**Exception 2:** Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS 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. Assisted or connected tumbling is not allowed.

**Clarification:** Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.

E. 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.

### Level 6 - Standing/Running Tumbling

A. Skills are allowed up to 1 flipping and 2 twisting rotations.

### Level 6 - Stunts

A. A spotter is required:

1. During extended, one-arm stunts other than an cupies or liberties.
2. When the load/transition involves a twist or flip.

B. Twisting stunts and transitions are allowed up to 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, would be illegal if the resulting cumulative rotation of the top person exceeds 2 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, they may continue to walk the stunt in additional rotation.

C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.

**Exception 1:** Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck (example: a flip that lands in a straddle position).

**Exception 2:** Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.

D. Transitional stunts may involve changing bases.

E. Single based split catches are not allowed.

F. Single based double cupies require a separate spotter for each top person

G. Level 6 Stunts-Release Moves

1. Release moves are allowed.

2. Release moves may not land in a prone or inverted position.

3. Release moves must return to original bases.

**Exception:** 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.

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

4. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one 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.

#### H. Level 6 Stunts-Inversions

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

### Level 6 - Pyramids

A. Pyramids are allowed up to 2-½ high.

B. For 2-½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.

C. Free-flying mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.

**Exception:** Free-flyings mounts originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.

#### D. Level 6 Pyramids–Release Moves

1. During a pyramid transition, a top person may pass above 2-½ high while in direct physical contact with at least one person at prep level or below.

#### E. Level 6 Pyramids-Inversions

1. Inverted stunts are allowed up to 2-½ persons high and must be braced by at least 1 person at prep level or below.

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. Level 6 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.

### LEVEL 6 - Dismounts

A. Single based cradles that exceed 1-¼ twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.

B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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 3 catchers. Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (**example:** extension, liberty, heel stretch).

D. Free flipping dismounts are allowed up to 1-¼ flipping and 0 twisting rotations.

E. Free flipping dismounts to the performance surface are not allowed.

F. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.

G. Flips that originate above prep level are not allowed.

**Exception:** ¾ front flip may occur from a 2-½ high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.

H. Tension drops/rolls of any kind are not allowed.

I. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## Level 6 - 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 from ground level 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 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.

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. Non-flipping tosses may not exceed 3-½ twists.

F. 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. The bases involved in the toss must be stationary while tossing.

**Exception:** ¾ front flips with no twists are allowed.