



**2020-2021
ALL-STAR
GUIDELINES**

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GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be under a qualified director/coach's supervision during all events.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
4. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
5. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
6. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
7. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from FCDA, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
8. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
9. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed. Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
10. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. All Star Prep routines shall not exceed 2:00.
11. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
12. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be replaced by another performer during a routine.
13. An athlete must not have anything in her/his mouth during practice and/or performance.



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LEVEL 1 – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. The tumbler may rebound from his/her feet into a stunt transition. A clear separation from the tumbling to this stunt is needed to be legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off. Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Tumbling over/under an athlete's body (including arms and/or legs) is not allowed. An individual may jump (rebound) over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are not allowed
5. If a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 1 – STANDING/RUNNING TUMBLING

1. Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels, round offs) Tumbling skills must involve hand support with both hands when passing through the inverted position.
2. Forward and backward rolls, front and back walkovers, and handstands are allowed.
3. Cartwheels and round-offs are allowed.
4. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off a clear and distinct pause must immediately follow a round off or round off rebound.
5. Front and back handsprings are not allowed.

LEVEL 1 – STUNTS

1. A spotter is required for all stunts at shoulder level and above. (Example: suspended splits, flat-bodied positions, preps are examples of prep level stunts. Extended arm stunts that are not in the upright position *such as extended v-sits, extended flat backs, etc...) are considered prep level stunts). The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person. If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore illegal regardless of the back spot's positioning. Exception: Shoulder sits/straddles & T-lifts do not require a spotter.
2. A spotter is required for each top person in a floor stunt. The spotter may grab the top person's waist in a floor stunt.
3. Single leg stunts are only allowed at waist level. Exception: Prep level single leg stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt. Exception: A walk up shoulder stand is legal in level 1 if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.
4. Stunts above prep level are not allowed. A stunt may not pass above prep level. Taking the top person above the head of the bases would be illegal.
5. Twisting stunts and transitions are allowed up to ¼ twist by the top person in relation to the performing surface. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ¼ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation. Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed. Exception: ½ wrap around stunts are legal. Exception: ½ twist is allowed if

the top person starts and ends on performing surface and is only supported at the waist and does not require an additional spotter.

6. During transitions, at least one base must remain in contact with the top person. Exception: Leap frog and leap frog variations are not allowed.
7. Flipping stunts and transitions are not allowed.
8. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual. Shoulder sits walking under prep is not legal. Exception: An individual may jump over another individual.
9. Single bases split catches are not allowed. Single based stunts with multiple top persons is not allowed.

LEVEL 1 – PYRAMIDS

1. Pyramids follow Level 1 Stunts and Dismounts rules and are allowed up to 2 high. Single base or assisted single base EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.
2. Top person must receive primary support from a base. Any time a top person is released by the bases during a pyramid transition, the top person must land in a cradle or discount to the performing surface and must follow the Level 1 dismount rules.
3. Two leg extended stunts must be braced by a top person at prep level or below with hand/arm connections only. The connection must be made prior to initiating the two leg extended stunt. The prep level top person bracers must have both feet in bases' hands. Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or should stand. Two leg extended stunts may not brace or be braced by other extended stunts.
4. Single Leg Stunts: Prep level single leg stunts must be braced by at least one person at prep level or below with hand/arm connection only. The connection must be made prior to initiating single leg stunt prep level stunt. Prep level bracers must have both feet in bases' hands. Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand. Extended single leg stunts are not allowed.
5. No stunt, pyramid or individual may move over or under another stunt, pyramid or individual. A shoulder sit walking under a prep is illegal.
6. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.

LEVEL 1 – DISMOUNTS - Movements are only considered a dismount if released to a cradle or released and assisted to the performing surface.

1. Cradles from multi-bases stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle. Sponge, Load In, Squish cradles are considered tosses and are not allowed. See Level 1 Tosses. All waist level cradles are illegal.
2. Dismounts must return to original base(s). Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter. Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. An individual may not land on the performing surface from above waist level without assistance
3. Only straight pop downs and basic straight cradles are allowed.
4. No twisting dismounts are allowed.
5. No stunt, pyramid, individual, or, prop may move over or under a discount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals or props.
6. No dismounts are allowed from skills above prep level in pyramids. An extended stunt in a pyramid must be brought down to prep level before it can be dismounted.
7. No free flipping or assisted flipping dismounts allowed.
8. Dismounts may not intentionally travel.
9. Top persons in dismounts may not come in contact with each other while released from the bases.
10. Tension drops/rolls of any kind are not allowed.

LEVEL 1 – RELEASE MOVES

1. Release moves are not allowed other than those allowed at Level 1 in Dismounts.
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases. An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.

5. A single full twisting log/barrel roll is not allowed
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals or props

LEVEL 1 – INVERSIONS

1. Inversions are not allowed. All inverted persons must maintain contact with the performance surface.
2. Bases may not support any weight of a top person while that base is in a backbend or inverted position. A person standing on the ground is not considered a top person.

LEVEL 1 – TOSSES

1. No tosses allowed. This includes “sponge” (also known as load in or squish) tosses. All waist level cradles are illegal.



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LEVEL 2 – GENERAL TUMBLING

- 1 All tumbling must originate from and land on the performing surface. A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to this stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- 2 Tumbling over, under, or through a stunt, individual, or prop, is not allowed. An individual may jump (rebound) over another individual.
- 3 Tumbling while holding or in contact with any prop is not allowed.
- 4 Dive rolls are allowed. Exception: dive rolls performed in a swan/arched position or that involve twisting are not allowed.
- 5 If a jump skill is included in a tumbling pass, the jump will break up the pass. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting to twisting or turning. Back handspring step out > ½ turn = illegal

LEVEL 2 – STANDING TUMBLING

- 1 Flips and aerials are not allowed.
- 2 Series front and back handsprings are not allowed. A back walkover into a back handspring is allowed.
- 3 Jump skills in immediate combination with handspring(s) are not allowed. Toe touch handsprings and handspring toe touches are not allowed.
- 4 No twisting while airborne.

LEVEL 2 – RUNNING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne. (Exception: Round offs are allowed).

LEVEL 2 – STUNTS

1. A spotter is required for each top person above prep level. A spotter is required for each top person in a floor stunt. The spotter may grab the top person's waist in a floor stunt.
2. Stunt Levels Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level. Taking the top person above the head of the bases would not be legal. If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, (excluding floor stunts), this skill would be considered extended and therefore would not be legal regardless of the back spot's positioning. Single base or assisted single base extended stunts are not allowed in Mini and Youth divisions.
3. Twisting mounts and transitions are allowed up to a total of ½ twist rotation by the top person in relation to the performing surface. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the person show a definite and clear stop with a stationary top person, they may continue to talk the stunt in additional rotation. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base. Log/barrel roll may not include any skill other than the twist. (Example: kick full twists) 2. The log roll may not be assisted by another top person.
4. During transitions, at least one base must remain in contact with the top person.
5. No flipping stunts or transitions are allowed.
6. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. This pertains to a person's torso moving over or under the torso of another person; not the arms or legs. A shoulder sit walking under prep is not legal. Exception: An individual may jump over another individual.

7. Single bases split catches are not allowed.
8. Single based stunts with multiple top persons is not allowed.

LEVEL 2 – PYRAMIDS

1. Pyramids must follow Level 2 Stunts and Dismounts rules are allowed up to 2 high. Single base or assisted single base extended stunts are not allowed in Mini and Youth divisions.
2. Top person must receive primary support from a base. Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface may not be connected to a bracer that is above prep level, and must follow the Level 2 dismount rules.
3. Extended single leg stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual. Example: Shoulder sits walking under prep are illegal.
5. Extended single leg stunts must be braced by at least one top person at prep level or below with hand/arm connection only. The connection must be made prior to initiating the extended single leg stunt. Prep level top persons must have both feet in bases' hands. Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

LEVEL 2 – DISMOUNTS

Movements are only considered a dismount if released to a cradle or released and assisted to the performing surface.

1. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle. Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed in Mini Divisions. See L-2 Tosses. Clarification: All waist level cradles are not legal in mini divisions.
3. Dismounts must return to original base(s). Exception: dismounts to the performing surface must be assisted by either an original base and/ or spotter. Exception: Straight drops or small hop offs, with additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. An individual may not land on the performing surface from above waist level without assistance.
4. Only straight pop downs, basic straight cradles and ¼ turns cradles are allowed.
5. Twisting dismounts exceeding ¼ turn are not allowed. All other positions (toe touch, pike, tuck, etc.) are not allowed
6. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
7. Cradles from extended single stunts in pyramids are allowed.
8. No free flipping or assisted flipping dismounts allowed.
9. Dismounts must return to original base(s).
10. Dismounts may not intentionally travel.
11. Top persons in dismounts may not come in contact with each other while released from the bases.
12. Tension drops/rolls of any kind are not allowed

LEVEL 2 – RELEASE MOVES

1. No release moves are not allowed other than those allowed at Level 2 in Dismounts and Tosses.
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases. An individual may not land on the performing surface without assistance. Exception: See Lv2 Dismount.
4. Releasing from inverted to non-inverted is not allowed.
5. Helicopters are not allowed.
6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. A Log/Barrel may not be assisted by another top person. Log/Barrel roll must return to original bases and may not include any skill other than the twist. No kick full twists.
7. Release moves may not intentionally travel.
8. Release moves may not pass over, under or through other stunts, pyramids or individuals or props.

LEVEL 2 – INVERSIONS

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed. All inverted persons must maintain contact with the performance surface unless the top person is being lifted directly to a non-inverted position. Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Not legal: Going from a cradle to a handstand or from a prone position to a forward roll.
2. Bases may not support any weight of a top person while that base is in a backbend or inverted position. A person standing on the ground is not considered a top person.

LEVEL 2 – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
3. The top person in a toss must have both feet in/on hands of the bases when the toss is initiated.
4. Flipping, twisting, inverted or traveling tosses are not allowed.
5. No stunt, pyramid, individual or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals or props.
6. The only body position allowed is a straight ride. An exaggerated arch would not be included as a straight ride and is not allowed.
7. During the straight ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep body in straight ride position.
8. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
9. Only one top person is allowed during a toss.



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LEVEL 3 – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed. Exceptions: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
5. If a jump skill is included in a tumbling pass, the jump will break up the pass. Example: If an athlete were to do a round-off toe touch-back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for Level 3.

LEVEL 3 – STANDING TUMBLING

1. Flips are not allowed. Jumps connected to $\frac{3}{4}$ front flips are also not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne with the exception of round offs.

LEVEL 3 – RUNNING TUMBLING

1. Back Flips may only be performed in tuck position only from a round off or round off back handspring(s). The following tumbling skills are examples of skills not allowed: x-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
2. Other skills with hand support prior to the round off or round off back handspring are allowed. Front handsprings and front walkover through to round off back handspring back tucks are legal.
3. Cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed.
4. Aerial cartwheels running tuck fronts, and $\frac{3}{4}$ front flips are allowed. Clarification: A front handspring (or any other tumbling skill) into a front tuck is not legal.
5. No tumbling is allowed after a flip or an aerial cartwheel. If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass.
6. No twisting while airborne. Exception: Round offs and aerial cartwheels are allowed.

LEVEL 3 – STUNTS

1. A spotter is required for each top person above prep level.
2. Single leg extended stunts are allowed. Single base or assisted single base extended stunts are not allowed in Youth divisions.
3. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the persons show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
4. Full twisting transitions may land or originate from prep level or below only. No full ups to an extended position.
5. Twisting transitions to and from an extended position may not exceed a $\frac{1}{2}$ twisting rotation. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotation.
6. During transitions, at least one base must remain in contact with the top person. Exception: See Level 3 Release Moves.
7. Free flipping stunts and transitions are not allowed.
8. No stunt, pyramid or individual may move over or under another stunt, pyramid or individual. This pertains to a person's torso moving over or under the torso of another person; not the arms or legs. Shoulder sits walking under prep is not legal. Exception: An individual may jump over another individual.
9. Single based split catches are not allowed.
10. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person

LEVEL 3 – PYRAMIDS

1. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high. Single base or assisted single base extended stunts are not allowed in youth divisions.
2. Top persons must receive primary support from a base. Exception: See Level 3 Pyramid Release Moves.
3. Extended single leg stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual. A Top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not. Example: shoulder sits walking under prep.
5. Any skill legal as a level 3 Pyramid Release Move is also legal if it remains connected to a base and two bracers. Exception: Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least one bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill hand/arm does not include shoulder.

LEVEL 3 – DISMOUNTS

Movements are only considered a dismount if released to a cradle or released and assisted to the performing surface

1. Cradles from single based stunts at prep level must have a separate spotter with at least one hand/arm supporting waist to shoulder area to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts at prep level must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and should area through the cradle.
3. Dismounts must return to original base(s). Exception: Dismounts to the performing surface must be assisted by either an original base and/ or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.
4. Only straight pop downs, basic straight cradles and quarter turns cradles are allowed from any single leg stunt.
5. Up to 1 1/4 twists are allowed from any two leg or single leg extended stunts. Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 stunts twisting stunts and transitions only.
6. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
7. Up to 1 trick allowed during a dismount from any one or two leg stunt.
8. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
9. No free flipping dismounts allowed.
10. Dismounts must return to original base(s)
11. Dismounts may not intentionally travel.
12. Top persons in dismounts may not come in contact with each other while released from the bases.
13. Tension drops/rolls of any kind are not allowed.
14. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
15. Dismounts from an inverted position are not allowed

LEVEL 3 – RELEASE MOVES

Stunt Release Moves:

2. Release moves are allowed but must not pass above extended arm level. If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "toss and/or dismount rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "toss" or "dismount" rules.
3. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.
4. Release moves must start at waist level or below and must be caught at prep level or below.
5. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single-based stunt.
6. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill. Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. flat back or prone. Single-based log rolls must have 2 catchers multi-based log rolls must have 3 catchers
7. Release moves must return to original bases. An individual may not land on the performing surface without assistance. Exception: See level 3 Dismount rules. Exception: Dismounting single-based stunts with multiple top persons.
8. Helicopters are not allowed.
9. Release moves may not intentionally travel.
10. Release moves may not pass over, under or through other stunts, pyramids or individuals or props.
11. Top persons in separate release moves may not come in contact with each other. Exception: Dismount single based stunts with multiple top persons.

Pyramid Release Moves:

1. Any skill legal as Level 3 Pyramid Release Move is also legal if it remains connected to a base and two bracers. Any time a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the level 3 dismount rules.
2. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below. Contact must be maintained with the same bracers throughout the entire transition. Twisting stunts and transitions are allowed up to 1 twist, if connected to at least two bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. Level 3 Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under level 3 stunt release moves or level dismounts.
3. Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-hand/arm. The second contact may be either hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee). Clarification: Pyramid Release Moves must be braced on two separate sides (i.e. right side-left side, left side-back side, etc.) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body. Clarification: Contact must be made with a base on the performing surface before contact with the bracer(s) is lost.
4. Primary weight may not be borne at second level. The transition must be continuous.
5. These release transitions may not involve changing bases.
6. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary. Both catchers must maintain visual contact with the top person throughout the entire transition.
7. Release moves may not be braced/connected to top person above prep level.

LEVEL 3 – INVERSIONS**Stunt Inversions:**

1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below. Exception: Multi base suspended forward roll dismounts to a cradle or the performing surface are allowed. Multi base suspended forward rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
2. Inversions are limited to a ½ twisting rotation. Exception: Multi base suspended forward roll may twist up to a full twisting rotation. Forward Suspended Roll exceeding ½ twist must land in cradle. Exception: IN a multi based suspended backward roll, the top person may not twist.
3. Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers positioned at the Waist to shoulder area to protect the head and shoulder area. Top person must maintain contact with an original base. 1. The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern). 2. Catchers must make contact with the waist to shoulder area to protect the head and shoulder area. Two leg pancake stunts are not allowed in level 3.
4. Downward inversions may not come in contact with each other.
5. Bases may not support any weight of a top person while that base is in a backbend or inverted position. A person standing on the ground is not considered a top person.

Pyramid Inversions:

1. Must follow level 3 stunt inversions rules
2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below. A flat back split which rolls to a load I position would be legal even if the base extends their arms during the inversion skill. A flat back split which rolls to an extended position would not be legal because it did not first land in a position below extended level.

Pyramids-Release Moves with braced inversions:

Pyramid transitions may not involve inversions while released from the bases.

LEVEL 3 – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
3. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Up to 1 trick allowed during a toss. Twisting tosses may not exceed $1\frac{1}{4}$ twisting rotation. (Legal: toe touch, ball out, pretty girl) (Illegal: Switch kick, pretty girl-kick, double toe-touch) The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.
7. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, $\frac{1}{2}$ twist toe touches are not allowed)
8. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
9. Only a single top person is allowed during a toss.



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LEVEL 4 – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Tumbling over/under an athlete's body (including arms and/or legs) is not allowed. An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed: Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.
5. If a jump skill is included in a tumbling pass, the jump will break up the pass. If an athlete in Level 4 were to do a roundoff, toe touch, back handspring, whip, layout, this would be considered illegal since consecutive a flip –flip combination is not allowed in standing tumbling for Level 4.

LEVEL 4 – STANDING TUMBLING

1. Standing flips and flips from a back handspring entry are allowed.
2. Skills are allowed up to 1 flipping and 0 twisting rotations. Flips may only be performed in a tuck position. Examples of skills not allowed: x-outs, layouts, layout step outs, whips, pikes, aerial walkovers and arabians. Exception: aerial cartwheel, Onodi are allowed.
3. Jump skills are not allowed in immediate combination with a standing flip. Example: toe touch back tucks, back tuck toe touch touches, pike jump front flips. Jumps connected to $\frac{3}{4}$ front flips are also no allowed. Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.
4. No tumbling is allowed after a flip, aerial cartwheel or onodi.

LEVEL 4 – RUNNING TUMBLING

Skills are allowed up to 1 flipping and 1 twisting rotation. Exception: Aerial cartwheels and Onodis are allowed.

LEVEL 4 – STUNTS

1. A spotter is required for each top person above prep level.
2. Single leg extended stunts are allowed. Single base or assisted single base extended stunts are not allowed in youth divisions.
3. Twisting stunts and transitions:
 - A. To prep level and below are allowed up to 1 $\frac{1}{2}$ twisting rotations by the top person in relation to the performing surface. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the persons show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - B. Twisting stunts and transitions to an extended position are allowed and must meet the following conditions:
 - a. Extended skills up to $\frac{1}{2}$ twist are allowed. Example: $\frac{1}{2}$ up to extended single leg stunt is legal. Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1/2 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - b. Extended skills exceeding $\frac{1}{2}$ and up to 1 twist must land in a two leg stunt, platform position or a liberty (body position variations are not allowed). Full up to immediate extended heel stretch is illegal, full up to extension is legal. An extended platform position

must be visibly held prior to hitting a single leg stunt other than a liberty. Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

4. During transitions, at least one base must remain in contact with the top person. Exception: See "Release Moves"
5. Free flipping mounts or transitional stunts are not allowed.
6. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual or prop. This pertains to an individual's torso moving over or under the torso of another person; not the arms or legs. Shoulder sits walking under prep is not allowed. Exceptions: 1. An individual may jump over another individual. 2. An individual may move under a stunt, or a stunt may move over an individual.
7. Single based split catches are not allowed.
8. Single based double awesomes/cupies require a separate spotter for each top person.

LEVEL 4 – PYRAMIDS

1. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high. Exception: Twisting stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition. Single base or assisted single base extended stunts are not allowed in Youth divisions.
2. Top persons must receive primary support from a base. Exception: See level 4 Pyramid Release Moves.
3. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
4. No stunt or pyramid may move over or under another separate stunt or pyramid. A top person may not invert over or under the torso of another top person regardless if the stunt or pyramid is separate or not. Example: shoulder sits walking under a prep. Exceptions: 1. An individual may jump over another individual. 2. An individual may move under a stunt, or a stunt may move over an individual.
5. Any skill legal as a Level 4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required). Example: An extended pancake would be required to remain connected to two bracers.

LEVEL 4 – DISMOUNTS

Movements are only considered a dismount if released to a cradle or released and assisted to the performing surface

1. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
3. Dismounts must return to original base(s) Exception: Dismounts to the performing surface must be assisted by either an original base and/ or spotter. Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. An individual may not land on the performing surface from above waist level without assistance.
4. Up to 2-1/4 twisting rotation allowed from two leg stunt. Twisting from a platform position may not exceed 1 ¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 stunts twisting stunts and transitions only.
5. Up to a 1-1/4 twisting rotation allowed from all single leg stunts. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 stunts twisting stunts and transitions only.
6. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
7. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
8. No free flipping dismounts allowed.
9. Dismounts must return to original base(s).
10. Dismounts may not intentionally travel.
11. Top persons in dismounts may not come in contact with each other while released from the bases.
12. Tension drops/rolls of any kind are now allowed.
13. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
14. Dismounts from an inverted position must not twist.

LEVEL 4 – RELEASE MOVES

Stunt Release Moves:

1. Release moves are allowed but must not exceed extended arm level. If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate Toss and/or dismount rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate toss or dismount rules.
2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single-based stunts.
4. Release moves must return to original bases. An individual may not land on the performing surface without assistance. Exception: See level 4 dismounts. Exception: Dismounting single- based stunts with multiple top persons.
5. Release moves that land in extended position must originate from waist level or below and may not involve any twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids, individuals or props. Exception: Dismounting single- based stunts with multiple top persons.
10. Top persons in separate release moves may not come in contact with each other. Exception: Dismounting single- based stunts with multiple top persons.

Pyramid Release Moves:

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition. Contact must be made with a base on the performing surface before contact with the bracer(s) is lost. While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for level 4 ltd., the same skill is legal I level 4 pyramid release moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases. Clarification: Level 4 pyramid release moves may incorporate stunt release moves that maintain contact with one other top person provided the release move meets the criteria established under level 4 stunt release moves or level 4 dismounts.
2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at second level. The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases. a. The top person must maintain physical contact with a person at prep level or below. Contact must be made with a base on the performing surface before contact with the bracer(s) is lost. b. The top person must be caught by at least 2 catchers. (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter). a. both catchers must be stationary. b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced/connected to top persons above prep level.

LEVEL 4 – INVERSIONS

Stunt Inversions:

1. Extended inverted stunts allowed. Also, see “Stunts” and “Pyramids.”
2. Downward inversions are allowed at prep level or below and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Exception: A controlled power pressing of an extended inverted stunt (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended).
 1. The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern).
 2. Catchers must make contact with the waist to shoulder area to protect the head and shoulder area.
 3. Downward inversions originating from below prep level do not require three bases. Exception: Two leg pancake stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill. Clarification: Two leg pancakes cannot stop or land inverted.
3. Downward inversions must maintain contact with an original base. Exception: side rotating downward inversions. Cartwheel-style transition dismounts, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come in contact with each other.
5. Bases may not support any weight of a top person while that base is in a backbend or inverted position. A person standing on the ground is not considered a top person.
6. Pyramid Inversions:
7. Must follow Level 4 Stunt Inversions rules.
8. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout entire. Contact must be made with a base on the performing surface before contact with the bracers is lost. Braced flips must be braced on two separate sides (i.e. right side-left side, left side-back side, etc.) by two separate bracers. (Two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
9. Braced inversions (including braced flips) are allowed up to 1 1/4 flipping rotations, 0 twisting rotations.
10. Braced inversions (including braced flips) may not involve changing bases.
11. Braced inversions (including braced flips) must be in continuous movement.
12. All braced inversions (including braced flips) must be caught by at least 3 catchers. Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.
 - a. All catchers/spotters must be stationary.
 - b. All catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
13. Braced inversions (including braced flips) may not travel downward while inverted.
14. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
15. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 4 – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Exception: A 1/2 turn is allowed by bases as in a kick full basket.
3. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Up to 2 tricks allowed during a toss. Example: kick full, full up toe touch.
7. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. Example: kick doubles are not allowed.
8. Tosses may not exceed 2 1/4 twisting rotations.
9. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
10. Only a single top person is allowed during a toss.



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LEVEL 4.2 – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to this stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Tumbling over/under an athlete's body (including arms and/or legs) is not allowed. An individual may jump or rebound over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed. Exception: dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
5. If a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 4.2 – STANDING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are not allowed. A back walkover into a back handspring is allowed.
3. Jump skills in immediate combination with handspring(s) are not allowed. Example: toe touch handsprings and handspring toe touches.
4. No twisting while airborne. Exception: Round offs.

LEVEL 4.2 – RUNNING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne. Exception: Round offs.

LEVEL 4.2 – STUNTS

1. A spotter is required for each top person above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions:
 1. To prep level and below are allowed up to 1 ½ twisting rotations by the top person in relation to the performing surface. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the persons show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 2. Twisting stunts and transitions to an extended position must meet the following conditions:
 3. Extended skills up to ½ twist are allowed. Example: ½ up to extended single leg stunt is legal. Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1/2 rotation. (example: ½ p to liberty is legal) The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 4. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt, platform position or a liberty (body position variations are not allowed). Example: full up to immediate extended heel stretch is illegal, full up to extension is legal. An extended platform position must be visibly held prior to hitting a single leg stunt other than a liberty. Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top

person performs a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

4. During transitions, at least one base must remain in contact with the top person. Exception: See "Release Moves"
5. Free flipping mounts or transitional stunts are not allowed.
6. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual. This pertains to a person's torso moving over or under the torso of another person; not the arms or legs. Example: shoulder sits walking under prep. Exceptions: 1. An individual may jump over another individual. 2. An individual may move under a stunt, or a stunt may move over an individual.
7. Single based split catches are not allowed.
8. Single based double awesomes/cupies require a separate spotter for each top person.

LEVEL 4.2 – PYRAMIDS

1. Pyramids must follow Level 4 ltd. "Stunts" and "Dismounts" rules and are allowed up to 2 high. Exception: Twisting stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
2. Top persons must receive primary support from a base. Exception: See level 4 ltd. Pyramid Release Moves.
3. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.
4. No stunt or pyramid may move over or under another separate stunt or pyramid. A top person may not invert over or under the torso of another top person regardless if the stunt or pyramid is separate or not. Example: shoulder sits walking under a prep. Exceptions: 1. An individual may jump over another individual. 2. An individual may move under a stunt, or a stunt may move over an individual.
5. Any skill legal as a Level 4 ltd. Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required). Example: An extended pancake would be required to remain connected to two bracers

LEVEL 4.2 – DISMOUNTS

Movements are only considered a dismount if released to a cradle or released and assisted to the performing surface

1. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
3. Dismounts must return to original base(s). Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter. Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. An individual may not land on the performing surface from above waist level without assistance.
4. Up to 2-1/4 twisting rotation allowed from two leg stunt. Twisting from a platform position may not exceed 1 ¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 ltd. stunts twisting stunts and transitions only.
5. Up to a 1-1/4 twisting rotation allowed from all single leg stunts. Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 ltd. stunts twisting stunts and transitions only.
6. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
7. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
8. No free flipping dismounts allowed.
9. Dismounts must return to original base(s).
10. Dismounts may not intentionally travel.
11. Top persons in dismounts may not come in contact with each other while released from the bases.
12. Tension drops/rolls of any kind are now allowed.
13. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
14. Dismounts from an inverted position must not twist.

LEVEL 4.2 – RELEASE MOVES

Stunt Release Moves:

1. Release moves are allowed but must not exceed extended arm level. If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate Toss and/or dismount rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate toss or dismount rules.
2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single-based stunt.
4. Release moves must return to original bases. An individual may not land on the performing surface without assistance. Exception: See level 4 ltd. dismounts. Exception: Dismounting double cupies.
5. Release moves that land in extended position must originate from waist level or below and may not involve any twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals. Exception: Dismounting double cupies.
10. Top persons in separate release moves may not come in contact with each other. Exception: Dismounting single- based stunts with multiple top persons.

Pyramid Release Moves:

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition. Contact must be made with a base on the performing surface before contact with the bracer(s) is lost. While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for level 4.2., the same skill is legal I level 4.2 pyramid release moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases. Level 4.2 pyramid release moves may incorporate stunt release moves that maintain contact with one other top person provided the release move meets the criteria established under level 4.2 stunt release moves or level 4.2 dismounts. Twisting stunts are allowed up to 1½ if connected to at least one bracer at prep level or below.
2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at second level. The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases. The top person must maintain physical contact with a person at prep level or below. Contact must be made with a base on the performing surface before contact with the bracer(s) is lost. The top person must be caught by at least 2 catchers. (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary. Both catchers must maintain visual contact with the top person throughout the entire transition. Release moves may not be braced/connected to top persons above prep level.

LEVEL 4.2 – INVERSIONS

Stunt Inversions:

1. Extended inverted stunts allowed. Also, see “Stunts” and “Pyramids.”
2. Downward inversions are allowed at prep level or below and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Exception: A controlled power pressing of an extended inverted stunt (example: handstand) to shoulder level is allowed. The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern). Catchers must make contact with the waist to shoulder area to protect the head and shoulder area. Downward inversions originating from below prep level do not require three bases. Exception: Two leg pancake stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill. Two leg pancakes cannot stop or land inverted.
3. Downward inversions must maintain contact with an original base. Exception: side rotating downward inversions. Example: Cartwheel-style transition dismounts, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come in contact with each other.
5. Bases may not support any weight of a top person while that base is in a backbend or inverted position. Clarification: A person standing on the ground is not considered a top person.

LEVEL 4.2 – INVERSIONS

Pyramid Inversions:

1. Must follow Level 4.2 Stunt Inversions rules.
2. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout entire. Contact must be made with a base on the performing surface before contact with the bracers is lost. Braced flips must be braced on two separate sides (i.e. right side-left side, left side-back side, etc.) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
3. Braced inversions (including braced flips) are allowed up to 1 1/4 flipping rotations, 0 twisting rotations.
4. Braced inversions (including braced flips) may not involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) must be caught by at least 3 catchers. Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.
 - a. All catchers/spotters must be stationary.
 - b. All catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. Braced inversions (including braced flips) may not travel downward while inverted.
8. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
9. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 4.2 – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Exception: A 1/2 turn is allowed by bases as in a kick full basket.
3. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Up to 2 tricks allowed during a toss. Example: kick full, full up toe touch.
7. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. Example: kick doubles are not allowed.
8. Tosses may not exceed 2 1/4 twisting rotations.
9. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
10. Only a single top person is allowed during a toss.



2020-2021 ALL-STAR GUIDELINES

LEVEL 5 – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. Exception: tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Example: Round off handspring and then a bump or contact from a base or bracer straight into a backflip would break this rule for Levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: Tumbling over/under an athlete's body (including arms and/or legs) is not allowed. Clarification: An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed: Exception: Dive rolls that involve twisting are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 5 – STANDING TUMBLING

1. Standing: Skills are allowed up to 1 flipping and 2 twisting rotations.
2. Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
3. Twisting skills immediately out of a double twisting tumbling skill are not allowed.
4. Skills involving more than one twist (i.e. double fulls) must be immediately preceded by a minimum of two backward traveling, on-twisting tumbling skills. One of these two skills must be a back handspring. (jump skills are not considered tumbling skills. i.e. toe touch-back handspring-double full is illegal. Handstands are not "backward traveling" tumbling skills. Therefore, back extension rolls do not count as the "backward traveling" tumbling skills required before a double full. Clarification: If an athlete is performing a second double full within one standing tumbling pass, then that person must follow standing tumbling rules A, B and C only. Example: standing back handspring-back handspring-double full-back handspring-double full is legal. If the requirements in D are met before performing a single full, then only letters A, B and C need to be followed. Example: Standing back handspring-back handspring-single full-back handspring-double full is legal.

LEVEL 5 – RUNNING TUMBLING

1. Running: Skills are allowed up to 1 flipping and 2 twisting rotations.
2. Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
3. Twisting skills immediately out of a double twisting tumbling skill are not allowed.

LEVEL 5 – STUNTS

1. A spotter is required for each top person above prep level.
2. Stunt levels: Single leg extended stunts are allowed.
3. Twisting mounts and twisting transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the persons show a definite and clear stop with a stationary top person, they may continue to walk the stunt 1 additional rotation.
4. Free flipping stunts or transitional are not allowed.
5. Single based split catches are not allowed.
6. Single based stunts with multiple top persons require a separate spotter for each top person.

LEVEL 5 – PYRAMIDS

1. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base. Exception: See level 5 pyramid release moves.

LEVEL 5 – DISMOUNTS

Movements are only considered a dismount if released to a cradle or released and assisted to the performing surface

1. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
3. Dismounts must return to original base(s). Exception: Dismounts to the performing surface from stunts and pyramids must be assisted by either an original base and/or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. An individual may not land on the performing surface from above waist level without assistance.
4. Up to a 2-1/4 twisting rotation allowed from all stunts.
5. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
6. No free flipping dismounts allowed.
7. Dismounts must return to original base (s).
8. Dismounts may not intentionally travel.
9. Tension drops/rolls of any kind are not allowed.
10. When cradling single based stunts with multiple top persons 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
11. Top persons in dismounts may not come in contact with each other when being released from the bases.
12. Dismounts from an inverted position may not twist.

LEVEL 5 – RELEASE MOVES

Stunts-Release Moves:

1. Release moves are allowed but must not exceed more than 18 inches above extended arm level. If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "toss" and/or "dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "toss" or "dismount" rules.
2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Exception: Front handspring half up (1/2 twist) to extended stunt. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catchers for a multi base stunt and 2 catchers for a single based stunt.
4. Release moves must return to original base(s). An individual may not land on the performing surface without assistance. Exception: See level 5 Dismounts. Exception: Dismounting single based stunts with multiple top persons.
5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals or props.
8. Top persons in separate release moves may not come in contact with each other. Exception: Dismounting double cupies.

LEVEL 5 – RELEASE MOVES

Pyramids-Release Moves:

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer throughout entire transition. Contact must be made with a base on the performing surface before contact with the bracer (s) is lost.
2. Primary weight may not be borne at second level. The transition must be continuous.
3. Non-inverted pyramid release moves must be caught by at least 2 catchers. (minimum of one catcher and one spotter).
 1. Both catchers must be stationary.
 2. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non inverted transitional pyramids may involve changing bases. When changing bases:
 1. The top person must maintain physical contact with a person at prep level or below. Clarification: Contact must be made with a base on the performing surface before contact with the bracer(s) is lost.
 2. The top person must be caught by at least 2 catchers, (minimum of one catcher and one spotter). Both Catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
5. Release moves may not be brace/connected to top persons above prep level.

Stunt Inversions:

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids".
2. Downward inversions are allowed from prep level and above and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. Catchers must make contact with the waist to shoulder region to protect the head and shoulder area. Clarification: Downward inversions originating from prep level or below do not require three bases. Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended).
3. Downward inversions must maintain contact with an original base. Exception: the original base may lose contact with the top person when it becomes necessary to do so. Example: cartwheel-style transition dismounts.
4. Downward inversions from prep level:
 1. May not stop in an inverted position. Example: a cartwheel roll off would be legal because the top person is landing on their feet. Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended).
 2. May not land on or touch the ground while inverted. Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
5. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
6. Downward inversions may not come in contact with each other.
7. Bases may not support any weight of a top person while that base is in a backbend or inverted position. Clarification: A person standing on the ground is not considered a top person.
8. Pyramid Inversions:
9. Must follow level 5 stunt inversions rules.
10. Pyramids-Release Moves with braced inversions: Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition. Contact must be made with a base on the performing surface before contact with the bracer(s) is lost.
11. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations and 1/2 twisting rotations.
12. Pyramids-Inversions: Braced inversions (including braced flips) that exceed 1/2 twisting rotations are only allowed up to a 3/4 flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation. Legal: An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward 3/4 rotation to a prone position while in contact with one bracer.
13. Inverted transitional pyramids may involve changing bases.
14. Braced inversions (including braced flips) must be in continuous movement.
15. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers. Exception: Brace flips that land in an upright position at prep level or above require a minimum of one catcher and two spotters.

1. The 3 catchers/spotters must be stationary.
2. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
3. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

16. All braced inversions (including braced flips) that twist, including $\frac{1}{4}$ and higher, must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.

1. The 3 catchers must be stationary.
2. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
3. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

17. Braced inversions (including braced flips) may not travel downward while inverted.

18. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.

19. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 5 – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. (Exception: A $\frac{1}{2}$ turn is allowed by bases as in a kick full basket).
3. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Up to 2- $\frac{1}{2}$ twisting rotations allowed.
7. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
8. Only a single top person is allowed during a basket toss.