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**ALL-STAR CHEER**

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## 2009-2010 USASF/IASF ALL-STAR DIVISIONS

### USASF LEVEL 1

<b>Tiny</b>	5 Years & Younger (5-36 Members, Female/Male)
<b>Mini</b>	8 Years & Younger (5-36 Members, Female/Male)
<b>Youth</b>	11 Years & Younger (5-36 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-36 Members, Female/Male)
<b>Senior</b>	18 Years & Younger (5-36 Members, Female/Male)

### USASF LEVEL 2

<b>Mini</b>	8 Years & Younger (5-36 Members, Female/Male)
<b>Youth</b>	11 Years & Younger (5-36 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-36 Members, Female/Male)
<b>Senior</b>	18 Years & Younger (5-36 Members, Female/Male)

### USASF LEVEL 3

<b>Mini</b>	8 Years & Younger (5-36 Members, Female/Male)
<b>Youth</b>	11 Years & Younger (5-36 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-36 Members, No Males)
<b>Junior Coed</b>	14 Years & Younger (5-36 Members, 1 or more Males)
<b>Senior</b>	18 Years & Younger (5-36 Members, No Males)
<b>Senior Coed</b>	18 Years & Younger (5-36 Members, 1 or more Males)

### USASF LEVEL 4

<b>Youth</b>	11 Years & Younger (5-36 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-36 Members, No Males)
<b>Junior Coed</b>	14 Years & Younger (5-36 Members, 1 or more Males)
<b>Senior</b>	18 Years & Younger (5-36 Members, No Males)
<b>Senior Coed</b>	18 Years & Younger (5-36 Members, 1 or more Males)

### USASF LEVEL 4.2

<b>Senior</b>	18 Years & Younger (5-36 Members, Female/Male)
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### USASF LEVEL 5

<b>Youth</b>	11 Years & Younger (5-36 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-36 Members, No Males)
<b>Junior Coed</b>	14 Years & Younger (5-36 Members, 1 or more Males)
<b>Senior Open*</b>	18 Years & Younger (5-36 Members, Limit 0-4 Males)
<b>Senior</b>	12-18 Years Old (5-36 Members, No Males)
<b>Senior Limited Coed</b>	12-18 Years Old (5-36 Members, 1-4 Males)
<b>Sr. Semi-Limited Coed</b>	12-18 Years Old (5-36 Members, 5-12 Males)
<b>Senior Unlimited Coed</b>	12-18 Years Old (5-36 Members, 5 or more Males)

## 04 NCA ALL-STAR COMPETITION GUIDELINES

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### **USASF INTERNATIONAL DIVISIONS-LEVEL 5**

**International Open** 14 Years & Older (5-24 Members, No Males)

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**International Open Coed** 14 Years & Older (5-24 Members, 1-12 Males)

### **SPECIAL NEEDS**

**Special Needs** Any age (Unlimited Members, Female/Male)

### **USASF LEVEL 6**

**Open** 17 Years & Older (5-36 Members, No Males)

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**Open Coed** 17 Years & Older (5-36 Members, Female/Male)

### **AGE ELIGIBILITY REQUIREMENTS**

The age of the competitor as of August 31, 2009 will be the age used for competition purposes throughout the 2009-2010 season for all divisions. Exception: The cutt-off date for the maximum age of the Senior teams (18) will remain May 31, 2009 for the 2009-2010 season. For the 2010-2011 competition season, it will changae to August 31st.

### **CROSSOVERS AT NCA ALL-STAR NATIONALS:**

Unlimited Crossovers will continue to be allowed at all NCA events with the exception of NCA All-Star Nationals. Crossoves at NCA ALL-STAR NATIONALS WILL BE ALLOWED given the following restrictions:

1. Participant may only cross over into a division within the same USASF Level.  
(ex: Level 2 Junior Coed and Level 2 Small Senior)
2. Participant may only represent up to a maximum of two teams.
3. Participant may only represent one gym.
4. A maximum of five crossover participants is allowed per team.
5. Participant must pay an additional commuter registration fee in full to perform on the second team.

*NCA always attempts to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, NCA cannot guarantee that a performance overlap will not occur during the final schedule.*

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## 2009-2010 USASF/IASF RULES

### GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All teams 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 also allowed.)
8. Any height increasing apparatus used to propel an athlete is not allowed. (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. Shushinovs are allowed.
14. Competition routines shall not exceed 2 minutes and 30 seconds.
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.

## LEVEL 1 RULES

### 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.)

**Clarification: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed even in Level 1.**

- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
C. Tumbling while holding or in contact with any prop is not allowed.  
D. Connected and 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 and back handsprings are not allowed.

### Level 1 Stunts

- A. 1. A spotter is required for all stunts at shoulder level and above (exception: shoulder sits and straddle sits). (Example: suspended splits, flat-bodied positions, extension preps, etc). *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.*  
2. Extended stunts are not allowed (see definition of extended stunts in glossary). 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.*
- B. 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.*
- C. Twisting stunts and transitions are allowed up to 1/4 twist by the top person.  
D. During transitions, all bases need to remain in contact with the **stunt top person**. Transitional stunts may not involve changing bases.  
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).  
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).

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- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. L1 Stunts – Release Moves
  1. Release moves are not allowed other than those allowed at Level 1 in “Dismounts”.
  2. Release moves may not land in a prone position.
  3. Release moves must return to original bases.
  4. Helicopters are not allowed
  5. A single full twisting log/barrel roll is not allowed
  6. Release moves may not intentionally travel.
  7. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**
- K. L1 Stunts - Inversions
  1. All inversions must maintain contact with the performance surface (Example: supported handstand).
- L. **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
  1. Two leg extended stunts must be braced by at least 2 persons at prep level or below with hand/arm connection only.
  2. The connection must be made at or below prep level.
- D. Single Leg Stunts at Prep Level
  1. Single leg stunts at prep level must be braced by at least **one** persons at prep level or below with hand/arm connection only.
  2. The connection must be made prior to executing single leg stunts and must be made at or below prep level.
- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

### Level 1 Dismounts

- A. Cradles from single based stunts **at prep level** and above 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 **at prep level** and above 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 at prep level 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 cradles are allowed from extended stunts in pyramids.
- G. No free flipping or assisted flipping dismounts allowed.

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- 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.

## **LEVEL 2 RULES**

### **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, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted and 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 Tumbling**

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed.  
*Clarification: 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. 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. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings.
- F. No twisting while airborne. (Exception: Round offs).

### **Level 2 Running Tumbling**

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. 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, then 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.*

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- 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 or individual (e.g. 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. Log rolls are allowed and may only be assisted by a base.  
*Clarification: The log roll may not be assisted by another top person.*
- K. L2 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 position.
  - 3. Release moves must return to original bases.
  - 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: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: 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. L2 Stunts – Inversions
  - 1. All inversions must maintain contact with the performance surface.  
Exception: Transitions from ground level inversions to non-inverted positions are allowed.  
*Clarification: Legal - 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.*
- 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).**

## Level 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 or individual (e.g. shoulder sits walking under prep).

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- E. Extended Single Leg Stunts
1. **Must be braced by at least one person at prep level or below with hand/arm connection only.**
  2. **The connection must be made prior to executing single leg stunt and must be made at or below prep level.**
  3. 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 ~~at prep level and above~~ 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 ~~at prep level and above~~ 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 from prep level and above 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 (e.g. toe touch, pike, tuck, etc) are not allowed.
- 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 (i.e. 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.

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## LEVEL 3 RULES

### 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, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted and 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 Tumbling

- A. Flips are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne (Exception: round offs).

### Level 3 Running Tumbling

- A. Flips
  - 1. Flips 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 3/4 front flips are allowed). The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
  - 2. 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.
  - 3. Cartwheel tucked flips are not allowed.
- B. 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.**
- C. 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:
  - 1. Twisting mounts and transitions are allowed up to one twist by the top person.
  - 2. Full twisting transitions may land or originate from prep level or below only. (ex: full up to an extended stunt would not be allowed).  
*Clarification: 3/4 up to an extended stunt or down from an extended stunt is allowed.*

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3. 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 stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. 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. Physical contact must be maintained with all of the original base(s). **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. L3 Stunts – Release Moves
  1. 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.
  2. Release moves may not land in a prone position.
  3. Release moves must return to original bases.
  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: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: 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.**
- K. L3 Stunts – Inversions
  1. No inverted stunts above shoulder level. (Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed). The connection and support of the top person with the base(s) must be at shoulder level or below. **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).** See Glossary for **Multi Base Suspended Forward Roll**.
  2. 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.*
- L. 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).

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## 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 stunt, pyramid or individual (ex: shoulder sits walking under prep).  
*Clarification: Leap frog pyramids and wolf wall transitions are illegal.*
- E. 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** two persons at prep level or below.
  - 2. 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.*
  - 3. These release transitions may not involve changing bases.
  - 4. These transitions must be caught by at least 2 catchers.
    - a. Catchers must be stationary.
    - b. Catchers must maintain visual contact with the top person throughout the entire transition.
- F. L3 Pyramids – Inversions
  - 1. Must follow L3 Stunt Inversions rules.
  - 2. **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 1: 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.**
- G. L3 Pyramids – Release Moves with Braced Inversions
  - 1. Pyramid transitions may not involve inversions while released from the bases.

## Level 3 Dismounts

- A. Cradles from single based stunts **at prep level and above** 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 **at prep level and above** 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 at prep level and above must be assisted by an original base.

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- 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 stunts.
- F. Up to 1 trick allowed during a dismount from any two leg stunt.
- G. No free flipping dismounts allowed.
- H. Tension rolls/drops 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 (i.e. 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. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch) Exception: a Ball X is allowed at this level.  
*Clarification: The 'arch' does not count as a trick.*
- F. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, 1/2 twist toe touches, etc. are not allowed).

## LEVEL 4 RULES

### 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, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted and 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.

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#### Level 4 Standing Tumbling

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi).
- C. Consecutive flip-flip combinations are not allowed (ex: 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 Running Tumbling

- A. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi).

#### 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 (e.g. shoulder sits walking under prep).**
- E. Free flipping mounts or transitional stunts 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. Physical contact must be maintained with all of the original base(s). **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. L4 Stunts – Release Moves
  - 1. Release moves are allowed but must not exceed extended arm level (exception: cradles). (i.e. Tick-tocks are allowed).
  - 2. Release moves may not land in a prone position.
  - 3. Release moves must return to original bases.
  - 4. Helicopters are not allowed.
  - 5. Release moves may not intentionally travel.
  - 6. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**

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## K. L4 Stunts – 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: 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.*

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

## L. 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. General Pyramid Transitions.

1. No stunt or pyramid may move over or under another separate stunt or pyramid (e.g. shoulder sits walking under prep).
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.

*Clarification: Leap frog pyramids are legal.*

## E. L4 Pyramid 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. 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.
  - a. RULE ADJUSTMENT: In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), the catchers must be stationary.
  - b. 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.
- b. Catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.

## F. L4 Pyramids – Inversions

1. Must follow L4 Stunt Inversions rules.

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- G. L4 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).
  2. Braced inversions (including braced flips) are allowed up to 1-1/4 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. Catchers must be stationary.
    - b. Catchers must maintain visual contact with the top person throughout the entire transition.
    - c. 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.

## Level 4 Dismounts

- A. Cradles from single based stunts **at prep level and above** 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 **at prep level and above** 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 prep level and above must be assisted by an original base.
- D. Up to 2-1/4 twists allowed from all two legged 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 (i.e. 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.

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- E. Up to 2 tricks allowed during a toss. (e.g. 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. (e.g. kick doubles are not allowed).
- G. Tosses may not exceed 2-1/4 twisting rotations.

## LEVEL 5 RULES

### 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, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted and 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 (i.e. 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. (i.e. no full twisting tumbling to seat, prone body landings or similar). Clarification: All skills up to a full twist are also allowed. i.e. 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 stunts or transitional 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. Physical contact must be maintained with all of the original base(s). **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.

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#### H. L5 Stunts – Release Moves

1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Example: Tic-tocks are allowed).
2. Release moves may not land in a prone position.
3. Release moves must return to original bases.
4. Helicopters are allowed up to a 180 degree rotation with a 1/2 twist 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.**

#### I. L5 Stunts – Inversions

1. Extended inverted stunts allowed. Also, see “Stunts” and “Pyramids.”
2. 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 powerpressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed).  
*Clarification: Catchers must make contact with the head and should area.*
3. Downward inversions must maintain contact with an original base. (Exception: **In side rotating downward inversions (i.e. cartwheel-style transition dismounts), the original base may lose contact with the top person when it becomes necessary to do so.**)
4. RULE ADJUSTMENT: 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.*

#### J. 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.
- C. L5 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. Primary weight may not be borne at second level.  
*Clarification: The transition must be continuous.*

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3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
  - a. RULE ADJUSTMENT: In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), the catchers must be stationary.
  - b. 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.
  - b. Catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
- D. L5 Pyramids – Inversions
  1. Must follow L5 Stunt Inversions rules.
- E. L5 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 persons at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
  2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations.
  3. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.
  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.
    - a. All 3 catchers must be stationary.
    - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
    - c. Catchers may not be involved with any other skill or choreography when the transition is initiated.
  7. Braced inversions (including braced flips) may not travel downward while inverted.

### Level 5 Dismounts

- A. Cradles from single based stunts **at prep level and above** 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 **at prep level and above** 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 at prep level 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.

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- 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.

### 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 (i.e. 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.

## LEVEL 6 RULES

### 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).
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted and connected tumbling is not allowed.
- E. Dive Rolls are allowed.
  - a. Dive rolls performed in a swan/arched position are not allowed.
  - b. 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:
  - 1. During extended one-arm stunts other than an extension, awesomes/cupies or liberties.
  - 2. 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: Rewinds to a cradle position are allowed.  
RULE ADJUSTMENT: 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).

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- 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.
- G. **RULE ADJUSTMENT: No stunt or pyramid may move over or under another stunt or pyramid. (e.g. shoulder sits walking under prep):** This rule no longer exists.
- H. L6 Stunts – Release Moves
  - 1. Release moves are allowed.
  - 2. Release moves may not land in a prone position.
  - 3. 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.**
  - 4. Helicopters are allowed up to a 180 degree rotation with a 1/2 twist 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. **See exception in #3 above.**
  - 6. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**
- I. L6 Stunts – Inversions
  - 1. 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 2-1/2 high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-1/2 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 2-1/2 high level. Spotters may not be a primary support of the pyramid.
- C. **RULE ADJUSTMENT:** Free-flipping 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.
- D. L6 Pyramids – Release Moves
  - 1. 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.
- E. L6 Pyramids – Inversions
  - 1. 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.
  - 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. L6 Pyramids – Release Moves w/Braced Inversions
  - 1. Braced flips are allowed up to 1-1/4 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.

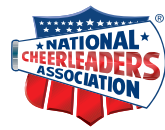
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## Level 6 Dismounts

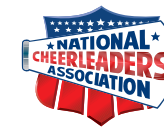
- A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. **Dismounts to the performing surface from stunts and pyramids at prep level must be assisted by an original base.**
- C. RULE ADJUSTMENT: 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. Cradles from 2-1/2 high pyramids are allowed up to ~~1-1/4~~ 1-1/2 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).
- D. Free flipping ~~skills~~ dismounts are allowed up to 1 flipping and 0 twisting rotations.
- E. Free flipping dismounts to the performance surface are not allowed.
- F. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
- G. 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).
- 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 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 by at least 3 bases, one of which is positioned at the head and shoulders 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).

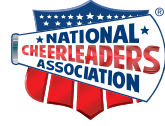


# ALL-STAR SCORING RULES

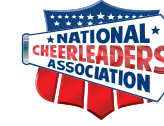


The following outlines the point ranges for specific skill sets performed by a MAJORITY of the team. Judges will consider difficulty and variety when deciding on a specific score. Skills performed by less than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or". Execution/Technique for each skill category will be rewarded separately on the score sheet. (Definitions and examples of "Advanced and "Elite" skills are attached).

	Stunts 3-4	Pyramids 3-4	Tosses 3-4	Standing Tumbling 3-4	Running Tumbling 3-4	Jumps 3-4
Level 1	--Extension Preps or --One Leg Variations below Prep Level	--Pyramids at Prep Level and Below		--Forward/Backward Rolls or --Cartwheels or --Front/Back Walkovers	--Cartwheels or --Round-offs	--Basic Jumps or Single Jumps
Level 2	4-5 --Extensions or --One Leg Variations at Prep Level	4-5 --Pyramids involving Extended One Leg Stunts	4-5 --Basic Straight Rides	4-5 --Single BHS	4-5 --Round-off BHS	4-5 --Advanced Jump Combinations
Level 3	5-6 --Extended One Leg Stunts --Required Dismount: Full Twist from Two Leg Stunt	5-6 --Pyramids involving extended One Leg Stunts and at least one 2 1/2 high Transition	5-6 Non-Twisting Tosses Ex: Toe Touch Switch Kick Tuck Arch --Single Twisting Tosses	5-6 --Series BHS or --Jump/BHS Combinations	5-6 --Round-off BHS Back Tucks or --Round-off Tucks or --Running Punch Fronts	5-6 --Advanced Jump Combinations
Level 4	5-6 --Advanced Skills --Required Dismount: Single Twist from One Leg Stunt	6-7 --Pyramids involving extended One Leg Stunts and at least one Braced Flip Transition Sequence	6-7 --Double Skill Tosses including a Twist or --Double Twisting Tosses Ex: Kicks Fulls Double Fulls	6-7 --Back Tucks or --BHS Back Tucks or --BHS to a Layout position or --Jump BHS Combinations	6-7 --Layouts	6-7 --Advanced Jump Combinations
	6-7 --Elite Skills --Required Dismount: Single Twist from One Leg Stunt					
Level 5	7-8 --Advanced Skills --Required Dismount: Double Twist from One Leg Stunt	7-8 --Pyramids involving extended One Leg Stunts and at least one Braced Flip Transition Sequence	7-8 --Kick Double Full Twisting Tosses Ex: Kick Double Fulls	7-8 --Jump/Tuck Combinations	7-8 --Single Full Twisting Skills	7-9 --Advanced Jump Combinations
	8-9 --Elite Skills --Required Dismount: Double Twist from One Leg Stunt or --Single Based, Extended Unassisted Stunts					
	8-9 --Pyramids involving extended One Leg Stunts and Multiple Braced Flip Transition Sequences --Multiple Extended Structures	8-9 --Kick Double Full Twisting Tosses with Speciality skills Ex: Switch Kick Double Fulls Hitch Kick Double Fulls	8-9 --Standing Passes that include Full Twisting Skills and/or Double Twisting Skills Ex: Standing Two to a Full Standing One to a Full Standing Full	8-9 --Single Full Twisting Skills and Numerous Speciality Passes to a full twisting skill and Numerous Double Full Twisting Skills		



## ALL-STAR SCORING DESCRIPTIONS



Maximum Difficulty will be determined by the performing teams USASF Level. Execution will be worth an additional one point value.

Execution/Technique will be evaluated on the following criteria: synchronization, form, technique, body position, flexibility and skill completion. Any bobbles (hands down on tumbling, shaky stunts, etc.) will be considered when awarding the score and will not be considered by the point deduction judge.

Jumps difficulty will be evaluated based on the following criteria: variety, difficulty, incorporation, use of approaches, and quantity. Jumps execution will be based on the following criteria: chest placement, flexibility, form and landing. Basic Jumps - Spread Eagle, Double Hook, Tuck and Stag. Advanced Jumps - Herkie, Side Hurdler, Toe Touch, Front Hurdler, Pike and Double Nine. Combinations - Connecting jumps with a prep or whip in between. Standing Tumbling difficulty will be reflected in the standing tumbling score and will not be evaluated in the jump category.

Motions/Dance difficulty will be evaluated on the following three areas of criteria. Little to no transitions and level changes will score in the low portion of the range. Minimal transitions and level changes to include variety of movement, footwork and floorwork along with average energy and entertainment value will score in the middle portion of the range. Multiple transitions and level changes to include variety of movement, footwork, floorwork along with high energy and entertainment value will score on the high end of the range.

Formation/Transition difficulty will be evaluated on the following criteria: creativity, flow, visual effect, ease of movement, pace, spacing and seamless patterns. Execution/Technique will be evaluated on how well the above criteria is performed by the athletes.

Performance will be evaluated on the following criteria: showmanship, energy levels, excitement, crowd appeal, uniformity, genuine enthusiasm and athletic sportsmanship.

Skills Creativity will reward teams for using unique load ins, dismounts and transitions in the building and tumbling portions of the routine and will have a maximum value of 5 points.

Routine Creativity will reward teams for using creative and innovative choreography throughout the overall routine and will have a maximum value of 5 points.

Level 4.2 teams will follow the Level 4 range for Building Skills (Stunts, Pyramids and Tosses), Overall Routine (Motions/Dance, Formations/Transitions and Performance) and the Jumps category. All Tumbling Skills (Standing Tumbling and Running Tumbling) will follow the Level 2 range.

Level 6 Skills will be scored in the 9-10 range for Building Skills (Stunts, Pyramids and Tosses)

Definitions and Examples of "Advanced" and "Elite" skills

### **Advanced Stunting Skills include**

*(but are not limited to):*

Extended One Leg Stunts

Minor Releases that land at prep level or below

Minor Tick Tock variations

Inverted transitions to prep level and below

Walking stunts/Turning stunts

1/2 or Single Twisting Transitions

Power Presses

*\*Other unique Mounts and Transitions of similar difficulty level*

### **Elite Stunting Skills include**

*(but are not limited to):*

Full Up to Extended Position

Major Releases that land in an Extended Position

Major Tick Tock variations

Inverted Transitions to an Extended Position

1-1/2 - 2 Twisting Transitions

Toss Extended stunts

*\*Other unique Mounts and Transitions of similar difficulty level*

# ALL-STAR POINT DEDUCTION SYSTEM

## Mistakes

Mistakes during skills will result in a 1.0 deduction for each occurrence.

### Examples:

- Drops to the floor during tumbling
- Drops from individual stunt to a cradle
- Drops from individual stunt to a pop down dismount

## Falls (Major)

Falls during stunting skills will result in a 1.5 deduction for each occurrence.

### Examples:

- Fall from individual stunt to the ground  
(Top person lands on ground or multiple bases land on ground)

## Collapses

Collapses during pyramid skills will result in a 2.0 deduction for each occurrence.

### Examples:

- If only an individual stunts performs an error during the pyramid sequence, then only a 1.0 or 1.5 deduction will be assessed.

## Maximum Deduction

No individual occurrence will incur more than an 2.0 deduction.

### Examples:

- If a stunt drops to the ground (1.5) and then rebuilds in the same stunt sequence and drops again (1.5), the maximum deduction issued will be a 2.0.

## Bobbles

The following examples will not receive deductions, however, they will be considered in the execution score.

### Examples:

- Hands down on tumbling
- Stunts and Pyramids that almost drop/fall, but are saved
- Incomplete twisting cradles
- Memory mistakes involving obvious execution of incorrect moves
- Tripping to the floor while transitioning
- Knee or hand touching ground during cradle or dismount
- Knees touch ground in back handspring
- Severe balance checks

## Time Limit Violations

Time limit violations are as follows:

- 3-5 seconds over time will result in a .5 deduction
- 6-10 seconds over time will result in a 1.0 deduction
- 11 or more seconds over time will result in a 2.0 deduction

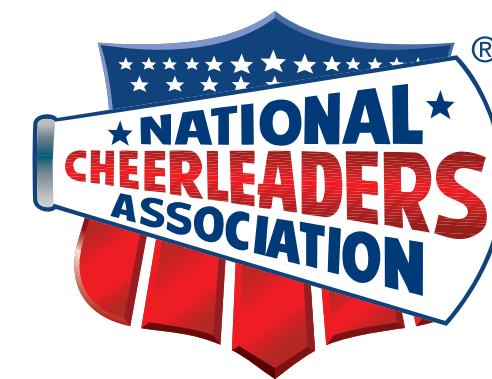
## Safety Violation/Skills Performed Out of Level

Safety Violations will result in a 2.0 deduction for each occurrence.

## Boundary Violations

All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. Anytime a participant unintentionally steps outside the competition boundary, they must return immediately. The competition boundary is defined as the actual spring floor, the carpet bonded foam panels that connect to the spring floor, and any additional border that supports the spring floor.

Excessive out of bounds is not allowed and will result in a .50 deduction for each occurrence. Excessive out of bounds includes stepping, with both feet, completely off of the performance mat and its borders. (Stepping on, or just past the white tape is not a boundary violation).



**NCA**  
**ALL-STAR**

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## **LEGALITY VERIFICATION**

For a timely and accurate response to questions concerning safety guidelines or questions regarding specific stunts, pyramids and/or dance skills, please follow these steps.

- All questions must be in written form. Due to the differences in interpretation and terminology, **no phone calls will be accepted**. Do not rely on prior rulings from NCA championships. A separate DVD must be submitted for each competition to ensure legality.
- For partner stunt, pyramid, or dance skill approval, you must send a DVD that contains the skill in question along with a letter stating the skill you are questioning. DVD **must** include the following:
  1. Front, side and back view of skill.
  2. Name(s) of all championships where you will be performing skill and the division you will be performing in.
  3. Include your name, team name, address, email and phone number on your DVD.
  4. Do not send the entire routine, only the skill(s) in question. Your DVD will be kept on file at NCA.
  5. If you would prefer to send the skill via email, please contact the NCA/NDA office to find out if that is a viable option.

DVDs that are not in the above format will **NOT** be viewed.

DVDs **MUST BE RECEIVED IN THE NCA OFFICE** at least **TWO WEEKS PRIOR** to the championship date. DVD's not received in the NCA office two weeks prior to the championship date will **NOT** be reviewed.

Send videos to:

***NCA Legalities for (specify event), P.O. Box 660359, Dallas, TX 75266-0359.***

You may Federal Express or UPS Overnight at least two weeks prior to the championship date to: ***NCA Legalities for (specify event), 2010 Merritt Dr., Garland, TX 75041.***

***NOTE: Do not depend on your choreographer, coach or director to determine if something is legal. If you feel that something may be illegal, send a DVD to the NCA office.***

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## **ROUTINE REQUIREMENTS**

1. Each team will perform a choreographed routine not to exceed 2 minutes and 30 seconds (150 seconds).
2. Music is required for all of the routine. A 2.0 penalty will be assessed if music is not used for the entire routine.
3. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
4. Timing will begin with the first note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
5. Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the performance area immediately following the routine.
6. Team names will be called twice: once as the team on deck and once as the next team to perform.
7. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed. Judges' decisions are final (please see page 8).
8. Teams should utilize all areas of their squad's technical strength in jumps, tumbling, (running and standing), partner stunts, pyramids, motion technique, projection and expression, choreography, basket tosses, showmanship, and dance.

## **PERFORMANCE AREA**

Performance surfaces and dimensions may vary by championship based on venue, size and restrictions, divisions offered, and other factors. Please refer to specific championship for which you are attending and make note of the Performance Area Information.

## **MUSIC INFORMATION**

Music should be on CD. **Duplicate CDs must be available at the music table in case of lost or damaged CDs.** In addition to a backup CD, it is a good idea to have a backup cassette tape.

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## JUDGING PANELS

**Head Judge** The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Safety Judge, and Point Deduction Judge. The Head Judge may also fill out his/her own score sheet for each performance. Head Judge's scores will carry the same weight as a Panel Judge.

**Panel Judges** Panel Judges are responsible for scoring each team's performance based on the NCA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges judge technical ability and the overall routine, but they do not determine or judge deductions or safety violations.

**Safety Judge** The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.

**Point Deduction Judge** The Point Deduction Judge is responsible for assessing deductions in each routine for obvious bobbles or falls from technical skills.

All judges' decisions are final.

## NCA SCORING PROCESS

NCA has adopted the Varsity Standard of Scoring.

### **Safety Violations/General Competition Guidelines**

A 2.0 deduction will be given for EACH safety/general competition guideline violation (*example: a 2.0 penalty will be assessed for jewelry*). Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate NCA Safety Guidelines section to ensure your team does not have any safety violations. NCA reserves the right to make decisions on any violations not covered in this book and interpretation of rules covered. All deductions will be subtracted from the FINAL averaged score.

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## **CODE OF CONDUCT**

To ensure the most positive experience for all attendees, NCA asks that the following Code of Conduct be adhered to during all NCA Championships:

- Any questions or concerns that affect a team's performance or experience must be communicated by the coach or advisor to the NCA Event Tent. The appropriate NCA Official will then be called to discuss the situation with the coach/advisor.
- Participants, coaches, advisors or spectators are prohibited from making contact with the Judges during the competition.
- Judges' rulings are final related to deductions, final team placements and legalities.
- Any unruly, aggressive or belligerent behavior by participants, coaches, advisors or spectators toward any other attendee or NCA Event Staff will result in potential team disqualification, removal from the event and/or barred participation from future NCA events.

NCA fervently encourages and supports sportsmanship, integrity and fairness among participants and coaches/advisors in all facets of cheerleading including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities, and believe that coaches/advisors are instrumental in promoting and instilling this among their respective team members.

## **ELIGIBILITY POLICY**

In fairness to all, NCA strictly enforces its age requirements for each division. NCA reserves the right to assess a penalty, disqualify, reclaim any and all awards and/or remove television appearance for any team/gym found to be in violation of the eligibility policy, whether before, during or after the Event.

A Team Roster Form will be sent to all coaches participating in an NCA Championship. One roster must be completed per team, and should include each participant's name, social security number, age and birth date. This form must be signed and given to NCA during the event check-in. Gym owners must sign and date this form.

## **DIVISIONS AND CROSSOVERS**

Unlimited Crossovers will continue to be allowed at all NCA events with the exception of NCA All-Star Nationals. Crossovers at NCA ALL-STAR NATIONALS WILL BE ALLOWED given the following restrictions:

1. Participant may only crossover into a division within the same USASF Level. (ex: Level 3 Jr Coed and Level 3 Small Senior).
2. Participant may only represent up to a maximum of two teams.
3. Participant may only represent on gym.
4. A maximum of five crossover participants is allowed per team.
5. Crossover participants must pay an additional commuter registration fee in full to perform on the second team.

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NCA always attempts to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, NCA cannot guarantee that a performance overlap will not occur during the final schedule. If a team violates the crossover rule, the second and each subsequent team will receive a 1.0 deduction off of their final score for each illegal participant. (Maximum penalty is 2.0).

### **U.S. Championships, Classics, and Spirit Championships**

Crossovers are allowed in the All-Star Cheer divisions in all NCA competitions except the NCA All-Star National Championship unless otherwise stated.

### **INAPPROPRIATE CHOREOGRAPHY/MUSIC/OUTFITTING**

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading), should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.

A deduction of 2.0 will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to NCA for approval. Because multiple performances of a routine when compared to one another will generally lack distinction, NCA is not able to approve with absoluteness the appropriateness of choreography (since movements can be easily modified, NCA could feasibly approve a particular movement when viewed on a video or in person, only to have it performed differently during competition). However, choreography, if questionable, may be submitted to NCA for feedback.

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## **INTERRUPTION OF PERFORMANCE**

### **Injury**

The Safety Judge or Head Judge reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a Nationals' preliminary competition, Classic Championship or a U.S. Championship, the team will have 30 minutes to regroup before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the Judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category. In the event that an injury causes the team's routine to be interrupted during final competition (Nationals), the judges will determine if there is sufficient time and feasibility for the team to complete their performance. If not, scores will be based on the performance prior to the injury.

### **Uniform Distractions**

The Safety Judge or Head Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. If a judge stops the routine or a performer leaves the floor to adjust a uniform a penalty or disqualification may result. The team may or may not be given an opportunity to return to complete their performance.

### **Music**

In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance and begin again immediately. It is recommended that coaches have a backup CD/tape with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the Judges.

### **Interpretations/Rulings**

NCA has the authority to make a decision on any issue, protest, penalty or rule that is unclear or not specifically addressed in this book. NCA will render a judgment in an effort to ensure that the competition is conducted in a manner consistent with the general spirit and goals of the competition and NCA.

### **Questions and Dispute Resolution**

At an Event, questions or concerns regarding score sheets, legalities and other issues should be addressed exclusively by the coach/advisor/gym owner. Please direct such inquiries to the Event Information Booth. The appropriate competition official will be contacted to discuss any questions or concerns.

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## **SPIRIT CHAMPIONSHIPS - BEST CHEERLEADER**

### **General Requirements**

Each participant will perform the following in this order: three consecutive jumps, tumbling pass, and a cheer. Overall performance may not exceed 90 seconds. **Music is not allowed.** A partner may not be used during the performance. Judging is based on voice projection, showmanship, cheer execution, spirit, and ability in the areas of jumps and tumbling, as well as overall impression. There is a five-trick limit (jumps, gymnastics, splits) in your performance after your tumbling pass. A back handspring back tuck, toe touch back handspring, or round-off back tuck are each considered two tricks. There will be a .5 penalty if more than five tricks are performed in your cheer and a separate penalty if the routine exceeds the time limit.

**Elementary Best Cheerleader:** 6th grade and below

**Junior Best Cheerleader:** 7th - 9th grade

**Senior Best Cheerleader:** 10th - 12th grade

Males and females will compete in the same division based on grade. There is no limit as to how many individuals may enter from a team.

## **SPIRIT CHAMPIONSHIPS - GROUP STUNT**

Each group stunt routine may be up to, but no longer than 60 seconds, with background music. Timing will begin with the first sound of music or movement of the team. The routine does not have to be choreographed directly to the music. Teams will be judged on technique, strength and stability of stunts, flow of routine, degree of difficulty (taking into consideration the number of stunts), perfection of routine and overall impression. There will be a penalty each time there is a violation of the NCA High School or All-Star Safety Guidelines (whichever is applicable), and a separate penalty if your routine exceeds the time limit.