



2024-2025  
**College and Senior**  
**CHEER**

DIVISION RULES AND REGULATIONS

*14<sup>th</sup> Edition*

The NCC reserves the right to add, change, delete, or combine any information provided below.

## General Rules

- 1. The National Cheerleading Championship (NCC) prioritizes the safety and welfare of all athletes participating at Cheer events and competitions. The NCC reserves the right to exercise all means necessary to uphold athlete safety as our primary concern in accordance with the safety standards of Cheer Pilipinas and the International Cheer Union (ICU) in accordance with the Safe Sport Initiative of the International Olympic Committee (IOC).**

**We encourage all managers and coaches to read the ICU Athlete Safety Guidelines:**  
<https://cheerunion.org/safeguarding/>

2. The NCC strictly adheres to all COVID 19 guidelines including but not limited to social distancing and requires all participants in all of its competition to do the same.
3. All teams are required to submit all necessary documents by the given deadline to be eligible. The deadline for the submission of **COMPLETE** documents is **one (1) month** prior to the qualifiers (or the Finals in the event there are no qualifiers) the team will be joining.

If unable to submit at the given deadline a fine of **Php 4,000.00** will be implemented. The fine should be paid **BEFORE** the date of the qualifiers (or the Finals in the event there are no qualifiers) or else the team will **NOT** be allowed to perform.

For teams joining more than one division, only one (1) late fee applies for all deliverables.

4. All teams should be supervised during ALL official functions by a qualified advisor<sup>1</sup>/coach.
5. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
6. On the day of the competition all official team members must report to the competition area for verification. Only those on the Final Roster submitted a month before the Qualifiers (or the Finals in the event there are no Qualifiers) will be allowed inside the competition area.

The Final Roster consists of the following:

- a. Complete list of performers.
    - i. **SENIOR DIVISION:** A minimum of **fifteen (15)** and a maximum of **thirty (30)** performers are allowed. This number should already include spotters and lifters.
    - ii. **COLLEGE DIVISION:** A team should be composed of **exactly twenty-four (24)** performers inclusive of spotters and lifters.
  - b. Complete list of reserves. Only **five (5)** reserves are allowed. The list of reserves may **NOT** be changed once the team has registered.
  - c. The coach, asst. coach **are the ONLY team officials** allowed to enter with the team provided they are included in the roster list.
7. Performance Sequence
    - a. If a team is not present during the drawing of lots, it will get the last pick in the lot.
    - b. For the Qualifiers, if a team arrives at the competition venue two (2) slots prior to its own performance slot it will be assessed a sanction of **thirty (30) points** and will be allotted the performance slot of two (2) slots after arrival.
    - c. At Qualifiers, the last performance slot is reserved for the defending champion of that regional competition.
    - d. The NCC reserves the right to determine the order of performance for all divisions in the National Finals.**
    - e. If a team misses its performance slot, it is automatically disqualified from the competition.

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<sup>1</sup> Someone who can be held responsible for the Team/Squad.

Note: If a team is not present at the allotted time given, the NCC reserves the right to draw a number on behalf of the team. Once the number has been picked it is final.

8. Run through<sup>2</sup>
  - a. Music should be provided at the time of the run through.
  - b. If a team misses their slot in the run through, they forfeit that time to rehearse.
  - c. Each team has a maximum of seven (7) minutes for its run through.<sup>3</sup>
9. All teams are required to take part in the Introduction of Teams. A penalty of **twenty (20) points** will be given to any team who doesn't comply.<sup>4</sup>

## Eligibility of Participants

1. Teams may enter any of the following Team Cheer Divisions provided ALL eligibility requirements for division an athlete will compete in are met:
  - a. **Senior All Girl Cheer Division**
  - b. **Senior Coed Cheer Division**
  - c. **College All Girl Cheer Division**
  - d. **College Coed Cheer Division**
2. All high school and collegiate participants must be official students of the school they are representing and must meet all of their eligibility requirements.
  - a. **Senior (High School) Division**
    - i. Officially enrolled in **Grade Levels 7 through 12** at the time of the competition.
    - ii. Should be in good academic and disciplinary standing.
    - iii. **All Girl Category**
      1. Teams joining should comprise of ALL GIRLS ONLY.
      2. Teams are NOT allowed to use spotters and lifters from other schools.
  - b. **College Division**
    - i. Officially enrolled at the time of the competition in a non-audit<sup>5</sup> course towards an Undergraduate or Master's degree.
    - ii. **RESIDENCY RULE WAIVED FOR THIS SEASON**
    - iii. Master's degree students are allowed to compete and represent the school they are currently enrolled in upon submission of necessary documents and a supporting letter from the dean.
    - iv. Cross enrollees are only allowed to represent the school they are cross enrolling from. Pertinent documents should be submitted.
    - v. Participants are eligible, if upon submission of documents, are still officially enrolled at the school they are competing for.
    - vi. Should be in good academic and disciplinary standing.
    - vii. Participants who are on Leave of Absence (LOA) status in the school they are representing are not eligible to compete in the NCC.
    - viii. **There is no maximum age limit for participants.**
    - ix. **All Girl Category**
      1. Teams joining should comprise of ALL GIRLS ONLY.
      2. Teams are NOT allowed to use spotters and lifters from other schools.

NOTE: A cheerleader can compete in 2 or more separate divisions provided he/she is qualified and all required documents are submitted for **EACH** division he/she is participating in. Registration fees for each division apply.

3. Teams must submit the required official NCC forms on the specified deadline (*in alphabetical order of participants' last name*).
  - a. The following should be submitted via email at [phil.ncc@gmail.com](mailto:phil.ncc@gmail.com)

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<sup>2</sup> Only for Finals

<sup>3</sup> Time allotment might vary depending on the number of participating teams.

<sup>4</sup> Late = not ready

<sup>5</sup> A 4-year Bachelor's Degree Course

- i. NCC Registration/Waiver Form and Roster List inclusive of the following:
    1. Name of all Participants, Reserves and Team Officials.
    2. Once submitted, names CANNOT be changed.
    3. If a participant is a minor, Guardian/Parent's signature is required.
  - ii. Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
  - iii. Payment Deposit Slip (SCANNED COPY)
- b. The following ORIGINAL DOCUMENTS should be submitted in HARD COPY during registration on the DAY OF THE COMPETITION
- i. Original NCC Registration/Waiver Form
  - ii. Signed original NCC Rules and Regulation Agreement Form
  - iii. Official Registrar's List with registrar's signature with school dry seal
4. Substitutions may be made on a team only in the event of an injury or academic probation; all substitutes must meet the eligibility requirements stated above. The necessary documents must be submitted together with the team's eligibility forms and must be made known to NCC Officials.
  5. Athletes with any injuries and/or medical conditions should be cleared to perform both at the official run throughs and at the actual competition by a certified doctor/physician. The NCC is not liable for any undeclared medical conditions.

### Sportsmanship

1. All participants and competitors must exhibit the highest level of sportsmanship before, during and after the competition.
2. All participants must take part in the oath of sportsmanship and be at the competition venue at the designated time.
3. All winners must come forward to accept their award immediately after their school is called for all prizes regardless of ranking.
4. All winning teams are to have a photo taken upon receipt of the award.
5. NCC officials can assess a **ten (10) point penalty** per occurrence against any team found to have violated the NCC's sportsmanship standards. Multiple sportsmanship infractions can result in disqualification and disbarment of the team from future NCC events.
6. The same level of sportsmanship is expected from the teams' school, family and other supporters of the team **whether watching live at the competition venue or virtually via TV broadcast or online streaming.**
7. Grave acts against sportsmanship such as but not limited to sabotage, physical violence, homicide, collusion, libel, stealing, vandalism, untoward incident, internet posting and the like shall be dealt with the full force of the law after an appropriate investigation is concluded.

### Apparel and Accessories

1. Team uniforms should have their school's name more prominent than any brand or sponsor name.
2. Soft-soled athletic shoes with adequate support must be worn while competing. Jazz shoes and/or boots, slippers, sandals, flip-flops, high heels, leather shoes, and bare feet are NOT allowed.
3. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, and pins are prohibited. Jewelry must be removed and may not be taped over. Rhinestones on the uniform are allowed. Face paint is allowed, but body jewelry like sticky rhinestones are prohibited.
4. Medical alert bracelets or necklaces may be worn, but should be removed from the neck/wrist area and be secured to the body under the uniform with tape.

5. Fingernails, including artificial nails, must be kept at an appropriate length (i.e. short, near the end of the fingers) to minimize risk for the participants.
6. Inappropriate and vulgar clothing will not be allowed. Emphasis will be on a balance of aesthetic appeal and **functionality taking into consideration the length, fit and style of the uniform to its wearer**. This applies to both male and female athletes. **No cross dressing allowed**. The focus should be on safety while doing the routine. Any violations will result with a minimum penalty of **ten (10) points per occurrence to a maximum of disqualification depending on the gravity of the offense**.
  - a. Skirt: maximum Thumb level short
  - b. Shorts: buttocks are fully covered/concealed and not skin tone
  - c. Top: no cleavage, fully supported, and appropriately covered.
7. No grease or anything slippery on uniform or body.
8. Stockings are NOT allowed for safety reasons.
9. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.
10. Neoprene, spandex supports, sleeves and the like are allowed. Braces, casts, etc., which are hard and unyielding or have rough edges or surfaces are prohibited.
11. Gloves, sweat bands and the like are not allowed to be worn by bases during stunts.
12. Cycling and panty shorts cannot be skin-toned.
13. Ribbons, rubber bands and hair pins should be properly secured.
14. Wigs are not allowed.
15. Tattoos of school logos, etc. are allowed; any other tattoos permanent or otherwise must be covered.

### Competition Area, Flooring and Venue

1. All competitors must start within the performance area and everyone must be supporting their own weight with at least one foot on the performance floor.
2. Teams will perform on a 54 feet (across) by 42 feet (wide) (54' x 42') carpeted floor, exercise mat or similar surface.
3. Performance area shall either be foam, spring floor, athletic mat or other material as decided upon by the NCC.
4. The floor shall be devoid of any other visible promotional material other than the NCC logo unless otherwise agreed on by the NCC.
5. Any and all official competition venues shall be at least 20 feet in height.
6. Stepping out of the competition area will be assessed a **five (5) point** deduction each incident.

### Routine Timing

1. The minimum length of the performance is two minutes (2:00) and the maximum length is two minutes and thirty seconds (2:30). A penalty of **five (5) points** will be given for every lack or excess of five (5) seconds and a fraction thereof.
2. A one-minute pre-set will be given to each team.
3. Timing will begin with the first organized movement of a cheer, sideline or dance, the first note of music, the first word of a cheer or sideline, or the building of a pyramid or stunt (i.e. the lifting of or support of another person off the ground). Competitors may do a spirited tumbling exit as long as it is within the given exit time.

4. The team should leave the floor immediately after their routine together with their props.

## Music

Performance music must adhere to the standards and practices of the official NCC rules and regulations. The music must be of good quality as this could affect the scoring by the judges.

1. Profane, vulgar, suggestive, offensive and inappropriate language is strictly prohibited. **Such language should be edited out of the routine music.** A penalty of **ten (10) points per occurrence** will be given to teams whose music/cheer has this content or **anything that may be construed as the above.**
2. Designate one representative from your group to run your music.
  - a. This person must remain at the sound table throughout the entire performance.
  - b. That representative is not allowed to touch the sound board except to push the play button (once) at the beginning of the routine and the stop button (once) at the end of the routine.  
Note: Teams will be penalized with a **ten (10) point** deduction if this is not followed.
3. Only **audio CD formats OR USBs** are allowed in the competition.
  - a. For CDs: Bring four (4) quality-recorded compact discs of your music to the competition. When burning own music on CD, you **MUST** use a CD-R NOT CD-RW. CDs should be properly labeled with the schools Name, contact person, and contact number.
  - b. For USBs: **Only file on the USB device should be the music for the routine. Please bring an extra USB with the music file. USBs should be properly labeled with the schools Name, contact person, and contact number.**
4. No digital music player will be allowed to be used in the competition (i.e. iPods, MP3 Players, CD Players).
5. Each team will be allowed to test their music at a given time before the competition. An NCC representative will properly time the music to be recorded and have it signed off by the team's coach and the NCC representative.<sup>6</sup>
- ~~6. Schools may bring a maximum of 3 bass drums and 2 snare drums to be situated at the audience bleachers.~~

## Medical Attention

1. It is the responsibility of the team or coach to report an athlete's injury or illness to the event organizer(s).
2. If at any time prior to or during competition a cheerleader is ill, injured, or his/her physical or emotional condition is at risk by participating, he/she may be declared ineligible to compete, or disqualified from competing further. The competition organizer(s), Competition Director and/or Head Judge reserves the right to withdraw any competitor who appears to have such serious disability or injury or needs medical attention.
3. The NCC reserves the right to request the submission of a physician's written authorization of an athlete to compete who is deemed medically or emotionally at risk by the competition organizer.

## Interruption of Performance

1. In the event the performance of the competing team is interrupted because of the NCC (i.e. event equipment, facilities, etc.) the team shall be given the option to either resume their performance from the place where the interruption occurred or repeat their entire performance.
2. In the event the performance of any team is interrupted because of failure of the team's own equipment or supplies, the team must either continue the performance or withdraw from the competition. Same holds true if an interruption is caused by any competitor or their coaches.

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<sup>6</sup> Qualifiers: sound check; Finals: run-through. This can change depending on the number of competing teams.

Note: If any competitor and/or their coach are found guilty of deliberately undermining another team's routine, they will be disqualified from the competition and the NCC has the right to suspend the team for two (2) years.

3. In the event of a minor injury (defined as the athlete is still able to support himself) the team must continue. In the event of major injury (i.e. immobility, unconsciousness, excessive bleeding) the NCC reserves the right to stop the performance to provide proper medical attention.

If the major injury was obtained less than one (1) minute into the routine, the team will have the option to repeat their entire performance and will be given the last slot in the competition to do so.

If the major injury was obtained more than one (1) minute into the routine, then the team will be judged according to where the performance ended.

4. In the event injury happens on the day of the competition, prior to the competition performance, the team is given the option to continue or withdraw.

## Props and Equipment

1. Wearable articles that may impede vision, movement, or may be deemed potentially injurious to the wearer or teammate are not permitted.
2. Any height increasing apparatus used to propel a competitor is prohibited.
3. Flags, banners, signs, pompons, and cheerleading megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt. All props must be safely discarded out of harms way (i.e. throwing a hand sign or banner across or behind the mat from a stunt would be illegal).
4. Mascots are permitted to use any prop except fire, liquids, confetti, glitter and live animals.

## Technical Rules

### Scoring Information

1. A minimum of five (5) category judges will score each routine. (Motions/dance/jumps, tumbling, stunts, pyramids and tosses.)
2. Each category is worth eighty (80) points in total inclusive of ten (10) points for Overall Effect.
3. Judges may give a zero (0) in a category if an element is not performed.
4. Judges may score on a half point system (i.e. 40.5 points).
5. The total number of possible points for each routine is a maximum of **400 points**.
6. A technical judge will be assigned specifically to spot for performance errors.
  - a. **A One (1) point Technical Deduction** will be deducted from your total score each time a competitor has a **Bobble/Minor Mistake** on jumps, standing tumbling, running tumbling, stunts, and pyramids.
  - b. **A Three (3) point Technical Deduction** will be deducted from your total score each time a competitor has an **Obvious/Major Mistake** on jumps, standing tumbling, running tumbling, stunts, and pyramids including wardrobe and accessory malfunctions where safety is a concern.
7. A penalty judge will be assigned specifically to spot for legalities especially when it comes to safety infractions. The judge will assess a **ten (10) point deduction per occurrence** for

inappropriate choreography, music, language, uniforms/costuming (as set by the school) including wardrobe and accessory malfunctions where safety is a concern.

8. A routine including choreography, music selection and outfitting should be suitable for family viewing and listening.
9. A tabulator will compute final scores based on judges' scoring, including technical deductions and penalties based on the NCC Rules.
10. Tie Breakers are left up to the discretion of the judging panel.
11. The Head Judge reserves the right to decide on any and all contentious scoring and interpretation of the rules and regulations of the NCC.

Note: All judging and rule interpretation decisions are final.

<b>CRITERIA FOR JUDGING</b>	
<i>CATEGORY</i>	<i>POINTS</i>
<b>I. Basic Elements</b>	
▪ Motions / Dance	
• Difficulty and Choreography	15
• Technique and Execution	15
• Timing and Spacing	10
▪ Jumps	
• Difficulty	15
• Execution, Timing and Spacing	15
▪ Overall Effect	10
	80
<b>II. Tumbling</b>	
▪ Standing Tumbling	
• Difficulty	15
• Technique	15
▪ Running Tumbling	
• Difficulty	15
• Technique	15
▪ Creativity	10
▪ Overall Effect	10
	80
<b>III. Stunts</b>	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	10
▪ Quantity	10
▪ Spacing and Synchronization	10
▪ Overall Effect	10
	80
<b>IV. Pyramids</b>	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	20
▪ Spacing and Synchronization	10



▪ Overall Effect	10
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	80
<b>IV. Tosses</b>	
▪ Difficulty	25
▪ Technique	25
▪ Quantity	10
▪ Synchronization	10
▪ Overall Effect	10
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	80

**Penalties and Technical Deductions**

Penalties
<p><b>10 Points</b> for <b><u>EACH</u></b> occurrence:</p> <ul style="list-style-type: none"> <li>* Not meeting the NCC’s Performance Requirements</li> <li>* Violating the NCC’s Rules</li> <li>* Requesting spotters to leave the competition floor during a performance (Mount only)</li> <li>* Inappropriate movements, music, language (including music), uniform/wardrobe</li> <li>* Wardrobe malfunction leading to exposed body parts</li> <li>* Safety Rule violations</li> <li>* Routine Timing violations</li> </ul> <p><b>50 Points</b></p> <ul style="list-style-type: none"> <li>* Performing an illegal skill in a division with Level Guidelines</li> </ul>

**CLARIFICATION:** If an injured competitor walks off the floor, no penalty will be assessed. A competitor that walks off should not return to the competition floor.

Technical Deductions
<ul style="list-style-type: none"> <li>• Jumps/ Leaps/ Turns / Standing Tumbling / Running Tumbling <ul style="list-style-type: none"> <li>Falling -- any body part, other than feet, hitting the ground</li> <li>Incomplete/Popped skill</li> <li>Unattempted skill</li> </ul> </li> <li>• Tosses / Stunts <ul style="list-style-type: none"> <li>Not catching a toss</li> <li>Falling: any athlete, including bases, that hit the floor with one or more body parts (unplanned)</li> <li>Incomplete skill</li> <li>Unattempted skill</li> </ul> </li> <li>• Pyramids <ul style="list-style-type: none"> <li>Not catching a toss</li> <li>Falling: any athlete, including bases, that hit the floor with one or more body parts (unplanned)</li> <li>Incomplete/Popped skill or dismount</li> <li>Unattempted skill</li> <li>Traveling skill</li> </ul> </li> <li>• Malfunctions <ul style="list-style-type: none"> <li>Dropped Poms / Props</li> </ul> </li> </ul> <p>Obvious/ Major Mistakes – 3 Points  Bobble/ Minor Mistakes – 1 Points</p>

**Protests on Eligibility**

1. All official protests on **eligibility** must be submitted one (1) week before the Qualifiers (or the Finals in the event there will be no Qualifiers). Any protests on eligibility submitted after the given deadline shall not be entertained.
  - a. All protests must be accompanied by supporting documents.
  - b. Protests may be appealed once, after which the decision of the NCC board is final
2. Questions on Eligibility  
Any team found to have violated eligibility requirements, found at any time, will be assessed a two (2) year suspension from NCC competitions and other related activities and their participation in the current year will be null and void.

### **Finality of Decisions**

By participating in this championship, each team agrees that all decisions by the judges **ARE DEEMED FINAL**. Reviews and corrections shall also be at the sole discretion of the judging committee. Clarificatory questions and issues shall be addressed at the discretion of the same. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

### **Video Taping of the Event**

Video taping of the NATIONAL CHEERLEADING CHAMPIONSHIP Senior (High School) and Collegiate Cheer Program for commercial purposes is NOT permitted. The NCC holds the sole copyright to any reproduction.

## Senior (High School) Division

### Bases/Bracers

1. A base shall not assume a backbend, headstand, or handstand position.
2. A bracer shall not provide primary support for a flyer.
3. In mounts, one of the persons bracing shall be at shoulder height or below with both feet on the floor. **Exception:** The following extended stunts may brace any of the others listed:
  - a. Chair
  - b. Double/triple-base dead-man lift
  - c. Double/triple-base straddle lift
  - d. Extended stunts (except a totem pole) provided the top people have both feet in both hands of their base(s).
  - e. Double cupies

### Spotting

1. The spotter must stand directly beside or behind the stunt and continue to spot through the cradle. The spotter may not be involved in any other choreography during the stunt.
2. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
3. A spotter is required for all extended stunts except for the following:
  - a. Chair
  - b. Russian lift (arm pit lift)
  - c. Low Torch
  - d. Double-base split catch
  - e. Triple-base dead-man lift
  - f. Triple-base extended suspended splits
  - g. Double base vertical T-lift
4. A spotter's arms and hands must be in one of the following positions:
  - a. Hands grasping the wrist(s)/forearm(s) of the base(s)
  - b. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer
5. A person is not considered a spotter if hand position includes:
  - a. Grabbing **ONLY** the sole of the foot of the flyer.
  - b. Grabbing the hand(s) of the base(s) beneath the flyer's foot.
6. The spotter may not be involved in any other choreography during the stunt.
7. A spotter's torso cannot be under a stunt.
8. A separate spotter is required for each flyer in an extended single-based double cupie.
9. An inattentive person is not considered a spotter.

### STUNTS

1. Single-based stunts at prep level or above must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder area when cradling.
2. Multi-based stunts at prep level or above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area when cradling.
3. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the flyer does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below when level rules allow.

4. Extended one-legged stunts may not brace any other extended stunts.
5. In mounts, one of the persons bracing shall be at shoulder height or below. **Exception:** The following extended stunts may brace any of the others listed:
  - a. Chair
  - b. Double/triple-base deadman lift
  - c. Double/triple-base straddle lift
  - d. Extended stunts (except a totem pole) provided the top people have both feet in both hands of their base(s).
  - e. Double cupies
6. Twisting stunts and transitions are allowed up to **2 ¼ twisting rotations** by the top person in relation to the performance 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 2¼ 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 with a stationary top person, they may continue to walk the stunt in additional rotation.*
7. No stunt, pyramid, or individual may move through, over, or under a stunt or pyramid.  
**Exception:** Entrance skills or transitional stunts where a flyer moves over or under an original base that is in direct weight-bearing contact with the performance floor (i.e. dirty bird, scooper, leap frog, vault over, etc).
8. Tension drops/tension rolls from any elevated stunt are prohibited.
9. A totem pole is legal provided:
  - a. Each flyer leaning forward is stabilized/supported by the stunt directly in front
  - b. No extended stunt stabilizes/supports another flyer
  - c. A spotter is present for each extended stunt
10. A swinging stunt is legal provided the following conditions are met:
  - a. The flyer is swung in an upward direction
  - b. The flyer is in a face-up position
11. Suspended side splits are legal provided the following conditions are met:
  - a. There are at least two bases.
  - b. When dropping to suspended splits, four bases must slow the momentum of the flyer by supporting under her thighs and legs prior to reaching the full split position; or three bases support her under her thighs and legs and the fourth base holds her hands. The flyer must have both hands in contact with a base(s) once she reaches the full split position.
12. Single-based split catches or straddle catches are prohibited.
13. In a single-base log roll, the flyer:
  - a. Must initiate the rotation toward the base.
  - b. Must begin and end in a face-up position.
14. Once a flyer is tossed to a stunt, they cannot be tossed again without first dismounting to a cradle or the performing surface.

### Transitional Stunts

1. During transitional stunts, physical contact must be maintained between the flyer and the base(s) except when all of the following conditions are met:
  - a. The flyer is braced.
  - b. The flyer does not become inverted.
  - c. The flyer has at least two bases and a spotter throughout the transition.
  - d. Each bracer has a separate spotter, if bracer is at the second level.
2. When a transitional stunt involves changing bases;
  - a. The new base(s) must be to the side or front of the person moving the stunt.

- b. The base may make no more than a half turn (180 degrees) as they take the flyer to the new base(s).
3. A log roll is legal provided it does not involve more than two rotations and the flyer is not in contact with a person in another stunt.
4. In multi-base log rolls:
  - a. With fewer than four catchers, the flyer must begin and end in a face-up position.
  - b. With four catchers, the flyer may be caught in a face-up or face-down in a layout position.
  - c. Helicopter tosses are legal. They are limited to a 180-degree rotation with a ½ twist and must be caught by at least three (3) catchers, one of which is positioned at head and shoulder area of the flyer. A helicopter toss where the flyer remains in an upright prone position is limited to a 360-degree rotation.
5. A forward suspended flip is legal provided the following conditions are met:
  - a. It begins from a double base stunt with the flyer standing at shoulder height or below.
  - b. The flyer maintains continuous hand-to-hand/arm **or hand-to-foot/leg** contact with the original two bases.
  - c. The bases control the flyer's dismount to the performing surface or cradle.

### Stunt Release Moves

1. Release moves to any split or straddle position that is not supported by the middle base are illegal.
2. Release moves into a stunt are legal provided the following conditions are met:
  - a. The toss does not significantly exceed the height of the intended toss.
  - b. The flyer does not land in a loading position for another toss.
3. Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level.  
*Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss or a dismount, and must follow the appropriate "Toss" or "Dismount" rules.*
4. 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 inverted to non-inverted positions may not twist.  
*Exception: Front handspring up to an extended stunt may include up to a ½ twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.*
5. Release skills that land in a non-upright position must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.
6. Release moves must return to original bases.  
**Exception:** See Elite Division Dismount "7".  
**Exception:** Dismounting single based stunts with multiple top persons.  
*Clarification: An individual may not land on the performing surface without assistance from above waist level.*
7. Helicopter tosses are legal. They are limited to a 180-degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the flyer. A helicopter toss where the flyer remains in an upright position is limited to a 360-degree rotation.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.  
**Exception:** Single based stunts with multiple top persons.

### Stunt Inversions

1. Extended inverted stunts are allowed.
2. Downward inversions are allowed from prep level and above and must be assisted by at least three (3) catchers, at least two (2) of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.  
*Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*  
*Clarification 2: Downward inversion originating from prep level or below do not require three (3) catchers. If the stunt begins at prep level or below and passes above prep level it requires three (3) catchers. (The momentum of the top person coming down is the primary safety concern.)*  
**Exception:** A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.
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 above prep level:
  - a. 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.
  - b. May not land on or touch the ground while inverted.  
*Clarification: 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. Downward inversions may **NOT** come in contact with each other.
6. 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.*

## PYRAMIDS

1. Pyramids are allowed up to **two (2) levels high**.
2. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules.
3. Top persons must receive primary support from a base.  
**Exception:** See Elite Division "Pyramids Release Moves".

### Pyramid Release Moves

1. During a pyramid transition, a top person may pass above two (2) persons high while in direct physical contact with at least one (1) person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.  
*Clarification: 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 the 2nd level.  
*Clarification: The transition must be continuous.*
3. Non-inverted pyramid release moves must be caught by at least two (2) catchers (minimum of one (1) catcher and one (1) spotter) under the following conditions:
  - a. Both catchers must be stationary.
  - b. 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:
  - a. 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.*

- b. The top person must be caught by at least two (2) catchers (minimum of one (1) catcher and one (1) 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 braced / connected to the top persons above prep level.
6. A hanging pyramid is legal provided:
  - a. The base(s) remain stationary.
  - b. Spotters are present for each shoulder stand.
  - c. Base(s) shall maintain constant contact with the suspended person.
  - d. Suspended person is lower than the shoulder stand(s).
  - e. Suspended person's feet are hanging free.
  - f. Suspended person is not inverted.
  - g. Suspended person does not rotate on the dismount.

### Pyramid Inversions

1. Must follow Elite Division "Stunt Inversions" rules.

### Pyramid Release Moves with Braced Inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Braced inversions (including braced flips) are allowed up to **1¼** flipping rotations and **one (1)** twisting rotations.
3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flat back, prone) and doesn't exceed 1 twisting rotation.  
*Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.*
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) that do not twist must be caught by at least three (3) catchers.  
**Exception:** Brace flips that land in an upright position at prep level or above require a minimum of one (1) catcher and two (2) spotters.
  - a. The three (3) catchers/spotters must be stationary.
  - b. The three (3) catchers spotters must maintain visual contact with the top person throughout the entire transition.
  - c. The three (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.)
7. All braced inversions (including braced flips) that twist (including ¼ twist or more) must be caught by at least three (3) catchers. All three (3) catchers must make contact during the catch.
  - a. The catchers must be stationary.
  - b. The catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 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.)
8. Braced inversions (including braced flips) may not travel downward while inverted.

9. Braced flips may not come in contact with other stunt/pyramid release moves.
10. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

## DISMOUNTS

*Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.*

1. When cradling, the flyer must always land in a face-up position.
2. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
3. Bases/catchers must not move during dismounts except for safety purposes.
4. When cradling from extended multi-base stunts at least two catchers are required.
5. Cradles from single based stunts must have a separate spotter with at least (one) 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
6. Cradles from multi-based stunts must have (two) 2 catchers and a separate spotter with at least (one) 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
7. Dismounts must return to the original base(s).  
**Exception 1:** Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s). Free flipping skills to the performance floor are prohibited.  
**Exception 2:** Straight drops or small hop offs, with no additional skill(s), from the 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.*
8. Up to a 2 ¼ twisting rotations are allowed from all stunts.
9. 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.
10. No free flipping dismounts allowed. All dismounts to the performing surface from shoulder height or above must have assisted landings.
11. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
12. Dismounts may NOT intentionally travel. Bases must not move during dismounts except for safety purposes.
13. Top persons in dismounts may not come in contact with each other while released from the bases.
14. Tension drops/rolls of any kind are not allowed.
15. When cradling single based stunts with multiple top persons, two (2) catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
16. Dismounts from an inverted position may not twist.
17. No skill (i.e. toe touch, twist, etc.) without constant hand-to-hand contact with a base(s) shall be performed prior to landing on the performing surface or on dismounts to separate catchers.
18. Roll down dismounts must have an additional head and shoulders catcher/spotter.



**TOSSES**

1. Basket tosses must not involve more than four (4) tossers, including the person who may set or “load” the flyer. One of the tossers must be behind the flyer during the toss and may assist the flyer 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 three (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.  
Exception: A ½ 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 or individual 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 2½ 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 top persons.
8. Only a single top person is allowed during a basket toss.
9. A catcher (spotter) must always be in position to spot the head and neck areas of the flyer.

**TUMBLING**

1. All tumbling must originate from and land on the performing surface.  
*Clarification: A tumbler may rebound from his/her feet into a 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 back flip would break this rule for the Elite/L5 Divisions. 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.  
Example: Back handsprings or back tucks with poms are **ILLEGAL**  
*Clarification: An individual may jump over another individual.*  
**Exception:** A forward, backward, or side roll over, under, with or on a prop is **LEGAL**.
3. Spotted, assisted, or connected tumbling where two or more individuals are in direct physical contact with each other is prohibited. Spotters are not permitted to assist in tumbling skills. (i.e. toe pitch flip or double cartwheels are prohibited)
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.
6. **STANDING TUMBLING:** Skills are allowed up to one (1) flipping and one (1) twisting rotation.
7. **RUNNING TUMBLING:** Skills are allowed up to one (1) flipping and one (1) twisting rotation.

**DROPS**

1. Drops including but not limited to knee, seat, thigh, front, back, and split drops from an airborne position are illegal unless majority of the weight is first borne on the hands/feet or is controlled to absorb the impact of the drop.
2. Tension drops/rolls are illegal.
3. A handspring/flip over to any drop is illegal.

2024 Level Rules

SENIOR CHEER	
<b>Standing Tumbling</b>	<ul style="list-style-type: none"> <li>• Skills are limited to one (1) flipping and one (1) twisting rotation.</li> </ul>
<b>Running Tumbling</b>	<ul style="list-style-type: none"> <li>• Skills are limited to one (1) flipping and one (1) twisting rotation.</li> </ul>
<b>Stunts</b>	<ul style="list-style-type: none"> <li>• Transitional stunts may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below.</li> <li>• Twisting mounts and twisting transitions are permitted up to <b>two and a quarter (2 ¼)</b> twisting rotations by the flyer in relation to the performance surface. Constant hand-to-hand/arm or hand-to-foot/leg must be continuously maintained up until the cradle dismount.</li> <li>• Free flipping mounts and transitions are not allowed.</li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>• Up to two and one-fourth (2 ¼) twisting rotations allowed from all stunts.</li> <li>• No free flipping dismounts allowed.</li> <li>• Twisting or forward flipping dismounts are allowed as long as flyer maintains continuous hand-to-hand/arm or hand-to-foot/leg contact with the 2 original bases up until the cradle/dismount.</li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>• Release moves are allowed but must NOT exceed more than 18 inches / 46 centimeters above extended arm level. If it exceeds prescribed height then it will be considered either a toss or a dismount. If bases release stunt, then must come back to original bases.</li> <li>• Release moves may <b>NOT</b> land in an inverted position.</li> <li>• Release skills that land in a <b>non-upright position</b> must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.</li> </ul>
<b>Inversions</b>	<ul style="list-style-type: none"> <li>• Downward inversions are <b>allowed from prep level and above</b> and must be assisted by at least three (3) catchers, at least two (2) of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.</li> <li>• Suspended flips are allowed. Forward suspended splits should begin from a double based stunt at shoulder height or below with the flyer maintaining continuous hand-to-hand/arm contact with the original 2 bases.</li> <li>• Downward inversions from above prep level:               <ul style="list-style-type: none"> <li>○ May <b>NOT</b> stop in an inverted position</li> <li>○ May <b>NOT</b> land on or touch the ground while inverted.</li> </ul> </li> </ul>
<b>Pyramids</b>	<ul style="list-style-type: none"> <li>• Pyramids are limited to two (2) levels ONLY but can consist of a combination of full-man or half-man high skills.</li> <li>• During a pyramid transition, a top person may pass <b>above two (2) persons high</b> while in direct physical contact with <b>at least one (1) person</b> at prep level or below. Contact must be maintained with the same bracer throughout the entire transition. <i>Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.</i></li> </ul>

	<ul style="list-style-type: none"> <li>• Braced flips are allowed if physical contact is maintained with at least one (1) bracer at prep level or below and must be caught by at least three (3) catchers.</li> <li>• Braced inversions (including braced flips) are allowed up to <b>1¼ flipping rotations</b> and one (1) <b>twisting rotations</b>.</li> </ul>
<b>Tosses</b>	<ul style="list-style-type: none"> <li>• Up to <b>two and one-half (2½)</b> twisting rotations allowed.</li> <li>• Flipping, inverted or traveling tosses are not allowed.</li> <li>• Flyers are limited to two (2) body positions in the air.</li> </ul>

## College Division

### Bases

1. A base shall not assume a backbend, headstand, or handstand position.

### Spotting

1. The spotter must stand directly beside or behind the stunt and continue to spot through the cradle. The spotter may not be involved in any other choreography during the stunt.
2. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
3. An inattentive person is not considered a spotter.
4. A spotter's torso cannot be under a stunt.
5. A person is not considered a spotter if hand position includes:
  - a. Grabbing only the sole of the foot of the flyer.
  - b. Grabbing the hand(s) of the base(s) beneath the flyer's foot.
6. A spotter is required:
  - a. During one-arm (1-arm) stunts above prep level, other than cupies or liberties.  
*Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc., require a spotter.*
  - b. When the load/transition involves:
    - i. A release move with a twist greater than 360 degrees.
    - ii. A release move with an inverted position landing at prep level or below.
    - iii. A free flip.
7. During stunts in which the top person is in an inverted position above prep level.
8. When the top person is released from above ground level to a one-arm (1 arm) stunt.

### STUNTS<sup>7</sup>

1. Single leg (1 leg) extended stunts are allowed.
2. Dismounts to the performing surface from stunts and pyramids must be assisted.
3. Tension drops/rolls from any stunt are prohibited.
4. Suspended splits are legal provided there at least two bases.
5. Tick Tocks are legal with proper spotting.
6. Tosses into a stunt are legal provided the following conditions are met:
  - a. The toss does not significantly exceed the height of the intended toss.
  - b. The flyer does not land in a loading position for another toss.
7. Once a flyer is tossed to a stunt, the flyer cannot be tossed again without first dismounting to a cradle or the performing surface.

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<sup>7</sup> **Stunt** – any skill in which a top person is supported above the performance surface by one or more bases.

**Pyramid** – A stunt or a group of stunts involving one or more flyers/top persons supported by one or more bases that are linked together. Also includes stunts whereby a top person is being lifted by another person who is not in direct weight bearing contact with the performance surface. (i.e. 1-1-1, 2-1-1, 1-1-2 pyramids and the like)

8. Twisting stunts and transitions are allowed up to **2 ¼ twisting rotations** by the top person in relation to the performance 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 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 athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*
9. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to **1 flipping and 1 ¼ twisting rotations**.  
**Exception 1:** Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a cradle position)  
**Exception 2:** Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.  
*Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.*  
*Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.*
10. Single based split catches are not allowed.
11. Single based stunts with multiple top persons require a separate spotter for each top person.
12. In a single-base log roll, the flyer must initiate the rotation toward the base and begin and end in a face-up position.

### Transitional Stunts

1. When catching a transitional stunt that is above prep level, at least three catchers are required.
2. Two (2) catchers must catch the flyer when transitioning over to a stunt and direct physical contact must be maintained between the flyer and a person at prep level or below.
3. A log roll is legal provided it does not involve more than two rotations and the flyer is not in contact with a person in another stunt.
4. When changing bases from a stunt above prep level at least two (2) bases are required to catch the flyer.
5. When a transitional stunt involves changing bases:
  - a. The new base(s) must be to the side or front of the flyer.
  - b. The bases may make no more than a whole turn (360 degrees) as they take the flyer to the new base(s).
6. A log roll is legal provided it does not involve more than two rotations and the flyer is not in contact with a person in another stunt.

### Stunt Release Moves

1. Release moves into a stunt are legal provided the following conditions are met:
  - a. The toss does not significantly exceed the height of the intended toss.
  - b. The flyer does not land in a loading position for another toss.
2. Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level.  
*Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss or a dismount, and must follow the appropriate "Toss" or "Dismount" rules.*
3. Release moves may not land in an inverted position.
4. Release moves must return to original bases.

**Exception 1:** Coed style bases to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

**Exception 2:** Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons.

*Clarification: An individual may not land on the performing surface without assistance from above waist level.*

5. Helicopter tosses are legal. They are limited to a 180-degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the flyer. A helicopter toss where the flyer remains in an upright position is limited to a 360-degree rotation.
6. Release moves may not intentionally travel. See exception in #3 above.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
8. Top persons in separate release moves may not come in contact with each other.  
**Exception:** Single based stunts with multiple top persons.

### Stunt Inversions

1. Downward inversions from above prep level must be assisted by at least two (2) catchers. Top person must maintain contact with a base.

### PYRAMIDS

1. Pyramids are allowed up to **2½ high**.
2. For 2 ½ high pyramids, there must be at least two (2) spotters, one providing additional pyramid support, and both designated for each person who is above two (2) persons high and whose primary support does not have at least one (1) foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One (1) spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.  
*Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.*
3. Free-flying mounts originating from ground level and above may not originate in a handstand position, and are allowed up to **(one) 1 flipping (¾ maximum free flip between release and catch) and one (1) twisting rotation, or zero (0) flipping and two (2) twisting rotations**.  
*Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.*

### Pyramid Release Moves

1. During a pyramid transition, a top person **may pass above 2 ½ high** under the following conditions:
  - a. Anytime a pyramid release moved is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e. tower tick-tocks).
  - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

### Pyramid Inversions

1. Inverted stunts are allowed up to **2 ½ persons high**.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

### Pyramid Release Moves w/ Braced Inversions

1. Braced flips are allowed up to up to **1¼ flipping** and **one (1) twisting rotation**.
2. Braced flips are allowed if direct physical contact is maintained with at least one (1) top person at prep level or below and must be caught by at least two (2) catchers.  
**Exception:** Braced inversions to 2 ½ high pyramids may be caught by one (1) person.
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one (1) base and one (1) additional spotter under the following conditions:
  - a. The base/spotter must be stationary.
  - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
  - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated.

Note: The dip to throw of the top person is considered the initiation of the skill.
4. Free released moves from 2 ½ high pyramids:
  - a. May NOT land in a prone or inverted position.
  - b. Are limited to **zero (0) flipping** and **one (1) twisting rotation**.
5. One arm (1 arm) extended Paper Dolls require a spotter for each top person.

### DISMOUNTS

*Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.*

1. When cradling, the flyer must always land in a face-up position.
2. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
3. Bases/catchers must not move during dismounts except for safety purposes.
4. When cradling from extended multi-base stunts at least two catchers are required.
5. **Single based cradles that exceed 1¼ twisting rotations must have a spotter assisting the cradle with at least one (1) hand/arm supporting the head and shoulder of the top person.**
6. **Dismounts to the performing surface, must be assisted by an original base or spotter.** Free flipping skills to the performance floor are prohibited.  
**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.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
7. Up to a 2¼ twist cradle is allowed from all stunts and pyramids up to two (2) persons high and requires at least two (2) catchers. Cradles from 2½ high pyramids are allowed up to 1 ½ twist and require two (2) catchers, one of which must be stationary at the initiation of the cradle.  
**Exception:** 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).
8. **Free released dismounts from STUNTS to a cradle:**
  - a. Are limited to either **one and one-fourth (1¼) flipping** and **one (1) twisting rotations** **OR** **three-fourths (¾) flipping rotation** and **two (2) twists**.
  - b. Require at least two (2) catchers, one of which is an original base.
  - c. May not intentionally travel.
  - d. May originate from above prep level but are limited to 1¼ flipping rotation and zero (0) twists **OR** zero (0) flipping rotation and two (2) twists. All other free flipping dismounts **MUST** originate from prep level or below.

9. Free released dismounts from PYRAMIDS to a **cradle**:
  - a. Are limited to **ONLY** a combination of **one (1)** flipping and **one (1)** twisting rotation **OR two (2)** twisting dismounts from 2 high pyramids.
  - b. For 2½ high pyramids:
    - i. Are limited to **one (1)** twisting rotation and may **NOT** land in a prone position.
    - ii. A **three-quarter (¾) front** flip to cradle may occur from a 2½ high pyramid and requires two (2) catchers, one (1) on each side of the top person and one (1) of which must be stationary when the cradle is initiated.
  - c. Require at least two (2) catchers, one of which is an original base.
  - d. May not intentionally travel.
10. Free released dismounts to the performing surface are only allowed in **front flipping** rotation:
 

*Clarification: Back-flipping dismounts must go to cradle.*

  - a. Allowed up to **one (1) front flipping** and **zero (0) twisting** rotations.
  - b. Must return to an original base.
  - c. Must be assisted by a separate spotter/catcher.
  - d. May not intentionally travel.
11. Tension drops/rolls of any kind are not allowed.
12. When cradling single based stunts with multiple top persons, two (2) catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
13. Cradles from a one (1) arm stunt that involve a twist must have a spotter assisting the cradle with at least one (1) hand-arm supporting the head and shoulder of the top person.
14. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
15. Dismounts must return to original base(s).
 

**Exception:** Single based stunts with multiple top persons do not need to return to original base(s).
16. Dismounts may not intentionally travel.
17. Top persons in dismounts may not come in contact with each other while released from the bases.
18. When cradling single-based double cupies two (2) separate catchers must catch each flyer. Catchers and bases must be stationary prior to the initiation of the dismount.

## TOSSES

1. Basket tosses must not involve more than four (4) tossers, including the person who may set or “load” the flyer. One of the tossers must be behind the flyer during the toss **and may assist the flyer into the toss.**
  - Exception 1:** Fly away tosses that would go over the back person.
  - Exception 2:** Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
2. Tosses to any split or straddle position that are not supported by the middle base are illegal.
3. Tosses must be performed from ground level bases and land in a cradle position by three (3) catchers. Top person must be caught in a cradle position by at least 3 bases one (1) of which is positioned at the head and shoulder area of the top person. The third catcher must always be in position to spot the head and neck area of the flyer.
4. **The top person in a toss must have both feet in / on hands of bases when the toss is initiated.**
5. No intentional traveling tosses; bases must remain stationary during the toss. Tosses may not be directed so that the bases must move to catch the top person.
 

**Exception:** A quarter (¼) turn by bases to catch the cradle is permitted.
6. Flipping tosses are allowed up to **1¼** flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.



7. No stunt or individual may move over or under a toss and a toss may not be thrown over, under or through stunts, individuals or props.
8. **Non-flipping tosses may not exceed 3½ twists.**
9. **Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to zero (0) flipping and 1 ½ twisting rotations or ¾ front flips with zero (0) twists. The bases involved in the toss must be stationary while tossing.**
10. **Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.**
11. **Only a single top person is allowed during a basket toss.**

## TUMBLING

1. All tumbling must originate from and land on the performing surface.  
**Exception 1:** 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.  
**Exception 2:** Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.  
 Example: Back handsprings or back tucks with poms are **ILLEGAL**)  
*Clarification: An individual may jump over another individual.*  
**Exception:** A forward, backward, or side roll over, under, with or on a prop is **LEGAL**.
3. Dive rolls are allowed:  
*Exception: Dive rolls that involve twisting are not allowed.*
4. **STANDING/RUNNING TUMBLING:** Skills are allowed up to **one (1)** flipping and **two (2)** twisting rotations.
5. Dive rolls performed in a swan or layout position are prohibited.
6. Spotted, assisted, or connected tumbling where two or more individuals are in direct physical contact with each other is prohibited. Spotters are only permitted to assist in tumbling skills during a stunt/pyramid transition.  
**Exception:** When tumbling into a rebound that transitions to a stunt, physical contact is allowed. Gymnastic oriented mounts, dismounts, and transitions such as cartwheels, round-offs, walkovers, and rewinds are not considered tumbling, but part of the stunt transition as long as inversion rules are followed.

## DROPS

1. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, airborne or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop.
2. Tension drops/rolls are illegal.
3. A handspring/flip over to any drop is illegal.

## 2024 Level Rules

COLLEGE CHEER	
<b>Standing Tumbling</b>	<ul style="list-style-type: none"> <li>Skills are limited to one (1) flipping and <b>two (2) twisting rotations.</b></li> </ul>
<b>Running Tumbling</b>	<ul style="list-style-type: none"> <li>Skills are limited to one (1) flipping and <b>two (2) twisting rotations.</b></li> </ul>
<b>Stunts</b>	<ul style="list-style-type: none"> <li>Twisting stunts and transitions are allowed <b>up to 2¼ twisting rotations</b> by the top person in relation to the performance surface.</li> <li>Rewinds (Free Flipping) and assisted flipping stunts and transitions are allowed.</li> <li>Rewinds must originate from ground level only and are limited to <b>one (1) flipping</b> and <b>two (2) twisting rotations.</b> <b>Exception:</b> Rewinds to a cradle position are <b>1 ¼ flips.</b> All rewinds caught below shoulder level must use two (2) catchers</li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>Single based cradles that exceed 1¼ twisting rotations must have a spotter assisting the cradle with at least one (1) hand/arm supporting the head and shoulder of the top person.</li> <li>Up to a <b>2¼ twist cradle</b> is allowed from all stunts and pyramids up to two (2) persons high and requires at least two (2) catchers. Cradles from 2½ high pyramids are allowed up to 1 ½ twist and require two (2) catchers, one of which must be stationary at the initiation of the cradle. <b>Exception:</b> 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).</li> <li>Free released dismounts to the performing surface are only allowed in <b>FRONT flipping</b> rotation: <i>Clarification: Back-flipping dismounts must go to cradle.</i> <ol style="list-style-type: none"> <li>Allowed up to <b>one (1) front</b> flipping and <b>zero (0) twisting rotations.</b></li> <li>Must return to an original base.</li> <li>Must be assisted by a separate spotter/catcher.</li> <li>May not intentionally travel.</li> <li>Must originate from prep level or below.</li> </ol> </li> <li>Flips into cradles from prep level or above require at least two (2) catchers.</li> </ul>
<b>Dismounts (Stunts)</b>	<ul style="list-style-type: none"> <li><b>Free released dismounts from STUNTS to a cradle:</b> <ol style="list-style-type: none"> <li>Are limited to either one and one-fourth (1¼) flipping and <b>one (1) twisting rotations</b> OR three-fourths (¾) flipping rotation and <b>two (2) twists.</b></li> <li>Require at least two (2) catchers, one of which is an original base.</li> <li>May not intentionally travel.</li> <li>May originate from above prep level but are limited to <b>1¼ flipping rotation</b> and <b>zero (0) twists</b> OR <b>zero (0) flipping rotation</b> and <b>two (2) twists.</b> All other free flipping dismounts <b>MUST</b> originate from prep level or below.</li> </ol> </li> </ul>
<b>Dismounts (Pyramids)</b>	<ul style="list-style-type: none"> <li><b>Free released dismounts from PYRAMIDS to a cradle:</b> <ol style="list-style-type: none"> <li>Are limited to <b>ONLY</b> a combination of <b>one (1) flipping</b> and <b>one (1) twisting rotation</b> OR <b>two (2) twisting dismounts</b> from 2 high pyramids.</li> <li>For 2½ high pyramids: <ol style="list-style-type: none"> <li>Are limited to <b>one (1) twisting rotation</b> and may <b>NOT</b> land in a prone position.</li> <li>A <b>three-quarter (¾) front</b> flip to cradle may occur from a 2½ high pyramid and requires two (2) catchers, one (1) on each side of the top person and one (1) of which must be stationary when the cradle is initiated.</li> </ol> </li> <li>Require at least two (2) catchers, one of which is an original base.</li> <li>May not intentionally travel.</li> </ol> </li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level. If it</li> </ul>

	<p>exceeds prescribed height then it will be considered either a toss or a dismount.</p> <ul style="list-style-type: none"> <li>Release moves may not land in an inverted position. Top persons in separate release moves may not come in contact with each other. <b>Exception:</b> Single based stunts with multiple top persons.</li> <li>Top persons in separate release moves may not come in contact with each other. <b>Exception:</b> Single based stunts with multiple top persons.</li> </ul>												
<b>Inversions</b>	<ul style="list-style-type: none"> <li>Downward inversions from above prep level must be assisted by at least two (2) catchers. Top person must maintain contact with a base.</li> <li>Braced flips are allowed if direct physical contact is maintained with at least one (1) flyer at prep level or below and must be caught by at least two (2) catchers.</li> <li>Braced flips are allowed up to up to 1¼ flipping and <b>one (1) twisting</b> rotation.</li> </ul>												
<b>Pyramids</b>	<ul style="list-style-type: none"> <li>Pyramids are limited to two and a half (2 ½) levels ONLY but can consist of a combination of full-man or half-man high skills.</li> <li><b>Free-flying mounts originating from ground level may not originate in a handstand position, and are allowed up to (one) 1 flipping (3/4 maximum free flip between release and catch) and one (1) twisting rotation OR zero (0) flipping and two (2) twisting rotations.</b></li> <li>During a pyramid transition, a top person may pass above 2 ½ levels high while in direct contact with at least one (1) person at prep level (second layer) or below. <ul style="list-style-type: none"> <li>Anytime a pyramid release moved is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e. tower tick-tocks)</li> <li>Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.</li> </ul> </li> </ul>												
<b>Tosses</b>	<ul style="list-style-type: none"> <li>Non-flipping tosses may not exceed <b>3½ twists</b>.</li> <li>An individual can be thrown over a <b>1½</b> high level stunt.</li> <li>Flipping tosses are limited to <b>one and a quarter (1¼)</b> flipping rotation and <b>two (2)</b> additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.</li> </ul> <table border="1"> <thead> <tr> <th>Legal (Two Skills)</th> <th>Illegal (Three Skills)</th> </tr> </thead> <tbody> <tr> <td>Tuck flip, X-Out, Full Twist</td> <td>Tuck flip, X-Out, Double Full Twist</td> </tr> <tr> <td>Double Full-Twisting Layout</td> <td>Kick, Double Full-Full Twisting Layout</td> </tr> <tr> <td>Kick, Full-Twisting Layout</td> <td>Kick, Full-Twisting Layout, Kick</td> </tr> <tr> <td>Pike, Open, Double Full-Twist</td> <td>Pike, Split, Double Full-Twist</td> </tr> <tr> <td>Arabian Front, Full-Twist</td> <td>Full-Twisting Layout, Split, Full-Twist</td> </tr> </tbody> </table> <p><i>NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.</i></p>	Legal (Two Skills)	Illegal (Three Skills)	Tuck flip, X-Out, Full Twist	Tuck flip, X-Out, Double Full Twist	Double Full-Twisting Layout	Kick, Double Full-Full Twisting Layout	Kick, Full-Twisting Layout	Kick, Full-Twisting Layout, Kick	Pike, Open, Double Full-Twist	Pike, Split, Double Full-Twist	Arabian Front, Full-Twist	Full-Twisting Layout, Split, Full-Twist
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## ACKNOWLEDGEMENTS

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