



2009-2010 Competition Rules *All Star Cheerleading*

Level 1 Rules

Standing and Running Tumbling

- 1) Physical contact with the competition floor must be maintained while performing a tumbling skill. Exception dive/block cartwheels and round-offs.
- 2) Forward and backward rolls, handstand forward rolls, back extensions, front and back walkovers are allowed.
- 3) Round-offs and cartwheels, **including one handed cartwheels and round offs are allowed.**
- 4) Front and back handsprings are prohibited.
- 5) **Dive rolls are permitted**

Stunts

- 1) Extended stunts are prohibited. Stunts may not pass through or be held at an extended position. (Refer to the glossary for the definition of an extended stunt)
- 2) Walking stunts where the flyer remains stationary are allowed.
- 3) During a transitional stunt, if the weight of the flyer does not remain within the original vertical axis of his/her stunt group, three stationary catchers are required. Physical contact must be maintained with the base(s).
- 4) No stunt or pyramid, or individual may move under or over another stunt, pyramid or person.
- 5) Single based split catches are prohibited.
- 6) Single leg stunts are allowed below prep (shoulder) level.
- 7) Bases must remain in contact with the flyer at all times. Transitional stunts can not involve changing bases.
- 8) **Up to a 1/2 twist is allowed in mounts.**
- 9) Up to a 1/4 twist is allowed in transitions.
- 10) No assisted or free flipping mounts or transitional stunts are allowed.
- 11) All stunts at shoulder level or above (except straddle sits) require a spotter.

Pyramids (must follow all Level 1 Stunts and Dismount Rules)

- 1) All pyramids are allowed up to two (2) high and must follow all stunt, dismount and release rules.
- 2) A flyer must receive primary support from a base(s).
- 3) A flyer in an extended stunt must be braced by at least two flyers at prep level with arm/hand connection. All flyers must have both feet in base(s) hands. (i.e. two legged stunts only) The connection must be made at or below prep level.
- 4) All single leg stunts at prep level (shoulder level) must be braced by at least one person at prep level or below. Connection must be made prior to execution of single leg stunt.
- 5) All stunts at prep level or higher require a spotter. Exception: Shoulder/Straddle sit.

Inversions

- 1) No inversions allowed
*clarification: a cheerleader in a handstand on the floor, being held/braced by another cheerleader is not considered an inversion under our rules; it is simply choreography.

Dismounts

- 1) All free flipping and assisted flipping dismounts or any kind are prohibited.
- 2) Tension drop/rolls of any kind are prohibited.
- 3) Dismounts to the competition floor from stunts and/or pyramids must be assisted by an original base.
- 4) Cradles from a single based stunt must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- 5) Multi-based stunts must have two catchers and a separate spotter positioned at the head and shoulder through the cradle. Single based stunts must have a separate spotter/catcher to support head and shoulder of the flyer in the cradle.
- 6) Only straight pop downs and basic straight cradles are allowed.
 - a) **Exception: 1/4 twists dismounts are allowed from a shoulder level and below provided there are 3 catchers; one catcher must be stationed at the head and shoulder of the flyer during the cradle.**
- 7) Extended stunts in pyramids may not be cradled.

Tosses & Release Moves

- 1) No release moves allowed other than those in Level 1 “Stunts” and “Dismounts”
- 2) Release moves may not land in a prone position
- 3) No tosses allowed.