



2009-2010 Competition Rules *All Star Cheerleading*

Level 6 Rules

Standing Tumbling

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

Running Tumbling

- 1) *Up to 1 flipping and 3 twisting rotations allowed.*

Stunts

- 1) Single based split catches are prohibited.
- 2) A spotter is required when the transition or load involves a twist or a flip.
- 3) A spotter is required for all extended single leg stunts; Exception: liberty
- 4) Single base double cupies (awesome) require a separate spotter for each flyer.
- 5) Twisting transitions and mounts are limited to two twists by the flyer (720°).
- 6) Transitional stunts may involve changing bases.
- 7) Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations. Rewinds that are caught in a cradle or below prep level require a spotter at the head and shoulder.

Pyramids (must follow all Level 6 Stunts and Dismount Rules)

- 1) Pyramids are allowed up to 2 ½ high provided;
 - a) A spotter must be positioned in the front **and** in the back for **each** flyer on the top level;
 - b) Spotter must maintain visual contact with the flyer at all times;
 - c) Spotter must be positioned in a way that they can safely catch/spot the flyer;
 - d) Spotters may not be a primary support of the pyramid;
 - e) Spotters may not be involved in any other choreography during the pyramid;
 - f) Spotters must be your own team members.
- 2) During a pyramid transition, the flyer may pass above 2 ½ high as long as physical contact is maintained with at least one flyer at prep level or below.
- 3) Free flipping mounts must originate from the ground level only and may not exceed 1 flipping and 2 twisting rotations.
- 4) Braced flips are allowed up to 1 ¼ flipping and 1 twisting rotations;
 - a) Contact must be maintained by the flyer with at least one person at prep level or below;
 - b) Must be caught by two persons.

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

- 1) Inverted stunts are allowed up to 2 ½ high and must be braced by at least one flyer at prep level or below.
- 2) Downward inversions are allowed from an extended position **provided:**
 - a) The primary weight of the flyer is assisted by a minimum of two bases;

- b) Flyer must maintain contact with an original base or another flyer.

Dismounts

- 1) 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.
- 2) Tension drops/rolls of any kind are prohibited.
- 3) Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- 4) Dismounts to the competition floor from stunts and/or pyramids must be assisted.
- 5) Flips to cradles from prep level or below must be caught by two bases; one must be an original base.
- 6) Free flipping dismounts are legal provided:
 - a) No more than 1 flipping rotation;
 - b) No twisting rotations allowed with flip;
 - c) Originate at **prep level only**;
 - d) Must be caught by minimum of 2 original bases.
- 7) Free flipping dismounts to the competition floor are prohibited.
- 8) ¾ front flip dismount is allowed from a 2 ½ high pyramid but requires 2 catchers and an additional spotter at the head and shoulders of the flyer. Spotter must have at least one hand/arm to catch under the flyer's head and shoulders.
- 9) Up to 2 ¼ twists are allowed from single leg and two legged stunts and pyramids up to 2 persons high.
- 10) Cradles from 2 ½ high pyramid are allowed up to 1 ¼ twist and require 3 catchers. Exception, 2-1-1 thigh stands may perform 2 twists from a **forward facing stunt only**!
- 11) ***Up to 3 twisting rotations are allowed from two legged stunts at prep level only. Flyer must be caught by 3 bases. One base must be positioned at the head and shoulders of the flyer and have a minimum of one hand/arm on the flyers head and shoulders.***

Release Moves

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

- 1) Release moves are allowed.
- 2) Release moves may not land in a prone position.
- 3) Release moves must return to their original bases.
- 4) Release moves may not pass over, under or through another stunt, pyramid, toss or individual. Exceptions see pyramid rules.
- 5) 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.

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.
- 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) Non-flipping tosses may not exceed 3 ¼ twists.
- 4) Flipping tosses are allowed up to 1 flipping and 2 twisting rotations.
- 5) A flyer may be tossed to another set of bases provided;
 - a) Flyer is *cradled* by minimum 3 stationary catchers;
 - b) Catchers must have visual contact with the flyer when the toss is initiated;
 - c) Catchers may not be involved in any other choreography during the toss;
 - d) Toss does not exceed 1 ½ twisting and 0 flipping rotations. Exception: ¾ front flips with no twists are allowed.

Additional Information:

It is important that directors and coaches also read the General Rules and Guidelines, available on our web site. It contains important information on divisions, registration policies, awards, competition guidelines and rules.

Important Note:

MP3/Video files are available to show some of the more non-traditional cheerleading tumbling skills.

Ex: side somi, Onodi, Arabian mounter (combinations), full twisting lay-out step out, and gainer lay-outs.