



## 2009-2010 Competition Rules *All Star Cheerleading*

### *Level 3 Rules*

#### ***Standing Tumbling***

- 1) No tucks/flips allowed.
- 2) **Side (cartwheel) aerials and side somis are permitted.**
- 3) Series front and back handsprings are allowed.
- 4) Twisting while airborne is prohibited. **Exception: Onodi**
- 5) At least one hand must provide support while passing through an inverted position. **Exception: Side aerial, side somi, Arabian mounter.**

#### ***Running Tumbling***

- 1) Front tucks (Punch Fronts) are allowed.
- 2) Flips may only be performed in a **tuck or lay-out position** and only from a round off or round off back handspring entry.
  - a) Skills not allowed are: lay-out step out, x-outs, whips, tuck pikes, front aerials, and Arabians.
- 3) Forward to backward tumbling is allowed provided all tumbling skills prior to the tuck have at least one hand providing support while in an inverted position. Example, Front walkover round-off back handspring, back handspring lay-out, would be legal. Punch front round-off back handspring, lay-out would be prohibited.
- 4) Only a forward roll, backward roll or **a back extension roll** maybe performed after a back tuck or lay-out, no other skills may be performed after the roll.
- 5) Twisting while airborne is prohibited. **Exception: Onodi, Side Somi and cartwheel or round-off to an Arabian Mounter.**

#### ***Stunts***

- 1) A spotter is required for all extended stunts.
- 2) Single based split catches are prohibited.
- 3) When catching a transitional stunt that is above prep level, at least three catchers are required.
- 4) 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. The flyer must maintain contact with at least one of the original bases.
- 5) No stunt or pyramid, or individual may move under or over another stunt, pyramid or person.
- 6) Single leg extended stunts are allowed.
- 7) No free flipping mounts or transitional stunts are allowed.
- 8) **Twisting transitions and mounts are limited to one full twist by the flyer (360°)**
  - a) **Twisting transitions and/or mounts must originate from prep level or below;**
  - b) **Twisting transitions and/or mounts may end in an extended position.**
- 9) During a transition the flyer must maintain contact with at least one of their original bases.

10) Single base double cupies (awesome) require a separate spotter for each flyer.

### ***Pyramids (must follow all Level 3 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 may not be brace or be braced by any other extended stunts.
- 4) Top person must receive primary support from a base. Exception: In hanging pyramids, the primary supporting flyer must be at or below prep level.
- 5) Hanging pyramids must remain upright. Each top person at prep level must have a continuous spotter and bases must brace the hanging flyer(s).
- 6) During pyramid transitions, a flyer may pass above 2 persons high only while in direct contact with at least two flyers at prep level or below, one connection must be arm-arm/ hand-hand. These transitions may not involve changing bases.
  - a) During transition, there must be at least two stationary catchers who must maintain visual contact with the flyer during the transitional release move.
- 7) During a pyramid transition the flyer may pass through an inverted position provided that the flyer remains in contact with their original base(s) that is in direct/weight bearing contact with the performance floor.

### ***Inversions***

- 1) No inverted stunts are permitted above prep (shoulder) level. The connection and support of the flyer with the base(s) must be at prep level or below.
  - a) Exception: Double base suspended forward roll dismount to the competition floor or to a cradle is allowed providing the flyer is supported/connected by two hands to separate hands of the base(s).
- 2) Downward inversions are allowed **provided:**
  - a) The inversion is below prep level;
  - b) The flyer(s) are assisted by a minimum of two bases who are positioned at the head and shoulder area of the flyer;
  - c) Flyer maintains contact with an original base;
  - d) The stunt may not pass through a prep level or higher and then become inverted.
  - e) The catchers must physically stop/catch the flyer at the head and shoulder.
- 3) While inverted a person(s) may not support any weight of a flyer or another person.

### ***Dismounts***

- 1) All free 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) When cradling a single based double cupie (awesome) two (2) catches must catch each flyer. Catchers and bases must be stationary prior to the start of the dismount.
- 7) Double base suspended forward roll dismount to the competition floor or to a cradle is allowed.
- 8) Up to 1 ¼ twists from any two legged stunt.
- 9) Up to 1 skill allowed during a dismount from any two legged stunt. i.e. toe touch to a cradle.
- 10) **Up to 1 full twist from a liberty or a variation of a liberty.**

### ***Release Moves***

- 1) No release moves allowed other than those in Level 3 “Stunts” and “Dismounts”
- 2) Toss to hands is allowed. Providing the toss begins on the ground and ends at prep level. Inverted and flipping tosses are prohibited.
- 3) All release moves must return to original bases. **Exception: prep level leap frogs.**
- 4) Release moves may not land in a prone position.
- 5) A full twisting log roll (barrel) is allowed as long as it starts and ends in a cradle.
- 6) Release moves may not pass over or under another stunt, release move and/or pyramid.  
**Exception: In a prep level or below leap frog, where the flyer transitions over their front or back spot is allowed.**
- 7) Helicopters are not allowed

### ***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 should area during the cradle;
  - e) Tosses may not intentionally travel (bases must remain stationary);
  - f) Flipping or inverted tosses are prohibited.
- 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) Inversions are not allowed in tosses
- 4) Up to one twisting rotation (360°) allowed in a toss; no skill other than a twist is allowed.
- 5) In a toss, up to one trick is allowed. Example: Toe touch, ball out, kick, pretty girl, all would be legal, ball X are also allowed. Examples of illegal tosses: kick full, switch kick, double toe touch. An Arch performed after a skill is not considered an additional trick.