



2009-2010 Competition Rules *All Star Cheerleading*

Level 2 Rules

Standing Tumbling

- 1) Flips and aerials are prohibited.
- 2) No jump skill is allowed in immediate combination with a hand spring. (Ex: Pike back handspring or back handspring toe touch would be prohibited)
- 3) *Series/consecutive front or back handsprings are allowed.*
- 4) No twisting while airborne.
- 5) Handsprings must involve hand support from both hands.

Running Tumbling

- 1) Flips and aerials are prohibited.
- 2) No twisting while airborne.
- 3) Series front or back handsprings are allowed.
- 4) Forward to backward tumbling is allowed. Example: Front handspring round-off back handspring is allowed.
- 5) One-handed handsprings are allowed.
- 6) Step out handsprings are allowed.

Stunts

- 1) A spotter is required for all extended stunts.
- 2) Single based split catches are prohibited.
- 3) No assisted or free flipping mounts or transitional stunts are allowed.
- 4) No stunt or pyramid, or individual may move under or over another stunt, pyramid or person.
- 5) When catching a transitional stunt that is above prep level, at least three catchers are required.
- 6) 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. *Contact must be maintained with at least two of the original bases.*
- 7) Single leg stunts may not pass through or be held at an extended position.
- 8) During a transition the flyer must maintain contact with at least one of their original bases.
- 9) Twisting transitions and mounts are limited to ½ twist (180°).
- 10) Single base double cupies (awesome) require a separate spotter for each flyer.

Pyramids (must follow all Level 2 Stunts and Dismount Rules)

- 1) No stunt or pyramid, or individual may move under or over another stunt, pyramid or person.
- 2) All pyramids are allowed up to two (2) high.
- 3) Extended single leg stunts are allowed providing:
 - a) Must be braced by *a flyer* at prep level or below.

- b) The connection to the bracer(s) may be hand to hand or hand to foot and must be established at or below prep level.
- c) Prep level bracer(s) must have both feet in bases hands.
 - i) Exception thigh stand, shoulder sit, or shoulder stand.
- 4) Extended single leg stunts may not be brace or be braced by any other extended stunts.
- 5) Top person must receive primary support from a base. Exception: In hanging pyramids primary supporting flyer must be at or below prep level.
- 6) Hanging pyramids must remain upright. Each top person at prep level must have a continuous spotter and bases must brace the hanging flyer(s).

Inversions

- 1) Ground level inversions **into** a stunt are permitted. The inversion must start on the ground (i.e. the flyer's hands must be on the ground) and end in a stunt. Example: Handstand on the ground into a sponge would be legal. Cradle to a handstand walk out would be illegal.
- 2) Inversions above ground level are prohibited.
- 3) While inverted a person(s) may not support any weight of a flyer or another person.

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.
- 6) Cradles are permitted from extended single leg stunts in pyramid.
- 7) Only straight pop downs, basic straight ride and 1/4 turn cradles are allowed from extended stunts and single leg stunts.
- 8) ***One twisting rotation is allowed from a prep level two legged multi-based stunt. (i.e. prep, half, elevator) provided at least one catcher is positioned at the head and shoulders of the flyer through out the twist cradle.***

Release Moves

- 1) No release moves allowed other than those in Level 2 "Stunts" and "Dismounts".
- 2) Release moves must return to their original bases; may not intentionally travel and may not pass over, under or through another stunt, release move, person and/or pyramid.
- 3) Release moves may not land in a prone position.
- 4) Helicopters are not allowed.
- 5) A full twisting log roll (barrel) is allowed as long as it starts and ends in a cradle and may not be assisted by another flyer. NO other skill is allowed in connection with the log roll.

Tosses

- 1) Tosses are allowed provided;
 - a) Tosses must be performed from ground level and end in a cradle;
 - b) No more than 4 bases tossing;

- c) One of the bases must remain behind the flyer during the toss and is responsible for catching the head and shoulder area of the flyer.
 - d) The flyer must be caught by 3 of the original bases, one must be positioned at the head and shoulder area during the cradle;
 - e) Tosses may not intentionally travel (bases must remain stationary).
- 2) No stunt, pyramid, prop, individual, or other toss may move over or under a toss. A toss may not be thrown over a stunt, pyramid, prop or individual.
 - 3) Inverted, flipping and/or traveling tosses are prohibited.
 - 4) All types of tosses are allowed. (basket, sponge, squishy, and/or scrunch)
 - 5) **A straight body ride or a toe touch are the only body positions allowed during a toss.**
 - 6) During a straight body ride toss, the flyer may use variations of arm positions provided the legs and body remain in a straight ride position.