Alexandria Invitational

City of Alexandria
Department of Recreation, Parks & Cultural Activities

Cheerleading Competition

Saturday, April 20 @ 11 a.m.

T. C. Williams High School
3330 King Street
Alexandria, VA 22302

Divisions	Age Group	Levels
Pee Wee	5 – 8 years old	1 and 2
Youth	12 and under	1, 2 and 3
Junior	16 and under	1, 2 and 3

The Alexandria Invitational will follow the safety and cheer level rules established by the U.S. All Star Federation.

Competition Fee - $5 per cheerleader

For More Information call 703.746.5402

2012-2013 USASF/IASF Safety Rules

Updated May 18, 2012

Items in **Black Bold** are the differences from last rules cycle and the items in **Red Bold** are the changes and/or clarifications added after the USASF Summer Regional Meetings.

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a qualified director/coach.
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. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. 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.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. 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.
7. 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.
   Clarification: Rhinestones are legal whether adhered to the uniform or the skin.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Flags, banners, signs, pom pons, megaphones and pieces of cloth are the only props allowed. 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.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. *Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, thigh, 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. Shushinovas are allowed. *Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
14. Competition routines shall not exceed 2 minutes and 30 seconds.
15. 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.
16. 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.
17. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

LEVEL 1 RULES

LEVEL 1 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: In L1, an athlete spotting another athlete in a back walkover, would:
a.) not be a stunt because the athlete performing the skill is not above/off the performing surface
b.) be legal, because assisted tumbling is no longer restricted.
However, a panel judge may view this as the athlete lacks the ability to perform the skill without assistance and therefore, would give a lower score or no score at all.

Example 2: If 6 athletes in L1 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.

A. All tumbling must originate from and land on the performing surface.
Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: 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.
Clarification: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are not allowed.

E. 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 1 STANDING/RUNNING TUMBLING

A. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position.
Exception: Block cartwheels and round offs are also allowed.

B. Forward and backward rolls, front and back walkovers, and handstands are allowed.

C. Cartwheels and round offs are allowed.

D. Front and back handsprings are not allowed.

LEVEL 1 STUNTS

A. A spotter is required for each top person at prep level and above.
Example: Suspended splits, flat-bodied positions and 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.
Clarification: 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.
Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.

B. **Stunt Levels**
1. Single leg stunts are only allowed below shoulder (prep) level.
Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top

person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.

2. Extended stunts are not allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position.
   Clarification: Taking the top person above the head of the bases would be illegal.

C. Twisting mounts and transitions are allowed up to a ¼ twisting rotation by the top person in relation to the performing surface.
   Clarification: 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 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 athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.
   Clarification: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.

D. During transitions, at least one base must remain in contact with the top person. Exception: Leap frogs and leap frog variations are <u>not</u> allowed in L1.

E. Free flipping or assisted flipping stunts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another <u>separate</u> stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal.
   Exception: An individual may jump over another individual.

G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the <u>original</u> base(s). When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in the case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)

H. Single based split catches are not allowed.

I. "True" (unassisted) Double Cupies are not allowed.
   Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level.
   i.e. "True" (unassisted) Double Cupies = one base holding two top people.
   However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.

J. L1 Stunts-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.
      Clarification: 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.

K. L1 Stunts-Inversions
   1. All inversions must maintain contact with the performance surface.
      Example: supported handstand.

L. 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 1 PYRAMIDS

A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

B. Top person must receive primary support from a base.

C. Two leg extended stunts must be braced by at least two persons at prep level or below with hand-arm connection only. The connection must be made at or below prep level.

D. Prep level single leg stunts:
   1. Must be braced by at least one person at prep level or below with hand-arm connection only.
   2. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
   3. The connection must be made prior to executing the single leg prep level stunt.
   4. Prep level bracers must have both feet in bases' hands.
      Exception: <u>Prep level bracers</u> 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.

E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

LEVEL 1 DISMOUNTS

A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
D. Only straight pop downs and basic straight cradles are allowed.
E. Twisting dismounts (including ¼ turns) are not allowed.
F. 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.
G. No dismounts are allowed from extended stunts in pyramids.
Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.
H. No free flipping or assisted flipping dismounts allowed.
I. Tension drops/rolls of any kind are not allowed.

LEVEL 1 TOSSES

A. No tosses allowed.

LEVEL 2 RULES

LEVEL 2 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: If an athlete in L2 receives a spot on a back handspring, this skill would receive no score under tumbling and would be considered illegal under L2 Stunt – Inversions L. 1.

Example 2: If 6 athletes in L2 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.

A. All tumbling must originate from and land on the performing surface.
   Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
   Example: 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.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
   Clarification: An individual may jump over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. 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.
E. 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 2 STANDING TUMBLING

A. Flips and aerials are not allowed.
B. Series front and back handsprings are not allowed.
   Clarification: A back walk over into a back handspring is allowed.
C. Jump skills in immediate combination with handspring(s) are not allowed.
   Example: Toe touch handsprings and handspring toe touches are considered illegal.
D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position.
   Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
E. Airborne skills must involve hand support with both hands when passing through the inverted position.
   Example: Front and back handsprings are examples of airborne tumbling skills.
F. No twisting while airborne.
   Exception: Round offs are allowed.

LEVEL 2 RUNNING TUMBLING

A. Flips and aerials are not allowed.
B. Series front and back handsprings are allowed.
C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
D. No twisting while airborne.
   Exception: Round offs are allowed.

LEVEL 2 STUNTS

A. A spotter is required for each top person in an extended stunt or passing through an extended position.
B. Single leg stunts may not be held at or pass through an extended position.
   Clarification 1: Taking the top person above the head of the bases would be illegal.
   Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.

C. Twisting mounts and transitions are allowed up to a total of ½ twisting rotation by the top person in relation to the performing surface.
Clarification: 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 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 athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
D. During transitions, at least one base must remain in contact with the top person.
E. Free flipping or assisted flipping stunts and transitions are not allowed.
F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal.
Exception: An individual may jump over another individual.
G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
H. Single based split catches are not allowed.
I. "True" (unassisted) Double Cupies are not allowed.
Clarification: "True" (unassisted) *Double Cupies are not allowed at extended, prep or below prep level.*
i.e. "True" (unassisted) Double Cupie = one base holding two top people.
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
J. 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.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
Clarification: The log roll may not be assisted by another top person.
K. L2 Stunts - Release Moves
1. No release moves 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.
Clarification: 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 allowed as long as it starts and ends in a cradle position.
Clarification: The log roll may not be assisted by another top person.
Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.
Example: no kick full twists
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
L. L2 Stunts-Inversions
1. All inversions must maintain contact with the performance surface.
Exception: Transitions from ground level inversions to non-inverted positions are allowed.
Example: <u>Legal</u>: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.
Example: <u>Illegal</u>: Going from a cradle to a handstand or from a prone position to a forward roll.
M. 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 2 PYRAMIDS

A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
B. Top persons must receive primary support from a base.
Clarification: 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 and must follow the L2 dismount rules.
C. Extended stunts may not brace or be braced by any other extended stunts.
Clarification: Being that L2 is the first level athletes are allowed to hold free standing extensions, the rules committee feels that it is an eminent safety hazard to allow extensions to brace other extensions, and therefore agreed to adjust this rule immediately.
D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: A shoulder sit walking under a prep is considered illegal.
E. Extended single-leg stunts:
1. Extended single-leg stunts must be braced by at least one top person at prep level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
2. The connection must be made prior to executing the extended single leg stunt.

3. 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

A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.
   Clarification: An individual may not land on the performing surface from above waist level without assistance.
D. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
E. Twisting dismounts exceeding ¼ turn are not allowed. All other positions are not allowed.
   Example: toe touch, pike, tuck, etc.
F. 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.
G. Cradles from extended single leg stunts in pyramids are allowed.
H. No free flipping or assisted flipping dismounts allowed.
I. Tension drops/rolls of any kind are not allowed.

LEVEL 2 TOSSES

A. 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.
B. 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.
   Example: No intentional traveling tosses.
C. Flipping, twisting, inverted or traveling tosses are not allowed.
D. 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.
E. The only body positions allowed are straight rides.
   Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.
F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
G. Top persons in separate tosses may not come in contact with each other.
H. Only a single top person is allowed during a toss.

LEVEL 3 RULES

LEVEL 3 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: If an athlete in L3 receives a spot on a back handspring (or back tuck where the contact was no higher than shoulder level), this would be considered legal under L3 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

Example 2: In L3 if 6 athletes did back handsprings (or back tucks where the contact was no higher than shoulder level) and 3 of them were spotted by other athletes, the judges should score only the 3 back handsprings performed without spots. The remaining 3 "spotted" back handsprings would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

A. All tumbling must originate from and land on the performing surface.
   Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
   Example: 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.
B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
   Clarification: An individual may jump over another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. 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.
E. 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.
   Example: If an athlete in L3 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 L3.

LEVEL 3 STANDING TUMBLING

A. Flips are not allowed.
   Clarification: Jumps connected to ¾ front flips are also not allowed.
B. Series front and back handsprings are allowed.
C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
D. No twisting while airborne.
   Exception: Round offs are allowed.

LEVEL 3 RUNNING TUMBLING

A. Flips:
   1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
      Exception: Aerial cartwheels, running tuck fronts, and ¾ front flips are allowed. The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
      Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.
   2. Other skills with hand support prior to the round off or round off back handspring are allowed.
      Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.
   3. Cartwheel tucked flips are not allowed.
B. No tumbling is allowed after a flip or an aerial cartwheel.
   Exception: A forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll.
   Clarification: If any tumbling follows a forward or backward roll or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.
C. No twisting while airborne.
   Exception: Round offs are allowed.

LEVEL 3 STUNTS

A. A spotter is required for each top person in an extended stunt or passing through an extended position.
B. Single leg extended stunts are allowed.
C. Twisting mounts and transitions:
   1. Twisting mounts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.
      Clarification: 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 athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
   2. Full twisting transitions must land at and originate from prep level or below only.
      Example: No full ups to an extended position.
   3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
      Clarification: 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.
D. During transitions, at least one base must remain in contact with the top person.
E. Free flipping mounts and transitions are not allowed.
F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal.
   Exception: An individual may jump over another individual.
G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
H. Single based split catches are not allowed.
I. Single based double cupies require a separate spotter for each top person.
J. L3 Stunts-Release Moves
   1. Release moves are allowed but must not pass above extended arm level.
      Clarification: If the release move passes above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" 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. Releasing from inverted to non-inverted is not allowed.
   3. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.
   4. 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
      Clarification: Being that L3 is the first level athletes are allowed to perform release moves that are not required to be caught in a cradle, the rules committee feels that it is an eminent safety hazard to allow twisting during release moves, and therefore agreed to adjust this rule immediately.
   5. Release moves must return to original bases.
      Clarification: An individual may not land on the performing surface without assistance.
   6. Helicopters are not allowed.
   7. Release moves may not intentionally travel.
   8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
   9. Top persons in separate release moves may not come in contact with each other.
K. L3 Stunts–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. (see #1. Exception above)
   3. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an

original base.
Clarification 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).
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder *area.*

L. 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 3 PYRAMIDS

A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
B. Top persons must receive primary support from a base.
C. Extended single leg stunts may not brace or be braced by any other extended stunts.
D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
Example: shoulder sits walking under prep.
E. L3 Pyramids-Release Moves
Clarification: Anytime 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 L3 dismount rules.
   1. 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.
   Clarification: Level 3 Pyramid Release Moves may now incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L3 Stunt Release Moves or L3 Dismounts. L3 Pyramid Release moves, must maintain contact with two other top persons if the release move begins at prep level or above, passes above extended arm level, includes more than one skill, or is caught in an extended position.
   2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below.
   Clarification 1: Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.
   Clarification 2: If top person is braced on each side with arm-to-arm connection and a third bracer with hand-foot connection, the skill would be legal.
   Clarification 3: Twisting mounts and transitions are allowed up to 1 twist, if connected to two bracers 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.
   3. These release transitions may not involve changing bases.
   4. These transitions must be caught by at least 2 catchers.
      a. Both catchers must be stationary.
      b. Both catchers must maintain visual contact with the top person throughout the entire transition.
F. L3 Pyramids-Inversions
   1. Must follow L3 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 direct weight bearing contact with the performing surface. 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.
   Example: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill.
   Example: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.
G. L3 Pyramids - Release Moves w/ Braced Inversions
   1. Pyramid transitions may not involve inversions while released from the bases.

LEVEL 3 DISMOUNTS

A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg stunt.
E. Up to 1-¼ twists are allowed from any two leg stunts. 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 L4 Stunts Twisting Mounts and Transitions only.
F. 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.
G. Up to 1 trick allowed during a dismount from any two leg stunt.
H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
I. No free flipping dismounts allowed.
J. Tension drops/rolls of any kind are not allowed.
K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

LEVEL 3 TOSSES

A. 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.
B. 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.
Example: no intentional traveling tosses.
C. Flipping, inverted or traveling tosses are not allowed.
D. 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.
E. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation. (ex 1:Legal: toe-touch, ball out, pretty girl) (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch)*Clarification: The 'arch' does not count as a trick.*
Exception: A Ball X toss is allowed at this level.
F. During a twisting toss, no skill other than the twist is allowed.
Example: No kick fulls, ½ twist toe touches.
G. Top persons in separate tosses may not come in contact with each other.
H. Only a single top person is allowed during a toss.