

## **School and Recreational Cheerleading General Safety Rules and Routine Requirements**

1. All athletes must be supervised during all official functions by a qualified director/ coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications 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 including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over. (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 allowed.)
8. Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor)
9. 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.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop.  
Shushinovas are allowed.
14. Competition routines shall not exceed 3 MINUTES.
15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

## NOVICE SCHOOL AND RECREATIONAL RULES

### NOVICE STANDING/RUNNING TUMBLING

A. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position.

Example: Back Handsprings and above are ILLEGAL

Exception: Block cartwheels and round offs are also allowed.

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

C. Cartwheels and round offs are allowed.

### LEVEL 2 STUNTS

A. A spotter is required for each top person in an extended stunt **or passing through an extended position.**

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

Clarification 1: Taking the top person above the head of the bases would be illegal.

Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.

C. Twisting mounts and transitions are allowed up to a total of  $\frac{1}{2}$  twisting rotation by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if

the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotation.

D. During transitions, at least one base must remain in contact with the top person.

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

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

**Example: shoulder sits walking under prep**

**Exception: An individual may jump over another individual.**

G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).

H. Single based split catches are not allowed.

I. 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 (example: kick full twists) other than the twist.

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

K. NOVICE Stunts - Release Moves

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

2. Release moves may not land in a prone or inverted position.

3. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

4. Helicopters are not allowed.

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

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

Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.

Example: no kick full twists

6. Release moves may not intentionally travel.

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

L. NOVICE Stunts-Inversions

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

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

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

Example: Illegal: Going from a cradle to a handstand or backbend or walkover.

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

Clarification: A person standing on the ground is not considered a top person.

## NOVICE SCHOOL AND RECREATIONAL RULES (cont)

### NOVICE PYRAMIDS

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

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

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a

cradle or dismount to the performing surface **and must follow the L2 dismount rules.**

C. Extended 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: A shoulder sit walking under a prep is considered illegal.

E. Extended single-leg stunts:

1. Must be braced by at least one top person at prep level or below with hand/arm connection only.

2. The connection must be made prior to executing the extended single leg stunt.

3. Prep level top persons must have both feet in bases' hands.

Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

### NOVICE DISMOUNTS

A. Only straight pop downs, basic straight cradles and ¼ turns are allowed.

B. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.

C. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.

D. Dismounts to the performing surface, **from above waist level**, from stunts and pyramids must be assisted by an original base. **Bases may not intentionally pop, move or toss an athlete to the performance surface.**

**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.

E. Twisting dismounts exceeding ¼ turn are not allowed. All other positions are not allowed.

Example: toe touch, pike, tuck, etc.

**F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.**

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

H. No free flipping or assisted flipping dismounts allowed.

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

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.

### NOVICE TOSSES

**The only body positions allowed are straight rides.**

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with **all bases having their feet on the performing surface** and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: no intentional traveling tosses.

C. Flipping, **twisting**, inverted or traveling tosses are not allowed.

D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.

F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.

**G. Top persons in separate tosses may not come in contact with each other.**

**H. Only a single top person is allowed during a toss.**

## ADVANCED SCHOOL AND RECREATIONAL RULES

### ADVANCED STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.
1. Any connected combinations of these skills are legal.

### ADVANCED STUNTS

- A. A spotter is required for each top person in an extended stunt **or passing through an extended position**.
- B. Single leg extended stunts are allowed.

#### C. Twisting mounts and transitions:

1. To prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface.

**Clarification: A twist performed with an additional turn by the bases performed in the same skill set,**

**would be illegal if the resulting cumulative rotation of the top person exceeds 1-½ rotations.**

2. To an extended position are allowed up to 1-1/4 twist.

**Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1-1/4 rotation.**

- D. During transitions, at least one base must remain in contact with the top person.

Exception: See "Release Moves"

- E. Free flipping mounts and transitions are not allowed.

- F. **No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual.**

**Example: shoulder sits walking under prep.**

**Exception 1: An individual may jump over another individual.**

**Exception 2: An individual may move under a stunt.**

- 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.

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

#### K. ADVANCED STUNT RELEASE MOVES

1. Release moves are allowed but must not exceed extended arm level.

Exception: Cradles are allowed.

2. Release moves may not land in an inverted position. **When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.**

3. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

4. **Release moves that land in extended position must originate from ground-level and may not involve any twisting or flipping.**

5. **Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top. Must not start or finish in prone position.**

6. Release moves may not intentionally travel.

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

#### L. ADVANCED STUNT INVERSIONS

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

2. Downward inversions are allowed at prep level or below and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Clarification 1: 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 2: Catchers must make contact with the **waist to shoulder region to protect the head and shoulder area.**

3. 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 after new bases take control of that top person.

## **ADVANCED SCHOOL AND RECREATIONAL RULES (cont)**

### **ADVANCED 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

**Exception 1: An individual may jump over another individual.**

**Exception 2: An individual may move under a stunt.**

#### E. Advanced Pyramids-Release Moves

- 1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
- 2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
- 3. Primary weight may not be borne at second level. Clarification: The transition must be continuous.
- 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.
  - b. 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.
- 5. Non-inverted pyramid release moves must be caught by at least 2 catchers.
  - a. In pyramids where the top person travels over their bracer (example: leap frogs, wolf wall transitions), both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.

#### F. Advanced Pyramids-Inversions

- 1. Must follow L4 Stunt Inversions rules.

#### G. Advanced Pyramids-Release Moves w/ Braced Inversions

- 1. 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). Clarification: The bracers of the inverted top person must show a concerted effort to maintain contact throughout the entire transition until they are safely caught by the bases. **Braced flips must be braced on two separate sides (i.e. right side-left side, left side -back side, etc...) by two separate bracers. Clarification: Two Points of contact may not be on same appendage. (Example: two bracers on the same arm will no longer be permitted)**
- 2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
- 3. Braced inversions (including braced flips) may not involve changing bases.
- 4. Braced inversions (including braced flips) must be in continuous movement.
- 5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
  - a. All 3 catchers must be stationary
  - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.
- 6. Braced inversions (including braced flips) may not travel downward while inverted.

## ADVANCED SCHOOL AND RECREATIONAL RULES (cont)

### ADVANCED DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.
  - B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.
  - C. Dismounts to the performing surface must be assisted by an original base. **Bases may not intentionally pop, move or toss an athlete to the performance surface. 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.
- F. **No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.**
  - G. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
  - H. No free flipping dismounts allowed.
  - 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.

### ADVANCED TOSSES

**Up to 2 tricks allowed during a toss.**

**Example: no kick double tosses**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
  - B. Tosses must be performed with **all bases having their feet on the performing surface** and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
- Example: no intentional traveling tosses  
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.
- Example: kick full, full up toe touch
- G. Tosses may not exceed 2-1/4 twisting rotations.
  - H. **Top persons in separate tosses may not come in contact with each other.**
  - I. **Only a single top person is allowed during a toss.**