



2009-2010 Competition Rules

All Star Cheerleading

Level 5 Rules

Standing and Running Tumbling

- 1) Up to 1 flipping and 2 twisting rotations allowed.

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, at least two of which are not the original bases. Flyer must maintain contact with at least one original base.
- 6) Single base double cupies (awesome) require a separate spotter for each flyer.
- 7) No free flipping mounts or transitional stunts are allowed.
- 8) Twisting transitions and mounts are limited to two twists by the flyer (720°).
- 9) Transitional stunts may involve changing bases provided physical contact is maintained with a flyer at or below prep level.

Pyramids (must follow all Level 5 Stunts and Dismount Rules)

- 1) All pyramids are allowed up to two (2) high.
- 2) Flyer must receive primary support from a base.
- 3) Hanging pyramids must remain upright. Each top person at prep level must have a continuous spotter and bases must brace the hanging flyer(s).
- 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. Transition must be continuous, non inverted release moves must be caught by two stationary catchers. (catchers must maintain visual contact with the flyer at all times)
- 5) 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 two stationary catchers. Catchers may not be involved in any stunt, pyramid, and choreography at the initiation of the transition.
- 6) Pyramid transitions may involve inversions, including braced flips, while released from the base(s) provided contact is maintained with at least one flyer at prep level or below. The inversion may include up to 1 and ¼ flipping rotations.
- 7) Braced flips (inversions) may involve up to 1 and ¼ flipping rotation and 1 twisting rotation. Braced flips (inversions) may only twist if contact is maintained with two flyers at prep level or below.

- 8) All braced inversions must be caught by a minimum of three catchers. Catchers must be stationary and must maintain visual contact with the flyer when the braced flip (inversion) is initiated and through out the transition.
- 9) Braced flips (inversions) may not travel downward.

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 from an extended position **provided:**
 - a) the primary weight of the flyer is assisted by a minimum of three bases;
 - b) One of the assisting bases is positioned at the head and shoulder area of the flyer;
 - c) Contact must be initiated at prep (shoulder) area of the bases, contact must be made with the head and shoulder area;
 - d) Flyer must maintain contact with an original base;
 - e) Downward inversions from an extended position may not be caught and/or end/land in an inverted position.

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) Up to 2 ¼ twisting rotations allowed from all stunts.

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) Release moves may not intentionally travel.
- 3) Release moves may not pass over, under or through another stunt, pyramid, toss or individual. Exceptions see pyramid rules.
- 4) Helicopters are legal provided:
 - a) Up to 180°
 - b) No more than ½ twist
 - c) Helicopter must be caught by at least 3 bases.
 - d) One base must be positioned at the head and shoulder of the flyer.
- 5) Release moves are allowed but must not exceed more than 18 inches above the extended arm level;
 - 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 $2\frac{1}{2}$ twisting rotations allowed.
- 3)** 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.