BELGIAN CHEERLEADING & DANCE CHAMPIONSHIP

2019

RULEBOOK

www.belgiancheer.be

1. INDEX

Onderstaande regels gelden voor het Belgisch Kampioenshap Cheerleading 2019 en zijn volledig gebaseerd op de regels die door de Europese Cheerleading Union opgesteld werden.

Elk Belgisch team kan zich inschrijven voor deze competitie.

Alle atleten moeten minstens gedurende 6 maanden hun vaste verblijfplaats in België hebben.

De teams die een eerste en tweede plaats behalen (mits een voldoende hoge score) in de Junior en Senior categorieën op dit kampioenschap worden rechtstreeks gekwalificeerd voor deelname aan het Europees Kampioenschap in 2020 (georganiseerd door het ECU). De teams die een eerste plaats behalen (mits een voldoende hoge score) in de Junior en Senior categorieën worden gekwalificeerd voor het Wereld Kampioenschap in 2020 (georganiseerd door het ICU) en indien er geen Team Belgium is.

2.1. Categorieën Cheerleading

De volgende divisies en aantallen zullen gehanteerd worden:

Division /Age group	Senior	Junior	Peewee	Mini
TEAM CHEER level 1	/	/	/	5-25 personen
TEAM CHEER level 2	/	/	5-25 personen	/
TEAM CHEER COED level 3	5-25 personen	5-25 personen	/	
TEAM CHEER ALL GIRL level	5-25 personen	5-25 personen		
TEAM CHEER COED level 5	5-25 personen	5-25 personen	/	/
TEAM CHEER All GIRL level	5-25 personen	5-25 personen		
GROUPSTUNT level 5	/	maximum 5	/	/
GROUPSTUNT level 6	Maximum 5	/	/	/
PARTNER STUNT	2 personen	2 personen	/	/

In de categorie Partner Stunt is het verplicht 1 mannelijke en 1 vrouwelijke deelnemer te hebben en 1 spotter.

2.2. Categorieën Cheerdance

De volgende divisies en aantallen zullen gehanteerd worden:

Division / Age group	Senior	Junior	Peewee	Mini
POMDANCE	4-25 personen	4-25 personen	4-25 personen	4-25 personen
HIPHOP	4-25 personen	4-25 personen	4-25 personen	4-25 personen

Mannen en vrouwen mogen in hetzelfde team deelnemen.

2.3. Leeftijdsgroepen 2019

De volgende leeftijdsgroepen bestaan:

Leeftijdsgroep	Leeftijd	Geboortejaar
SENIOR	15j of ouder	2004 of vroeger
JUNIOR	12 tem 16j	2007 tot en met 2003
PEEWEE	8j tem 12j	2011 tot en met 2006
MINI	tem 8j	Tot en met 2011

Elk team dat deze leeftijdsregels niet respecteert kan niet deelnemen in de officiële competitie.

2.4. Cross-overs

Elke atleet mag per divisie maar in 1 team deelnemen. Deelnemen in andere divisies is wel toegestaan.
Elke atleet mag maar in 1 leeftijdsgroep deelnemen. Deelnemen in meerdere leeftijdsgroepen is niet toegestaan.
UITZONDERING: Atleten van een clubteam hebben de toelating om ook deel te nemen in hun universiteitsteam, ongeacht de divisie.

2.5. Lengte routine

A. Team Cheerleading:
 1. **Yell/Cheer**: kan in het begin of midden van de routine geplaatst worden en moet 30 seconden duren.
 2. Maximum 2 minuut, 30 seconden (2:30)
 3. De tijd maximum tussen Cheer/Yell en de muziek bedraagt twintig seconden (0:20)
B. Groupstunt/Partnerstunt: Maximum 1 minuut (1:00)
D. Cheerdance: Maximum 2 minuut, 30 seconden (2:30)

2.6. Muziek/ Opkomst

1. De muziek en bijhorende teksten moeten geschikt zijn voor de deelnemers en het publiek
2. Begin en einde wordt bepaald door de eerste/laatste noot van de muziek of de eerste/laatste stunt of dansbeweging.
3. Wanneer een team de tijdslimiet breekt, zal dit team hiervoor gestraft worden. Eén (1) punt aftrek voor 5-10 sec en drie (3) punten aftrek voor 11 of meer seconden, per jurylid.
4. Omdat tijdsoverschrijdingen ernstig bestraft worden is het aangeraden dat alle teams op voorhand de lengte van hun muziek al controleren.
5. Elk team moet een coach of verantwoordelijke voorzien die verantwoordelijk is voor de muziek.

6. De muziek dient voor aanvang van de wedstrijd doorgemaild worden of meegebracht worden op USB stick.
7. Om de competitie vlot te laten verlopen, moet elk team zo snel mogelijk de wedstrijdvloer betreden. Teams hebben krijgen een tijdslimiet om de wedstrijdvloer op te lopen. Een gechoreografeerde opkomst is niet toegestaan.

2.7. Wedstrijdvloer

1. Cheer Dance: Dansvloer uit vinyl of een sportvloer met een minimum oppervlakte van 12m-12.

2. Cheerleading: Geen springvloer, maar standaard tumblingmatten. Minimum van 12 op 12m.

3. Teams mogen zich overal binnen deze oppervlakte bevinden.

4. Er worden geen strafpunten toegekend wanneer men buiten deze oppervlakte komt.

2.8. Wat te doen met vragen rond het reglement

A. Regels: Alle vragen over de regels of het verloop van de wedstrijd kunnen uitsluitende gesteld worden door de coach van het team en worden direct behandeld door de wedstrijdleider. Dergelijke vragen dienen gesteld te worden voor de aanvang van de wedstrijd
B. Uitvoering: Alle vragen over de uitvoering kunnen gesteld worden aan de wedstrijdleider na de uitvoering van het team en/of na afloop van de wedstrijd.

2.9. Sportiviteit

Alle deelnemers verbinden zich ertoe zich sportief te gedragen ten opzichte van de organisatie en andere deelnemers gedurende de duur van de wedstrijd. De coach wordt verantwoordelijk gesteld voor het gedrag van zijn leden, medecoaches, supporters, ouders en andere personen die verbonden zijn aan het team. Ernstige gevallen van onsportiviteit kunnen leiden tot diskwalificatie.

2.10. Onderbreking van de routine

A. Onvoorziene omstandigheden
1. Wanneer de wedstrijdleiding beslist dat een routine onderbroken is door een fout van het wedstrijdmateriaal, de faciliteiten of een andere oorzaak die kan toegewezen worden aan de competitie, moet het benadeelde team zijn routine stopzetten.
2. Het team mag zijn routine hernemen maar wordt enkel beoordeeld vanaf het punt waarop de onderbreking gebeurde. De ernst en het effect van de onderbreking wordt bepaald door de wedstrijdleiding.
3. Wanneer een team zijn routine dient te hernemen, maar er niet in slaagt de routine in zijn geheel te hernemen, dan krijgt dit team een score gebaseerd op de lager scorende uitvoering.

B. Fout van het team

1. Wanneer de onderbreking van een routine te wijten is aan fout van een team of het materiaal van het team, moet men de routine verder zetten of moet men zich terugtrekken uit de competitie.

2. De wedstrijdleiding bepaalt of een team de toestemming krijgt om op een later tijdstip te herkansen. Wanneer dit toegestaan wordt, dient het team zijn routine volledig te herhalen, maar wordt het enkel beoordeeld vanaf het punt waar de onderbreking plaatsvond.

3. Wanneer een team zijn routine dient te hernemen, maar er niet in slaagt de routine in zijn geheel te hernemen, dan krijgt dit team een score gebaseerd op de lager scorende uitvoering.

C. Kwetsuur

1. De enige personen die een routine mogen stopzetten wegens een kwetsuur zijn: a) wedstrijdleiding, b) de hoofdcoach van het uitvoerende team en c) de gekwetste persoon

2. De wedstrijdleiding bepaalt of het team de toestemming krijgt om op een later tijdstip te herkansen. Wanneer de wedstrijdleiding een herkansing toestaat, wordt het tijdstip van de herkansing bepaald door de wedstrijdleiding. Het team mag zijn routine volledig hernemen, maar wordt enkel beoordeeld vanaf het punt waar de onderbreking plaatsvond.

3. Wanneer een team zijn routine dient te hernemen, maar er niet in slaagt de routine in zijn geheel te hernemen, dan krijgt dit team een score gebaseerd op de lager scorende uitvoering.

4. De gekwetste deelnemer mag niet terugkeren naar de competitievloer tenzij:

A. De competitieleiding de toestemming krijgt van het medisch personeel, de ouders (als ze aanwezig zijn) en de hoofdcoach van het deelnemende team.

B. Wanneer het medisch personeel geen toestemming geeft, kan de deelnemer enkel terug deelnemen aan de competitie wanneer een ouder of voogd een deelnemingsformulier ondertekend. Wanneer men een hersenschudding vermoedt, mag de deelnemer niet terugkeren naar de wedstrijdvloer zonder toestemming van het medisch personeel ook al is het formulier ondertekend.

2.11. Interpretatie

Elke interpretatie van elk aspect binnen deze regels en elke beslissing aangaande de competitie wordt besproken met de Belgian Cheerleading Federatie. Zij geven hun oordeel gebaseerd op een consistent verloop van de wedstrijd met de juiste instelling en doelen voor ogen.

2.12. Diskwalificatie

Elk team dat zich niet aan de vooropgestelde regels en procedures houdt, wordt gediskwalificeerd en heeft geen enkel recht meer op een prijs.

2.13. Jurering

Wanneer een team zijn routine uitvoert, worden zij beoordeeld door een gecertificeerd panel van juryleden die gebruik maken van een 100-punten systeem.

2.14. Scores en rangorde

Individuele scoresheets worden exclusief gebruikt door elk jurylid. Elk jurylid is zelf verantwoordelijk en heeft de autoriteit zijn punten te herzien en zijn eind score in te dienen vooraleer de totaalscores van alle teams genomen worden. Scores en rangordes zijn enkel toegankelijk voor de coaches op het einde van de competitie.

2.15. Eindverantwoordelijkheid

Door deelname aan deze competitie gaat elk team ermee akkoord dat de beslissing van de jury finaal is en niet meer herzien kan worden.

2.16. Strafpunten

Een aftrek van 5 punten per jurylid wordt toegepast wanneer een team zich niet houdt aan de specifieke regels. Deze aftrek is niet van toepassing op een inbreuk van de regels die toebehoren aan een lagere score. Bij een inbreuk van het reglement op verschillende plaatsen, maar op hetzelfde tijdstip (canons inbegrepen) wordt dit maar aanzien als 1 inbreuk en resulteert dit slechts in een aftrek van 5 punten. Indien u vragen hebt over een beweging of stunt en of deze legaal is of niet, kan je dit steeds mailen naar info@belgiancheer.be .

3. CHEERLEADING DIVISIONS

3.1. Algemene veiligheid en de vereisten voor een routine

1. Elk deelnemend team dient onder leiding van een coach/manager te staan, deze dient ook aanwezig te zijn op de wedstrijd.

2. Coaches moeten er steeds van uitgaan dat ze het juiste moeilijkheidsniveau van hun groep inschatten met als doel een correcte uitvoering te behalen.

3. Elk deelnemend team dient een plan te hebben voor noodgevallen.

4. Zowel de atleten als coaches mogen niet onder invloed zijn van alcohol, drugs, doping of medicatie die de prestatie kunnen beïnvloeden.

5. De ondergrond voor zowel de wedstrijd als training dient geschikt te zijn voor de activiteit.

6. Schoenen dienen aangepast te zijn. Dit betekent sportschoenen met harde zolen voor de stuntcategorie. Dansschoenen zijn enkel toegelaten in de danscategorieën.

7. Juwelen zijn niet toegestaan, dit houdt ook in oorbellen, piercings, doorzichtige plastic juwelen, armbanden, ringen, kettingen,….

8. Zowel het uniform, de muziek als de bewegingen dienen aangepast te zijn aan de leeftijd van de groep en dienen steeds geschikt te zijn voor publiek van alle leeftijden. Uniformen mogen geen delen hebben waarin de atleet zelf of een teamgenoot verstrikt kan geraken tijdens de activiteit.

9. Er mogen geen middelen gebruikt worden die zorgen voor meer hoogte zoals trampolines, opstapkrukjes,…

10. De enige attributen die gebruikt mogen worden tijdens de routine zijn pompons, vlaggen, banners en megafoon. Deze mogen de routine niet hinderen en dus ook niet vanaf een stunt naar beneden geworpen worden. Vlaggenmasten mogen niet gebruikt worden in stunts. Tijdens de tumbling-gedeelten mogen geen attributen gebruikt worden. In de categorie Groupstunt mag er ook geen gebruik gemaakt worden van attributen.

11. Harde gipsverbanden en braces dienen te bestaan uit zachte materialen zodat deze zichzelf of teamgenoten niet kunnen kwetsen.

12. Alle skills toegelaten in het niveau omvatten alle skills van de lagere niveaus.

13. In de stuntcategorieën dienen spotters leden van het team te zijn en zich bewust te zijn van de correcte spotting techniek.

14. Valbewegingen naar de knie, het zitvlak, de dij, de buik, de rug en splits vanuit een sprong, stunt of omgekeerde houding zijn niet toegestaan, tenzij de meerderheid van het

gewicht eerst op de handen of de voeten neerkomt, waardoor de impact van de val gebroken wordt. Een shushinova is toegestaan.

15. Aan het begin van de routine dient iedere atleet met handen of voeten de competitievloer te raken. *Uitzondering: Flyers mogen hun beiden voeten in de handen van de bases hebben, als de handen van de bases op de vloer rusten.*

16. Atleten dienen de volledige routine op de competitievloer aanwezig te zijn. Er mogen geen atleten gewisseld worden tijdens de routine.

17. Kauwgum, snoep en andere eetbare of niet eetbare producten mogen zich niet in de mond bevinden tijdens het uitvoeren van de routine.

18. Senior groupstunt en senior partnerstunt divisies moeten de veiligheidsregels volgen van de Premier divisie. Junior groupstunt en junior partnerstunt divisies moeten de veiligheidsregels volgen van de Elite divisie. Attributen zijn niet toegestaan.

19. Elk deelnemend team dient verzekerd te zijn voor mogelijke ongevallen.

3.2. Glossary

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

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

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

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

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

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

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

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

9. **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.

10. **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.

11. **Barrel Roll:** See "Log Roll".

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

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

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

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

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

17. **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).

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

19. **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.

20. **Catcher**: Person(s) responsible for the safe landing of a top person during a stunt/ dismount/toss/release. All catchers:
1. must be attentive
2. must not be involved in other choreography
3. must make physical contact with the top person upon catching
4. must be on the performing surface when the skill is initiated

21. **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.

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

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

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

25. **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."

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

27. **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.

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

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

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

31. **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.

32. **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.

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

34. **Extended Stunt**: When the entire body of the top person is extended in an upright position over the base(s).
Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie.
Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms, and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

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

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

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

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

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

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

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

42. **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.

43. **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.

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

45. **Front Limber**: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.
46. **Front Tuck**: A tumbling skill in which the tumbler generates momentum upward to perform a forward flip.

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

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

49. **Ground Level**: To be on the performing surface.

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

51. **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.

52. **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.

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

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

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

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

57. **Initiation / Initiating**: The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

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

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

60. **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.

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

62. **Jump Turn**: Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

63. **Kick Double Full** ("Kick Double"): Skill, typically in a toss, that involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

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

65. **Knee** (Body) Drop: See "Drop".

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

67. **Leap Frog**: A stunt in which a top person is transitioned from one set of bases to another or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the brace while transitioning. (Second Level) Leap Frog Same as a "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

68. **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.

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

70. **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.

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

72. **Mount**: See "Stunt".

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

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

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

76. **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.

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

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

79. **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.

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

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

82. **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".

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

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

85. **Prep-Level**: The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit etc.). A stunt may also be considered at prep level if the arms of the base(s) are extended overhead, but are not considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt (e.g. flatback, straddle lifts, chair, T-lift, etc.).
Clarification: A stunt is considered below prep level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sits are prep level stunts).

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

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

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

89. **Punch**: See "Rebound".

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

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

92. **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.

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

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

95. **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.
96. **Running Tumbling**: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

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

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

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

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

101. **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.

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

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

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

105. **Single-Based Double Cupie**: A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie".

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

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

108. **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.

109. **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.

110. **Spotter**: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be trained in proper spotting techniques.
The spotter
− Must be standing to the side or the back of the stunt, pyramid or toss.
− Must be in direct contact with the performing surface.
− Must be attentive to the skill being performed.
− Must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt.
− Cannot stand so that their torso is under a stunt.
− May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
− May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
− May not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.
Example: In a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).
Note: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

111. **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".

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

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

114. **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.

115. **Stunt**: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet

that the top person has being supported by a base(s). If the top person is not supported under any foot, then the skill will be considered a "Two Leg" stunt.
Exception: A Chair will be considered a "Two Leg" stunt.

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

117. **Suspended Forward Roll**: A suspended roll that rotates in a forward rotation. See "Suspended Roll".

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

119. **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.

120. **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.

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

123. **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.

124. **Toe / Leg Pitch**: A single or multi-based skill 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.

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

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

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

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

129. **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.

130. **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.

131. **Traveling Toss**: A toss which intentionally requires the bases or catchers to move 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").

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

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

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

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

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

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

138. **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.

139. **Two & One Half 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 1-. body lengths;
– Shoulder stands are 2 body lengths.

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

141. **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.

142. **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.

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

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

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

146. **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.

3.3. Novice rules (Level 1)

NOVICE GENERAL TUMBLING (Level 1

A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant divisions, if the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the divisions Beginner - Elite. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (. twist to stomach) in a stunt is allowed in Level 1.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

NOVICE STANDING / RUNNING TUMBLING

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

NOVICE STUNTS
A. Spotters
    1. A spotter is required for each top person at prep level and above.
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (e.g. v-sits, extended flat backs, etc.) are considered prep level stunts.
Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

Exception: Shoulder sits/straddles, t-lifts and stunts with up to a . twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.

    2.   A spotter is required for each top person in a floor stunt.

Clarification: The spotter may grab the top person's waist in a floor stunt.

B. Stunt Levels

    1.   Single leg stunts are only allowed at waist level.

Exception 1: Prep level single leg stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.

Exception 2: A walk up shoulder stand is allowed in Level 1 if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.

    2.   Stunts above prep level are not allowed. A stunt may not pass above prep level.

Clarification: Taking the top person above the head of the bases is not allowed.

C. Twisting stunts and transitions are allowed up to a total of a . twisting rotation by the top person in relation to the performing surface.

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

Exception 1: Rebounding to a prone position (. twist to stomach) is a stunt that is allowed in Level 1.

Exception 2: wrap around stunts are allowed in Level 1.

Exception 3: Up to a twist is allowed if the top person starts and ends on performance surface and is only supported at the waist and does not require an additional spotter.

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

Exception: Leap frogs and leap frog variations are not allowed in Level 1.

E. Free flipping or assisted flipping stunts and transitions are not allowed.

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

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

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

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons are not allowed.

I. Novice Stunts – Release Moves

1. No release moves are allowed other than those allowed in Level 1 "Dismounts".

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

3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is not allowed.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. Novice Stunts – Inversions
1. Inversions are not allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the
performance surface (see Level 1 rules for "Standing / Running Tumbling").
Example: A supported handstand on the performance surface is not considered a stunt but is
a legal
inversion.
K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

NOVICE PYRAMIDS

A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Note: Single base or assisted single base EXTENDED stunts are not allowed in Youth divisions or any of the younger divisions.
B. Top person must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the
top person must land in a cradle or dismount to the performing surface, may not be
connected to a bracer that is above prep level, and must follow the Level 1 "Dismounts"
rules.
C. Two leg stunts:
   1. Two leg extended stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:
      a. The connection must be made prior to initiating the two leg extended stunt.
      b. Prep level top person bracers must have both feet in bases' hands.
      Exception: Prep level top persons are not require to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
   2. Two leg extended stunts may not brace or be braced by other extended stunts.
D. Single Leg Stunts
   1. Prep level single leg stunts must be braced by at least one person at prep level or below with hand-arm connection only, with the following conditions:
      a. The connection must be made prior to initiating the single leg prep level stunt.
      b. Prep level top person bracers must have both feet in bases' hands.
      Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
   2. Extended single leg stunts are not allowed.
E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another topperson regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.

NOVICE DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm

supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in Level 1.
Clarification 2: All waist level cradles are not allowed.
C. Dismounts must return to the original base(s).
Exception 1: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without

assistance.
D. Only straight pop downs and basic straight cradles are allowed.
E. Twisting dismounts (including a turn/rotation) are not allowed.
F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
G. No dismounts are allowed from skills above prep level in pyramids.
H. No free flipping or assisted flipping dismounts are allowed.
I. Dismounts may not intentionally travel.
J. Top persons in dismounts may not come in contact with each other while released from the bases.
K. Tension drops/rolls of any kind are not allowed.

NOVICE TOSSES

A. Tosses are not allowed.
Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.
Clarification 2: All waist level cradles are not allowed.

3.4. Intermediate Rules (Level 2)

INTERMEDIATE GENERAL TUMBLING

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

INTERMEDIATE STANDING TUMBLING

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

INTERMEDIATE RUNNING TUMBLING

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

INTERMEDIATE STUNTS

A. Spotters
       1. A spotter is required for each top person above prep level.

2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
B. Stunt Levels
1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.
Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

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

I . Intermediate Stunts – Release Moves
1. No release moves are allowed other than those allowed in Level 2 "Dismounts" and "Tosses".
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Dismount "C".
4. Releasing from inverted to non-inverted body positions is not allowed.
5. Helicopters are not allowed.

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

Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.

Clarification 2: A log/barrel roll may not be assisted by another top person.

Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.

Example: No kick full twists.

7. Release moves may not intentionally travel.

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

J. Intermediate Stunts – Inversions

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

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

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

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

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

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

INTERMEDIATE PYRAMIDS

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

Note: Single base or assisted single base EXTENDED stunts are not allowed in Youth divisions or any of the younger divisions.

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

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performing surface, may not be connected to a bracer that is above prep level, and must follow the Level 2 "Dismount" rules.

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

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

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

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

E. Extended single-leg stunts:

    1. Extended single-leg stunts must be braced by at least one (1) top person at prep level or below with handarm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.

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

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

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

INTERMEDIATE DISMOUNTS

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

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

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

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

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

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

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

D. Only straight pop downs, basic straight cradles and ¼ turns are allowed.

E. Twisting dismounts exceeding ¼ turn/rotation are not allowed. All other positions / additional skills are not allowed.

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

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

G. Cradles from extended single leg stunts in pyramids are allowed.

H. No free flipping or assisted flipping dismounts are allowed.

I. Dismounts may not intentionally travel.

J. Top persons in dismounts may not come in contact with each other while released from the bases.

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

INTERMEDIATE TOSSES

A. Tosses are not allowed.

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

Clarification 2: All waist level cradles are not allowed.

3.5. Median Rules (Level 3)

MEDIAN GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the divisions Beginner - Elite. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in Level 3 performs a round off - toe touch - back handspring - back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Level 3 rules for "Standing Tumbling".

MEDIAN STANDING TUMBLING

A. Flips are not allowed.
Clarification: Jumps connected to ¾ front flips are also not allowed.
B. Series front and back handsprings are allowed.
C. Twisting while airborne is not allowed.
Exception: Round offs are allowed.

MEDIAN RUNNING TUMBLING
A. Flips:
       1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
       Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
       2. Other skills with hand support prior to the round off or round off back handspring are allowed.
       Example: Front handspring(s) and front walkover(s) through to round off back handspring tuck is allowed.
       3. Cartwheel tucked flips and/or cartwheel to back handspring(s) to tuck(s) is not allowed.
       4. Aerial cartwheels, running front tucks, and ¾ front flips are allowed.

Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.

B. No tumbling is allowed after a flip or an aerial cartwheel.

Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is required to create a new tumbling pass.

C. Twisting while airborne is not allowed.

Exception 1: Round offs are allowed.

Exception 2: Aerial cartwheels are allowed.

MEDIAN STUNTS

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

B. Single leg extended stunts are allowed.

C. Twisting Stunts & Transitions

    1. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.

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

    2. Full twisting transitions must land at and originate from the prep level or below only.

    Example: No full ups to an extended position.

    3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.

    Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would not be allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation.

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

Exception: See Level 3 "Release Moves".

E. Free flipping mounts and transitions are not allowed.

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

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

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

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person.

I . Median Stunts – Release Moves
1. Release moves are allowed but must not pass above extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted positions is not allowed.
3. Release moves must start at waist level or below and must be caught at prep level or below.
4. Release moves that land in a non-upright position must have three (3) catchers for a multi-based stunt and two (2) catchers for a single based stunt.
5. Release moves are restricted to a single skill/trick and zero (0) twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.
Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal (e.g. flat back or prone) body position.
Clarification: Single based log rolls must have two catchers. Multi-based log rolls must have three catchers.
6. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception 1: See Level 3 Dismount "C".
Exception 2: Dismounting single based stunts with multiple top persons.
7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

J. Median Stunts – Inversions
1. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.
Exception: Multi-based suspended rolls to a cradle, to a load in position, to flat body prep level stunt or to the performing surface are allowed. Multi-based suspended rolls must be supported by two hands. Both hands of the top person must be connected to a hand of the base(s).
2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.
Exception: Multi base suspended forward roll(s) may twist up to one twisting rotation (see #1. Exception above).
3. Forward Suspended Rolls exceeding . twist must land in cradle.

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

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

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

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

Clarification 3: Two leg "Pancake" stunts are not allowed in Level 3.

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

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

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

MEDIAN PYRAMIDS

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

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

Exception: See Level 3 "Pyramid Release Moves".

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

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

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

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

E. Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least one bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The hand/arm connection does not include the shoulder.

F. Median Pyramids – Release Moves

Any skill that is allowed within Median "Pyramids Release Moves" is also allowed if it remains connected to a base and two bracers. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules (below), the top person must land in a cradle or dismount to the performing surface and must follow the Median "Dismount" rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition.

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

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

2. Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-foot/lower-leg (below the knee) connection.

Clarification 1: Pyramid Release Moves must be braced on two separate sides (i.e. right side & left side, left side & back side, etc.) by two separate bracers. A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.

Clarification 2: Two bracers on the same side is not permitted.

Clarification 3: Contact between a top person and base(s) that are in contact with the performing surface must be made BEFORE contact with the bracer(s) is lost.

3. Primary weight may not be borne at the 2nd level.

Clarification: The transition must be continuous.

4. These release transitions may not involve changing bases.

5. These release transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter) under the following conditions:
   a. Both catchers must be stationary.
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.
   6. Release moves may not be braced/connected to top persons above prep level.

G. Median Pyramids – Inversions
1. Must follow Median "Stunt Inversions" rules.
2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.

Example 1: A flat back split which rolls to a load in position would be allowed even if the base extends their arms during the inversion skill.

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

H. Median Pyramids - Release Moves with Braced Inversions
1. Pyramid transitions may not involve inversions while released from the base.

MEDIAN DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
A. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to the original base(s).

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

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

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

D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg (1 leg) stunt.

E. Up to a 1- ¼ twisting rotations are allowed from all two leg stunts.

Clarification: Twisting from a platform position is not allowed. A platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at within the Median "Stunts" regarding Twisting Stunts and Transitions specifically.

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

G. Up to 1 trick is allowed during a dismount from any two leg stunt.

H. Any dismount from prep level and above involving a skill/trick (e.g. twist, toe touch) must be caught in a cradle.

I. No free flipping dismounts are allowed.

J. Dismounts may not intentionally travel.

K. Top persons in dismounts may not come in contact with each other while released from the bases.

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

M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

N. Dismounts from an inverted position may not twist.

MEDIAN TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: no intentional traveling tosses.

C. Flipping, inverted or traveling tosses are not allowed.

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

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

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

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

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

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

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

Example: No kick fulls, ½ twist toe touches.

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

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

3.6. Elite Rules (Level 5)

ELITE GENERAL TUMBLING

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

ELITE STANDING TUMBLING

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

ELITE RUNNING TUMBLING

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

ELITE STUNTS

A. A spotter is required for each top above prep level.
B. Single leg extended stunts are allowed.
C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
D. Free flipping stunts and transitions are not allowed.
E. Single based split catches are not allowed.

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

G. Elite Stunts - Release Moves

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

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

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.

Exception: Front handspring up to an extended stunt may include up to a . twist.

Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

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

4. Release moves must return to original bases.

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

Exception 1: See Elite Division Dismounts "C".

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

5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

6. Release moves may not intentionally travel.

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

8. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

H. Elite Stunts – Inversions

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

2. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head
and shoulder area.

Clarification 2: Downward inversions originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)

Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

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

Exception: The original base may lose contact with the top person when it becomes necessary to do so.

Example: Cartwheel-style transition dismounts.

4. Downward inversions from above prep level:

    a. May not stop in an inverted position.

    Example: a cartwheel roll off would be legal because the top person is landing on their feet.

    Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

    b. May not land on or touch the ground while inverted.

    Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.

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

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

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

ELITE PYRAMIDS

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

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

Exception: See Elite Division "Pyramids Release Moves".

C. Elite Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.

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

2. Primary weight may not be borne at the 2nd level.

Clarification: The transition must be continuous.

3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:

    a. Both catchers must be stationary.

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

4. Non-inverted transitional pyramids may involve changing bases. When changing bases:

    a. The top person must maintain physical contact with a person at prep level or below.

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

    b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).

5. Release moves may not be braced/connected to top persons above prep level.

D. Elite Pyramids - Inversions
1. Must follow Elite Division "Stunt Inversions" rules.

E. Elite Pyramids - Release Moves w/ Braced Inversions
1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Braced inversions (including braced flips) are allowed up to 1 . flipping rotations and . twisting rotations.
3. Braced inversions (including braced flips) that exceed . twisting rotations are only allowed up to a . flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.
Clarification: ALLOWED – An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward . rotation to a prone position while in contact with 1 bracer.
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
      a. The 3 catchers/spotters must be stationary.
      b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
      c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).
7. All braced inversions (including braced flips) that twist (including . twist or more) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.
      a. The catchers must be stationary.
      b. The catchers must maintain visual contact with the top person throughout the entire transition.
      c. The catchers may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).
8. Braced inversions (including braced flips) may not travel downward while inverted.
9. Braced flips may not come in contact with other stunt/pyramid release moves.
10. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

ELITE DISMOUNTS

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

A. Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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

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

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

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

D. Up to a 2 ¼ twisting rotations are allowed from all stunts.

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

F. No free flipping dismounts allowed.

G. Dismounts may not intentionally travel.

H. Top persons in dismounts may not come in contact with each other while released from the bases.

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

J. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

K. Dismounts from an inverted position may not twist.

ELITE TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: no intentional traveling tosses.

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

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

D. Flipping, inverted or traveling tosses are not allowed.

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

F. Up to 2 ½ twisting rotations allowed.

G. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.

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

PREMIER STUNTS

A. A spotter is required:

      1. During one-arm (1 arm) stunts above prep level other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.

      2. When the load/transition involves

            a. A release move with a twist greater than 360 degrees.

            b. A release move with an inverted position landing at prep level or below.

            c. A free flip.

      3. During stunts in which the top person is in an inverted position above prep level.

      4. When the top person is released from above ground level to a one-arm (1 arm) stunt.

B. Stunt Levels:

      1. Single leg (1 leg) extended stunts are allowed.

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

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

D. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.

Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers (Example: a rewind that lands in a cradle position).

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

Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.

Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.

E. Single based split catches are not allowed.

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

G. Premier Stunts - Release Moves

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

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

2. Release moves may not land in an inverted position.

3. Release moves must return to original bases.

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

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

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

4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

5. Release moves may not intentionally travel. See exception in #3 above.

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

7. Top persons in separate release moves may not come in contact with each other.

Exception: Single based stunts with multiple top persons.

H. Premier Stunts - Inversions

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

PREMIER DISMOUNTS

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

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

B. Dismounts to the performing surface must be assisted by an original base or spotter.

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

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

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

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

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

E. Free flipping dismounts to a cradle:

      1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (Arabians).

      2. Require at least 2 catchers, one of which is an original base.

      3. May not intentionally travel.

      4. Must originate from prep level or below (may not originate from 2 ½ high pyramid).

      Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2- ½ high may not twist.

F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:
Clarification: Back flipping dismounts must go to cradle.

      1. Allowed up to 1 front flipping and 0 twisting rotations.
      2. Must return to an original base.
      3. Must have a spotter.
      4. May not intentionally travel.
      5. Must originate from prep level or below (may not originate from 2 . high pyramids).

G. Tension drops/rolls of any kind are not allowed.
H. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand-arm supporting the head and shoulder of the top person.
J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
K. Dismounts must return to original base(s).
Exception: Single based stunts with multiple top persons do not need to return to original base(s).
L. Dismounts may not intentionally travel.
M. Top persons in dismounts may not come in contact with each other while released from the bases.

PREMIER TOSSES

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

Legal (Two Skills)
Tuck flip, X-Out, Full Twist
Double Full-Twisting Layout
Kick, Full-Twisting Layout
Pike, Open, Double Full-Twist
Arabian Front, Full-Twist

<u>Illegal (Three Skills)</u>
Tuck flip, X-Out, Double Full Twist
Kick, Double Full-Full Twisting Layout
Kick, Full-Twisting Layout, Kick
Pike, Split, Double Full-Twist
Full-Twisting Layout, Split, Full-Twist

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

3.8. Scoresheets

Verdeling van de punten in de categorieën: **TEAM CHEER LEVEL 3 en 5**

Criteria voor de jury	Beschrijving	Punten
Cheer Criteria	Het team is in staat om een publiek op te peppen en mee te krijgen voor het team. Het gebruik maken van pom's, borden, megafoons, stunts, piramides om een publiek te sturen en de uitvoering hiervan.	10
Partner Stunts	Uitvoering van vaardigheden, moeilijkheidsgraad (level, aantal basissen, aantal stuntgroepjes), synchronisatie en de variatie	25
Piramides	Moeilijkheid, overgangen, opbouw en afbraak van de stunts, de uitvoering, de timing en de creativiteit.	25
Basket Tosses	De uitvoering van de vaardigheden, de hoogte, de synchronisatie (wanneer dit van toepassing is), de variatie	15
Tumbling	Tumbling van de groep, uitvoering van de vaardigheden (bevat ook de sprongen indien van toepassing), moeilijkheidsgraad, juiste techniek, synchronisatie	10
Flow of the Routine / Transitions	Uitvoering van de verschillende componenten: vloeit alles mooi over in elkaar, gaat het vlot, klopt de timing, hoe zijn de overgangen	5
Overall Presentation, Crowd Appeal, Dance	Algemene presentatie, de dans en het effect op het publiek	10
TOTAL		**100**

Verdeling van de punten in de categorieën: **TEAM CHEER LEVEL 1 en 2**

Criteria voor de jury	Beschrijving	Punten
Cheer Criteria	Het team is in staat om een publiek op te peppen en mee te krijgen voor het team. Het gebruik maken van pom's, borden, megafoons, stunts, piramides om een publiek te sturen en de uitvoering hiervan.	10
Partner Stunts	Uitvoering van vaardigheden, moeilijkheidsgraad (level, aantal basissen, aantal stuntgroepjes), synchronisatie en de variatie	25
Piramides	Moeilijkheid, overgangen, opbouw en afbraak van de stunts, de uitvoering, de timing en de creativiteit.	25
Tumbling	Tumbling van de groep, uitvoering van de vaardigheden (bevat ook de sprongen indien van toepassing), moeilijkheidsgraad, juiste techniek, synchronisatie	10
Flow of the Routine / Transitions	Uitvoering van de verschillende componenten: vloeit alles mooi over in elkaar, gaat het vlot, klopt de timing, hoe zijn de overgangen	5

Overall Presentation, Crowd Appeal, Dance	Algemene presentatie, de dans en het effect op het publiek	10
TOTAL		**85**

Verdeling van de punten bij **Groupstunt en Partnerstunt**

Criteria voor de jury		Beschrijving	Punten
STUNTS AND TOSSES	**Execution of Technique**	Gebruik maken van de juiste technieken bij het uitvoeren van de stunts, de stunts er eenvoudig laten uitzien.	30
	Difficulty	Moeilijkheidsgraad en in staat zijn deze stunts uit te voeren tijdens de routine. Bevat ook het niet moeten uitzetten bij een stunt, continue overgangen, stunts met 1 arm, tosses, etc. (Moeilijkheid gebaseerd op vooruitgang)	25
	Form and Appearance of Stunts	Niet verplaatsen tijdens het stunten, gestrekte armen, lenigheid, correcte stretches, in rechte lijn met de basissen, facials, ·	20
OVERALL PERFORMANCE	**Transitions**	Ritme van de transities, visuele effecten en creativiteit in overgangen, mooi op de muziek, moeilijkheid en techniek behouden tijdens de routine. Zo weinig mogelijk onderbrekingen gedurende de routine.	15
	Showmanship	Aantrekking van een routine, de routine is gechoreografeerd op de muziek, stunts worden uitgevoerd op de beat van de muziek, stunts zijn creatief/visueel aantrekkelijk, vlot gecombineerd, met veel energie en facials.	10
TOTAL			**100**

HIP HOP – routines moeten street stijl bewegingen bevatten met een nadruk op de uitvoering, stijl, creativiteit, lichaamsisolaties en controle. De uitvoering van alle bewegingen tijdens de performance zouden samen moeten vallen met de beats en het ritme van de muziek. Teams mogen ook een extra focus geven met jumps, jump variaties, combinatie jumps en vloer werk. Er zijn geen props toegestaan. Kledij en accesoires moeten aangepast worden aan de Hip Hop cultuur. Meer informatie vind je terug op de scoresheet.

POMDANCE --- Poms moeten gebruikt worden tijdens de routine. Belangrijke karakteristieken van een pom routine zijn synchronisatie en visuele effecten, samen met goede om techniek en dans techniek. Bewegingen moeten zeer scherp, clean en precies zijn. Je team moet gesynchroniseerd zijn en moet een geheel vormen. Een routine met veel visuele effecten is zeer belangrijk, ook hoogte veranderingen, groepswerk, formatie veranderingen enzo. is belangrijk. Meer informatie vind je terug op het scoresheet.

4.2. Algemene regels

Alle teams moeten een gekwalificeerde coach hebben.
Coaches moeten het volgende hanteren: 'proficiency before skill progression' Coaches moeten het niveau kennen van hun atleten een een choreografie maken op basis van hun kunnen.

4.3. Choreografie en kledij

1. Suggestieve, offensieve, of vulgaire choreografie, kledij, make-up en/of muziek zijn ongepast voor het publiek en zij daardoor niet gewenst.
2. Routines en choreografieën moeten gepast en entertainend zijn voor het volledige publiek. Vulgaire of suggestief materiaal wordt gedefinieerd door elke beweging die iets ongepast impliceert en offensief of seksueel getint is.
3. Teams mogen niets gebruiken wat de wedstrijdvloer kapot kan maken.
4. Gebruik van vuur, gassen, dieren en andere rare elementen zijn ten strictste verboden.
5. Ongepaste choreografie, kledij, make-up en/of muziek kan de algemene impressie van de jury beïnvloeden en dus ook de score.
6. Alle kledij, make up en choreografie moet aangepast zijn aan de leeftijd en moet acceptabel zijn voor families.
7. Alle kledij moet veilig zijn en het lichaam voldoende bedekken. Problemen met kledij die resulteren in het blootstellen van teamleden kunnen tot diskwalificatie leiden. Zorg er dus voor dat je op voorhand voldoende oefent in kledij zodat dit vermeden wordt.
8. Kousenbroeken dienen gedragen te worden onder onderbroeken, hot pants of extreme korte shorts.
9. Schoenen moeten gedragen worden tijdens de competitie. Op blote voeten, in kousen, hoge hielen, rollerskates of andere schoenen die ongepast zijn voor de sport zijn verboden.
10. Juwelen die tot het kostuum behoren zijn toegestaan.
11. Alle kostuums voor mannen moeten een t-shirt hebben dat is dicht geknoopt, maar deze

mag wel mouwloos zijn.

12. Cheers en kreten zij niet toegestaan.

13. Een atleet mag geen kauwgom, snoep, keelpastillen of andere eetbare substanties in zijn mond hebben wat kan resulteren in stikken.

4.4. Attributen

1. Een attribuut wordt gedefinieerd als alles wat gebruikt wordt in je choreografie en dat niet vasthangt aan je kostuum.

2. Draagbare en in de hand vastgehouden items/attributen dat bijdragen tot de choreografie zijn toegestaan in de hiphop categorie. Ze mogen verwijderd worden van het lichaam.

3. In de categorie Freestyle Pom zijn attributen niet toegestaan aangezien men pomponnen dient te

gebruiken gedurende heel de routine. Mannelijke deelnemers in deze categorie zijn niet verplicht pomponnen te gebruiken.

4. Geen grote op de grond staande attributen zijn toegestaan in alle categorieën, zoals stoelen, barkrukken, banken, trappen, steps, ladders, bars,…. Elk item dat het gewicht van een atleet kan dragen wordt gezien als een staand attribuut.

4.5. Glossary

1. **Aerial Cartwheel**: An airborne tumbling skill which emulates a cartwheel, executed without placing hands on the ground.

2. **Airborne** (executed by Individuals, Groups or Pairs): A state or skill in which the performer is free of contact from a person and/or the performance surface.

3. **Airborne Hip Over Head Rotation** (executed by individual): An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (Example: Round off or a Back Handspring).

4. **Category**: Denoting the style of the routine (Example: Pom, Hip Hop).

5. **Connected/Consecutive Skills**: An action in which the individual performs skills continuously, without a step, pause or break in between (Example: Double Pirouette or Double Toe Touch).

6. **Contact** (executed by Groups or Pairs): The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

7. **Division**: Denoting the composition of a competing group of individuals (Example: Senior, Junior).

8. **Drop** (executed by Individuals): An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.

9. **Elevated**: An action in which an individual is moved to a higher position or place from a lower one.

10. **Executing Individual**: An individual who performs a skill as part of "Groups or Pairs" who use(s) support from another individual(s).

11. **Head Level**: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.)

12. **Height of the Skill**: Where the action is taking place.

13. **Hip Level**: A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.)

14. **Hip Over Head Rotation** (executed by individuals): An action characterized by continuous movement where an individual's hips rotate over his/her own head in a skill (Example: Back Walkover or Cartwheel).

15. **Hip Over Head Rotation** (executed by Groups or Pairs): An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill.

16. **Inversion/Inverted**: A position in which the individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

17. **Inverted Skills** (executed by individuals): A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

18. **Lift** (executed by Groups or Pairs): A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).

19. **Partnering** (executed by pairs): A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.

20. **Perpendicular Inversion** (executed by Individuals): An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

21. **Prone**: A position in which the front of the individuals' body is facing the ground, and the back of the individuals' body is facing up.

22. **Prop**: Anything that is used in the routine choreography that is no/was not originally part of the costume.

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

23. **Shoulder Inversion** (executed by Individuals): A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.

24. **Shoulder Level**: A designated and averaged height; the height of a standing individual's shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).

25. **Supine**: A position in which the back of the individuals' body is facing the ground, and the front of the individuals' body is facing up.

26. **Supporting Individual**: An individual who performs a skill as part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.

27. **Toss**: A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

28. **Tumbling**: A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

29. **Vertical Inversion** (executed by groups or pairs): A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.

4.6. Specific Rules – Freestyle Pom for Junior & Senior

A. Individual Skills (Executed by Individuals):

Note: Tumbling as a skill is allowed, but not required, with the following limitations:
1. Airborne inverted skills with hand support are not allowed while holding poms.
2. Skills with hip over head rotation:
   a. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed.)
   b. Non-airborne skills are allowed.
   c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills.
   d. Airborne skills without hand support are allowed provided the following:
      i.   Involves no more than 1 twisting transition.
      ii.   May not connect to another skill that is airborne with hip-over-head rotation without hand support.
      iii. Are limited to 2 consecutive hip over head rotation skill(s).
3. Simultaneous tumbling over or under another athlete that includes hip over head rotation by both athletes is not allowed.

4. Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level (Clarification: Drops directly to the knee, thigh, front or head are not allowed).
5. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

B. Lifts and Partnering (Executed in Pairs or Groups):

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

C. Release Moves (Groups & Pairs: Dismounts to the Performance Surface

Clarification: May be assisted but not required.
1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
  a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
  b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
  a. The highest point of the release/toss does not elevate the Executing Individual's hips above head level.
  b. The Executing Individual is not supine or inverted when released.

c. The Executing Individual may not pass through a prone or inverted position after release.

4.7. Specific Rules – Hip Hop for Junior & Senior

A. Individual Skills (Executed by Individuals):

Note: Tumbling as a skill is allowed, but not required with the following limitations:
1. Inverted Skills:
   a. Non airborne skills are allowed (Example: Headstand).
   b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Skills with hip over head rotation:
   a. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).
   b. Non airborne skills are allowed.
   c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip over-head rotation skills.
   d. Airborne skills without hand support are allowed provided all of the following:
      i. Involves no more than one twisting transition.
      ii. May not connect to another skill that is airborne with hip over head rotation without hand support.
      iii. Are limited to 2 consecutive hip over head rotation skill(s).
3. Simultaneous tumbling over or under another athlete that includes hip over head rotation by both athletes is not allowed.
4. Only drops to the shoulder, back or seat are permitted provided the height of the airborne Individual does not exceed hip level (Clarification: Drops directly to the knee, thigh, front or head are not allowed).
5. Landing in a push-up position may involve any jump.

B. Lifts and Partnering (Executed in Pairs or Groups):

Note: Lifts and Partnering are allowed but, not required with the following limitations:
1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level under the following conditions:
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.
   c. The Executing Individual is not caught in the prone position.
3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided:
   a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or is returning to the upright position.

4. A Vertical Inversion is allowed provided:
   a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional athlete to spot who does not bear weight of the Executing Individual. (Clarification: When there are 3 Supporting Athletes an additional spot is not required).

C. Release Moves (Groups & Pairs: Dismounts to the Performance Surface

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

4.8. Scoresheets

Verdeling van de punten in Categorie Pomdance:

Criteria van de jury		Beschrijving	Points
TECHNIQUE	Execution of Pom Motion Technique	Nette armlijnen, gebruik van niveaus, plaatsingen, bewegingen zijn sterk en precies.	10
	Execution of Dance Technique	Correct placement en niveau van armen/romp/heupen/benen/handen/voeten, lichaamscontrole, extenties, balance, bewegingsstijl	10
	Execution of Technical Skills	Correcte uitvoering van sprongen, draaien, lifts, partnerwerk etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Als 1 geheel bewegen op de muziek	10
	Uniformity of Movement	Bewegingen zijn hetzelfde bij elke persoon, duidelijk en netjes.	10
	Spacing	Gelijke en correcte spacing tussen de individuen op de wedstrijdvloer tijdens de routine en de overgangen.	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Gebruik van de accenten uit de muziek, stijl, creativiteit, originaliteit.	10
	Routine Staging/ Visual Effects	Formaties en overgangen, visuele impact, groepswerk, niveaus, oppositie, pom's, etc.	10
	Degree of Difficulty	Moeilijkheidsgraad van de bewegingen, gewichtsverplaatsingen, tempo, etc.	10
OVERALL	Communication/ Crowd Appeal & Appropriateness	Een dynamische choreografie brengen die het publiek aanspreekt. Aangepast aan de leeftijd en met gepaste muziek, kledij en bewegingen.	10
TOTAL			**100**

Verdeling van de punten in de Categorie Hiphop:

Judging Criteria		Description	Points
TECHNIQUE	Strength of Movement	Kracht en afwerking van een beweging	10
	Execution of Hip Hop Style(s) – Placement / Control	Juiste plaatsing van armen/romp/heupen/benen/handen/voeten, lichaamscontrole. Gebruik van de hiphop stijl: tutting, popping, waving, lyrical, etc.	10
	Execution of Skills / Athletic Incorporations	Uitvoering van het vloerwerk, freezes, partnerwerk, lifts, tricks, sprongen, etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Als 1 bewegen met de muziek.	10
	Uniformity / Clarity of Movement	Bewegingen zijn hetzelfde bij elke persoon, duidelijk en netjes.	10
	Spacing	Gelijke en correcte spacing tussen de individuen op de wedstrijdvloer tijdens de routine en de overgangen.	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Gebruik van de accenten uit de muziek, stijl, creativiteit, originaliteit.	10
	Routine Staging / Visual Effects	Formaties en overgangen, visuele impact, groepswerk, niveaus, oppositie, pom's, etc.	10
	Degree of Difficulty	Moeilijkheidsgraad van de bewegingen, gewichtsverplaatsingen, tempo, etc.	10
OVERALL	Communication / Crowd Appeal & Appropriateness	Moeilijkheidsgraad van de bewegingen, gewichtsverplaatsingen, tempo, etc.	10
		TOTAL	**100**