



2009-2010 Competition Rules *All Star Cheerleading*

Level 4 Rules

Standing Tumbling

- 1) Standing flips and aerials are allowed. (including flips with a back handspring entry)
- 2) No consecutive flip-flip combinations allowed.
- 3) 0 twisting rotations are allowed. ***Exception: Onodi and Side Somi.***

Running Tumbling

- 1) Tumbling Skills allowed up to **1 flipping and 1 twisting rotations.**

Stunts

- 1) A spotter is required for all extended stunts.
- 2) Single based split catches are prohibited.
- 3) Single leg extended stunts are allowed.
- 4) When catching a transitional stunt that is above prep level, at least three catchers are required.
- 5) 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.
- 6) No stunt or pyramid, or individual may move under or over another stunt, pyramid or person.
- 7) Single base double cupies (awesome) require a separate spotter for each flyer.
- 8) No free flipping mounts or transitional stunts are allowed.
- 9) Twisting transitions and mounts are limited to one and one half full twists by the flyer. (540°)
- 10) During a transition the flyer must maintain contact with at least one of their original bases. Exception: See Release moves

Pyramids (must follow all Level 4 Stunts and Dismount Rules)

- 1) No stunt or pyramid, or individual may move under or over another stunt, pyramid or person. Exception: Pyramids/ Pyramid transitions where a flyer travels over a leg or extremity would be legal (i.e. wolf wall and leap frog transitions)
- 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) During pyramid transitions, a flyer may pass above 2 persons high only while in direct contact with at least one flyer at prep level. Primary weight may not be borne at the second level.
- 5) A flyer must receive primary support from a base. Exception: Hanging pyramids, primary supporting flyer must be at prep level or below.
- 6) Non inverted transitional pyramids may involve changing bases. Physical contact must be maintained with a flyer at prep level or below during the transition. Flyer must be caught by at least 2 stationary catchers. Catchers must maintain visual contact through out the transition.

- 7) Hanging pyramids must remain upright. Each top person at prep level must have a continuous spotter and bases must brace the hanging flyer(s).
- 8) Pendulums or Pendulum like transitions in which the flyer moves/travels away from the bases requires at least 2 stationary bases.
- 9) Pyramid transition may involve inversions, including braced flips providing:
 - a) Physical contact is maintained with two flyers at prep level or below, contact must be maintained throughout the inversion;
 - b) The flyer that has been released from the bases stays in continuous movement.
 - c) No more than 1 ¼ flipping rotations;
 - d) Twisting rotations are prohibited;
 - e) Do not travel in a downward direction;
 - f) And do not involve changing bases;
 - g) Flyer must be caught by 3 bases that must remain stationary and have visual contact through the braced flip.

Inversions (also see “Stunts” and “Pyramids”)

- 1) Extended inverted stunts are allowed.
- 2) While inverted a person(s) may not support any weight of a flyer or another person.
- 3) Downward inversions are allowed **provided:**
 - a) The inversion is below prep level;
 - b) The flyer(s) are assisted by a minimum of three; two bases must be positioned at the head and shoulder area of the flyer. The two bases must make contact and have control of the flyer in the head and shoulder area.
 - c) Flyer maintains contact with an original base;
 - d) The stunt may not pass through a prep level or higher and then become inverted.
- 4) Downward inversions from a prep level may land in an inverted position (*must adhere to 2-b*).

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) catchers must catch each flyer. Catchers and bases must be stationary prior to the start of the dismount.
- 7) Single leg stunts: up to 1 ¼ twisting rotations are allowed.
- 8) Two legged stunts: up to 2 ¼ twisting rotations allowed.
- 9) Twisting dismounts may not include any other skill.

Release Moves

Release moves apply only to free standing stunts, they do not refer to pyramid transitions or cradles

- 1) Release moves may not land in a prone position.
- 2) Helicopters are not allowed.

- 3) Release moves may not intentionally travel.
- 4) Release moves may not pass over, under or through another stunt, pyramid, or individual. Exceptions see pyramid rules.
- 5) Release moves are allowed but must not exceed extended arm levels;
 - a) If the base(s) releases a stunt it must come back to the original base(s) i.e. tick tocks are legal.

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); Exception: during a kick full basket toss a $\frac{1}{4}$ turn is permitted by bases.
 - f) Flipping or inverted tosses are prohibited.
- 2) Up to 2 skills allowed during a toss. i.e. kick full, double toe touch
- 3) Up to 2 twisting rotations allowed.
- 4) Any toss that exceeds more than 1-1/4 rotation, no other skill may be combined with the toss. Example: Kick doubles would be prohibited.
- 5) 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.