

# Safety and Technical Rules 2009-2010

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## FCQ General Regulations

1. All participants must be FCQ affiliated members to participate in a FCQ organized event. (**Exception** : FCQ's Canadian Championships, see Canadian's Information Package for more details).
2. To participate in the FCQ championships, at least 1 (one) coach per team must be certified FCQ level one. (Should you require more information regarding the coaches certification, please visit the FCQ website at [www.cheerleadingquebec.com](http://www.cheerleadingquebec.com).) (**Exception** : FCQ's Canadian Championships, see Canadian's Information Package for more details).
3. All coaches must have gymnastic certification in order to teach this discipline to a team. Coaches must have the right equipment to ensure the proper instruction of gymnastic.
4. A coach (16 years old and over) may be assisted by one or more assistant coaches (14 years old and over). The coach must be present at all team activities and can not leave this responsibility to the assistant coach. All teams should be supervised by an adult (18 years old and over), at all times. No person under 18 years old may be in charge of a team, and this is applicable to all Cheerleading activities, whether activities are organized by the Federation or other companies.
5. The performance surface is a nine strips sprung floor measuring 42' x 54', unless otherwise specified by the FCQ. The installation's height must have minimum 20 feet (6 meters). On each side of the performance surface, a 5 feet (1.5 meters) corridor should be reserved to access and exit the floor.
6. All items deemed as not safe or not permitted by the technical regulations are liable to a penalty. The ruling of the officials at the event is final and will not be subsequently amended. In case of major and justified errors, only the head coach of the club or school is entitled to send a letter and a video of the choreography explaining the error. This letter should be sent to the attention of the Officials Committee in Cheerleading (CDOC) within a maximum of 7 days after the holding of the event. The committee will undertake to reassess whether or not the penalty was justified and will announce it's decision to the head coach in a timely manner.
7. In the event of any conduct considered unethical, discriminatory, lack of sportmanship etc. from a spectator, parent, athlete, coach, administrator, volunteer, or other, the FCQ reserves it's right to award a penalty (penalty or disqualification) to the team in question, and this is applicable at all FCQ cheerleading activities.

## General Safety Regulations and Routine Requirements applicable to all team participating in a FCQ event

**Attention: Please read carefully the following regulations.**

**A. The characters highlighted in **YELLOW** is a change made to the USASF 2009-2010 rules in comparison to the 2008-2009.**

**B. All characters written in **RED BOLD** represent the regulations that does not exactly follow USASF rules.**

**C. All other regulations should match the USASF rules.**

**d. Any failure to following these regulations is liable to a penalty.**

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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, over-the-counter medications or **energy drink** while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
  5. Athletes must always practice and perform on an appropriate surface.
  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 and **hair accessories** including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, **bobby pins** and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over. **A 10 points penalty per person will be issued. Clarification : fishing line is not permitted in order to replace the jewelry.**
- Exception:** medical ID tags/bracelets, and uniform rhinestones. Rhinestones are not allowed when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.
- 8. A very short spankie/blumer (where we can see the beginning of the buttock) will not be tolerated. If it is clear to penalty judges that the spankies under the skirt is too short and we see the buttock (or intimate parts) while performing a stunt or jump, a 10 points penalty will be issued to the team in question.**
  - 9. Nails should be short in order to prevent injuries or harm to yourself or any member of your team. False nails are also prohibited. A 10 points penalty per person will be issued.**
  10. Any height increasing apparatus used to propel an athlete is not allowed. **Exception:** spring floor.
  11. Flags, banners, signs, pom poms, 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 harms way (e.g. 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.

12. Casts that are hard and unyielding or have rough edges **will not be allowed on the performance surface. This participant with such cast is authorized to follow his/her team and participate as a spectator.**

13. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.

14. Required spotters for all skills must be your own team's members.

15. 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.

16. There is no minimum time for duration of routine. Competition routines shall not exceed 2 minutes and 30 seconds. **However, up to an additional 10 seconds will be allowed without penalty. Clarification: If your routine exceeds 2 minutes 40 seconds, a penalty of 2 points will be issued for every additional 10 seconds.**

17. 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.

**18. Vulgar (or rude) music, lyric or gesture will be penalized. Using profanity, obscene words, racial slurs or sexually-oriented gesture will be penalized.**

# Technical Rules – LEVEL 1

## Level 1 - General Tumbling

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.) Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed.

B. Tumbling over, under, or through a stunt, **pyramid**, individual, or prop, is not allowed.

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

D. Assisted or connected tumbling is not allowed.

E. Dive rolls are not allowed.

## Level 1 - Standing/Running Tumbling

A. Skills must involve constant physical contact with the performing surface.

**Exception:** block cartwheels/round offs. Tumbling skills must involve hand support with both hands when passing through the inverted position.

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

C. Cartwheels and round offs are allowed.

D. Front/back handsprings **and flips** are not allowed.

## Level 1 - Stunts

A. A spotter is required for all stunts at shoulder level and above.

(**Example:** suspended splits, flat-bodied positions, extension preps, etc).

**Exception:** shoulder sits and straddle sits.

**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.

B. Extended stunts are not allowed. A stunt may not be held at or pass through an extended position.

**Clarification:** If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule. Taking the top person above the head of the bases would be illegal.

C. 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.

D. Twisting stunts and transitions are allowed up to ¼ twists by the top person.

E. During transitions, all bases need to remain in contact with the stunt (**top person**). Transitional stunts may not involve changing bases.

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

G. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual (**Example:** shoulder sits walking under prep).

H. 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).

I. Single based split catches are not allowed.

J. Single based double awesomes/cupies require a separate spotter for each top person.

### Level 1 - Stunts- Release moves

A. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".

B. Release moves may not land in a prone position.

C. Release moves must return to original bases.

D. Helicopters are not allowed.

E. A single full twisting log/barrel roll is not allowed.

F. Release moves may not intentionally travel.

G. Release moves may not pass over, under or through other stunts, pyramids, individuals.

### Level 1 - Stunts- Inversions

A. All inversions must maintain contact with the performance surface.  
(**Example:** supported handstand).

B. 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 :

- Two leg extended stunts must be braced by at least two (2) persons at prep level or below with hand/arm connection only ;
- The connection must be made at or below prep level.

D. Single leg stunts at prep level :

- Single leg stunts at prep level must be braced by at least **one** (1) person at prep level or below with hand/arm connection only ;
- The connection must be made prior to executing single leg stunt and must be made at or below prep level.

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

### **Level 1 - Dismounts**

A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting 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 head and shoulder area through the cradle.

C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.

D. Only straight pop downs and basic straight cradles are allowed.

E. Twisting dismounts (including 1/4 turns) are not allowed.

F. No dismounts are allowed from extended stunts in pyramids.

G. No free flipping or assisted flipping dismounts allowed.

H. Tension drops/rolls of any kind are not allowed.

I. When cradling single based double awesome/cupies, 2 catchers must catch each top person.

### **Level 1 - Tosses**

A. No tosses allowed.

## Technical Rules - LEVEL 2

### Level 2 - General Tumbling

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.

B. Tumbling over, under, or through a stunt, individual, **pyramid** or prop, is not allowed.

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

D. Assisted or connected tumbling is not allowed.

E. Dive rolls **are allowed.**

1. Dive rolls performed in a swan/arched position are not allowed.
2. Dive rolls that involve twisting are not allowed.

### Level 2 - Standing/Running Tumbling

A. Flips and aerials are not allowed.

B. Standing series of front and back handsprings are not allowed. Running series of front and back handsprings are allowed.

**Clarification for standing tumbling:** 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)

D. Standing : 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).

E. Standing : airborne skills must involve hand support with both hands when passing through the inverted position. (**Example:** Front and back handsprings).

F. Running : Airborne skills must involve hand support with at least one hand when passing through the inverted position.

G. No twisting while airborne.

**Exception:** Round offs.

### Level 2 - Stunts

A. A spotter is required for all extended stunts.

B. Single leg stunts may not be held at or pass through an extended position.

**Clarification:** If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, than it is a violation of this rule. Taking the top person above the head of the bases would be illegal.

**Clarification:** 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 1/2 twist between the bases and the top person combined.

**Clarification:** a half twist performed with an additional half turn by the bases would be illegal if performed simultaneously.

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, individual (**Example** : shoulder sits walking under prep).

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. Single based double awesomes/cupies require a separate spotter for each top person.

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 other than the twist (**Example** : no kick full twists)

**Clarification:** The log roll may not be assisted by another top person.

## Level 2 - Stunts- Release Moves

A. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."

B. Release moves may not land in a prone position.

C. Release moves must return to original bases.

D. Helicopters are not allowed.

E. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

**Clarification:** Log/Barrel roll may not include any skill other than the twist (**Example:** no kick full twists)

**Clarification:** The log roll may not be assisted by another top person.

F. Release moves may not intentionally travel.

G. Release moves may not pass over, under or through other stunts, pyramids, individuals.

## Level 2 - Stunts- Inversions

A. All inversions must maintain contact with the performance surface.

**Exception:** Transitions from ground level inversions to non-inverted positions are allowed.

(**Example** : Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit).

**Clarification:** Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

B. 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.

## Niveau 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.

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, individual (**Example** : shoulder sits walking under prep).

E. Extended single-leg stunts :

- Must be braced by *at least one* (1) person at prep level or below with hand/arm connection only.
- The connection must be made prior to executing single leg stunt and must be made at or below prep level.
- Prep level top persons (bracers) must have both feet in bases' hands. **Exception:** prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, double base thigh stand, 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 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 head and shoulder area through the cradle.

C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.

D. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.

E. Twisting dismounts exceeding 1/4 turn are not allowed. All other positions are not allowed. (**Example** : toe touch, pike, tuck, etc).

F. Cradles from extended single leg stunts in pyramids are allowed.

G. No free flipping or assisted flipping dismounts allowed.

H. Tension drops/rolls of any kind are not allowed.

I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (**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. The only body positions allowed are straight rides.

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.

## Technical Rules - LEVEL 3

### Level 3 - General Tumbling

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.

B. Tumbling over, under, or through a stunt, individual, **pyramid** or prop, is not allowed.

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

D. Assisted or connected tumbling is not allowed. **Clarification:** double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.

E. Dive rolls **are allowed.**

1. Dive rolls performed in a swan/arched position are not allowed.
2. Dive rolls that involve twisting are not allowed.

### Level 3- Standing/Running Tumbling

A. Standing flips are not allowed.

B. Standing series of front and back handsprings are allowed.

C. Standing : airborne skills must involve hand support with at least one hand when passing through the inverted position.

D. Running : flips are allowed, they 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  $\frac{3}{4}$  front flips are allowed.

**(Example :** The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians).

E. Running : 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).

F. Cartwheel tucked flips are not allowed.

G. 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, at least one step into the pass must be included to separate the two passes.

H. No twisting while airborne (Exception: round offs)

### Level 3 - Stunts

A. A spotter is required for all extended stunts.

B. Single leg extended stunts are allowed.

C. Twisting mounts and transitions:

- Twisting mounts and transitions are allowed up to one twist by the top person;
- Full twisting transitions may land or originate from prep level or below only (**Example:** full up to an extended stunt would not be allowed.)
- **Twisting transitions to and from an extended position may not exceed a 1/2 twisting rotation.**  
**Clarification:** a half twist performed with an additional half turn by the bases to an extended position would be illegal if performed simultaneously.

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, individual (**Example :** shoulder sits walking under prep).

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 awesomes/cupies require a separate spotter for each top person.

### Level 3 - Stunts- Release Moves

A. No release moves allowed other than those allowed at Level 3 in "Dismounts" and "Tosses."  
**Exception:** Single based, coed style toss stunts to prep level are allowed.

B. Release moves may not land in a prone position.

C. Release moves must return to original bases.

D. Helicopters are not allowed.

E. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

**Clarification:** Log/Barrel roll must return to original bases and may not include any skill other than the twist (**Example:** no kick full twists).

F. Release moves may not intentionally travel.

**G. Release moves may not pass over, under or through other stunts, pyramids or individuals.**

### Level 3 - Stunts- Inversions

A. 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 dismount to a cradle or the performing surface is 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).**

B. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base.

**Clarification:** 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:** Catchers must physically catch the top person at the head and shoulder area.

C. 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).

### Level 3 - Pyramids- Release Moves

A. 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.

B. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below.

**Clarification:** Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.

**Clarification:** 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.

C. These release transitions may not involve changing bases.

D. These transitions must be caught by at least 2 catchers :

- Both catchers must be stationary ;
- Both catchers must maintain visual contact with the top person throughout the entire transition.

### Level 3 - Pyramids - Inversions

A. Must follow L3 Stunt Inversions rules.

B. 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 2: A flat back split which rolls to an extended position would be illegal because it did not first land in a prep level or below position).**

### Level 3 - Pyramids- Release Moves with Braced Inversions

A. 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 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 head and shoulder area through the cradle.

C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.

D. Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.

E. Up to 1-1/4 twists are allowed from any two leg stunt.

F. Up to 1 trick allowed during a dismount from any two leg stunt.

G. No free flipping dismounts allowed.

H. Tension drops/rolls of any kind are not allowed.

I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

### 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (**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. (**Example**: toe-touch, ball out, pretty girl, etc are allowed). **Exception**: a Ball X is allowed at this level.

**Clarification**: The 'arch' does not count as a trick.

**(Illegal**: Switch kick, pretty girl-kick, double toe-touch)

F. During a twisting toss, no skill other than the twist is allowed. (**Example** : kick fulls, ½ twist toe touches, etc, are not allowed)

## Technical Rules - LEVEL 4

### Level 4 - General Tumbling

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.

B. Tumbling over, under, or through a stunt, individual, **pyramid** or prop, is not allowed.

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

D. Assisted or connected tumbling is not allowed.

**Clarification:** double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.

E. Dive rolls **are allowed.**

1. Dive rolls performed in a swan/arched position are not allowed.

2. Dive rolls that involve twisting are not allowed.

### Level 4- Standing/Running Tumbling

A. Standing flips and flips from a back handspring entry are allowed.

B. Standing and Running skills are allowed up to 1 flipping and 0 twisting rotations.

**Exception:** aerial cartwheel, Onodi.

C. Standing consecutive flip-flip combinations are not allowed (**Example:** back tuck-back tuck, back tuck-punch front, etc).

D. Jump skills are not allowed in immediate combination with a standing flip (**Example:** toe touch back tucks, back tuck toe touches, pike jump front flips)

**Clarification:** toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

### Level 4 - Stunts

A. A spotter is required for all extended stunts.

B. Single leg extended stunts are allowed.

C. Twisting mounts and transitions are allowed up to 1-1/2 twists by the top person.

**Clarification:** a 1 and 1/2 twist by the top person performed with any additional turn by the bases to an extended position would be illegal if performed simultaneously.

D. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual (**Example :** shoulder sits walking under prep).

E. Free flipping mounts and transitions are not allowed.

F. During transitions, at least one base must remain in contact with the top person. **Exception:** See "Release Moves".

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 awesomes/cupies require a separate spotter for each top person.

#### Level 4 - Stunts- Release Moves

A. Release moves are allowed but must not exceed extended arm level (Example : tick-tocks are allowed). **Exception :** cradles are allowed.

B. Release moves may not land in a prone position.

C. Release moves must return to original bases.

D. Helicopters are not allowed.

E. Release moves may not intentionally travel.

**F. Release moves may not pass over, under or through other stunts, pyramids or individuals.**

#### Level 4 - Stunts- Inversions

A. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."

B. Downward inversions are allowed at prep level or below and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area.

**Clarification:** The stunt may not pass above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern).

**Clarification:** Catchers must make contact with the head and shoulder area.

**Exception:** In side rotating downward inversions (**Example :** cartwheel-style transition dismounts), the original base may lose contact with the top person when it becomes necessary to do so.

C. Downward inversions must maintain contact with an original base.

**D. Bases may not support any weight of a top person while that base is in a backbend or inverted position.**

#### Level 4 - Pyramids

A. Pyramids must follow Level 4 "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 or pyramid may move over or under another separate stunt or pyramid (**Example** : shoulder sits walking under prep).

E. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

#### Level 4 - Pyramids- Release Moves

A. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.

B. Primary weight may not be borne at second level. **Clarification:** The transition must be continuous.

C. Non-inverted transitional pyramids may involve changing bases. When changing bases:

- The top person must maintain physical contact with a person at prep level or below ;
- The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.

D. Non-inverted pyramid release moves must be caught by at least 2 catchers.

- In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary. Both catchers must maintain visual contact with the top person throughout the entire transition.

#### Level 4 - Pyramids- Inversions

A. Must follow L4 Stunt Inversions rules.

#### Level 4 - Pyramids- Release Moves with Braced Inversions

A. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below.

- Contact must be maintained throughout entire transition with either the top person(s) or the base(s).

B. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.

C. Braced inversions (including braced flips) may not involve changing bases.

D. Braced inversions (including braced flips) must be in continuous movement.

E. All braced inversions (including braced flips) must be caught by at least 3 catchers.

- All 3 catchers must be stationary ;
- All 3 catchers must maintain visual contact with the top person throughout the entire transition ;
- The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.

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

#### Level 4 - Dismounts

A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting 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 head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- D. Up to a 2-1/4 twisting rotations allowed from all two leg stunts.
- E. Up to a 1-1/4 twisting rotation allowed from all single leg stunts.
- F. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

#### Level 4 - 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (**Example** : No intentional traveling tosses). **Exception:** A 1/2 turn is allowed by bases as in a kick full basket.
- 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 2 tricks allowed during a toss. (**Example** : kick full, full up toe touch, etc.)
- F. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. (**Example** : kick doubles are not allowed).
- G. Tosses may not exceed 2 1/4 twisting rotations.

## Technical Rules - LEVEL 5

### Level 5 - General Tumbling

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.

B. Tumbling over, under, or through a stunt, individual, **pyramid** or prop, is not allowed.

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

D. Assisted or connected tumbling is not allowed.

**Clarification:** double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.

E. Dive rolls **are allowed.**

1. Dive rolls performed in a swan/arched position are not allowed.

2. Dive rolls that involve twisting are not allowed.

### Level 5- Standing/Running Tumbling

A. Skills are allowed up to 1 flipping and 2 twisting rotations.

**The following skill restrictions apply for Senior Open Level 5:**

In tumbling, only single twisting skills are allowed. During a full-twisting tumbling skill, no trick other than the twist is allowed (Example : including but not limited to: split fulls, hitch kick fulls, X- Fulls, Full-Xouts, etc) *and both feet must land and finish on the performing surface. (Example : no full twisting tumbling to seat, prone body landings or similar).*

**Clarification:** All skills up to a full twist are also allowed. Example : half twists and arabians.

### Level 5 - Stunts

A. A spotter is required for all extended stunts.

B. Single leg extended stunts are allowed.

C. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.

D. Free flipping mounts and transitions are not allowed.

E. 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.**

F. Single based split catches are not allowed.

G. Single based double awesomes/cupies require a separate spotter for each top person.

## Level 5 - Stunts- Release Moves

- A. Release moves are allowed but must not exceed more than eighteen inches above extended arm level (**Example:** Tic-tocks are allowed).
- B. Release moves may not land in a prone position.
- C. Release moves must return to original bases.
- D. Helicopters are allowed up 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 top person.
- E. Release moves may not intentionally travel.
- F. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

## Level 5 - Stunts- Inversions

- A. Extended inverted stunts allowed. Also, see “Stunts” and “Pyramids.”
- B. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

**Exception:** A controlled power pressing of an extended inverted stunt (**Example :** needle) to shoulder level is allowed.

**Clarification:** Catchers must make contact with the head and shoulder area.

C. Downward inversions must maintain contact with an original base. **Exception:** In side rotating downward inversions (**Example :** cartwheel-style transition dismounts), the original base may lose contact with the top person when it becomes necessary to do so.

D. Downward inversions from above prep level may not be caught and/or land in an inverted position.  
**Clarification:** Top person may not be caught or land with their shoulders below their hips.

E. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

## Level 5 - Pyramids

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.

## Level 5 - Pyramids- Release Moves

- A. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
- B. Primary weight may not be borne at second level. **Clarification:** The transition must be continuous.
- C. Non inverted transitional pyramids may involve changing bases. When changing bases:

- The top person must maintain physical contact with a person at prep level or below ;
- The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.

D. Non-inverted pyramid release moves must be caught by at least 2 catchers.

- In pyramids where the top person travels over their bracer (**Example** : leap frogs or wolf wall transitions), both catchers must be stationary. Both catchers must maintain visual contact with the top person throughout the entire transition.

## Level 5 - Pyramids- Inversions

A. Must follow L5 Stunt Inversions rules.

## Level 5 - Pyramids- Release Moves with Braced Inversions

A. 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 throughout entire transition with either the top person(s) or the base(s).

B. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations.

C. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.

D. Inverted transitional pyramids may involve changing bases.

E. Braced inversions (including braced flips) must be in continuous movement.

F. All braced inversions (including braced flips) must be caught by at least 3 catchers.

- All 3 catchers must be stationary ;
- All 3 catchers must maintain visual contact with the top person throughout the entire transition ;
- The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.

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

## Level 5 - Dismounts

A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting 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 head and shoulder area through the cradle.

C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.

D. Up to a 2-1/4 twisting rotations allowed from all stunts.

E. No free flipping dismounts allowed.

F. Tension drops/rolls of any kind are not allowed.

G. When cradling single based double awesomes/cupies 2 catchers must catch each top person.

Catchers and bases must be stationary prior to the initiation of the dismount.

### Level 5 - 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (**Example** : No intentional traveling tosses). **Exception:** A 1/2 turn is allowed by bases as in a kick full basket.

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 2-1/2 twisting rotations allowed.

## Technical Rules - LEVEL 6

### Level 6 - General Tumbling

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.

**Exception:** Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.

B. Tumbling over, under, or through a stunt, individual, **pyramid** or prop, is not allowed.

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

D. Assisted or connected tumbling is not allowed.

E. Dive rolls **are allowed.**

1. Dive rolls performed in a swan/arched position are not allowed.
2. Dive rolls that involve twisting are not allowed.

### Level 6- Standing/Running Tumbling

A. Skills are allowed up to 1 flipping and 2 twisting rotations.

### Level 6 - Stunts

A. A spotter is required:

- During extended one-arm stunts other than an awesomes/cupies or liberties ;
- When the load/transition involves a twist or flip.

B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person.

C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.

**Exception 1:** Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (**Example:** a flip that lands in a straddle position requires a hands-on spotter)

**Exception 2:** Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.

D. Transitional stunts may involve changing bases.

E. Single based split catches are not allowed.

F. Single based double awesomes/cupies require a separate spotter for each top person

### Level 6 - Stunts- Release Moves

A. Release moves are allowed.

B. Release moves may not land in a prone position.

C. Release moves must return to original bases. **Exception:** A toss, from the performing surface, to prep level is allowed to travel if the toss is from a single base and there is an additional spotter on the catch.

D. Helicopters are allowed up 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 top person.

E. Release moves may not intentionally travel. **See exception in #3 above.**

**F. Release moves may not pass over, under or through other stunts, pyramids or individuals.**

## Level 6 - Stunts- Inversions

A. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

## Level 6 - Pyramids

A. Pyramids are allowed up to 2-1/2 high.

B. For 2-½ high pyramids :

- There must be a spotter in front and back for each person on the top level ;
- The spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s) ;
- Spotters may stand slightly to the side but must remain in a position to adequately spot the top person ;
- Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level ;
- Spotters may not be a primary support of the pyramid.

C. Free-flying mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.

## Level 6 - Pyramids- Release Moves

A. During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.

## Level 6 - Pyramids- Inversions

A. Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.

B. 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.

## Level 6 - Pyramids- Release Moves with Braced Inversions

A. Braced flips are allowed up to 1-1/4 flipping and 1 twisting rotation.

B. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

## Level 6 - Dismounts

A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.

B. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.

C. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers.

D. Cradles from 2-1/2 high pyramids are allowed up to 1-1/2 twist and require 3 catchers.

**Exception:** 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. (Example : extension, liberty, heel stretch).

E. Free flipping dismounts are allowed up to 1 flipping and 0 twisting rotations.

F. Free flipping dismounts to the performance surface are not allowed.

G. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.

H. Flips that originate above prep level are not allowed. **Exception:** 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.

I. Tension drops/rolls of any kind are not allowed.

J. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## Level 6 - 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 from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person.

C. Flipping tosses are allowed up to 1 flipping rotation and 2 twists.

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. Non-flipping tosses may not exceed 3-1/2 twists.

F. 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 0 flipping and 1-1/2 twisting rotations. **Exception:** 3/4 front flips with no twists are allowed.