

ELITE DIVISION RULES

(Equivalent to Level 5)

ELITE DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Prep Intermediate Division- Elite Division (equivalent to Levels 1-5). A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

ELITE DIVISION- STANDING / RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.
** All Star 2 Twisting Rotations in Running Tumbling*
- B. Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.
- C. Twisting skills immediately out of a twisting tumbling skill are not allowed.

ELITE DIVISION- STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 2 ¼ 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 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 completed to a stopping position (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- D. Free flipping mounts and transitions are not allowed.
- E. Single based split catches are not allowed.
- F. Single based double cupies require a separate spotter for each top person.
- G. Elite Division -Release Moves
 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Example: tic-tocks are allowed.
Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
 2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.
Exception: Front handspring half up (1/2 twist) to extended stunt.
Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.

Exception: See Elite Division Dismount "C".

Exception: Dismounting True Double Cupies.

4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting True Double Cupies.

H. Elite Division-Stunts; Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from above prep level 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.

Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification: Downward inversions originating from prep level or below do not require three bases.

Exception: A controlled power pressing of an extended inverted stunt (example: needle or 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 power pressing of an extended inverted stunt (example: needle or 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.

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

ELITE DIVISION- PYRAMIDS

- A. Pyramids must follow Elite Division/Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 persons high.

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

Exception: See Elite Division/Level 5 Pyramid Release Moves.

- C. Elite Division- 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.

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 second level.

Clarification: The transition must be continuous.

3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).

- 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 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

- D. Elite Division- Pyramids; Inversions

1. Must follow Elite Division/ Level 5 stunt inversions rules.

- E. Elite Division- 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 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
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 1-¼ flipping rotations and ½ 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, flatback, prone) and doesn't exceed one twisting rotation.
Clarification: LEGAL - 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 one 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) must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above (see #7 below).
 - a. The 3 catchers must be stationary.
 - b. The 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. (The dip to throw the top person is considered the initiation of the skill.)
7. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.
 - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
 - c. The base(s) and spotter(s) 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 each other.

ELITE DIVISION- DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. 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. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-¼ twisting rotations allowed from all stunts.
- E. 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.
- F. No free flipping dismounts allowed.
- G. Dismounts must return to original base(s).
- H. Dismounts may not intentionally travel.
- I. Top persons in dismounts may not come in contact with each other while released from the bases.
- J. Tension drops/rolls of any kind are not allowed.
- K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

ELITE DIVISION- 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.

Clarification: no intentional traveling tosses

Exception: A $\frac{1}{2}$ 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- $\frac{1}{2}$ twisting rotations allowed.
- F. Top persons in separate basket tosses may not come in contact with each other.
- G. Only a single top person is allowed during a basket toss.

PREMIER DIVISION RULES (Equivalent to Level 6)

PREMIER DIVISION- GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition.
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.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls that involve twisting are not allowed.

PREMIER DIVISION- STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.
* All Star 2 Twisting Rotations in Running Tumbling.

PREMIER DIVISION- STUNTS

- A. A spotter is required:
 - 1. During extended, one-arm stunts other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 - 2. When the load/transition involves a release move with a twist greater than 360 degrees or an inversion.
 - 3. During stunts in which the top person is in an extended inverted position.
 - 4. When the top person is released from above ground level to a 1 arm stunt.
- B. Twisting stunts and transitions are allowed up to 2 ¼ 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 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, they may continue to walk the stunt in additional rotation.
- C. 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 allowed 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers.
(Example: a rewind that lands in a straddle position)
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.
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.
- D. Single based split catches are not allowed.
- E. Single based double cupies require a separate spotter for each top person.
- F. Premier Division- Stunts; Release Moves
 - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules.
 - 2. Release moves may not land in an inverted position.
 - 3. Release moves must return to original bases.
Exception: Coed style tosses 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.
Clarification: An individual may not land on the performing surface without assistance from above waist level.
 - 4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
 - 5. Release moves may not intentionally travel. See exception in #3 above.

6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
 7. Top persons in separate release moves may not come in contact with each other.
- G. Premier Division -Inversions
1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

PREMIER DIVISION- PYRAMIDS

- A. Pyramids are allowed up to 2 ½ high.
- B. For 2 ½ high pyramids, there must be at least two spotters, one providing additional pyramid support, and both designated for each person who is above two persons high. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other 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/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 above two persons high. Once the 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 to a review of any new pyramids where the spotting position may be in question.
*Clarification: For all "2-1-1 thigh stand 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. If they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required. ***
- C. Free-flying mounts originating from ground level, may not originate in a handstand position, and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts originating from above ground level are permitted, may not originate in a handstand position, and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations. 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. **
- D. Premier Division- Pyramids; Release Moves
1. During a pyramid transition, a top person may pass above 2 ½ high
 - a. Anytime a pyramid release move 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 that top person. (i.e. 2-1-1 thigh stand tower tic-tocks)
 - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. Premier Division- Pyramids; 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.
- F. Premier Division- Pyramids; Release Moves w/ Braced Inversions
1. Braced flips are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
 2. 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.
- G. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

PREMIER DIVISION- DISMOUNTS

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

- A. Single based cradles that exceed 1 ¼ 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 above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 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).
- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

- E. Free flipping dismounts to cradle:
 1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (arabians).
 2. Require at least 2 catchers, one of which is an original base.
 3. May not intentionally travel.
 4. Must originate from prep level or below. (May not originate from 2 ½ high pyramid.)
Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ high may not twist.
- F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:
Clarification: Back flipping dismounts must go to cradle.
 1. Allowed up to 1 front flipping and 0 twisting rotations.
 2. Must return to an original base.
 3. Must have a spotter.
 4. May not intentionally travel.
 5. Must originate from prep level or below. (May not originate from 2 ½ high pyramid.)
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

PREMIER DIVISION- 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 bases one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. Flipping tosses are allowed up to 1 ¼ 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.

Legal (Two Skills)

Tuck flip, X-Out, Full Twist
 Double Full-Twisting Layout
 Kick, Full-Twisting Layout
 Pike, Open, Double Full-Twist
 Arabian Front, Full-Twist

Illegal (Three Skills)

Tuck flip, X-Out, Double Full Twist
 Kick, Double Full-Full Twisting Layout
 Kick, Full-Twisting Layout, Kick
 Pike, Split, Double Full-Twist
 Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.

- 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 ½ 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 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- G. Top persons in separate basket tosses may not come in contact with each other.
- H. Only a single top person is allowed during a basket toss.