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US ALL STAR FEDERATION

CHEER RULES

2026 – 2027

For the Member Term: June 1st, 2026 - May 31st, 2027

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USASF COACH APP

Routine skills may be submitted through the USASF Coach App prior to competition.

Visit https://resources.usasfmembers.net/rules/coach-app/ for download and use instructions along with video submission guidelines.

Adjustments in **RED** indicate a change/addition since the previous season (2025-2026)
Adjustments in **BLUE** indicate a major change/addition since the Early Release of the 2026-2027 Age Grid

We do not anticipate additional changes but reserve the right to make changes as needed.

Effective June 1, 2026

U.S. ALL STAR FEDERATION USASF CLUB CHEER & DANCE TEAMS

TABLE OF CONTENTS

Clickable glossary terms are integrated throughout this rules document. Clicking on a term will direct you to its definition in the glossary.

RULES

Glossary 3

General Rules & Routine Requirements 10

USASF Athletic Performance Standards (APS) 11

Tumbling 12

Stunts 13

Pyramids 15

Dismounts 17

Tosses 17

Level 7 18

DIVISION SPECIFIC RULES

International Divisions 20

Prep Divisions 21

Novice Divisions 21

CheerABILITIES 22

RESOURCES

Stunt Level Illustration 24

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GLOSSARY

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

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

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

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

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

Backbend:
The athlete's body forms an arch by stretching through the upper back, typically supported by the hands and feet with the abdomen facing upward.

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

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

Barrel Roll:
See "Log Roll".

Base:
A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.

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

Block Cartwheel:
A cartwheel which becomes airborne after the tumbler pushes through the shoulders against the performing surface during the skill.

Brace/Bracer:
A brace is the physical connection from one top person to another top person that helps provide stability. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A bracer is a top person in direct physical contact with another top person that helps provide stability. A required bracer cannot pass through an inverted position during a transition.

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

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

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

- Must be attentive
- Must not be involved in other choreography
- Must not be involved in anything that could prevent them from catching. Example: A required catcher holding a sign.
- Must make physical contact with the top person upon catching
- Must be on the performing surface when the skill is initiated

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

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

Cradle:
A dismount in which the top person is caught in a cradle position (top person lands in a "V"/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

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

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GLOSSARY

Dismount:
The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface. If released to the performing surface, top person must land on their feet.

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.

Dismounts:

- May not intentionally travel.
- Must return to original base(s) unless dismounting single based stunts with multiple top persons.
- To the performance surface require assistance from the original base/ spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface.

Top persons may not be, or come, in contact with each other while released from bases.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

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

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

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

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

Extended Stunt:
When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended.

Stunts where the base(s) arms are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

Flat Back:
A stunt in which the top person is laying horizontal, face-up, and is usually supported by two or more bases. This is considered a two-leg stunt.

Flat Body:
When the top person's torso is parallel to the performing surface.

Flip:
In stunting, a skill that passes through an inverted position with hip-over-head rotation without contact with a base or the performing surface. In tumbling, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

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

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

Flyer:
See "Top Person".

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

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

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

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

Full:
A 360-degree twisting rotation.

Ground Level:
To be on the performing surface.

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

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

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

Helicopter:
A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Horizontal Axis (Twisting in Stunts):
An invisible line drawn from front to back through belly button of a non-upright top person.

Initiation/Initiating:
The beginning of a skill; the point from which it originates. The point of initiation for a building skill(s): stunt, pyramid, transition, release move, dismount, or toss is the bottom of the dip from which the skill originates.

Inversion/Inverted:
Athlete has at least one foot above the head and shoulders are below the waist.

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

Jump Skill:
A skill which involves a change in body position during a jump. i.e. toe touch, pike, etc. A "straight jump" with a turn does not make the jump a "jump skill". If a jump is included in a tumbling pass, the jump will break up the pass.

Kick Double:
Skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

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

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

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

Leg/Foot Connection:
The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty:
A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg.

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

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

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

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

Non-Inverted Position:
A body position in which either of the conditions below are met:
- The top person's shoulders are at or above their waist.
- The top person's shoulders are below their waist and both feet are below their head.

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

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

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

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

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

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

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

Prep Level:
The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

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

Prone Position:
A face down, flat body position.

Prop:
An object that can be manipulated. Flags, standard flat banners/signs, pom pons, megaphones, and pieces of cloth are the only props allowed. Once a uniform piece is purposefully used for visual effect will be considered a prop.

Punch Front:
See "Front Tuck".

Pyramid:
Two or more connected stunts.

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

Release Move:
The top person is free of contact with all athletes on the performing surface. May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be, or come, in contact with each other.

To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs (Level 3-4), or greater than the length of the top person's legs plus an additional 18 inches (Level 5-7), it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

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

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

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

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

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

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

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

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

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

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

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Single Leg Stunt:
See "Stunt".

Split Catch:
A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. Single based split catches are not allowed.

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

Spotter:
A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques. The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person.
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. Example: A required spotter holding a sign.
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- May not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the **ankle/leg** of the top person or on the back side of the back wrist of the base.

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

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

Straddle Lift:
See " V-Sit".

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

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

Stunt:
Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a "Two Leg" stunt.

Suspended Roll:
A stunt skill that involves hip-over-head rotation from the top person while connected with hand/arm to hand/arm of the base(s). Each hand/arm of the top person must be connected to a separate hand/arm of the base(s). The base(s) may have their arms extended and will release the feet/legs during the rotation of the skill. This is considered a prep level stunt.

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

Tension Roll/Drop:
A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other. Tension rolls/drops of any kind are not allowed.

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

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

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

Toe/Leg Pitch:
A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

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

Toss:
An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons.

The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Top person must have both feet in/on hands of bases at initiation of toss. Top persons in separate tosses may not come in contact with each other.

Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface and remain stationary during toss. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person.

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, individuals or props. Only a single top person is allowed during a toss.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Twisting Tosses: Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. ie. A 1/2 twist, X, 1/2 twist is considered 2 skills: 1 full twist and 1 additional skill.

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

Transitional Pyramid:
A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person. Each point of **initiation** is used in determining the beginning of a transition. The end of a transition is defined as a new point of **initiation**, a stop of movement, and/or the top person making contact with the performance surface.

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

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

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

Tumbling:
Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface.

When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

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

Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis.

Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axes will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface. Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation. A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

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

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Two and One Half (2½) – High Pyramid:
A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.

"Above Two and One Half (2 1/2) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1/2 high chairs are considered 2 1/2 high pyramids.

Upright:
A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). ie. star, liberty, v-sit.

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

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

Waist Level:
A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position-based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

Waist Level Cradle:
A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Walkover:
A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by stretching through the upper back, going backwards, similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands.

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

Wrap Around:
A stunt transition that involves a single base holding a top person in a cradle position releasing the legs of the top person and swings the legs around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back of the base.

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

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GENERAL RULES & ROUTINE REQUIREMENTS

26
27

1. All skills allowed in a level encompass all skills allowed in the preceding level. If a skill is not allowed in a level, it is also not allowed in the preceding level(s).
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. Athlete safety must be considered with all skills.
3. Athletes must 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. Carpet over an inappropriate surface is not permitted for technical skills.
4. Any height increasing apparatus used to propel an athlete is not allowed. **Exception:** spring floor.
5. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
6. 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 the routine.
7. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
8. 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.
9. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over.
   Exception: medical ID tags/bracelets.
   Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin or hair.
10. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. Props are not necessary for the performance of a routine. Flags, standard flat banners/signs, pom pons, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect it will be considered a prop.
12. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed.
    Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
13. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. **Exception**: All Star Prep routines shall not exceed 2:00. Novice routines shall not exceed 1:30. Non-tumbling routines may not exceed 2:00.
14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.
    Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
15. Must follow the USASF Code of Conduct & Compliance.

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ATHLETIC PERFORMANCE STANDARDS (APS)

26
27

Coaches must be discretionary with minor athletes to meet age appropriateness.

CHEER TEAMS

Judges reserve the right to assess warnings and/or deductions when a team's overall presentation does not meet the standards of "appropriate" as described in this policy. Overall presentation includes, but is not limited to, choreography, uniform, make up, hair, and bows.

COVER UP GUIDELINES

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm up area, or on the performance stage.

MAKEUP AND OTHER

MAKEUP - If worn, makeup should be uniform and appropriate for both the performance and the age of the athletes utilizing neutral colors for eyes and skin. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.
HAIR - Hair must be secured off of the face with a simple and unexaggerated style that is adaptable to all diversities.
BOWS - Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

APPROPRIATE CHOREOGRAPHY

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, mocking the use of a gun to display violence against a person/people and/or the promotion of gun violence of any type, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music, words, or sound effects unsuitable for family listening which includes, but is not limited, to swear words and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

APPROPRIATE UNIFORM

GENERAL UNIFORM GUIDELINES
No risqué, sexually provocative or lingerie looking inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

In addition to the below specific guidelines, coaches must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete's undergarments during the routine.

UNIFORM SKIRT/SHORTS GUIDELINES
When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

UNIFORM TOP GUIDELINES
Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Senior or Senior Open in the Club Elite Tier and U18 or International Open in the International Elite Tier divisions (exposed midriff not allowed in Prep/Novice). Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

Competitions that follow IASF Guidelines may have additional uniform restrictions for the International Divisions. For example, exposed midriffs are not allowed in any International division at the The Cheerleading Worlds. Please check with the Event Producer directly for further information.

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TUMBLING					
LEVEL 1	**LEVEL 2**	**LEVEL 3**	**LEVEL 4**	**LEVEL 5**	**LEVEL 6**
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; **NO** tumbling over/under (any body part), or through a stunt, individual or prop; **NO** tumbling while holding/contact with prop					
½ rebound to prone allowed **NO** dive rolls	**NO** dive rolls in arched or swan position and may **NOT** twist.	**NO** dive rolls in arched or swan position and may **NOT** twist.	**NO** dive rolls in arched or swan position and may **NOT** twist.	**NO** dive rolls in arched or swan position and may **NOT** twist	Dive rolls may **NOT** twist
B. STANDING					
Skills with constant physical contact with the performing surface such as cartwheels, rolls (forward & backward), walkovers, handstands Blocked cartwheels allowed	Single handspring **NO** twisting or turning allowed after back handspring step out; **NO** jump skills connected to handspring; **NO** twisting while airborne except round offs	Series handsprings; Jump in combination with handspring(s) **NO** flips allowed; **NO** twisting while airborne except round offs	Standing tucks and tucks from a back handspring entry; 1 flip and **0** twisting; Aerials (front walkover and cartwheel) and Onodis are allowed. **NO** tumbling allowed after a tuck, **NO** jump flip or consecutive flip/flip	Jump flip; Up to 1 flipping and **0** twisting rotations	Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, **must** be preceded by a minimum of 2 consecutive non-twisting, backward traveling tumbling skills, (one **must** be back handspring, excludes back extension roll) **NO** flipping and twisting into a double twisting skill. **NO** twisting out of a double twisting skill.
C. RUNNING					
Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers. Blocked cartwheels and round off allowed. **NO** tumbling immediately after round off or round off rebound.	Handspring series **NO** twisting or turning allowed after back handspring step out; **NO** twisting while airborne except round offs	Round off or round off back handspring(s) into back tuck; Aerial cartwheels; Front tucks; ¾ front flips **NO** tumbling after a tuck or aerial cartwheel; **NO** tumbling prior to front tuck except front handspring; **NO** twisting while airborne except round offs and aerial cartwheels	1 flipping and **0** twisting; Aerials (front walkover and cartwheel) and Onodis are allowed.	Up to 1 flipping and 1 twisting rotation; If flips and twists, **must** immediately be preceded by a running, round off, back handspring(s) or front handspring(s) **NO** trick allowed during full twisting skills and **must** land with both feet on the performing surface. **NO** tumbling after full twisting skill.	Up to 1 flipping and 2 twisting rotations **NO** flipping and twisting into a double twisting skill. **NO** twisting out of a double twisting skill.

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ALL STAR CHEER RULES

26
27

STUNTS					
LEVEL 1	**LEVEL 2**	**LEVEL 3**	**LEVEL 4**	**LEVEL 5**	**LEVEL 6**
A. SPOTTER					
Required for prep level and above; Floor stunts Exception: Shoulder sit, T- lifts, stunts only supported at waist not required	Required for above prep level; Floor stunts	Required for above prep level; Single based stunts with multiple top persons require spotter for each top person	Required for above prep level; Single based stunts with multiple top persons require spotter for each top person	Required for above prep level; Single based stunts with multiple top persons require spotter for each top person	Required for above prep level; Single based stunts with multiple top persons require spotter for each top person
B. STUNT HEIGHT **NO** single based or assisted single based extended stunts for Youth and below but may immediately pass through extended position if allowed					
Waist level single leg; Prep level two leg (may immediately pass through an extended position); Prep level single leg with additional base with hand/ arm connection to top person prior to initiation of single leg stunt; Walk up shoulder stands. **NO** single based stunts with multiple top persons	Prep level single leg (may immediately pass through an extended position); Above prep level two leg **NO** single based stunts with multiple top persons	Above prep level single leg	Above prep level single leg	Above prep level single leg	Above prep level single leg
C. TRANSITION					
Top person **must** remain in contact with at least one base **NO** leap frog/leap frog variations	Top person **must** remain in contact with at least one base	Top person **must** remain in contact with at least one base unless legal as release move	Top person **must** remain in contact with at least one base unless legal as release move	See release move rules	See release move rules
D. TWISTING					
Up to ¼ twist allowed EXCEPTION: Rebound ½ turn to prone position; Wrap around stunts; Up to ½ twist that starts & ends on performing surface and only supported at the waist	Up to ½ twist allowed EXCEPTION: Single full twisting log roll with **NO** additional skills that starts and ends in cradle position	Up to ½ twist to extended single leg; Up to 1 twist to prep level or below; Up to 1 twist to extended two leg stunt	Up to 1 ½ twists to prep level or below; Up to 1 ½ twists to extended two leg stunt; Up to 1 twist to extended single leg stunt	Up to 2 twists to prep level or below; Up to 2 twists to extended two leg stunt; Up to 1 1/2 twists to extended single leg stunt	Up to 2 ¼ twists

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STUNTS					
LEVEL 1	**LEVEL 2**	**LEVEL 3**	**LEVEL 4**	**LEVEL 5**	**LEVEL 6**
E. RELEASE MOVES Requires 3 catchers for multi-based stunt, and 2 catchers for single based stunt that lands in a horizontal position; May **NOT** land inverted; May **NOT** intentionally travel; May **NOT** come in contact with other top persons in separate release moves; **Must** return to original base(s); **NO** free flips (see Exception for Level 6)					
NOT allowed other than dismounts	**NOT** allowed other than dismounts, tosses, and full twisting log rolls with **NO** additional skills that start and end in a cradle position	**Must** start at waist level or below and land at prep level or below; 1 skill/trick and 0 twisting allowed. EXCEPTION: Log rolls up to one twist and **must** land in cradle, flat back or prone May **NOT** exceed extended arm level of the bases (not the back spot). **NO** helicopters; May **NOT** involve inversions.	**Must** start at prep level or below if lands at extended; 2 skills allowed; Helicopters up to 180 degrees with **0** twisting, requires 3 catchers with 1 catcher at head and shoulder area of top person; Inverted to non-inverted with 0 twisting, requires a spotter if lands at prep level or above. May **NOT** exceed extended arm level of the bases (not the back spot). **NO** twisting to and from an extended stunt; May **NOT** pass through an inverted position.	Helicopters up to 180 degrees, requires 3 catchers with 1 catcher at head and shoulder area of top person; Inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above May **NOT** exceed 18"/46cm above the extended arm level of the bases (not the back spot); May **NOT** pass through an inverted position.	Inverted to non-inverted up to ½ twist, requires spotter if lands at prep level or above; Helicopters up to 180 degrees, 3 catchers with 1 catcher at head and shoulder area of top person. May **NOT** exceed 18"/46cm above bases' extended arm level. May **NOT** pass through an inverted position. EXCEPTION (Excludes Junior 6): Rewinds are allowed 1 flipping rotation **ONLY**, 0 twisting, requires minimum of 1 catcher/1 spotter for single based stunt, minimum of 2 catchers/1 spotter for multi-based stunt. Leg pitch, toe pitch or similar type tosses **NOT** allowed to initiate skill; **NO** tumbling prior to rewind
F. INVERSIONS Base/athlete in backbend or inverted position may **NOT** be in contact with a top person					
NOT allowed. (Inverted athlete **must** maintain contact with performing surface)	Ground level inversions that transition directly to non-inverted position.	Prep Level or below Suspended rolls that exceed ½ twist **must** land in cradle	Extended	Extended	Extended
G. DOWNWARD INVERSIONS Downward inversions may **NOT** come in contact with each other; **Must** maintain contact with original base EXCEPTION: Original base may lose contact when becomes necessary to do so such as in cartwheel-style transitions					
NOT allowed	**NOT** allowed	Waist level or below (may immediately pass through prep level); **Must** have 2 catchers in contact between waist and shoulder region of the top person's **torso** **NO** 2 leg pancake style stunts	Prep level with 3 catchers (may pass above prep level), 2 catchers in contact between waist and shoulder region of top person. EXCEPTION: Controlled lowering of extended inverted stunt to prep level If passes above prep level may **NOT** land, stop, or touch the ground inverted. EXCEPTION: Controlled lowering of extended inverted stunt to prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may **NOT** land, stop, or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may **NOT** land, stop, or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level
H. OVER/UNDER Stunt or individual passing over/under a separate stunt, individual, or prop					
Arms and Legs allowed	Arms and Legs allowed	Arms and Legs allowed	Individual under stunt; stunt over an individual	Allowed	Allowed

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PYRAMIDS					
LEVEL 1	**LEVEL 2**	**LEVEL 3**	**LEVEL 4**	**LEVEL 5**	**LEVEL 6**
A. GENERAL					
Must follow stunt and dismount rules and allowed up to 2 high; Top person **must** receive primary support from a base unless legal as a release transition; Released transitions may not come in contact with other stunt/pyramid release moves; Required catchers/spotters **must** be stationary, **must** maintain visual contact with the top person throughout the entire transition, and may not be involved in any other skill or choreography when the transition is initiated; Primary weight may not be borne at second level (transitions **must** be continuous)					
B. STRUCTURES Single based or assisted single based extended stunts are **NOT** allowed in Youth and below; Required bracer(s)/connection(s) **must** be connected to top person by initiation of skill, and remain in contact throughout skill					
Two leg extended connected to prep level or below bracer with hand/arm connection; prep level single leg connected to prep level or below bracer with hand/arm connection. Prep level bracers **must** have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand **NO** extended stunt connected to extended stunt	Extended single leg connected to prep level or below bracer with hand/arm connection Prep level bracers **must** have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand **NO** extended stunt connected to extended stunt	**NO** extended single leg connected to extended stunt	**NO** extended single leg connected to extended single leg stunt		
C. NON-RELEASED TRANSITIONS Required brace/connection **must** be connected to top person by initiation of skill, and remain in contact throughout skill; Base/athlete in backbend or inverted position may **NOT** be in contact with a top person					
TWISTING: Up to ¼ twist **INVERSIONS:** **Must** follow stunt rules	**TWISTING:** Up to ½ twist **INVERSIONS:** **Must** follow stunt rules Log rolls may **NOT** be assisted by another top person	**TWISTING:** Up to 1 twist (**must** be connected to a hand/arm bracer at prep level or below if exceeds ½ twist to extended single leg stunt) **INVERSIONS:** **Must** follow stunt rules EXCEPTION: Top person may pass through an inverted position and **must** remain in contact with base and bracer at prep level or below through entire transition, **must** start and end at prep level or below	**TWISTING:** Up to 1 ½ twists (**must** be connected to a bracer at prep level or below if exceeds one twist to extended single leg stunt) **INVERSIONS:** **Must** follow stunt rules	**TWISTING:** Up to 2 twists (**must** be connected to a bracer at prep level or below if exceeds 1 ½ twists to extended single leg stunt) **INVERSIONS:** **Must** follow stunt rules	**TWISTING:** Up to 2 ¼ twists **INVERSIONS:** **Must** follow stunt rules

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PYRAMIDS					
LEVEL 1	**LEVEL 2**	**LEVEL 3**	**LEVEL 4**	**LEVEL 5**	**LEVEL 6**
D. RELEASED TRANSITIONS Contact **must** be maintained with the same bracer/bracers throughout the transition; Contact **must** be made with a base on the performing surface before contact with the bracer(s) is lost (this does not include the uniform or hair); If 2 bracers are required, **must** be on 2 separate sides of the body; May **NOT** be connected/braced to top persons above prep level; Braced inversions/flips may **NOT** travel downward while inverted					
NOT allowed other than dismounts	**NOT** allowed other than dismounts and tosses Log rolls may **NOT** be assisted by another top person	**NON-INVERTED:** 2 bracers (one of which **must** be hand/arm to hand/arm, the other may be hand/arm or hand/arm to foot/lower leg); 2 catchers; May **NOT** change bases. EXCEPTION: Legal stunt release moves may be performed with 1 bracer; release moves to extended with 1 bracer, **must** initiate from waist level or below with hand/arm connection **TWISTING:** 1 twist; 2 bracers hand/arm connections **BRACED INVERSIONS:** **NOT** allowed	**NON-INVERTED:** 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **TWISTING:** 1 ½ twists with 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **BRACED INVERSIONS/FLIPS:** 2 bracers; Up to 1 ¼ flipping, **0** twisting; May **NOT** change bases; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters EXCEPTION: Legal stunt release moves may be performed with only 1 bracer	**NON-INVERTED:** 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **TWISTING:** 2 twists; 2 catchers (Minimum of 1 catcher and 1 spotter) **BRACED INVERSIONS/FLIPS:** 1 bracer; Up to 1 ¼ flipping, **0** twisting; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters	**NON-INVERTED:** 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **TWISTING:** 2 ¼ twists; 2 catchers (Minimum of 1 catcher and 1 spotter) **BRACED INVERSIONS/FLIPS:** 1 bracer; Up to 1 ¼ flipping and ½ twisting or ¾ flipping and up to 1 twist; 3 catchers EXCEPTION: Non-twisting braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters
E. OVER/UNDER Stunt, pyramid or individual passing over/under a separate stunt, pyramid, individual, or prop					
Arms and Legs allowed	Arms and Legs allowed Top person may **NOT** pass over/under torso of another top person	Arms and Legs allowed Top person may **NOT** pass over/under torso of another top person	Arms and Legs allowed Top person may **NOT** invert over/under torso of another top person	Allowed	Allowed

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DISMOUNTS

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL DISMOUNTS					
Single based cradles require a spotter with at least one hand-arm supporting waist to shoulder region of top person; Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person; Cradles from single based stunts with multiple top persons require 2 catchers for each top person, and catchers and bases **must** be stationary prior to initiation. Dismounts to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with **NO** additional skills from waist level or below. Dismounts **must** return to original base(s) unless dismounting single based stunts with multiple top persons. **NO** flipping, inverted (includes landing inverted), or intentionally traveling dismounts allowed; **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. Top persons in dismounts may **NOT** come in contact with each other while released from the bases unless dismounting from single based stunts with multiple top persons; Tension drops/rolls of any kind are **NOT** allowed.					
B. DISMOUNTS					
Straight pop downs, basic straight cradles **NO** waist level cradles, sponge tosses or dismounts from above prep level in pyramids	Straight pop downs, basic straight cradles, and ¼ turn cradles **NO** waist level cradles in Mini division	1 ¼ twist or 1 trick from two legs; ¼ twist cradles from single leg; All dismounts from prep level and above involving a trick **must** land in cradle **NO** dismounts from an inverted position	2 ¼ twist from two legs; 1 ¼ twist from single leg; May **NOT** exceed 2 tricks Dismounts from an inverted position may **NOT** twist	2 ¼ twist; May **NOT** exceed 3 tricks If exceeds 1 ½ twists, **NO** skill other than the twist allowed Dismounts from an inverted position may **NOT** twist	2 ¼ twists Dismounts from an inverted position may twist up to a ½

TOSSES

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL TOSSES					
Minimum of 3, maximum of 4 tossing bases, one base **must** be behind the top person; **Must** be caught in cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person; May **NOT** have more than one top person; **NO** flipping, inverted (includes landing inverted), or intentionally traveling tosses. **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.					
B. TOSSES					
NOT allowed including waist level cradles and sponge tosses	Straight ride **NO** tosses allowed in Mini Division	1 ¼ twists; May **NOT** exceed 1 trick Exception: Ball X Arch does not count as trick	2 ¼ twists; May **NOT** exceed 2 tricks	2 ½ twists; May **NOT** exceed 3 tricks If exceeds 1 ½ twists, **NO** skill other than the twist allowed	2 ½ twists

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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.

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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.

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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.

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ALL STAR PREP DIVISIONS
RULE DIFFERENCES FROM ALL STAR ELITE (TRADITIONAL ALL STAR)
A. TIME
Routines may not exceed 2:00.
B. TOSSES
NOT permitted. This includes sponge/load in/squish tosses. Waist level cradles **NOT** allowed.
C. PERFORMING SURFACE
Spring floor or carpet bonded foam allowed.
D. COMPETITION
May be offered at both 1- and 2-day events. **HOWEVER**, if offered at 2-day events, they may compete or be evaluated **ONE TIME ONLY** and **must** exhibition if a second performance is an option.

ALL STAR NOVICE DIVISIONS		
RULE DIFFERENCES FROM ALL STAR ELITE (TRADITIONAL ALL STAR)		
A. TIME		
Routines may not exceed 1:30.		
B. TOSSES		
NOT permitted. This includes sponge/load in/squish tosses. Waist level cradles **NOT** allowed.		
C. PERFORMING SURFACE		
Spring floor or carpet bonded foam allowed.		
D. COMPETITION		
May be offered at both 1- and 2-day events. **HOWEVER**, if offered at 2-day events, they may be evaluated **ONE TIME ONLY** and **must** exhibition if a second performance is an option. Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) and not scored against other teams.		
E. TUMBLING		
Tumbling skills are allowed and will follow the level rules for that level but will **NOT** be rated/required. Tiny Novice **ONLY**: The **ONLY** two tumbling skills allowed are cartwheels and forward rolls. Handstands, backbend/bridges, etc. are **NOT** allowed.		
F. STUNTS		
LEVEL 1	**LEVEL 2**	**LEVEL 3**
NO single leg stunts above waist level. Two leg stunts may **NOT** immediately pass through an extended position. **ONLY** ¼ twists allowed. Transitions to prone **NOT** allowed. Straight pop down dismounts **NOT** allowed. Tiny Novice **ONLY**: No building skills permitted (stunts and pyramids)	Single leg stunts may **NOT** immediately pass through an extended position. Log/barrel rolls are **NOT** allowed.	Twisting stunts TO and FROM extended single leg is **NOT** allowed. Full twisting stunts TO/FROM extended two leg stunts are **NOT** allowed. Multi-based suspended rolls may **NOT** twist.

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EXCEPTIONAL ATHLETES (SPECIAL NEEDS TEAM)

The USASF follows the definition of disability as defined by the American Disability Act.

An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

General Rules for ALL CheerABILITIES Teams:

A. All teams will follow the USASF General Rules and APS.

B. No Tosses permitted (This includes "Sponge" (also known as Load In or Squish tosses and waist level cradles)

C. ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a coach/assistant. (See glossary for definition of spotter)

D. Performances may be performed on spring floor or carpet bonded foam.

E. Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. Ex: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirt. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury Assistants may not be in any type of cheer uniform.

F. MOBILITY & SUPPORT DEVICE RULES (Note: The use of the term "wheelchair" below also applies to the use of scooters and similar mobility devices, as is applicable)

1. All mobility equipment, prosthesis, canes, crutches, elbow crutches and braces are considered part of the athlete unless they are removed, in which case they are considered legal props and therefore are considered legal. Please refer to USASF Coach App to send in videos of use of device if in question.
2. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill, wheels locked, with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the 2 back handles stabilizing the wheelchair with both wheels on the performance surface) for safety. Clarification: For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair, in working order and prepared to be used on the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface. Wheelchairs MAY NOT be altered from the original manufacturer's design.
3. Athletes may not stand on any part of a mobility device (i.e. wheelchairs, crutches, etc.). Exception: A mobility device may be used to aid the top person in loading into a stunt and/or pyramid, but may not be utilized as the top person's primary support. Example: A top person may hitch their foot on the arm rail or handlebar of a wheelchair. Must have additional safety spotter behind mobility device. All weight-bearing usage of wheelchairs must be pre-approved through the USASF Coach App.
4. Wheelchair users when basing stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt and wheels in locked position. All weight-bearing usage of wheelchairs must be pre-approved through the USASF Coach App.
5. All athletes spotting, catching and/or cradling a skill have mobility through their lower body OR the strength in the upper body enough (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot and/or catch the skill.
6. All athletes spotting and/or catching a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill. Release moves and dismounts may be caught by individuals who are not the original bases(s) if the main base(s) are not capable of catching and/or cradling the skill.
7. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
8. Motorized wheelchairs must have all 4 wheels on the floor at all times (EXCEPTION: if an assistant is needed to lift back wheels onto performance floor.

G. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

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ALL STAR CHEERABILITIES DIVISIONS

26
27

EXCEPTIONAL ATHLETES (SPECIAL NEEDS TEAM) ADDITIONAL RULES			
EXHIBITION	**NOVICE**	**ELITE**	**UNIFIED**
A. TIME			
Routines may not exceed 2:30.	Routines may not exceed 1:30.	Routines may not exceed 2:30.	Routines may not exceed 2:30.
B. COMPETITION			
Teams will **NOT** receive ordinal rankings or ratings for their performance.	Teams may receive ratings for their performance (ordinal rankings not allowed). May be offered at both 1- and 2-day events. **HOWEVER**, if offered at 2-day events, they may be evaluated **ONE TIME ONLY** and **must** exhibition if a second performance is an option. Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) and not scored against other teams.	Teams may receive ordinal rankings for their performance.	Teams will **NOT** receive ordinal rankings or ratings for their performance.
C. TUMBLING			
Allowed up to and including Level 2. Spotted and assisted tumbling is allowed.	The **ONLY** skills allowed are cartwheels and forward rolls. Spotted and assisted tumbling is **NOT** allowed.	Allowed up to and including Level 2. Spotted and assisted tumbling is **NOT** allowed. EXCEPTION: Assistants may help an athlete up after a forward roll to get to their feet.	Allowed up to and including Level 2. Spotted and assisted tumbling is **NOT** allowed. EXCEPTION: Assistants may help an athlete up after a forward roll to get to their feet. A Unified partner (typical athlete) may **ONLY** perform skills executed by an Exceptional Athlete in the routine. Example: If an Exceptional Athlete does **NOT** perform a back handspring, Unified partners may **NOT** perform a back handspring.
D. BUILDING SKILLS			
Allowed up to and including Level 2. EXCEPTIONS: **NO** stunts above prep level. Single leg stunts may **NOT** immediately pass through an extended position. Tosses and log/barrel rolls are **NOT** allowed.	**ONLY** Level 1 skills allowed. EXCEPTIONS: **NO** single leg stunts above waist level. Two leg stunts may NOT immediately pass through an extended position. **ONLY** ¼ twists allowed. Transitions to prone **NOT** allowed. Straight pop down dismounts **NOT** allowed. **ONLY** waist level stunts allowed if coaches/buddies/ assistants are fulfilling a required position (base, back spot, top person, etc.).	Allowed up to and including Level 2. EXCEPTION: Tosses **NOT** allowed. Coach/Assistant(s) may **NOT** provide support to athletes while the athletes are performing building skills. EXCEPTION: Assistants may assist an athlete to the floor as a result of a fall or almost fall.	Allowed up to and including Level 2 with no additional spotter for the skill. EXCEPTIONS: **NO** stunts above prep level. Single leg stunts may **NOT** immediately pass through an extended position. Tosses and log/barrel rolls are **NOT** allowed. An Exceptional Athlete **MUST** be involved in any stunt performed as a required base, back base, or top person. Clarification: Front spotting does **NOT** meet this criteria for an Exceptional Athlete.
E. COACHES/ BUDDIES/ ASSISTANTS			
NO limit to the number of assistants on the floor assisting in skills and they **MAY** be included in choreography of dance and formations.	**NO** limit to the number of assistants on the floor assisting in skills but they may **NOT** be included in choreography of dance and formations. See building restrictions above if assistants are fulfilling a required building position.	Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may **NOT** obstruct view of the judges. **NO** limit to the number of assistant around the perimeter of the floor in a squat position or on the floor assisting wheelchairs and sight impaired athletes to their spots/positions on the floor.	Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may **NOT** obstruct view of the judges. **NO** limit to the number of assistant around the perimeter of the floor in a squat position or on the floor assisting wheelchairs and sight impaired athletes to their spots/positions on the floor.

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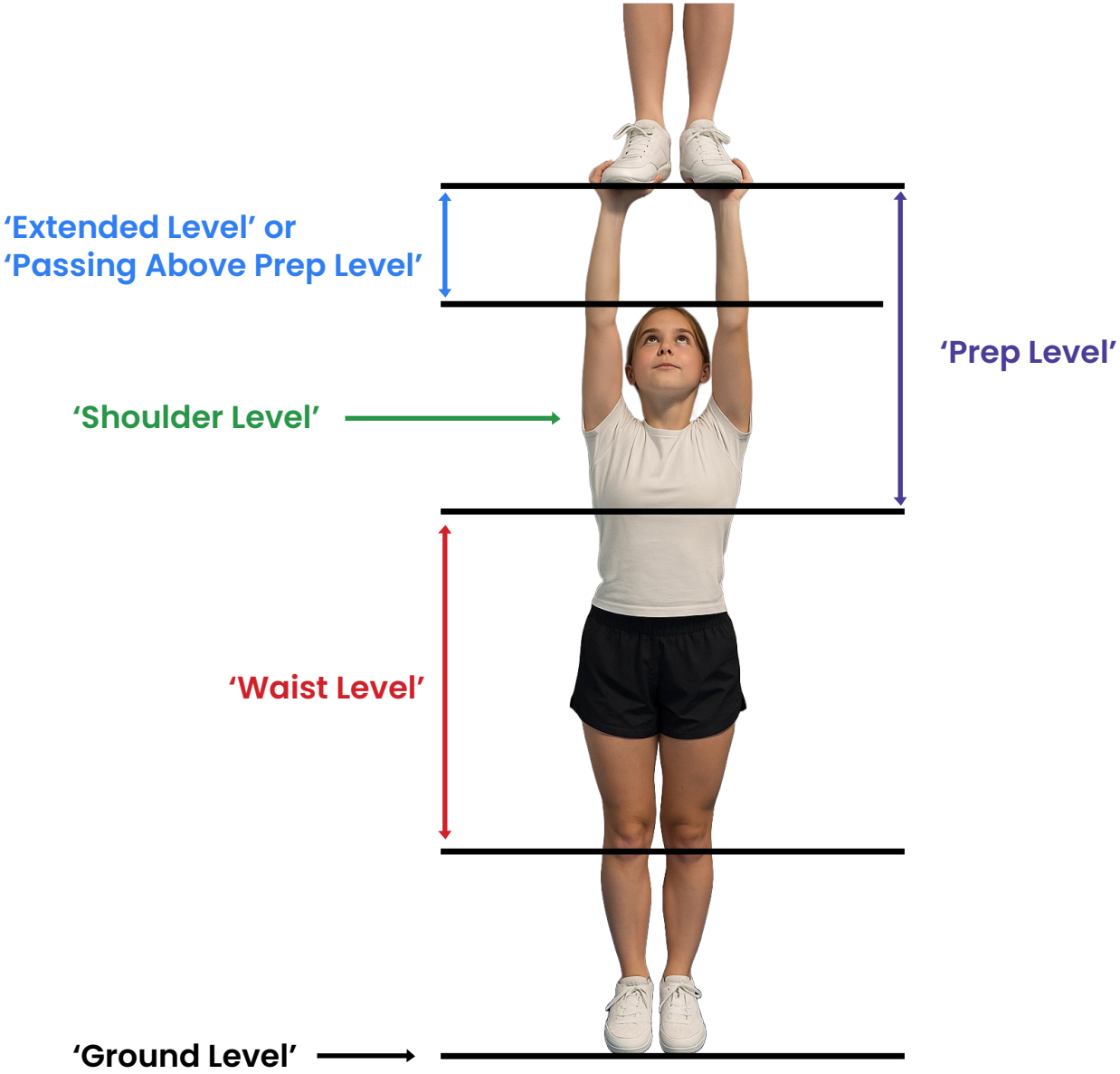
STUNT LEVEL ILLUSTRATION



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