

# LEVEL APPROPRIATE DOCUMENT

TUMBLING	
LEVEL 5	LEVEL 6
<b>STANDING</b>	
<ul style="list-style-type: none"> <li>• Jump Flip/Back Tuck</li> <li>• Layout</li> <li>• Whips</li> </ul> <p>1 flipping and 0 twisting</p>	<ul style="list-style-type: none"> <li>• Pass with 1 flipping and up to 2 twisting skill included</li> </ul> <p><b>IASF EXCEPTIONS:</b></p> <ul style="list-style-type: none"> <li>• Jump/Tuck combination</li> </ul>
<b>RUNNING</b>	
<ul style="list-style-type: none"> <li>• Round Off Full</li> <li>• Round Off Back Handspring(s) Full</li> <li>• Front Handspring(s) Front Full</li> <li>• Whip Handspring(s) to Full</li> </ul> <p><b>TUMBLING AFTER:</b></p> <ul style="list-style-type: none"> <li>• Arabians</li> <li>• Baranis</li> </ul> <p><b>SPECIALTY ENTRIES:</b></p> <ul style="list-style-type: none"> <li>• Front Walkover</li> <li>• Front Handspring</li> <li>• Front Tuck</li> </ul> <p>1 flipping and 1 twisting. Must immediately be preceded by a round off, back handspring(s) or front handspring(s).</p> <p>NO trick allowed during full twisting skills and must land with both feet on the performing surface.</p> <p>NO tumbling after full twisting skill.</p>	<ul style="list-style-type: none"> <li>• Cartwheel Full</li> <li>• Tumbling out of a Full</li> <li>• Kick Full and/or Full Step Out</li> <li>• Whip-Full</li> <li>• Full through to Full</li> <li>• Full-Full</li> <li>• Doubles</li> <li>• Speciality to Doubles</li> </ul> <p><b>USASF EXCEPTIONS:</b></p> <ul style="list-style-type: none"> <li>• Punch Front to Full</li> <li>• Arabian through to Full</li> <li>• Whip through to Full</li> </ul> <p><b>IASF EXCEPTIONS:</b></p> <ul style="list-style-type: none"> <li>• Any Full twisting skill/pass</li> </ul>

# LEVEL APPROPRIATE DOCUMENT

STUNT						TOSSES
LEVEL	HEIGHT	TWISTING The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface	RELEASE MOVES The top person is free of contact with all athletes on the performing surface.	INVERSIONS Athlete has at least one foot above the head and shoulders are below the waist.	DISMOUNTS The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface.	TOSS Ex: Basket Toss or Sponge Toss..
5	<ul style="list-style-type: none"> <li>Extended Single Leg (with Level Appropriate twisting or release)</li> </ul>	<ul style="list-style-type: none"> <li>1 3/4 - 2: Extended Two Leg or Below</li> <li>1 1/4 - 1 1/2: Extended Single Leg</li> </ul>	<ul style="list-style-type: none"> <li>Helicopters 180 degrees with 1/4 - 2 twisting</li> <li>1/4 - 2 Twisting: Below Extended to Extended Two Leg</li> <li>1/4 - 1 1/2 Twisting: Below Extended to Extended Single Leg (ex. Tic Tock)</li> <li>0 - 2 Twisting: Extended to Extended Two Leg</li> <li>0 - 1 1/2 Twisting: Extended to Extended Single Leg (ex. Tic Tock)</li> </ul>	<ul style="list-style-type: none"> <li>Released Inversion to Non-Inverted: Extended to Extended (ex. Hand in Hand)</li> <li>Downward Inversion from Above Prep Level (ex. pancake stunt)</li> </ul>	<ul style="list-style-type: none"> <li>3 Tricks Allowed</li> <li>1 1/2 - 2 1/4 Twist: Single Leg Stunt</li> <li>Kick 1 1/2 Twisting Dismount</li> <li>If exceeds 1 1/2 twists, no other skill allowed (ex. kick-double is not allowed)</li> </ul>	<ul style="list-style-type: none"> <li>3 tricks allowed</li> <li>2 1/2 twists</li> <li>If exceeds 1 1/2 twists, no other skill allowed</li> </ul>
6	<ul style="list-style-type: none"> <li>Extended Single Leg (with Level Appropriate twisting or release)</li> </ul>	<ul style="list-style-type: none"> <li>2 1/4: Extended Two Leg or Below</li> <li>1 3/4 - 2 1/4: Extended Single Leg</li> </ul>	<ul style="list-style-type: none"> <li>Helicopters 180 degrees with 2 1/4 twist</li> <li>Rewind to Extended or Below (1 flipping ONLY)</li> <li>2 1/4 Twisting: Extended or Below to Extended Two Leg</li> <li>1 3/4 - 2 1/4 Twisting: Extended or Below to Extended Single Leg (ex. Tic Tock or Switch Up)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 - 1/2 Twisting Released Inversion to Non-Inverted: Extended or Below to Extended or Below (ex. Hand in Hand or Handspring Up)</li> </ul>	<ul style="list-style-type: none"> <li>May Exceed 3 Tricks</li> <li>1/4 - 1/2 Twisting Dismount from Inverted Position</li> <li>Kick Double Twisting Dismount</li> <li>Full Kick Full Dismount</li> <li>Other Dismounts with 2 Twist (2 tricks) plus another Trick</li> </ul>	<ul style="list-style-type: none"> <li>May exceed 3 tricks</li> <li>Full Kick Full</li> <li>Other tosses with 1 3/4 - 2 1/2 twist plus another trick (ex. Kick-Double)</li> <li>Other tosses with 4+ tricks (ex. Hitch-Kick-Double)</li> </ul>

PYRAMID				
LEVEL	STRUCTURES Two or more connected Stunts	NON-RELEASED TRANSITIONS The top person is NOT free of contact with all athletes on the performing surface.	RELEASED TRANSITIONS The top person is free of contact with all athletes on the performing surface.	
		TWISTING	TWISTING	BRACED INVERSIONS/FLIPS
5	<ul style="list-style-type: none"> <li>Extended Single Leg to Extended Single Leg</li> </ul>	<ul style="list-style-type: none"> <li>1 3/4 - 2: Extended Two Leg or Below</li> <li>1 3/4 - 2: Extended Single Leg or Below</li> </ul>	<ul style="list-style-type: none"> <li>2 Twists</li> </ul>	<ul style="list-style-type: none"> <li>1 Bracer:</li> <li>Up to 1 1/4 Flipping, 0 Twisting</li> </ul>
6	<ul style="list-style-type: none"> <li>Extended Single Leg to Extended Single Leg (with Level Appropriate transition)</li> </ul>	<ul style="list-style-type: none"> <li>2 1/4: Extended Two Leg or Below</li> <li>2 1/4: Extended Single Leg or Below</li> </ul>	<ul style="list-style-type: none"> <li>2 1/4 Twists</li> </ul>	<ul style="list-style-type: none"> <li>1 Bracer:</li> <li>Up to 1 1/4 Flipping and 1/2 Twisting</li> <li>3/4 Flipping and up to 1 Twist</li> </ul>

# ALL STAR CHEER RULES

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## TUMBLING

### LEVEL 7

#### A. GENERAL

May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may **NOT** rebound to inverted or through an inverted position (EXCEPTIONS: Cartwheel rewind, round off rewind and standing single back handspring rewinds allowed. **NO** tumbling skills prior to the cartwheel, round off or standing back handspring); **NO** tumbling over, under, or through a stunt, individual, or prop; **NO** tumbling while holding/contact with prop; Dive rolls may **NOT** twist

#### B. STANDING

Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, **must** be immediately preceded by at least one backward traveling, non-twisting tumbling skill.  
**NO** twisting out of a double twisting skill.

#### C. RUNNING

Up to 1 flipping and 2 twisting rotations  
**NO** twisting out of a double twisting skill.

## STUNTS

### LEVEL 7

#### A. SPOTTERS

During one-arm stunts above prep level other than cupies and liberties; When the load transition involves a release move exceeding one twist; a release move to/from an inverted position landing at prep level or above; a free flip; Stunt with inverted top person above prep level; When the top person is released from above ground level to a one-arm stunt; Coed style tosses to a new base (base that is tossing top person may become the spotter); Single based stunts with multiple top persons require a separate spotter for each top person

#### B. STUNT HEIGHT

Above prep level single leg stunt

#### C. TWISTING

2 ¼ twists

#### D. RELEASE MOVES

May **NOT** exceed 18 inches/46cm above extended arm level; May **NOT** land inverted (EXCEPTIONS: Ground level handstand may be released to hand-to-hand stunt with **0** twisting and **0** flipping; Release from prep level and below to a prep level inverted position with **0** twisting and **0** flipping); **Must** return to original bases (EXCEPTION 1: Coed style tosses to a new base if stunt is thrown by a single base and caught by at least one base not involved in any other skill or choreography when transition is initiated, the original tossing base may become the spotter. EXCEPTION 2: Toss single based stunts with multiple top persons, the original base may become the spotter); Helicopters up to 180 degree rotation with at least 2 catchers with one positioned at head and shoulder area of top person; May **NOT** intentionally travel except for exceptions above.

#### E. REWINDS/FREE FLIPPING TRANSITIONS

**Must** return to original bases. **Originate from ground level:** 1 ¼ flipping and 1 ¼ twisting rotations; Toe pitch, leg pitch or similar type tosses ALLOWED in initiating free flipping skills; Cartwheel rewind, round off rewind, and standing single back handspring rewinds allowed with **NO** tumbling skills allowed prior to the cartwheel, round off or standing back handspring. **Originate from stunt:** 1 ¼ flipping and ½ twisting rotation; **Must** initiate from prep level **ONLY** and **must** land in a cradle, horizontal position or in a standing position on the performing surface (if lands on the performing surface, **must** follow dismount rules). 1 flipping rotation or less requires 2 catchers, if exceeds 1 flipping rotation requires 3 catchers.

#### F. INVERSIONS

Downward inversions from above prep level require at least 2 catchers; Top person **must** maintain contact with a base. Base/athlete in backbend or inverted position may **NOT** be in contact with a top person. EXCEPTIONS: Lowering of an inverted stunt to prep level, passing above prep level to prep level, or from an extended non-inverted to inverted stunt at prep level.

# ALL STAR CHEER RULES

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## PYRAMIDS

### LEVEL 7

#### A. GENERAL

Up to 2 ½ high. EXCEPTION: Tower pyramids are allowed

#### B. SPOTTERS

**Must** follow stunt spotter rules. EXCEPTION: One arm extended paper dolls require a spotter for each top person.

2 ½ High Pyramid: Require a spotter in front and back for each top person on the top level in position the entire time the top person is at 2 ½ high. Spotters may stand slightly to the side but **must** remain in position to spot top person, **must** maintain visual contact with the top person the entire time the top person is at 2 ½ high level, may **NOT** be primary support of the pyramid; 2 ½ High Pyramid with Horizontal Top Person **must** be on 2 of the 4 sides of pyramid, may **NOT** be on foot/feet/leg side of top person; Tower Pyramid requires a spotter not in contact with the pyramid behind the top person. If a base is needed to assist middle layer, an additional spotter who is not in contact with the pyramid is required.

#### C. FREE FLYING MOUNTS/ TRANSITIONS

From ground level allowed 1 flipping and 1 twisting rotation or 0 flipping and 2 ¼ twisting rotations. From above ground level allowed 1 ¼ flipping and 0 twisting or 0 flipping and 2 twisting rotations.

May **NOT** land in an inverted position; May **NOT** significantly exceed the height of intended skill; May **NOT** pass over, under or through other stunts, pyramids, individuals or props.

#### D. RELEASE MOVES

May pass above 2 ½ high during transitions; If released from a second layer base and caught by a second layer base, the second layer base catching the top person **must** be the second layer base that originally released top person; May **NOT** land inverted; May **NOT** pass over, under, or through a prop.

Free release moves from 2 ½ high pyramids may **NOT** land in an inverted position; Up to 0 flipping and 1 twisting rotation. Requires 2 catchers.

#### E. INVERSIONS

Allowed up to 2 ½ high; Downward inversions from above prep level require assistance by at least 2 catchers and **must** maintain contact with a base or another top person.

#### F. RELEASED BRACED INVERSIONS/ FLIPS

Up to 1 ¼ flipping and 1 twisting rotation; Requires 1 prep level or below bracer; 2 catchers (EXCEPTION: If lands in an upright position at prep level or above requires 1 base and 1 additional spotter); Braced inversions to 2 ½ high pyramids may be caught by 1 person; Base/Spotter **must** be stationary, **must** maintain visual contact with the top person through transition, may not be involved with any other skill or choreography when transition is initiated.

## DISMOUNTS

### LEVEL 7

#### A. GENERAL

See "Dismounts" in Glossary

#### B. REQUIREMENTS

**STUNT DISMOUNTS TO CRADLE**: Up to 2 ¼ twist cradle; Dismounts that exceed 1 ¼ twists require an additional spotter that assists on the cradle; When cradling single based stunts with multiple top persons, 2 catchers **must** catch each top person and **must** be stationary prior to dismount; Cradles from 1 arm stunts that involve a twist **must** have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person; Free flipping dismounts to cradle up to 1 ¼ flipping and ½ twisting rotations, **must** originate from prep level, require at least 2 catchers, one of which is an original base; Back flipping dismounts **must** go to cradle.

**STUNT DISMOUNT TO PERFORMING SURFACE**: Up to 2 ¼ twists; If exceeds 1 ¼ twist **must** be assisted by 2 catchers or 1 catcher with a spotter; Free flipping dismounts are only allowed in front flipping rotation, up to 1 front flipping and 0 twisting rotations, **must** have spotter, **must** originate from prep level.

**2 HIGH PYRAMID DISMOUNTS TO CRADLE**: **Must** follow stunt dismount rules.

**2 ½ HIGH PYRAMID DISMOUNTS TO CRADLE**: Up to 2 ¼ twists, requires 2 catchers, 1 of which **must** be stationary at initiation of cradle; Up to ¾ front flip and ½ twist, requires 2 catchers, one on each side of the top person and 1 of which **must** be stationary when the cradle is initiated.

**2 ½ HIGH PYRAMID DISMOUNT TO PERFORMING SURFACE**: Up to 1 ¼ twists and **must** be assisted by 2 catchers or 1 catcher with a spotter.

# ALL STAR CHEER RULES

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## TOSSES

### LEVEL 7

#### A. GENERAL

Minimum of 3, maximum 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: Tossing from one set of bases to another set of bases/catchers. EXCEPTION 2: Arabians); **Must** be performed from ground level and **must** land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulder area of the top person.

#### B. REQUIREMENTS

Non-flipping tosses may **NOT** exceed 3 ½ twists; 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.

#### C. FLYOVERS

Top persons tossed to another set of bases **must** be thrown by 3 or 4 stationary bases and **must** be caught in a cradle position by at least 3 stationary catchers; Catchers may not be involved in any other choreography, **must** have visual contact with top person when the toss is initiated, and **must** maintain visual contact throughout the entire toss; Allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists.

## ALL STAR INTERNATIONAL DIVISIONS

### ALL LEVELS

#### A. GENERAL

Minimum number of athletes for all divisions is 16. The maximum number of males on a Co-Ed team may not exceed 2/3 of total athletes on team. Routine time limit is a maximum of 2:30. EXCEPTION: Non-Tumbling divisions is a maximum of 2:00.

**Must** follow General Safety Rules/Routine Requirements and Level rules.

#### B. NON-TUMBLING

**NO** tumbling allowed.

EXCEPTIONS: Forward rolls, handstands, cartwheels and round offs allowed for stunting purposes or formation changes and **must** follow appropriate level inversion rules.

EXAMPLE: Level 3 downward inversion from cradle position, "back walkover" out to the performing surface would be legal if starts at waist level, has 2 catchers between the waist and shoulder region of torso of the top person as it transitions through a handstand position.