

SYF RULES - CHEER

Divisions for 2026

The following divisions will be offered for the 2026 season

- Halftime Division
- Competition Division (level I)
- Competition Division (Non Tumbling level I)
- Competition Division (level II)
- **Competition Division (Non Tumbling level II)**
- Competition Division (level III)
- Competition Division (Non Tumbling level III)

Divisions for 2026 – Teams will pick 1 of the following to compete in.

Brief description is below

- **Halftime Division:** Designed for teams who do not compete outside of SYF. Teams could be new to cheerleading and don't have any experience putting together a routine for competition. So bring a halftime and perform against other teams. Skills that can be performed are Level 2 or below. 2:30 MAX time limit. Routine can be performed to MUSIC OR CHEER OR A COMBINATION OF BOTH.
- **Competition Division Level I:** Designed for teams who are new to cheerleading. Routines are limited to 2:30 max time limit. Skills need to follow ROUTINE 1 GUIDELINES. Routine can be performed to MUSIC OR CHEER OR A COMBINATION OF BOTH. Level has the option for a tumbling and a non tumbling category to enter
- **Competition Division Level 2:** Designed for teams who have experience with competition type cheerleading. Level 2 teams would be teams that compete outside of SYF at events like JAMZ, USA, UCA, etc. Routines are limited to 2:30 max time limit. Skills need to follow ROUTINE 2 GUIDELINES. Routine can be performed to MUSIC OR CHEER OR A COMBINATION OF BOTH. **Level has the option for a tumbling and a non tumbling category to enter**
- **Competition Division Level 3:** Designed for teams who have experience with competition type cheerleading. Level 3 teams would be teams that compete outside of SYF at events like JAMZ, USA, UCA, etc. Routines are limited to 2:30 max time limit. Skills need to follow ROUTINE 3 GUIDELINES. Routine can be performed to MUSIC OR CHEER OR A COMBINATION OF BOTH. Level has the option for a tumbling and a non tumbling category to enter

Division sizes and splits

Halftime Division (3 + team members)

Competition Division Level I Categories

- XSmall (5 - 8) participants
- Small (9-12) participants
- Medium (13 - 16) participants
- Large (17-20) participants
- XL (21-24) participants
- XXL (25+) participants

Competition Division Level II Categories

- XSmall (5 - 8) participants
- Small (9-12) participants
- Medium (13 - 16) participants
- Large (17-20) participants
- XL (21-24) participants
- XXL (25+) participants

Competition Division Level III (5 + team members)

Competition Division Non Tumbling Level 1 (5 + team members)

Competition Division Non Tumbling Level 2 (5 + team members)

Competition Division Non Tumbling Level 3 (5 + team members)

Additional Rules for Qualifier and League competitions

- **Minimum time limit – none**
- **Maximum time limit competition or halftime division 2:30**
- **Use of a cheer in competition or halftime division – Allowed, but not required**
- **Stepping off of the floor – No penalty**
- **Use of poms, signs, flags – Allowed**
- **Fingernail length – checked and monitored by own team for safety**
- **Jewelry – checked and monitored by own team for safety**

Glitter in any form is not allowed on the performance surface at competition. Any team caught wearing any type of glitter that has been applied to face/uniform/hair ect will be fined the cost to cover the cleaning of cheer mats

- In case of injury, the event director, coach, athlete or designee can stop the routine for the injured athlete.
- If a routine is stopped for an injured athlete, that athlete **MAY NOT** perform again that day **EVEN IF THEY FEEL BETTER.**
- If it has been decided by event staff that a team may perform again, the routine will need to be done full out, and will be judged again starting at the onset of injury
- Any section of skill required by the score sheet and not performed by a team will result in a score of zero for that category

Casts and Braces

- Athletes with a hard cast may not tumble, stunt, or spot.
- Athletes wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to cover with padded material so that it protects others from injury.
- Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting, tumbling, jumping, or spotting

Music

- Device must have headphone jack or the ability to plug in a dongle
- If you have a dongle that you use, bring it.
- All phone cases must be removed from the device.
- Do not play music from YouTube or other streaming services.
- Make sure the auto lock feature on the phone is set to never.
- Make sure the music person knows the password of the device.
- If using an iphone set to airplane mode.
- CDs are not allowed

2026 Level 1 and Level 1 Non Tumbling Comp Rules

Partner Stunts

1. Partner stunts at prep level must have a spotter.
2. The bases must have both feet on the ground when stunting.
3. A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hands of one base. (This side spotter may assist under the sole of the foot.)
4. In stunts requiring a spotter, a spotter:
 - a. Can't provide primary support for a top person.
 - a. Must be in a position to protect the top person's head, neck and shoulders
 - b. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (another stunt, etc.) is allowed as long as their focus returns to top.
 - c. May not have their hands behind their back.
5. Twisting is Prohibited. **EXCEPTION ¼ TWIST UP SKILL IS ALLOWED**
6. Stunts above prep level are prohibited
7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
8. All cradle dismounts from partner stunts require a spotter in position to protect the head, neck and shoulders of the top person.
9. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
 - b. The new catchers must remain close to the original bases.
 - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
 - d. The top person may not perform any skill (twist, toe touch, etc.)
10. Release stunts are prohibited
11. Helicopters are prohibited
12. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.
 - a. In a log roll, the top person must rotate begin/end in a face-up position.
13. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position.
14. Stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single- Based Flat back, etc.)
15. Dismounts to the performing surface from shoulder height or above must have assisted landings. The dismount can't involve a skill (e.g. toe touch, twist, etc.)

Inversions

No inversions Allowed

Pyramids

- 1 The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
- 2 In braced pyramids, bracers must be at shoulder height or below.
- 3 Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
- 4 If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight.
- 5 Released Pyramid Transitions are prohibited

- 6 Single leg extended skills are prohibited
- 7 **EXTENDED PYRAMIDS MUST FOLLOW THESE RULES**
 - a. Must be braced on one side with a stunt at the prep level or below
 - b. Flyer must be standing and held by both feet – **NO 1 FOOT EXTENDED STUNTS ALLOWED**
 - c. **AN EXTENDED STUNT MANY NOT CONNECT WITH ANY OTHER EXTENDED STUNT UNLESS THE EXTENSION IS CONNECTED TO A PREP ON THE OTHER SIDE**

Tosses

No tosses allowed

Tumbling and Jumps

- 1 Dive rolls are prohibited.
- 2 Back handsprings are prohibited.
- 3 Flips and skills with no hand support are prohibited.
- 4 Assisted tumbling prohibited.
- 5 Tumbling pass into a cradle is prohibited.
- 6 Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position is prohibited.)
- 7 Knee drops are prohibited without first bearing weight on the hands.
- 8 Drops to a prone position (i.e. pushup) on the performing surface are illegal.
- 9 Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the “kip-up/rubber band” skill.)

Non Tumbling teams

No tumbling allowed

2026 Level 2, Level 2 Non Tumbling and Halftime Rules

Partner Stunts

1. Partner stunts higher than shoulder stand level must have a separate continuous spotter for each person over shoulder stand level.
2. The bases of any extended stunt must have both feet on the ground
3. A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hands of one base. (This spotter may assist under the sole of the foot.)
4. In stunts requiring a spotter, a spotter:
 - a. Can't provide primary support for a top person.
 - b. Must be in a position to protect the top person's head, neck and shoulders
 - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (another stunt, etc.) is allowed as long as their focus returns to top.
 - d. May not have their hands behind their back.
 - e. May not support under the heels or soles of the top person's foot in a single based extended stunt. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
- 5. Partner stunts have the following limitations**
 - a. Extensions/Qp's are allowed**
 - b. All other extended body positions on one leg are PROHIBITED**
 - c. Twisting skills are limited to 1/2 of a twist while building a stunt**
 - d. Transition and dismount skills are limited to 1/2 full twist**
 - e. No release skills (EXCEPTION QUICK TOSS SKILLS)**
 - f. Inversions allowed below prep level**
6. The total number of twists in a dismount from a stunt cannot be greater than 1/2 rotation. **TWIST MUST BE DONE AT SHOULDER HEIGHT OR BELOW.**
7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
8. All cradle dismounts from partner stunts require an additional spotter in position to protect the head, neck and shoulders of the top person.
9. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
 - b. The new catchers must remain close to the original bases.
 - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
 - d. The top person may not perform any skill (twist, toe touch, etc.) following the release.
10. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
 - a. Helicopters are PROHIBITED
 - b. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.
 1. In a single-base log roll, the top person must rotate toward the base and begin/end in a face-up position.
 2. In a multi-base log roll, the top person may begin and end face-up or facedown.
 - c. A free standing tick-tock that begins at shoulder level is PROHIBITED
 - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position shoulder height or below.
11. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
 - a. The top person must have both hands in continuous contact with post or with both bases hands.
 - b. When transitioning to the split without continuous hand-to-hand contact:
 1. There are a total of four bases that support the top person.
 2. At least three of the bases must support under the legs of the top person. The fourth base may support under the legs or make contact with the hands of the top person.

12. Stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single- Based Flat back, etc.)
13. Dismounts to the performing surface from shoulder height or above must have assisted landings. If the dismount involves a skill (e.g. toe touch, twist, etc.) the assistance must be from two bases or a base and spotter. This assistance must be sufficient to slow the momentum of the top person.
14. A swinging stunt is legal provided all the following conditions are met:
 - a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performing surface or a stunt that is below shoulder height.

Inversions

1. Unless allowed under the rules in this section, a top person must not be in an inverted position.
2. Suspended rolls are allowed provided:
 - a. Two people on the performing surface control the top person with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface.
 - b. A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two- person cradle, loading position or the performing surface.
3. A single base/post suspended roll that ends on the performing surface requires a spotter.
 - a. If caught in a cradle, load or stunt, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated.
 - b. The feet/ankles of the top person are released.
4. Braced flips or rolls in a pyramid are PROHIBITED
5. In all other inversions:
 - a. An inverted top person is not allowed to pass through an extended position.
 - b. In inversions where the base of support begins and remains below prep level:
 1. At least one base or spotter must be in a position to protect the head/neck of the top person.
 2. The base or spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
 - c. In inversions where the base of support begins at or passes through prep level is PROHIBITED
 - d. No inverted stunts (extended or prep level) allowed.

Pyramids

1. The flyer in a pyramid must receive primary support from a base and be connected to a bracer.
2. In braced pyramids, at least one bracer of each pair must be at shoulder height or below.
EXCEPTION: Extensions may brace other extensions.
EXCEPTION: ONE LEG EXTENDED STUNTS THAT HAVE A PREP LEVEL BRACE ON ONE SIDE CAN BRACE TO AN EXTENDED ONE LEG SKILL
3. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
4. If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight.
5. In a Released Pyramid Transition the following rules apply:
 - a. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - b. The top person and each bracer at prep level or higher must have a separate spotter.
 - c. The top person may not be supporting his or her weight on any other body part of the person(s)

- assisting (i.e. Shoulders of the bracer).
 - d. The released top person and bases are not allowed to turn while twisting any skill.
 - e. The top person must be continuous in motion and cannot be supported so that they pause during the transition.
 - f. The top person must be caught by original bases.
6. **Body position in an extended stunt one leg stunt such as liberty heel stretch, arabesque, etc are ALLOWED as long as they brace a stunt AT SHOULDER LEVEL with ARM/ARM CONNECTION**

Tosses

The rules in this section only apply to tosses where someone is under a foot: (sponge tosses)

- 1 In all tosses:
 - a. No more than three tossers are allowed.
 - b. Must be caught in a cradle.
 - 1) The cradle must include the three original tossers.
 - 2) One of the catchers must be at the head and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.)
 - d. The top person must not land in an inverted position.
 - e. The top person may not hold any objects (poms, etc.) during the toss.
 - f. The top person cannot travel over or under another person or through a prop.
 - g. The total number of twists cannot be greater than one rotation.
2. NO BASKET TOSSES OR TOE PITCH TOSSES ALLOWED

Tumbling and Jumps

1. Back Handsprings are allowed
2. Dive rolls are prohibited.
3. All Flips are prohibited..
4. Tumbling without hand support is PROHIBITED (Exception: Aerial)
5. Assisted tumbling prohibited.
6. A forward three-quarter flip to the seat or knees is prohibited.
7. A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
8. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position is prohibited.)
9. Knee drops are prohibited without first bearing weight on the hands.
10. Drops to a prone position (i.e. pushup) on the performing surface are illegal.
11. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the "kip-up/rubber band" skill.)

Non Tumbling teams

No tumbling allowed

2026 Level 3 / Level 3 Non Tumbling

Partner Stunts

1. Partner stunts higher than shoulder stand level must have a separate continuous spotter for each person over shoulder stand level.
2. The bases of any extended stunt must have both feet on the ground
3. A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hands of one base. (This spotter may assist under the sole of the foot.)
4. In stunts requiring a spotter, a spotter:
 - *Can't provide primary support for a top person.
 - *Must be in a position to protect the top person's head, neck and shoulders
 - *Spotters must have their attention focused on the top person.
 - *May not have their hands behind their back.
 - *May not support under the heel, sole of flyers foot in a single based extended stunt.
 - *Spotter may hold at the ankle of the top person and/or the wrist of the base.
5. In all Quick Tosses, the following rules apply:
 - a. No one can apply force under the foot. (Example Toe Pitch). If force is applied under the foot and there is a release, the rules in the "Tosses" section apply.
 - b. If landing on the ground, a catcher must control the top person back to the ground and the top person must land with at least one foot on the ground.
 - c. If landing in a cradle, one additional catcher is required.
 - d. The top person cannot travel over or under another person.
 - e. The top person cannot be caught in a single base horizontal position.
6. The total number of twists in a dismount from a stunt cannot be greater than 1 1/4 rotations.
7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
8. All cradle dismounts from partner stunts require an additional spotter in position to protect the head, neck and shoulders of the top person.
9. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
 - b. The new catchers must remain close to the original bases.
 - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
 - d. The top person may not perform any skill (twist, toe touch, etc.) following the release.
10. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
 - a. Helicopters are allowed provided all of the following conditions are met:
 - i. The top person makes no more than a 180-degree rotation (half-turn).
 - ii. Four bases must be in position during the entire release.
 - iii. There must be a base at the head/shoulder area during the beginning and end of catch.
 - iv. The bases are not allowed to change positions during the release.
 - v. The top person must begin and end in a face up position.
 - vi. The top person cannot perform a twisting skill.
 - b. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.
 - i. In a single-base log roll, the top person must rotate toward the base and begin/end in a face-up position.
 - ii. In a multi-base log roll, the top person may begin and end face-up or facedown.
 - c. A free standing tick-tock that begins at shoulder level is permitted
 - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
11. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:

- a. The top person must have both hands in continuous contact with post or with both bases hands.
- b. When transitioning to the split without continuous hand-to-hand contact:
 1. There are a total of four bases that support the top person.
 2. At least three of the bases must support under the legs of the top person. The fourth base may support under the legs or make contact with the hands of the top person.
12. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (I.e. Bird, Side T, Single- Based Flat back, etc.)
13. Dismounts to the performing surface from shoulder height or above must have assisted landings. If the dismount involves a skill (e.g. toe touch, twist, etc.) the assistance must be from two bases or a base and spotter. This assistance must be sufficient to slow the momentum of the top person.
14. A swinging stunt is legal provided all the following conditions are met:
 - a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performing surface or a stunt that is below shoulder height.
15. Single-based split catches are prohibited.
16. Tension drops are prohibited

Inversions

- 1 Unless allowed under the rules in this section, a top person must not be in an inverted position.
- 2 Suspended rolls are allowed provided:
 - a Two people on the performing surface control the top person with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface.
 - b A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two-person cradle, loading position or the performing surface.
 - c A single base/post suspended roll that ends on the performing surface requires a spotter.
 - i If caught in a cradle, load or stunt, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated.
 - ii The feet/ankles of the top person are released.
- 3 Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:
 - a The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface.
 - b The top person does not begin in an extended inverted position.
 - c The top person maintains continuous hand-to-hand/arm contact with a bracer on each side.
 - d The bracers are in double base preps with a spotter.
 - e The top person is between or in front of the bracers.
 - f At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
 - g The top person ends in a non-inverted position.
 - h The top person does not perform more than one and one quarter ($1\frac{1}{4}$) flipping rotations and no more than one half ($\frac{1}{2}$) twist.
 - i The bases/catchers remain stationary except as necessary for safety adjustments.
- 4 In all other inversions:
 - a An inverted top person is allowed to pass through an extended position, but must not pause or stop while extended.
 - b In inversions where the base of support begins and remains below prep level:
 - i At least one base or spotter must be in a position to protect the head/neck of the top person.
 - ii The base or spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands

are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.

- c In inversions where the base of support begins at or passes through prep level:
 - i At least two people on the performing surface must be in a position to protect the head/neck of the top person.
 - ii The bases/spotters must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
 - iii EXCEPTION: In a fold over stunt, the top person may initiate the inversion without upper body contact.
 - iv The top person must not go directly to an inverted position on the performance surface from a prep or higher.
- d Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed provided the top person begins in a static or "pump and go" position (i.e., handstand) and does not perform any skill (e.g., toe touches, twists, etc.).

Pyramids

- 1 The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
- 2 In braced pyramids, at least one bracer of each pair must be at shoulder height or below. EXCEPTION: Extensions may brace other extensions.
- 3 Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
- 4 If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight.
- 5 In a Released Pyramid Transition the following rules apply:
 - a. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - b. The top person and each bracer at prep level or higher must have a separate spotter.
 - c. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - d. The released top person and bases make no more than a $\frac{1}{4}$ turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that they pause during the transition.
 - e. The top person must be caught by original bases.

Tosses

The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, etc

- 1 In all tosses:
 - a. No more than four tossers are allowed.
 - b. Must be caught in a cradle.
 - 1) The cradle must include at least three of the original tossers.
 - 2) One of the catchers must be at the head and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.)
 - d. The top person must not land in an inverted position.
 - e. The top person may not hold any objects (poms, etc.) during the toss.
 - f. The top person cannot travel over or under another person or through a prop.
 - g. The total number of twists cannot be greater than one and one quarter rotations.
2. Toe pitch tosses are prohibited.

Tumbling and Jumps

- 1 Dive rolls are prohibited.
- 2 Flips greater than one rotation are prohibited.
- 3 Twists greater than one rotation are prohibited.
- 4 A forward three-quarter flip to the seat or knees is prohibited.
- 5 A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
- 6 Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position is prohibited.)
- 7 Knee drops are prohibited without first bearing weight on the hands.
- 8 Drops to a prone position (i.e. pushup) on the performing surface are illegal.

Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the “kip-up/rubber band” skill.)

Non Tumbling Category and Jumps

1. Dive rolls are prohibited.
2. All Flips are prohibited.
3. All Twists are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. A back flip from a tumbling pass into a cradle is prohibited.
6. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position is prohibited.)
7. Knee drops are prohibited without first bearing weight on the hands.
8. Drops to a prone position (i.e. pushup) on the performing surface are illegal.

Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the “kip-up/rubber band” skill.)

Glossary

1/4 Turn Cradle: A 1/4 turn by the flyer to the cradle position. Catchers make the same 1/4 turn to catch.

1/4 Up Stunt: A twisting stunt or transition when the flyer rotates 90 degrees.

180 Stunt: A twisting stunt or transition in which the flyer rotates 180 degrees. (Half Up)

360 Stunt: A twisting stunt or transition in which the flyer and/or bases rotate 360 degrees.(Full Up/ Full Around).

Arabesque: A stunt on one leg. The flyer's other leg is extended and parallel to the floor with chest up.

Back Spot: Person responsible for the head/neck/shoulders of the flyer. They are located behind flyer and bases

Back Walkover: Tumbling skill; Athlete arched body, hands on ground,then kick foot to rotate the hips over the head and land on one foot then the other foot.

Ball Up: A release move of the flyer, bringing knees to chest and landing in an upright, standing position.

Barrel Roll: A release move where the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

Base: A person who is in direct contact with the performing surface and is supporting another person's weight.

Basket Toss: A stunt in which a top person is tossed by bases whose hands are interlocked.

Bracer: A top person who stabilizes and/or assists another top person.

Braced Flip: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). (Braced Front Flip / Braced Back Flip).

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/reload position in order to return the flyer to the performance surface.

Connected Jumps: Two or more jumps performed continuously without pause.

Cradle: A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face-up open-pike position.

Cupie: A stunt in which both feet of the top person are together

Cupie: A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight

Dismount: A stunt ending. The flyer is released (Cradle, assisted to floor, transitioned reload position) in order to return the flyer to the floor.

Dive Roll: A forward roll where the feet leave the ground before the hands reach the ground.

Downward Inversion: A stunt or pyramid in which an inverted top person's center of gravity moves toward the performing surface.

Extended Position: A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position. Therefore, a true show and go would be considered an extended position.

Extended Stunt: A stunt in which the entire body of the top person is extended in an upright position over the base(s).

Flat back: A stunt in which a top person is held face up or face down, in a horizontal position, with their hips and shoulders in alignment.

Fold over Stunt: An inverted stunt in which the top person bends at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the base(s) (e.g., yo-yo, pancake, etc.)

Flyer: A person who receives primary support from another person by holding them in the air

Full Twist: A 360 degree twist.

Full Up: A stunt or transition in which the flyer rotates 360 degrees going up to a prep level or extended stunt.

Half: Same as a prep where stunt is at shoulder level

Hand/Hand (Arm) Connection: Contact between two people to connect. (hand/hand, hand/arm, arm/arm, hand/wrist).

Handspring: Tumbling skill where athlete sits and jumps to hands (going upside down) and having feet land together on the ground. Hand contact must be in the ground.

Heel Stretch: A single leg stunt in which the flyer grips the foot of the lifted leg with the same side hand grabbing

Helicopter: A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

Inverted: A body position where the shoulders are below the waist and the feet above the head

Leap Frog: A flyer goes from one set of bases to another or same bases. Flyer must keep continuous contact with the base or spotter while transitioning.

Liberty: A single leg stunt in which the flyer bends and lifts leg in step is at or near the standing leg's knee.

Load in: A flyer's position in preparation to build a stunt or skill in between stunts. (Sponge, Load In One/Two Ft)

Log Roll: A top person in a horizontal position or cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.

Non Extended Stunt: (Chairs, torches, flat backs and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the flyer is like a prep/half level stunt.

Pyramid: Two or more flyers touching/connected. (hand/arm, arm/arm, arm/wrist, arm/foot, foot/body.)

Pop Off: Dismount where flyer is released by the bases in a straight bodied position to floor. The spotter and bases assist the flyer with landing.

Post: A person on the performing surface who may assist a top person during a stunt or transition.

Power Press: When bases bring flyer from an extended, down to prep, and then extend again.

Prep: A stunt in which one or more bases hold a standing top person at approximately shoulder height.

Prep Level: When a top person's bases of support is at approximately shoulder height.

Prop: Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)

Quick Toss/Partner Toss: A toss technique where the top person begins the toss with both feet on the ground. The base(s) can apply an upward force on any part of the body other than under the foot. Quick Toss is the common term when multiple bases are used.

Release Move: A stunt transition or skill in which the flyer becomes free of contact from anyone within the stunt group that is on the performance surface.

Released Pyramid Transition: A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

Release Stunt: A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle used to gain momentum as an entry to another skill.

Show and Go: A transitional stunt where a stunt passes through an extended level and lands into a loading position or non extended stunt.

Sponge Toss: A toss with multiple bases. Prior to the toss, feet of the flyer are held in the base's hands at below prep level.

Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

Stunt/Partner Stunt: One or more persons supporting one or more top persons off of the ground.

Switch up Liberty: A stunt in which the top person begins with one foot on the performing surface, is released from the bases, and then lands in a stunt on the other foot.

Suspended Roll: A stunt in which one or more upright bases or posts hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.

Tension Drop: A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.

Tick-Tock: A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

Top Person: A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

Toss: A release stunt in which the base(s) begin underneath the top person's foot/feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotters, posts or bracers.

Transitional Stunt: Top person changing from one skill to another

Tumbling: Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

Twist (stunt): Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first movement by the bases or flyer during the simultaneous twisting or building of a stunt inclusive of any bounces/dips that precede or follow the twisting stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.