

# JAMZ CHEER & DANCE



MADE IN CALIFORNIA. 100% ORIGINAL.

OFFICIAL

## THE CHAMPIONSHIP GUIDE 2012-2013



**JAMZ**<sup>TM</sup>  
PLAY. PERFORM. INSPIRE.

WE'RE NOT JUST A BRAND, WE'RE A LIFESTYLE.  
Made in California. 100% Original. We believe  
in our sport, teams, coaches and athletes...and in  
everything we do as a company. Thank you for  
believing in us, 'cause we really do believe in you.

800.920.4272 | [CHAMPIONSHIPS@JAMZ.COM](mailto:CHAMPIONSHIPS@JAMZ.COM) | [www.jamz.com](http://www.jamz.com)

# THE GUIDE

WE SUMMED IT UP TO SAVE YOU TIME.

**JAMZ**<sup>TM</sup>  
PLAY. PERFORM. INSPIRE.

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GOOD LUCK  
THIS SEASON!

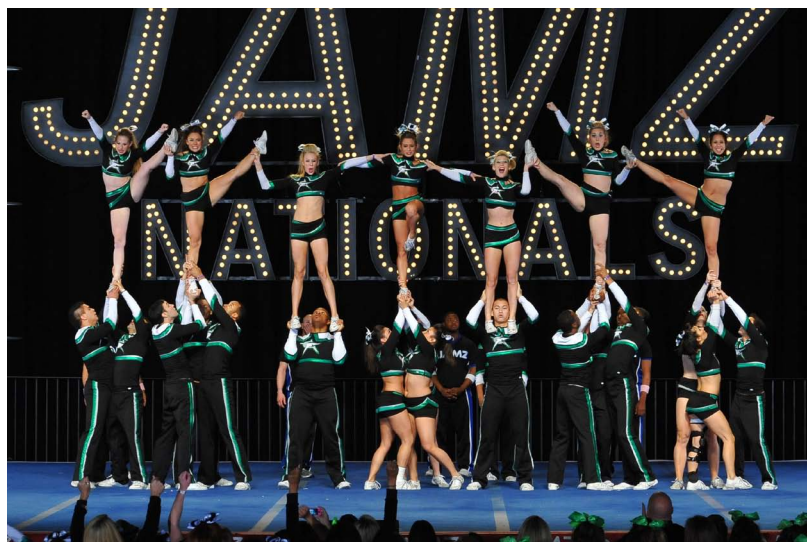
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**ALL CONTENT VALID THROUGH 3/31/13**

LAST UPDATED: 9/4/12

## CONTACT US

SERIOUSLY. WE LIKE TALKING TO YOU.

### JAMZ Cheer & Dance

PO Box 4308  
Modesto, CA 95352  
Phone: (800) 920-4272  
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[www.jamz.com](http://www.jamz.com)

General Questions: [cheer@jamz.com](mailto:cheer@jamz.com)  
Rules/Legality Questions: [rules@jamz.com](mailto:rules@jamz.com)  
Division/Category Changes: [championships@jamz.com](mailto:championships@jamz.com)  
Camps/Private Camps: [camps@jamz.com](mailto:camps@jamz.com)  
Merchandise: [sales@jamz.com](mailto:sales@jamz.com)



# JAMZ CALENDAR

## 2012-2013



## SAVE THE DATES!

EARLY BIRD RATES AVAILABLE!

**OCT 14**

### KINGDOM CLASSIC

VALLEJO, CA

Six Flags Discovery Kingdom

**NOV 17**

### BID CHALLENGE

ANAHEIM, CA

Anaheim Convention Center

**OCT 21**

### FRIGHTFEST CLASSIC

VALLEJO, CA (YOUTH ONLY)

Six Flags Discovery Kingdom

**DEC 1**

### SLAM CITY

SAN FRANCISCO, CA

Cow Palace

**OCT 27**

### CAPITOL CITY CHAMPIONSHIP

SACRAMENTO, CA

SCC Memorial Auditorium

**DEC 1**

### GOLDEN CLASSIC

VALENCIA, CA

Six Flags Magic Mountain

**OCT 28**

### JAMZ RELOAD

STOCKTON, CA

UOP Spanos Center

**DEC 9**

### HOLIDAY SHOWCASE

CARSON, CA

CSU Dominguez Hills

**NOV 4**

### ROYAL VALLEY CHAMPIONSHIP

FRESNO, CA

Selland Arena

**JAN 13**

### ADRENALINE HEAVEN\*

DAVIS, CA

UC Davis Pavilion

**NOV 11**

### COASTER CLASSIC

VALENCIA, CA

Six Flags Magic Mountain

**JAN 13**

### PALMS AND PYRAMIDS\*

LONG BEACH, CA

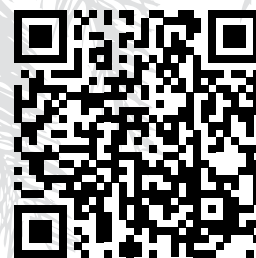
CSU Long Beach

\*Not a qualifier for JAMZ Youth Nationals

## Get ready for an all-new season of awesomeness!

JAMZ isn't your typical cheer and dance company...and we love being different! We believe every team counts! We believe in putting in 100% every time. We believe in you and we believe in fun! So whether it's your team's first time attending a JAMZ event or they are returning to defend their title, we want it to be an experience they'll never forget!

SCAN THE QR CODE TO GO TO THE  
JAMZ CHAMPIONSHIPS SECTION!



### YOUTH NATIONALS

LAS VEGAS, NV

JAN 25-28, 2013

### ALLSTAR NATIONALS

LAS VEGAS, NV

FEB 8-10, 2013

### SCHOOL NATIONALS

LAS VEGAS, NV

FEB 8, 2013





# REGISTRATION 411

## WHAT DO YOU NEED TO KNOW TO GET STARTED?

### BEFORE YOU REGISTER... (PLEASE NOTE THE FOLLOWING GUIDELINES, REQUIREMENTS, ETC.)

#### SIX FLAGS EVENTS:

- ☐ Six Flags events are excluded from online registration. See each Six Flag event for specific info on rates, payments, & deadlines.

#### DEADLINES:

- ☐ Entry form and full payment must be RECEIVED by specified deadlines. Visit [www.jamz.com](http://www.jamz.com) to see deadlines for each event.
- ☐ Performance order is determined by the date FULL registration is received (including full payment).

#### PAYMENTS:

- ☐ No personal checks or purchase orders will be accepted. You may pay by Team/Gym/Organization check, money order, or credit card.
- ☐ One check, money order or credit card number per registration only.
- ☐ For late entries that are approved, you must pay by money order or credit card. Checks will not be accepted.
- ☐ A \$30 'returned check' fee will be charged for each insufficient check.
- ☐ Cards will be charged according to the fee that applies on date entry is received. Some credit cards are subject to maximum daily allowances. Any balance not obtained by the deadline, will be charged according to the fee of the actual charge date and not the received fax date.

### WHAT DOES IT COST TO REGISTER? THE REGISTRATION RATES

JAMZ knows life is busy and unpredictable. That's why we allow teams more options when submitting their registration. Whether you're early, on time or late with your registration, we'll do our best to work with your situation. The earlier you register, the more money you save!

	EARLY BIRD	ON TIME	LATE
ALL-STAR Regional per participant (non spring floor)	\$30	\$35	\$40
ALL-STAR Regional per participant (spring floor)	\$42	\$47	\$52
Cross Competitor Rage	\$30	\$30	\$30

(Six Flags events are excluded from these rates. See each Six Flag event for specific info on rates, payments and deadlines.)

### HOW DO YOU REGISTER? THERE ARE THREE (3) WAYS TO REGISTER.

#### 1) ONLINE - PAY BY CREDIT CARD.

- ☐ Go to the Registration Manager online, complete forms and payment online. (One credit card number per registration only; not received by JAMZ until full payment is made).
- ☐ Print out the Agreement of Compliance Form and get it signed by all parents/guardians (to be completed only ONE TIME per season).
- ☐ Mail or fax Agreement of Compliance Form and Team Roster to JAMZ w/in 48 hours of your online submission.

**NOTE:** Your team's information does not submit to JAMZ until **full** payment is processed online. If you create/set up your team during the Early Bird time frame, but do not submit payment information until the On Time dates, your total will be recalculated at the current day's rate. Late entries are not accepted online.

#### 2) FAX - PAY BY CREDIT CARD OR E-CHECK.

- ☐ Download the registration forms online, print out and complete all info. (One credit card number per registration only).
- ☐ Get Agreement of Compliance Form signed by all parents/guardians (to be completed only ONE TIME per season).
- ☐ Fax the Championship Team Entry Form, Agreement of Compliance Form and Team Roster to (209) 578-1617.

#### 3) MAIL - PAY BY CHECK, MONEY ORDER, E-CHECK, OR CREDIT CARD.

- ☐ Download the registration forms online, print out and complete all info.
- ☐ Get Agreement of Compliance Form signed by all parents/guardians (to be completed only ONE TIME per season).
- ☐ Make checks payable to: **JAMZ**. (One check, money order or credit card number per registration only).
- ☐ Mail payment, Championship Team Entry Form, original Agreement of Compliance Form, and Team Roster directly to:  
**JAMZ Championships, PO Box 4308, Modesto, CA 95352**
- ☐ To expedite shipping, use US Postal Service Express (overnight) or Priority Mail (2-3 day in CA). UPS and FedEx do NOT deliver to P.O. Boxes.

### HOW DO YOU KNOW WHEN REGISTRATION IS COMPLETE? YOU'LL RECEIVE A CONFIRMATION EMAIL.

Notification of registration receipt will be sent via email. If you do not receive notification within seven days of mailing registration documents, please call JAMZ at (800)920-4272 or email [championships@jamz.com](mailto:championships@jamz.com). All future correspondence will be sent to the contact person's name and address on each registration form. 1-2 weeks prior to the event, you will receive a preliminary line up, followed by a schedule of performance. These will also be posted online.

# REGISTRATION 411

*HOW TO COMPLETE THE BORING BUT IMPORTANT PAPERWORK.*

## CHAMPIONSHIP TEAM ENTRY FORM - *ONE PER TEAM FOR EACH EVENT.*

Please read through the category descriptions, divisions, routine guidelines, levels, general safety rules and scoring section prior to registering your team to ensure you are choosing the appropriate level, category and division for your team.

## AGREEMENT OF COMPLIANCE FORM - *ONE PER TEAM EACH SEASON.*

Teams/organizations submit this form only **ONE TIME** during the entire season (exception: an updated form is required if any participants are added after the original form was submitted). Each form allows space for 20 parent/guardian signatures. If you have more than 20 competitors, you may duplicate the form. Unless registering on-line, the Agreement of Compliance Form must be submitted at the time of registration. If you are registering on-line, the form must be submitted to JAMZ 48 hours after your registration is received.

## TEAM ROSTERS - *ONE PER TEAM EACH SEASON (SEE REQUIREMENTS & EXCEPTIONS BELOW).*

All teams competing at JAMZ Championship(s) are required to submit a Team Roster. All Star teams **MUST** use the JAMZ form. Forms are only required with your team's FIRST JAMZ Championship entry. If you attend more than one event, (including Nationals) you'll only be required to submit an updated JAMZ Roster form if there are changes made to your team. Alternates may be listed on your roster.

## NEED TO MAKE A CHANGE?... *FOLLOW THESE STEPS TO SUCCESSFUL CHANGES.*

- ☐ Read the 2012-2013 categories, divisions and levels thoroughly to ensure you're making the correct change.
- ☐ Fill out the Change Request Form (available online in the Championship Info section).
- ☐ Form must be submitted on or before the "On-Time" deadline for each event, JAMZ will confirm your change within two business days.
- ☐ All changes that are requested after the "On-Time" deadline are subject to approval and the following fee:  
**\$50 per team/change** at Regionals and Six Flags events    **\$100 per team/change** for Nationals.
- ☐ Be sure to include your Credit Card Authorization Form with the Change Request Form.

The following are the most common types of changes:

### **Change of Total # of Participants:**

Increasing participant(s) requires additional fees (paid with the Change Request Form at that current date's rate); there are no fees for decreasing.

### **Change in Category/Division/Level:**

Teams will change position in the performance order based on the date the new changes were made. *Nationals change deadlines are specific to each event. See your invitation packet for dates and specifics.*

# REGISTRATION 411

*THE LEGAL STUFF YOU SHOULD KNOW.*

## LIMITED ENTRIES - *TRUST US, WE'D LOVE TO LET AN ENDLESS AMOUNT OF TEAMS REGISTER.*

Due to the popularity of our events JAMZ will only accept entries as space allows. JAMZ will process entries in the order in which they are received. Should the event reach capacity (stadium seating capacity/length of day capacity), registration will be closed.

## LATE ENTRIES - *WE ALL KNOW LIFE ISN'T PERFECTLY PLANNED.*

If you missed the deadline, you need to register via phone. Call JAMZ at (800) 920-4272 to get your late entry approved (acceptance is not guaranteed due to limited space available). If the event is not full and late entries are approved by JAMZ, the late registration fee must be paid for each participant in the form of a credit card to JAMZ at the time registration is submitted.

## PERFORM IN A SECOND CATEGORY FOR FREE! *DID WE MENTION IT'S FREE?*

Yes, teams are allowed to compete in a second category for FREE. However, teams are NOT allowed to compete in the SAME CATEGORY twice (i.e. Junior Level 3 and Junior Level 4). The second category MUST contain at least 70% of the SAME participants as the first category and no added participants. Please select your second category when submitting original registration. Unfortunately, second categories can't be added once the Final Schedule is posted.

**IMPORTANT NOTE:** JAMZ cannot guarantee more than 20 minutes between a team's 1st and 2nd performances. Warm-up and award ceremonies may overlap. JAMZ will not change times the day of the event to accommodate teams for this reason.

## ALL-STAR/STUDIO CROSS COMPETITORS - *WOW, WE THINK YOU'RE AMAZING!*

JAMZ does allow cross-competitors (meaning participants who perform on multiple teams), but they must:

- ☐ Be included in all team's numerical counts and rosters
- ☐ Submit full payment for the participants main team
- ☐ Submit Cross Competitor fee for each additional team with whom they compete

**IMPORTANT NOTE:** JAMZ cannot guarantee more than 20 minutes between a competitor's 1st and 2nd performances. Warm-up and award ceremonies may overlap. JAMZ will not change times the day of the event to accommodate teams for this reason.

## CANCELLATION POLICY - *WE'LL MISS YOU.*

Teams wishing to cancel are subject to processing and cancellation fees. Cancellation notifications must be submitted in writing (fax or email), by a registering coach. You will be contacted by a JAMZ Representative upon receipt of notification. If a participant cancels from your registration and you replace that participant with a new participant for your team, you can use the payment of the first participant towards the new.

**IMPORTANT NOTE:** All participant payments are non-transferable between teams. If a participant cancels (regardless of the reason) you cannot apply that person's payment to another team.

## REFUND POLICY - *THE EARLIER YOUR REQUEST, THE BETTER.*

Requests for refunds must be submitted in writing (fax or email), by a registering coach. Requests submitted on or before the "On-Time" deadline will receive a full participant refund. Requests made between the "On-Time" deadline and 6 days prior to an event will receive a 50% participant refund. All payments are non-refundable after that time. Refunds will be given in the manner in which payment was received. Please allow 4-6 weeks for refunds to be processed. *Nationals refunds and deadlines are specific to each event. See your invitation packet for dates and specifics. This policy does not apply to Six Flags events. See Six Flags Registration Packet for event specifics.*

## GENERAL FORM POLICY - *DON'T FORGET THESE HELPFUL REMINDERS.*

- ☐ **Double check that you have all of your forms.** Any team entries that do not include the appropriate forms will not be processed.
- ☐ **Include your email address.** It's required on the registration forms so we can keep in touch about the event for which you registered.
- ☐ **Look for a confirmation email.** Notification of registration receipt will be sent via email. If you don't see one after 7 days, please call us.

# CHAMPIONSHIPS 411

*GET THE LOWDOWN ON PERFORMANCE DAY.*

## JAMZ MISSION STATEMENT... *BECAUSE WE KNOW THAT EVERY EVENT IS SOMEONE'S FIRST EVENT!*

JAMZ Cheer & Dance strives to provide a safe and positive environment for kids to enhance self-esteem, improve skill levels and educate teams. By hiring talented and knowledgeable staff and conducting all events with the highest level of integrity and professionalism, JAMZ will pursue quantitative growth without sacrificing the quality of the company's products or services.

## EVENT PERFORMANCE SCHEDULES... *PLEASE SHARE THIS INFO WITH YOUR PARENTS.*

Performance schedules are determined by the number of registered teams. A preliminary line-up with overall event day time frames will be posted on the JAMZ web site ([www.jamz.com](http://www.jamz.com)) and emailed to the registering coach up to two weeks prior to championships. Team performance schedules will be posted on the JAMZ web site and emailed to the registering coach up to one week prior to championships (no later than 3 days prior). Coaches will also be given a copy of the performance schedule at the time of 'Coach Check-in'. All times are subject to change. Prior to posting of the schedule, please do not call to check your individual team performance time, how many teams are in your division, etc. We appreciate your patience. *Please share this information with your parents.*

## PERFORMANCE ORDER... *FIRST TO REGISTER = LAST TO PERFORM*

The date full registration is received (including full payment) will determine the performance order for all championships. The first registration received will be placed last to perform in that category/division/level. The last registration received will be the first to perform. Adjustments may be necessary due to team or division conflicts. Teams that delay submitting required paperwork will change position in performance order based on the date the paperwork is completed. Teams that make any changes to their category, division or level after submitting registration will change position in the performance order based on the date the new changes were made.

## PARTICIPANT ELIGIBILITY... *PROOF OF AGE IS REQUIRED.*

Coaches/coordinators must be able to prove the age of their participants on the day of the championship.

- All-Star/Studio teams should bring any form(s) necessary with this information.

## PERFORMANCE AREA... *CHECK THE EVENT DESCRIPTION ON THE WEB OR GIVE US A CALL.*

### REGIONAL CHAMPIONSHIP (SPRING FLOOR):

- All-Star Cheer: Teams will perform on a 42' deep x 54' wide Olympic Elite Fiberglass spring floor.
- All-Star/Studio Dance: All teams will perform on the same floor as cheer: 42' deep x 54' wide Olympic Elite Fiberglass spring floor.

*Note: If the dance team registrations warrant, and facility space allows, JAMZ will provide a Marly floor.*

**REGIONAL CHAMPIONSHIPS (NON SPRING FLOOR):** All cheer and dance teams will perform on a 42' deep x 54' wide carpeted foam cheer mat.

**SIX FLAGS CHAMPIONSHIPS:** All cheer and dance teams will perform on a carpeted foam cheer mat.

- Six Flags Discovery Kingdom: 42' deep x 54' wide.
- Six Flags Magic Mountain: Magic Mountain Golden Bear Theatre = 30' x 31'. These dimensions are smaller than standard floors. See the Magic Mountain registration packet for more details.

### NATIONAL CHAMPIONSHIPS:

- All-Star Cheer - All cheer teams will compete on a 42' deep x 54' wide Olympic Elite Fiberglass spring floor.
- All-Star/Studio Dance - All dance teams will compete on a 42' deep x 49' wide professional Marly floor.

## WARM-UP AREA... *YOUR WARM-UP TIME WILL BE LISTED ON THE FINAL SCHEDULE OF PERFORMANCE POSTED ONLINE.*

Each team will have a designated warm-up time prior to its performance time. Times will be posted on the final schedule of performance and posted online at [www.jamz.com](http://www.jamz.com) the Friday prior to your event. Warm-up spaces and stations will vary for each event.

## MUSIC... *TAKE THE STRESSING OUT OF PRESSING & PLAY AT THE SOUND BOOTH!*

### TEAMS MUST MEET THE FOLLOWING MUSIC FORMAT REQUIREMENTS:

- Music may be on CD (CD is preferred) or ipod/MP3 (must have 1/8" jack - email [cheer@jamz.com](mailto:cheer@jamz.com) for specifics).
- Music should be recorded at medium volume.
- Music must be recorded at the beginning of the CD with no other music on the CD.
- Duplicate CD's must be available so that teams may have a copy while in warm-ups, in case of lost, broken CD's, etc.
- Please label CD's with your team name and cell phone number (including area code) in case of loss.
- A team representative must be at the sound booth prior to your team's performance time to press play and direct our sound tech.
- Music representative must be familiar with the routine and music. They will be responsible if any issues occur (i.e. wrong track selected, etc).

# CHAMPIONSHIPS 411

*GET THE LOWDOWN ON PERFORMANCE DAY.*

## ADDITIONAL MUSIC TIPS:

- Make sure your CD is an Audio CD Format, not Data Format. Check it in a CD player to be certain it plays properly.
- Each team should bring their own radio for practice sessions. Be sure to have team identification on it. (Exception: Six Flags Theme Parks do not allow these devices in the park).
- Give other members of your coaching staff duplicate copies of your music in the event of a lost bag or malfunction.
- Coaches/choreographers should create routines that finish at least a few seconds under the time limit to ensure team does not go over the maximum time allotted for the category. Penalty points will be deducted for exceeding the time limit for routines.
- Music selections must be edited and appropriate for a family environment.

## INTERRUPTION OF PERFORMANCE... 'CAUSE WE KNOW STUFF HAPPENS.

### 1) Unforeseen Circumstances.

- If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facility, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
- The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

### 2) Fault of Team.

- In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
- The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

### 3) Injury.

- In the event that an injury causes the team's routine to be interrupted, the participant can stop the routine and seek medical assistance.
- Competition officials reserve the right to stop the routine if an injury occurs.
- The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

## HOW TO HANDLE PROCEDURAL QUESTIONS

**1. RULES & PROCEDURES.** Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to a Championship Event Director. Such questions should be made prior to the team's competition performance.

**2. PERFORMANCE.** Any questions concerning the team's performance should be made to the Championship Event Director immediately after the team's performance and/or following the outcome of the competition. All questions or disputes must be made within 24 hours of the conclusion of the event.

## INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Head Rules Judge. The Head Rules Judge will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.

## SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

## DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the National Championship the following year.

## SCORING... OUR JUDGES USE A CUSTOM SCORING SYSTEM SO CHAMPIONSHIPS RUN ON TIME AND SCORES ARE ACCURATE.

JAMZ has incorporated an electronic scoring system to increase efficiency and accuracy in the scoring process. This innovative scoring system was the first in the cheer and dance industry and nothing can top it! We're excited for our JAMZ Panel and Rules Judges to utilize this amazing technology! Judges will represent various parts of the industry so that style differences will be balanced in evaluating performances. Score sheets may not be available on the day of every championship. In this instance, score sheets will be emailed or mailed following the championship. See the Scoring section for more details on JAMZ' scoring process.

## FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.



# RULES 411

*HOW TO KEEP YOUR TEAMS SAFE AND HAPPY.*

## COACH'S CHECKLIST... *THINK OF THIS AS YOUR SUMMER READING LIST.*

Coaches should read through all of the following in the **JAMZ Championship Guide** to help avoid penalties, forfeiture or disqualification, and maximize scoring:

- ☐ JAMZ Category Descriptions
- ☐ JAMZ Division Details
- ☐ JAMZ Routine Guidelines
- ☐ JAMZ Levels Grids
- ☐ JAMZ General Safety Rules
- ☐ JAMZ Glossaries
- ☐ JAMZ Penalty Info
- ☐ JAMZ Scoring Info
- ☐ JAMZ Coach's Cheat Sheet
- ☐ JAMZ Scoring Grids

## ASK QUESTIONS... *ONLY YOU CAN PREVENT PENALTIES, FORFEITURE OR DISQUALIFICATION.*

JAMZ asks that all coaches/directors/advisors review the JAMZ Rules each year, understand them and adhere to the JAMZ Safety and Routine Guidelines. Any questions concerning guidelines or specific stunts, pyramids, dance lifts or clarification are welcome! Protect your team from unnecessary deductions and penalties.

In order to ensure a prompt response to your questions, please contact us at the following:

- |   |                        |    |                |
|---|------------------------|----|----------------|
| • For Category/Division/Level Registration Questions: | championships@jamz.com | OR | (800) 920-4272 |
| • For General Championship Questions/Comments:        | championships@jamz.com | OR | (800) 920-4272 |
| • For Routine/Safety/Skill Allowance Rules Questions: | rules@jamz.com         |    |                |

## HOW DO YOU SUBMIT A RULES QUESTION?... *THERE ARE TWO OPTIONS.*

**1) SEND US A VIDEO.** Honestly, we love videos! It's the best way to make sure your routine is penalty-free! Full mounting/dismounting and skill should be included in video. Submit your video in one of the following formats:

- ☐ Mail a DVD (include your division, category, level and the event you'll be attending).
- OR -
- ☐ Email us a link to an online video of a stunt, pyramid or dance skill (include your division, category, level and the event you'll be attending).

**2) FILL OUT THE ONLINE RULES FORM.** We make it soooo easy.

- ☐ Go to [www.jamz.com](http://www.jamz.com) and click "Championships".
- ☐ Click "Ask a Rules Question".
- ☐ Make sure to include your division, category, level and the event you'll be attending.

## DON'T FORGET TO INCLUDE THE FOLLOWING INFO FOR RULES QUESTIONS... *IF YOU INCLUDE IT, THEY WILL ANSWER!*

- ☐ All questions must be in written form; no phone calls will be accepted.
- ☐ Include the event you will be attending.
- ☐ Include your name.
- ☐ Include your team name.
- ☐ Include your division/category/level.
- ☐ OPTIONAL - If you're referring to a specific rule, include the page number and rule reference (e.g. Youth Cheer Routine Guidelines #8a).

## HOW LONG DOES IT TAKE?... *THE EARLIER YOU SEND IT, THE BETTER.*

Please allow up to 3 business days for response. JAMZ will address all inquiries in writing. Questions should be submitted at least 10 days prior to an event to allow for a response and time to make routine changes (if needed).

# 10 REASONS TO BELIEVE IN JAMZ



- 10 HIGHEST QUALITY OF EQUIPMENT** We don't just say we have the best equipment in the industry! We research it, ask our customers about their preferences, bounce and tumble on choice floors, consider what the highest industry standard is year after year, and spend the money! Staying current keeps us successful!
- 9 OLYMPIC ELITE FIBERGLASS SPRING FLOORS** Warm up and compete on the same floors used at the Olympics! We take the stress out of Championship Day with numerous warm-up stations for stretching, tumbling, marking your routine and throwing it full out!
- 8 PROFESSIONAL MARLY DANCE FLOORS** JAMZ knows dance...warm up and compete on the floor your team deserves!
- 7 EVENTS RUN ON TIME** JAMZ estimates events with experienced forecasting measures that allow our events to run smoothly and on time. We understand how busy life can be and appreciate the time you do spend with us!
- 6 TONS OF AWARDS** With Nationals jackets, huge team trophies, banners, medallions, At-Large Bids and Full Paid Bids to Worlds, invitations to once in a lifetime opportunities, there's something for everyone!
- 5 THE JAMZ NATIONAL TITLE CARRIES PRESTIGE** When teams win the National Title at JAMZ Nationals, they truly are the best of the best! The talent continues to amaze us! We offer a dance category for EVERY style, and ALL USASF DIVISIONS. Our School divisions and levels also continue to grow each year!
- 4 JAMZ JUDGES ARE HIGHLY TRAINED AND TESTED** They are experts in all categories, divisions, levels, rules and scoring guidelines! Rules judges are Safety-Judge-Certified for all divisions.
- 3 WE APPRECIATE THE VARIOUS STYLES OF CHOREOGRAPHY** Judges represent different parts of the industry and are from across the country, so style preferences will be balanced in evaluating performances.
- 2 CUSTOM ELECTRONIC SCORING SYSTEM** No one has one like ours. It's custom-made to increase efficiency and accuracy in the scoring process and will change the way you think about scoring! With less subjectivity and much more emphasis on skills performed, we've heard what our customers want and can't wait for you to see the new updates.
- 1 FUN!** JAMZ takes championships seriously but we always make them fun. We believe in motivating coaches and athletes to keep improving, maintain sportsmanship and make memories with their team!

## SAVE THE DATE!

QUALIFY FOR NATIONALS!

STEP 1 - Go online to JAMZ.  
STEP 2 - Find an event.  
STEP 3 - Register your team.  
STEP 4 - Score 70% or higher.  
STEP 5 - Head to Vegas!

YES, IT'S THAT EASY!

## GET THE JAMZ NATIONALS EXPERIENCE!

**YOUTH NATIONALS**  
**JAN 25-28, 2013**  
**LARGEST IN THE U.S.!**

**ALLSTAR NATIONALS**  
**FEB 8-10, 2013**  
**WIN WORLDS BIDS!**

**SCHOOL NATIONALS**  
**FRI, FEB 8, 2013**  
**SEE YOU IN VEGAS!**

# WHY TAKE YOUR TEAM TO JAMZ NATIONALS?

*TRUST US, WE HAVE A LOT OF GOOD REASONS.*

## JAMZ INVESTS IN THE HIGHEST QUALITY OF EQUIPMENT USED IN THE INDUSTRY!

We don't just say we have the best equipment in the industry! We research it, ask our customers about their preferences, bounce and tumble on choice floors, visualize how to improve events, consider what the highest industry standard is year after year, and spend the money! We realize that staying current on industry trends is key to any successful business.

## OLYMPIC ELITE FIBERGLASS SPRING FLOORS

Warm up and compete on the same floors used at the Cheerleading Worlds! We take the stress out of Championship Day with numerous warm-up stations for stretching, tumbling, marking your routine and throwing it full out!

## PROFESSIONAL MARLY DANCE FLOORS

JAMZ knows dance... warm up and compete on the floor your team deserves!

## EVENTS RUN ON TIME!

JAMZ estimates events with experienced forecasting measures that allow our events to run smoothly and on time. We understand how busy life can be and appreciate the time you do spend with us!

## UNIQUE AND ABUNDANT AWARDS MAKE JAMZ NATIONALS A MEMORABLE EXPERIENCE!

With Nationals jackets, huge team trophies, banners, medallions, At-Large Bids and a Full Paid Bid to Worlds and invitations to once in a lifetime opportunities, there's something for everyone!

## THE JAMZ NATIONAL TITLE CARRIES PRESTIGE!

When teams win the National Title at JAMZ Nationals, they truly are the best of the best! The caliber of teams at JAMZ Nationals continues to amaze us. JAMZ offers a dance category for EVERY style, and ALL USASF DIVISIONS. But most importantly, JAMZ requires at least 2 teams in a division to be eligible for a national title, and most often exceed the requirement by many teams!

## JAMZ JUDGES ARE HIGHLY TRAINED IN THE ALL-STAR INDUSTRY!

Judges have been trained and tested on All-Star categories, divisions, levels, rules and scoring guidelines! Rules judges are USASF Safety-Judge-Certified for All-Star divisions. Judges represent various parts of the industry and are from across the country, so style preferences will be balanced in evaluating performances.

## NO ONE HAS AN ELECTRONIC SCORING SYSTEM LIKE OURS. IT'S CUSTOM-MADE!

JAMZ has incorporated an electronic scoring system to increase efficiency and accuracy in the scoring process. The JAMZ scoring process will change the way you think about scoring! With less subjectivity and much more emphasis on skills performed, we've heard what our customers want and can't wait for you to see the new updates.

JAMZ has created separate scoring criteria for EVERY level of cheer and EVERY style of dance! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? 'Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. We challenge teams to "perform smarter". By understanding JAMZ' scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided in the Scoring sections of the Championship Guide to ensure your routine maximizes its potential score.

**IF THOSE AREN'T ENOUGH REASONS, COME VISIT A JAMZ EVENT AND SEE FOR YOURSELF 😊**

*WE'LL SEE YOU THERE!*

# NATIONALS 411

## ARE YOU READY FOR JAMZ NATIONALS?

### HOW DO TEAMS GET TO NATIONALS? ... *SHOW US WHAT YOU'VE GOT!*

Since JAMZ Nationals features the "best of the best," all teams are required to qualify. Once you're there, you're the "cream of the crop." We don't waste your time, money or energy with on-site prelims or finals, we treat your team like the stars they are! Attending Nationals is an amazing, unique experience for all participants, parents and coaches!

### WHAT'S THE QUALIFICATION PROCESS? ... *CHOOSE ONE OF THREE OPTIONS:*

#### OPTION #1: SCORE A 70% OR HIGHER AT A JAMZ CHAMPIONSHIP

Teams scoring 70% or higher at a JAMZ championship will qualify for JAMZ Nationals. All teams that qualify for JAMZ Nationals will receive a Nationals Invitation along with score sheets. Teams will then be required to submit all required forms to the JAMZ office by the deadlines listed. See the Registration section of this document for details on how to register for a JAMZ championship.

#### OPTION #2: VIDEO QUALIFICATION

When a JAMZ championship is not within close proximity, teams may qualify for JAMZ Nationals by submitting a qualifying video. All teams that qualify for JAMZ Nationals will be asked to download the Nationals Invitation Packet. Download the **Nationals Qualification Packet** (located in the Championship Info Center or Nationals section on [www.jamz.com](http://www.jamz.com)) for details on paperwork and video requirements for submitting a qualifying video for Nationals.

#### OPTION #3: SCORE SHEET SUBMISSION FROM A NON-JAMZ SANCTIONED CHAMPIONSHIP

When a JAMZ championship is not within close proximity, teams may qualify for JAMZ Nationals by attending a non-JAMZ championship and submitting those score sheets for qualification. All teams that qualify for JAMZ Nationals will be asked to download the Nationals Invitation Packet. Download the **Nationals Qualification Packet** (located in the Championship Info Center or Nationals section on [www.jamz.com](http://www.jamz.com)) for details on paperwork and score sheet requirements to qualify for Nationals.

### NATIONALS TEAM REQUIREMENT ... *LET THE COMPETITION BEGIN!*

In order to protect the prestige of winning a national title, all divisions MUST contain at least two (2) teams in order to be included in the JAMZ National Championships. Teams that are found to be alone in a division will be asked to move to a different skill level or division. JAMZ reserves the right to make exceptions to this rule if deemed necessary.

For further questions on Nationals, please check the Nationals section on [www.jamz.com](http://www.jamz.com) for periodic updates. You may also contact us with specific questions at [championships@jamz.com](mailto:championships@jamz.com) or (800) 920-4272.



# WORLDS 411

WANT MORE CHANCES TO WIN A CHEER BID TO WORLDS?

JAMZ IS NOW OFFERING TEAMS

**2 PAID BIDS**

JAMZ IS NOW OFFERING TEAMS



**THAT'S \$50,000 IN PAID BIDS! HOW MANY BIDS ARE WE OFFERING TOTAL? ... EIGHT (8) BIDS TOTAL!**

(2) Two Fully Paid Bids to the 2013 Cheerleading Worlds

(6) At-Large Bids to the 2013 Cheerleading Worlds

**HOW WILL THE BIDS BE DISTRIBUTED? ... CHECK IT OUT!**

## PAID BIDS

All teams in the following divisions will be given the opportunity to compete for a *PAID* Bid to the Cheerleading Worlds.

- Senior Level 5 All-Girl Divisions (Small & Large)
- Senior Level 5 Small, Medium & Large Co-ed Divisions
- International Open Level 5 (All-Girl & Co-ed Divisions) (eligible for 1 Paid bid or an At-Large bid)

## THE PAID BID (\$25,000 MAX) WILL BE DISTRIBUTED AS FOLLOWS:

- Highest Combined Score of all Senior Level 5 Divisions and all International Open Level 5 Divisions
- Highest Combined Score of all Senior Level 5 Divisions

## AT-LARGE BIDS

All teams in the following divisions will be given the opportunity to compete for 6 AT-LARGE Bids to the Cheerleading Worlds.

- All Senior Level 5 Teams (except Senior Open)
- International Open Level 5 (All-Girl & Co-ed)
- (International) Open Level 6 (All-Girl & Co-ed)

## THE AT-LARGE BIDS WILL BE DISTRIBUTED AS FOLLOWS: At-Large Bids for All Teams will be based on scores.

- The Senior Level 5 Divisions are guaranteed at least 3 bids (between Paid and At-Large) to the Cheerleading Worlds. (In order to be eligible to receive the 3rd bid - which will be an at large- there must be at least 4 eligible teams competing for an at large bid in the Senior Level 5 Division) Otherwise the bid will revert to the open bid process to be awarded by majority vote of the Worlds Judging Panel among ALL bid eligible teams.
- The International Open Level 6 Teams are guaranteed at least 1 At-Large bid to the Cheerleading Worlds provided at least 5 teams compete in the Level 6 Divisions.
- The International Open teams are guaranteed at least 2 bids to the Cheerleading Worlds (between At-large and Paid bid (only Level 5))
- The 2 Final bids to the Cheerleading Worlds (3 bids if the Open Level 6 divisions fail to compete 5 teams) will be determined by the Worlds Judging Panel. This decision will involve all bid eligible teams and will be made on a teams overall score and likelihood of success at the Cheerleading Worlds.

**NEW AT-LARGE BID EXCEPTION:** Per new USASF restrictions, JAMZ will no longer hand-down AT-LARGE BIDS to the next team in line. If an AT-LARGE Bid is turned down by a team, it will no longer be in play. If a team has already accepted an "At Large" bid from another company and opts to compete for another bid, they will be eligible only for a "Paid" Bid. They will not be eligible for another AT-LARGE bid.

**NEW PAID BID EXCEPTION:** For a team to be eligible for a paid bid, they must have at least 2 teams registered and actually compete at JAMZ Nationals. This rule is necessary to prevent/avoid the spoilage of a Paid Bid and to allow teams the necessary substitutions for Worlds.

## HOW WILL THE TEAMS BE SCORED?

Each division will be judged by WORLDS caliber panel of judges. Each team will compete twice over two days. 40% of the first day's score and 60% of the second days score will be totaled to create each team's final ranking score. JAMZ reserves the right to all final decisions.

### Scoring Example:

Day 1: Teams raw score is 80 out of a possible 100 points. (40% of 80 = 32 points).

Day 2: Team's raw score is 90 out of a possible 100 points. (60% of 90 = 54 points).

The final raking score would equal 32 Points (Day 1) + 54 Points (Day 2) for a total of 86 points.

## WHERE CAN I GET MORE INFO ABOUT WORLDS?

JAMZ recommends teams review the complete Worlds Info Packet on the USASF web site prior to attending JAMZ Nationals.

Bid winners will be required to fill out time-sensitive info including a written form of acceptance or declination of the Worlds Bid. Bid winners will be expected to comply with all deadlines to avoid forfeiture of their Worlds Bid. Thus, decisions about whether or not to attend Worlds will need to be decided prior to attending JAMZ Nationals. Specific details regarding 'Worlds' are available on the USASF web site at [www.usaf.net](http://www.usaf.net). This info will include specifics on airfare, hotel, substitution policies, offer limitations, and more. This information will also be distributed to bid winners.

# WORLDS 411

*WANT TO WIN A DANCE BID TO WORLDS?*

**JAMZ IS OFFERING 2 PARTIAL PAID BIDS TO THE DANCE WORLDS! THAT'S \$10,000 IN BIDS!**  
**ATTEND JAMZ ALL-STAR NATIONALS FOR A CHANCE TO WIN!**

**MORE CHANCES TO  
WIN!**

## 6 DANCE WORLDS BIDS TOTAL!

- 2 Partial Paid Bids (\$5,000)
- 2 At Large Bids
- 2 International At Large Bids



## HOW WILL THE BIDS BE DISTRIBUTED?

All teams in the following divisions will be given the opportunity to compete for TWO PARTIAL PAID Bids and two AT-LARGE Bids to the Dance Worlds.

- Senior Jazz
- Senior Pom
- Senior Hip Hop

All teams in the following divisions will be given the opportunity to compete for two AT-LARGE Bids to the Dance Worlds.

- (International) Open Jazz
- (International) Open Pom
- (International) Open Hip Hop

## THE 2 PARTIAL PAID BID (\$5,000 MAX) WILL BE DISTRIBUTED AS FOLLOWS:

- 1st and 2nd Highest Scores of all qualifying Divisions

## AT-LARGE BIDS WILL BE DISTRIBUTED AS FOLLOWS:

- 2nd & 3rd Highest Combined Scores of all three Senior Divisions not already holding an AT-LARGE Bid.
- 1st & 2nd Highest Combined Scores of all three International Open Divisions not already holding an AT-LARGE Bid.

**AT-LARGE BID EXCEPTION:** Per new USASF restrictions, JAMZ will no longer hand-down AT-LARGE BIDS to the next team in line. If an AT-LARGE BID is turned down by a team, it will no longer be in play. Also, if a team has already accepted an "At Large" bid from another company and opts to compete for another bid, they will be eligible only for a "Partially Paid" bid at JAMZ.

## WHAT IS A PARTIAL PAID BID?

The All Star Dance teams that are awarded the Partial Paid Bids will be invited to represent JAMZ at the 2013 Dance Worlds with \$5000 of expenses paid for squad members and coaches who attended the JAMZ National Championship. One team could earn both partial paid bids if they perform two routines, and their two routines were the highest average scores from the qualifying divisions - that's up to \$10,000 for the Worlds Dance Titles. Partial paid bids are the only option offered by USASF at this time for dance teams.

## HOW WILL THE TEAMS BE SCORED?

Each division will be judged by WORLDS caliber panel of judges. Based on scores, there is a chance that the same division may receive multiple awards or bids. JAMZ reserves the right to all final decisions and selection of teams who will represent them at Worlds. **Performance times will be posted on [www.jamz.com](http://www.jamz.com) at least one week prior to the event.**

## WHERE CAN I GET MORE INFO ABOUT WORLDS?

**JAMZ recommends teams review the complete Worlds Info Packet on the USASF web site prior to attending JAMZ Nationals.**

Bid winners will be required to fill out time-sensitive info including a written form of acceptance or declination of the Worlds Bid. Bid winners will be expected to comply with all deadlines to avoid forfeiture of their Worlds Bid. Thus, decisions about whether or not to attend Worlds will need to be decided prior to attending JAMZ Nationals. Specific details on the event and accommodations are available on the USASF web site at [www.usaf.net](http://www.usaf.net). This info will include specifics on airfare, hotel, substitution policies, offer limitations, and more. This information will also be distributed to bid winners upon the announcement of winners.

Please call the JAMZ office for any further clarification at (800) 920-4272 or email: [rules@jamz.com](mailto:rules@jamz.com).

## ALL-STAR CHEER CATEGORY\*

*WHAT TYPE OF ROUTINE WILL YOUR TEAM PERFORM?*

**CATEGORY** is defined by the type of performance you select.

**SHOW CHEER:** Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment, half, or the entire performance. Gymnastic skills are required as a component of the total team score; lack of tumbling in a Show Cheer Routine will result in a 0 in any tumbling category. **Stunts are required; omission of stunts in a Show Cheer routine will result in a forfeiture.** Poms, megaphones, signs, and banners are encouraged. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the All-Star Cheer section for complete details on Show Cheer routine requirements.

### \*TO COMPETE IN AN "ALL-STAR" DIVISION, TEAMS MUST:

- ☐ Send a copy of their completed JAMZ Roster Form, along with the team registration form for Regional Championships. Teams must provide JAMZ with an updated Official Team Roster whenever a team change occurs (addition/drop of participants, name change, etc.) prior to any championship.  
Only the names listed on the Official Team Roster will be allowed to compete at championships including Nationals (pending team qualification).
- ☐ All-Star divisions are determined by the age of oldest team member.
- ☐ The participant's age on August 31, 2012 shall be the participant's age through JAMZ Nationals in February, 2013.

**WE ARE A PART OF THE USASF...** As a member of the USASF Rules Committee, JAMZ Cheer & Dance helps build and incorporate the guidelines set forth by the USASF (U.S. All-Star Federation). JAMZ is proud to help standardize divisions and rules for All-Star communities across the nation.

**WHAT ARE LEVELS?** Levels (i.e. Level 1, etc.) have been created to provide safety and convenience for teams who may perform at a different skill level than others. Coaches must consider tumbling and stunting abilities when choosing the level in which their team will perform. Refer to the All-Star Cheer Routine Guidelines, Levels Grid, General Safety Rules, Glossary, Penalty Info and Scoring section for routine requirements and skills that are allowed/restricted in each level. Please see USASF All-Star Cheer Divisions Limitations on Senior and Youth restricted Level 5 limitations.

### SAFETY & PROGRESSION

Please be aware that all JAMZ divisions and Levels are created to allow for proper progression in the learning of cheerleading skills, stunts, tosses, tumbling, and jumps. Nevertheless, some divisions allow skills that may allow for advanced progression over the previous level or division. Coaches should only have cheerleaders perform skills that they have mastered through proper progression and practice even though a division or level may allow a skill that is more advanced than the capabilities of the cheerleader or group.

### WHEN DO DIVISIONS COMBINE?

**JUNIOR COED:** For Junior Co-Ed Show Cheer Levels 3, 4 and 5, if there is only one co-ed competing in a respective level, then that level must be combined into one Junior division (i.e. Four Junior Level 3 teams and one Junior Co-Ed Level 3 team = Five Junior Level 3 teams for competition). If the Junior teams were split into Small and Large, then the co-ed team must be placed with the teams closest to its size.

**SENIOR CO-ED COMBINING:** Senior Co-Ed Levels 3 and 4, if there is only ONE co-ed competing in a respective level, then that level must be combined into one Senior division (i.e. Four Senior Level 3 teams and one Senior Co-Ed Level 3 team = Five Senior Level 3 teams for competition). If the Senior teams were split into Small and Large, then the co-ed team must be placed with the teams closest to its size.

# ALL-STAR CHEER DIVISIONS

## GENERAL DIVISION GUIDELINES

### WHEN DO DIVISIONS SPLIT?

**SMALL/LARGE SPLITS:** Event producers will split the division into "Small" and "Large" divisions when there are at least two (2) teams that will ultimately be registered in each respective division. Teams from the same gym will not have to compete against themselves if they have a "Small" and "Large" team in the same division (i.e. Small Junior Level 2 and Large Junior Level 2). A mandatory split in the division would occur in this situation, even if it means that a division is left with only one team performing. The designation of "Small" and "Large" divisions must follow the team sizes below:

**Small** = 5 – 20 members

**Large** = 21 – 32 (36 in Level 5) members

International Open 5/6 and International Open Level 6 is not permitted to split into Small and Large.

Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

### SMALL/MEDIUM/LARGE SPLITS: *NEW!!!! FOR SENIOR LEVEL 5 ONLY*

Event producers will split the Senior Level 5 division into "Small" and/or "Medium" and/or "Large" divisions when there are at least two teams that will ultimately be registered in each respective division. The designation of "Small", "Medium" and "Large" divisions must follow the team sizes below:

**Small** = 5 – 20 members

**Medium** = 21 – 30 members

**Large** = 31 – 36 members

An event producer must keep teams of 21 – 36 members in "Large" division, unless there are enough teams to split 2 teams each into "Medium" and "Large."

**NOTE:** For Worlds qualifying divisions at an event where Worlds bids will be awarded, an event producer may leave Senior Level 5 divisions split regardless of the number of teams competing in them.

### A/B SPLITS

If after splitting divisions into "Small" and "Large" ("Medium" for Senior Level 5) there are 14 or more teams in the "Small" or "Large" division, then JAMZ may split that division further by squad size. If splitting further by size, split into Division A or Division B.

No division may be subdivided further from the "Small", "Large" or "Medium (Senior Level 5) classification if it means that only one team will be left in a division. Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

### CO-ED SPLITS

Senior Restricted Level 5 may be split into Senior Restricted Level 5 and Senior Restricted Co-Ed Level 5 when there are at least two teams that will ultimately be registered in each respective division. Senior Level 4.2 may be split into Senior Level 4.2 and Senior Co-Ed Level 4.2 when there are at least two teams that will ultimately be registered in each respective division.

**NOTE:** Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

### SENIOR RESTRICTED SPLITS

Event producers will split these divisions into Small Senior Restricted and Large Senior Restricted and then Senior Restricted and Senior Restricted Small Co-Ed when there are at least two teams that will ultimately be registered in each respective division. Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

### WORLDS SPLITS

Event producers may also, at their discretion, split divisions into "Worlds Qualifying" and "Non-Worlds" qualifying divisions as long as the levels, age and female/male restrictions designated above remain the same for each division.

### SPLIT EXCEPTIONS

Teams from the same gym will not have to compete against themselves if they have a "Small" and "Large" team in the same division (i.e. Small Junior Level 2 and Large Junior Level 2). A mandatory split in the division would occur in this situation, even it means that a division is left with only one team performing. This exception is to be applied only to teams from the same physical gym location. Programs with more than one physical gym location still will be required to compete against their own teams if these teams are from different physical gym locations and are registered in the same division.

**NOTE:** For Worlds qualifying divisions at an event where Worlds bids will be awarded, an event producer may leave these divisions split regardless of the number of teams competing in them.

### CROSSOVERS

An individual will not be permitted to crossover from one program to another within the same event (Exception: An athlete from one gym may crossover to one additional gym's Level 6 team provided (s)he meets the age requirement. For the 2012-13 season, an all-star cheerleader is limited to crossing over to 2 (two) additional cheer teams from their gym per competition. Therefore, an athlete may compete on one team and crossover to two more teams from the same gym during the competition. Crossover limitations above do not include athletes that crossover from cheer to dance.



# ALL-STAR CHEER DIVISIONS

## GENERAL DIVISION GUIDELINES

### SENIOR RESTRICTED LEVEL 5, Junior Coed Level 5 & Senior Co-Ed Level 3 & 4

Please see USAF Rules for restrictions for Senior Restricted Level 5.

Senior Restricted Level 5 and Senior Level 5 divisions may not be combined into one division.

For Junior Co-Ed Level 5, if there is only ONE co-ed team competing, then the all girl and one co-ed team must be combined into one Junior Level 5 division. If the Junior teams were split into Small & Large, then the co-ed team must be placed with the teams closest to its size.

For Senior Co-Ed Levels 3 & 4, if there is only ONE co-ed team competing in a respective level, then that level must be combined into one Senior Division. If the Senior teams were split into Small & Large, then the co-ed team must be placed with the teams closest to its size.

### DIVISIONS ARE NOT GUARANTEED.

JAMZ reserves the right to delete divisions based on participation and the USASF All-Star Cheer Age Grid. All divisions listed are not available at every Regional Championship. For the divisions offered for each event, please see the Championship Entry Form. Coaches will be notified of any division changes PRIOR to competition. ([Note](#): There are separate registration packets for Six Flags events).

### To compete in an "ALL-STAR Division", teams are required to:

- ☐ Send a copy of their completed JAMZ Roster Form, along with the team registration form for Regional Championships. Teams must provide JAMZ with an updated JAMZ Roster whenever a team change occurs (addition/drop of participants, name change, etc.) prior to any championship. Only the names listed on the JAMZ Roster will be allowed to compete at championships including Nationals (pending team qualification).
- ☐ All-Star divisions are determined by the age of oldest team member.
- ☐ The participant's age on August 31, 2012 shall be the participant's age through JAMZ Nationals in February, 2013.

# ALL-STAR CHEER DIVISIONS

## SHOW CHEER

DIVISION is defined by the age of the oldest participant. LEVEL is defined by the degree of skill difficulty you select.

### ALL-STAR SHOW CHEER: *TIME LIMIT 2:30*

NAME OF CHEER DIVISION	AGE	USASF GRID LEVEL	TEAM REQUIREMENTS*
Tiny Level 1:	5 years and younger	1	(5 - 32 members, male and/or female)
Mini Level 1:	8 years and younger	1	(5 - 32 members, male and/or female)
Mini Level 2:	8 years and younger	2	(5 - 32 members, male and/or female)
Youth All-Star Prep Level 1*:	11 years and younger	1	(5 - 32 members, male and/or female)
Youth All-Star Prep Level 2*:	11 years and younger	2	(5 - 32 members, male and/or female)
Youth All-Star Level 1:	11 years and younger	1	(5 - 32 members, male and/or female)
Youth All-Star Level 2:	11 years and younger	2	(5 - 32 members, male and/or female)
Youth All-Star Level 3:	11 years and younger	3	(5 - 32 members, male and/or female)
Youth All-Star Level 4:	11 years and younger	4	(5 - 32 members, male and/or female)
Youth All-Star Level 5:	11 years and younger	5 (limitations)	(5 - 36 members, male and/or female)
Jr/Sr Prep Level 1*:	12 years and older	1	(5 - 32 members, male and/or female)
Jr/Sr Prep Level 2*:	12 years and older	2	(5 - 32 members, male and/or female)
Junior Level 1:	14 years and younger	1	(5 - 32 members, male and/or female)
Junior Level 2:	14 years and younger	2	(5 - 32 members, male and/or female)
Junior Level 3:	14 years and younger	3	(5 - 32 members, male and/or female)
Junior Level 4:	14 years and younger	4	(5 - 32 members, male and/or female)
Junior Level 5:	14 years and younger	5	(5 - 36 members, no males)
Junior Co-Ed Level 5:	14 years and younger	5	(5 - 36 members, 1 or more males)
Senior Restricted Level 5:	10 - 18 years	5 (limitations)	(5 - 36 members, Limit 0 - 4 males)
Senior Level 1:	10 - 18 years	1	(5 - 32 members, male and/or female)
Senior Level 2:	10 - 18 years	2	(5 - 32 members, male and/or female)
Senior Level 3:	10 - 18 years	3	(5 - 32 members, no males)
Senior Level 4:	10 - 18 years	4	(5 - 32 members, no males)
Senior Level 4.2:	10 - 18 years	4 (limitations)	(5 - 32 members, male and/or female)
Senior Level 5:	12 - 18 years	5	(5 - 36 members, no males)
Senior Co-Ed Level 3:	10 - 18 years	3	(5 - 32 members, 1 or more males)
Senior Co-Ed Level 4:	10 - 18 years	4	(5 - 32 members, 1 or more males)
Senior Small Co-Ed Level 5:	12 - 18 years	5	(5 - 20 members, 1 - 4 males)
Senior Medium Co-Ed Level 5:	12 - 18 years	5	(5 - 30 members, 1 - 6 males)
Senior Large Co-Ed Level 5:	12 - 18 years	5	(5 - 36 members, 1 - 18 males)
International Open Level 5:	15 years and older	5	(5 - 24 members, no males)
International Open Co-Ed Level 5:	15 years and older	5	(5 - 24 members, 1 - 12 males)
International Open All-Girl Level 6:	17 years and older	6	(5 - 24 members, no males)
International Open Co-Ed Level 6:	17 years and older	6	(5 - 24 members, 1 - 15 males)

\*All-Star Prep Divisions have a maximum routine limit of 2:00. Prep athletes may not cross over between competing in a standard division and competing in a "Prep" division (and vice versa). All-Star Prep divisions are only available at JAMZ regionals and are NOT available at JAMZ All-Star Nationals in Las Vegas.

### SHOW CHEER DIVISION GUIDELINES

- ☐ **CROSSOVERS:** An individual will not be permitted to crossover from one program to another within the same event (Exception: An athlete from one gym may crossover to one additional gym's Level 6 team provided (s)he meets the age requirement. For the 2012-13 season, an all-star cheer leader is limited to crossing over to 2 (two) additional cheer teams from their gym per competition. Therefore, an athlete may compete on one team and crossover to two more teams from the same gym during the competition.
- ☐ **MAXIMUM TEAM SIZE** of thirty two (32) competitors on the floor for the 2012-2013 season, unless otherwise noted on the age grid.
- ☐ **THE AGE OF THE COMPETITOR** as of August 31, 2012 will be the age used for competition purposes throughout the 2012 - 2013 season for all divisions (including Senior teams).
- ☐ The USASF/IASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual gyms/programs be vigilant in monitoring participants of various ages on the same team and, when possible, a team's composition is made up of participants of similar ages.

Please refer to the [All-Star Cheer Routine Guidelines](#) for further information or contact us at (800) 920-4272.

# ALL-STAR CHEER DIVISIONS

*WANT TO SHOW OFF YOUR SUPERSTARS? CHECK OUT THESE DIVISIONS!*

DIVISION is defined by the age of the oldest participant. LEVEL is defined by the degree of skill difficulty you select.

## **ALL-STAR SPECIAL PERFORMANCES:** *SEE TIME LIMITS BELOW.*

NAME OF CHEER DIVISION	AGE	TEAM REQUIREMENTS	TIME LIMIT
Mascot Performance	Youngest Cheerleaders	Unlimited	1:30
Special Needs Performance*	Any age	Unlimited	2:30

\*The Special Needs Division will be a non-ranking category at all competitions, except JAMZ All-star Nationals. At the All-Star Nationals, Special Needs Teams will be scored and ranked but all teams will receive both trophies and participation medallions.

## **SPECIAL PERFORMANCE GUIDELINES**

- No Ranking or judging in this category.
- May perform any category/style offered, following time restrictions and category guidelines/rules.
- Stunts and pyramids are allowed but must NOT exceed the skills permitted in Level 1.
- Mascot division is not offered at JAMZ Nationals.
- Mascots who perform in a non-mascot division will be considered a member of the team. They do count as part of the team's numerical count.
- Special Needs division WILL BE offered at JAMZ Nationals.
- Special Needs participants who perform in a non-Special Needs division will be considered a member of the team. They do count as part of the team's numerical count.

# ALL-STAR CHEER ROUTINE GUIDELINES\*

*THE GENERAL REQUIREMENTS FOR THE FORMAT OF YOUR ROUTINE.*

- 1) Each team will perform a choreographed performance not to exceed:
  - a. **Show Cheer:** 2 minutes 30 seconds
  - b. **Mascot:** 1 minute 30 seconds
  - c. **Special Needs:** 2 minutes 30 seconds
- 2) Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.
- 3) Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team. All participants must begin with at least one foot on the ground.
- 4) Items that may damage the performance surface are prohibited.
- 5) The team's name will be called at least twice (once as the team is on deck, and again once the team is next to perform). Teams missing their performance time will only be able to perform at the discretion of a JAMZ official. Teams will not be allowed to perform once their division/category has closed.
- 6) For the categories mentioned below, violations of the following will result in a forfeiture of scores (team receives a overall team score of 0):
  - a. **Show Cheer:** Music must be incorporated into the performance.
- 7) Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of a JAMZ official.

**DUE TO UNFORESEEN CIRCUMSTANCES, JAMZ RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.**

*The JAMZ All-Star Cheer Routine Guidelines are of a general nature and are not intended to cover all circumstances. JAMZ American Spirit Connection Inc. makes no warranties either expressed or implied that the JAMZ All-Star Cheer Routine Guidelines will prevent injuries to individual participants.*

**IMPORTANT NOTE FOR COACHES:** The USASF may make revisions to the 2012-2013 All-Star Cheer Levels and General Safety Guidelines since originally issued in August, 2012. Please continue to check the USASF web site at [www.usasf.net](http://www.usasf.net) and the JAMZ web site at [www.jamz.com](http://www.jamz.com) for the most recent revision to the Cheer Level grids and clarifications.

## AGE CHECKING/ELIGIBILITY

Registered Coaches of teams are allowed to question/ lodge a complaint regarding the age and/or eligibility of another team's athlete. The request to verify or check the age or eligibility of another team must occur within 24 hours of a team's performance. No verification of an athlete will occur between the "Point of No Return" and that team's performance on the competition floor. However that team may be questioned regarding their athletes eligibility either before the "Point of No Return" and up to 24 hours after a team's performance. Only registered coaches of a team may lodge a complaint against another team regarding age/eligibility. The team lodging the complaint should be prepared to also present proof of their team's age and eligibility on site or within 24 hours of the complaint. Only JAMZ event officials may question or investigate a team's eligibility. All complaints regarding age and/or eligibility should be lodged with the event director or by emailing [rules@jamz.com](mailto:rules@jamz.com) within 24 hours of the close of a competition day.

## RULES VIOLATIONS/POINT DEDUCTIONS- *NEW FOR 2012-2013 JAMZ NATIONALS*

Registered coaches have up to 1 hour after they pick up their score sheet to protest any scoring, rules violations, or point deductions. No reviews will occur after this 1 hour time window. Score sheets will be available approximately 20 minutes after the last team in a division competes. All teams must pick up their score sheet within 1.5 hours after their division closes. Failure to pick up your score sheet within 1.5 hours after completion of the division will automatically start the review clock and time will not be extended.

Teams should be aware that any scoring mistakes (team scored out of range too high or too low) **WILL BE CORRECTED** immediately and may change first day rankings and placings at Nationals. JAMZ will make every effort to inform all registered teams in a division of any scoring changes.



# 2012-2013 USASF/IASF Safety Rules

Updated May 18, 2012

Items in **Black Bold** are the differences from last rules cycle and the items in **Red Bold** are the changes and/or clarifications added after the USASF Summer Regional Meetings.

## GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
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 is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.  
*Clarification: Rhinestones are legal whether adhered to the uniform or the skin.*
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 harm's way (example: 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 at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
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. *Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
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.
16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
17. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

## LEVEL 1 RULES

### LEVEL 1 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: In L1, an athlete spotting another athlete in a back walkover, would:

- a.) not be a stunt because the athlete performing the skill is not above/off the performing surface
- b.) be legal, because assisted tumbling is no longer restricted.

However, a panel judge may view this as the athlete lacks the ability to perform the skill without assistance and therefore, would give a lower score or no score at all.

Example 2: If 6 athletes in L1 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.

- 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.  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.  
*Clarification: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in Level 1.*
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

### LEVEL 1 STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position.  
Exception: Block cartwheels and round offs are also allowed.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. Front and back handsprings are not allowed.

### LEVEL 1 STUNTS

- A. A spotter is required for each top person at prep level and above.  
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc...) are considered prep level stunts.  
*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.*  
Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.
- B. **Stunt Levels**
  - 1. 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.

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: Taking the top person above the head of the bases would be illegal.*
- C. Twisting mounts and transitions are allowed up to a  $\frac{1}{4}$  twisting rotation by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{4}$  rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.  
*Clarification: Rebounding to a prone position ( $\frac{1}{2}$  twist to stomach) in a stunt is allowed in Level 1.**
- D. During transitions, at least one base must remain in contact with the top person. Exception: Leap frogs and leap frog variations are not allowed in L1.
- 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: A shoulder sit walking under prep is illegal.  
*Exception: An individual may jump over another individual.*
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s). When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in the case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition. (The tip to throw the top person is considered the initiation of the skill.)
- H. Single based split catches are not allowed.
- I. "True" (unassisted) Double Cupies are not allowed.  
*Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level.*  
i.e. "True" (unassisted) Double Cupies = one base holding two top people.  
However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- 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 or inverted position.
  3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
  4. Helicopters are not allowed.
  5. A single full twisting log/barrel roll is 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 must be braced by at least two persons at prep level or below with hand-arm connection only. The connection must be made at or below prep level.
- D. Prep level single leg stunts:
  1. Must be braced by at least one person at prep level or below with hand-arm connection only.
  2. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
  3. The connection must be made prior to executing the single leg prep level stunt.
  4. Prep level bracers must have both feet in bases' hands.  
Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

- 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 must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including  $\frac{1}{4}$  turns) are not allowed.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No dismounts are allowed from extended stunts in pyramids.  
*Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.*
- H. No free flipping or assisted flipping dismounts allowed.
- I. Tension drops/rolls of any kind are not allowed.

### LEVEL 1 TOSSES

- A. No tosses allowed.

## LEVEL 2 RULES

### LEVEL 2 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: If an athlete in L2 receives a spot on a back handspring, this skill would receive no score under tumbling and would be considered illegal under L2 Stunt – Inversions L. 1.

Example 2: If 6 athletes in L2 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.

- 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.  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.  
Exception: Dive rolls performed in a swan/arched position are not allowed.  
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

### LEVEL 2 STANDING TUMBLING

- A. Flips and aerals 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 are considered illegal.
- 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 are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.  
Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne.  
Exception: Round offs are allowed.

### LEVEL 2 RUNNING TUMBLING

- A. Flips and aerals 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 are allowed.

### LEVEL 2 STUNTS

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg stunts may not be held at or pass through an extended position.  
*Clarification 1: Taking the top person above the head of the bases would be illegal.*  
*Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*



- C. Twisting mounts and transitions are allowed up to a total of  $\frac{1}{2}$  twisting rotation by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal.  
*Exception: An individual may jump over another individual.*
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
- H. Single based split catches are not allowed.
- I. "True" (unassisted) Double Cupies are not allowed.  
*Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level.*  
 i.e. "True" (unassisted) Double Cupie = one base holding two top people.  
 However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- J. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.  
*Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.*  
*Clarification: The log roll may not be assisted by another top person.*
- K. 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 or inverted position.
  3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
  4. Helicopters are not allowed.
  5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.  
*Clarification: The log roll may not be assisted by another top person.*  
*Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.*  
*Example: no kick full twists*
  6. Release moves may not intentionally travel.
  7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- L. 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.*  
*Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.*  
*Example: Illegal: Going from a cradle to a handstand or 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 and must follow the L2 dismount rules.*
- C. Extended stunts may not brace or be braced by any other extended stunts.  
*Clarification: Being that L2 is the first level athletes are allowed to hold free standing extensions, the rules committee feels that it is an eminent safety hazard to allow extensions to brace other extensions, and therefore agreed to adjust this rule immediately.*
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.  
 Example: A shoulder sit walking under a prep is considered illegal.
- E. Extended single-leg stunts:
1. Extended single-leg stunts must be braced by at least one top person at prep level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
  2. The connection must be made prior to executing the extended single leg stunt.

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

## LEVEL 2 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Only straight pop downs, basic straight cradles and  $\frac{1}{4}$  turns are allowed.
- E. Twisting dismounts exceeding  $\frac{1}{4}$  turn are not allowed. All other positions are not allowed.  
Example: toe touch, pike, tuck, etc.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Cradles from extended single leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Tension drops/rolls of any kind are not allowed.

## 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 with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.
- C. Flipping, twisting, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. The only body positions allowed are straight rides.  
*Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.*
- F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

## **LEVEL 3 RULES**

### **LEVEL 3 GENERAL TUMBLING**

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: If an athlete in L3 receives a spot on a back handspring (or back tuck where the contact was no higher than shoulder level), this would be considered legal under L3 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

Example 2: In L3 if 6 athletes did back handsprings (or back tucks where the contact was no higher than shoulder level) and 3 of them were spotted by other athletes, the judges should score only the 3 back handsprings performed without spots. The remaining 3 "spotted" back handsprings would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

- 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.  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:  
Exception: Dive rolls performed in a swan/arched position are not allowed.  
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.  
Example: If an athlete in L3 were to do a round off – toe touch – back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for L3.

### **LEVEL 3 STANDING TUMBLING**

- A. Flips are not allowed.  
*Clarification: Jumps connected to  $\frac{3}{4}$  front flips are also 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 are allowed.

### **LEVEL 3 RUNNING TUMBLING**

- A. Flips:
  1. Back 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  $\frac{3}{4}$  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.  
*Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.*
  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 are legal.
  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 or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.*
- C. No twisting while airborne.  
Exception: Round offs are allowed.

**LEVEL 3 STUNTS**

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
  - 1. Twisting mounts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
  - 2. Full twisting transitions must land at and originate from prep level or below only.  
Example: No full ups to an extended position.
  - 3. Twisting transitions to and from an extended position may not exceed a  $\frac{1}{2}$  twisting rotation.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotation.*
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal.  
*Exception: An individual may jump over another individual.*
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- H. Single based split catches are not allowed.
- I. Single based double cupies require a separate spotter for each top person.
- J. L3 Stunts-Release Moves
  - 1. Release moves are allowed but must not pass above extended arm level.  
*Clarification: If the release move passes above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  - 2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.
  - 3. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.
  - 4. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.  
*Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone*  
*Clarification: Being that L3 is the first level athletes are allowed to perform release moves that are not required to be caught in a cradle, the rules committee feels that it is an eminent safety hazard to allow twisting during release moves, and therefore agreed to adjust this rule immediately.*
  - 5. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
  - 6. Helicopters are not allowed.
  - 7. Release moves may not intentionally travel.
  - 8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  - 9. Top persons in separate release moves may not come in contact with each other.
- K. L3 Stunts-Inversions
  - 1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.  
*Exception: Multi base suspended forward roll dismounts to a cradle or the performing surface are allowed. Multi base suspended forward rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).*
  - 2. Inversions are limited to a  $\frac{1}{2}$  twisting rotation.  
*Exception: Multi base suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)*
  - 3. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an

original base.

*Clarification 1: 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 2: Catchers must make contact with the waist to shoulder region to protect 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.*

### LEVEL 3 PYRAMIDS

- A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Example: shoulder sits walking under prep.

- E. L3 Pyramids-Release Moves

*Clarification: Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the L3 dismount rules.*

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

*Clarification: Level 3 Pyramid Release Moves may now incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L3 Stunt Release Moves or L3 Dismounts. L3 Pyramid Release moves, must maintain contact with two other top persons if the release move begins at prep level or above, passes above extended arm level, includes more than one skill, or is caught in an extended position.*

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

*Clarification 1: Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.*

*Clarification 2: 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.*

*Clarification 3: Twisting mounts and transitions are allowed up to 1 twist, if connected to two bracers at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.*

- 3. These release transitions may not involve changing bases.
- 4. These transitions must be caught by at least 2 catchers.
  - a. Both catchers must be stationary.
  - b. Both 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: 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: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.

- G. L3 Pyramids - Release Moves w/ Braced Inversions

- 1. Pyramid transitions may not involve inversions while released from the bases.

### LEVEL 3 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts



allowed to the performing surface that do not require assistance.

*Clarification: An individual may not land on the performing surface from above waist level without assistance.*

- D. Only straight pop downs, basic straight cradles and  $\frac{1}{4}$  turns are allowed from any single leg stunt.
- E. Up to 1- $\frac{1}{4}$  twists are allowed from any two leg stunts. Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 L4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick allowed during a dismount from any two leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Tension drops/rolls of any kind are not allowed.
- K. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

### 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 with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: no intentional traveling tosses.
- C. Flipping, 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. (ex 1: Legal: toe-touch, ball out, pretty girl) (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch) *Clarification: The 'arch' does not count as a trick.*  
Exception: A Ball X toss is allowed at this level.
- F. During a twisting toss, no skill other than the twist is allowed.  
Example: No kick fulls,  $\frac{1}{2}$  twist toe touches.
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

## **LEVEL 4 RULES**

### **LEVEL 4 GENERAL TUMBLING**

**NOTE:** The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: If an athlete in L4 receives a spot on a back tuck, this would be considered legal under L4 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

Example 2: In L4 if 6 athletes did back tucks and 3 of them were spotted by other athletes, the judges should score only the 3 back tucks performed without spots. The remaining 3 "spotted" back tucks would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

- 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.  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:  
Exception: Dive rolls performed in a swan/arched position are not allowed.  
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.  
Example: If an athlete in L4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for L4.

### **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 cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.  
Example: Back tuck-back tuck, back tuck-punch front.
- 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: Jumps connected to  $\frac{3}{4}$  front flips are also not allowed.*  
*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 cartwheels and Onodis are allowed.

### **LEVEL 4 STUNTS**

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
  - 1. Twisting mounts and transitions to prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1-½ rotations. The safety judge will use the*

hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

2. Twisting mounts and transitions to an extended position are allowed and must meet the following conditions:
  - a. Extended skills up to  $\frac{1}{2}$  twist are allowed.  
 Example:  $\frac{1}{2}$  up to extended liberty is legal.  
*Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
  - b. Extended skills exceeding  $\frac{1}{2}$  and up to 1 twist must land in a two leg stunt.  
 Example: full up to immediate extended liberty is illegal, full up to extension is legal.  
 Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.  
*Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- D. During transitions, at least one base must remain in contact with the top person.  
 Exception: See "Release Moves"
- E. Free flipping mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal.  
 Exception 1: An individual may jump over another individual.  
 Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- H. Single based split catches are not allowed.
- I. Single based double 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.  
*Clarification: If the release move passes above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.
  3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
  4. Release moves that land in extended position must originate from ground-level and may not involve any twisting or flipping.
  5. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
  6. Release moves may not intentionally travel.
  7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  8. Top persons in separate release moves may not come in contact with each other.
- 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 1: The stunt may not pass above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern.)*  
*Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*
  3. Downward inversions must maintain contact with an original base.  
 Exception: In side rotating downward inversions

Example: cartwheel-style transition dismounts, the original base may lose contact with the top person when it becomes necessary to do so.

- 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.  
Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.  
Example: shoulder sits walking under prep  
Exception 1: An individual may jump over another individual.  
Exception 2: An individual may move under a stunt.
- E. L4 Pyramids-Release Moves
- During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.  
*Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for L4, the same skill is legal in L4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.*
  - In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
  - Primary weight may not be borne at second level. *Clarification: The transition must be continuous.*
  - Non-inverted transitional pyramids may involve changing bases. When changing bases:
    - The top person must maintain physical contact with a person at prep level or below.
    - The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  - Non-inverted pyramid release moves must be caught by at least 2 catchers.
    - In pyramids where the top person travels over their bracer (example: leap frogs, wolf wall transitions), both catchers must be stationary.
    - Both catchers must maintain visual contact with the top person throughout the entire transition.
- F. L4 Pyramids-Inversions
- Must follow L4 Stunt Inversions rules.
- G. L4 Pyramids-Release Moves w/ Braced Inversions
- Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).  
*Clarification: The bracers of the inverted top person must show a concerted effort to maintain contact throughout the entire transition until they are safely caught by the bases. Braced flips must be braced on two separate sides (i.e. right side-left side, left side -back side, etc...) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.*
  - Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
  - Braced inversions (including braced flips) may not involve changing bases.
  - Braced inversions (including braced flips) must be in continuous movement.
  - All braced inversions (including braced flips) must be caught by at least 3 catchers. Exception: Braced flips that land in an extended upright position(see #6 below).
    - All 3 catchers must be stationary
    - All 3 catchers must maintain visual contact with the top person throughout the entire transition.
    - The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  - All braced inversions (including braced flips) that land in an extended upright position require at least one base and 2 additional spotters.
    - The base(s) and spotter(s) must be stationary.
    - The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
    - The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

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

#### LEVEL 4 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Up to a 2-¼ twisting rotations allowed from all two leg stunts. Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 L4 Stunts Twisting Mounts and Transitions only.
- E. Up to a 1-¼ twisting rotation allowed from all single leg stunts. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 L4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Tension drops/rolls of any kind are not allowed.
- J. When cradling single based double 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 with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.  
Exception: A ½ turn is allowed by bases as in a kick full basket.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2 tricks allowed during a toss.  
Example: Kick full, full up toe touch.
- F. During a toss that exceeds 1-½ twisting rotations, no skill other than the twist is allowed.  
Example: No kick double tosses.
- G. Tosses may not exceed 2-¼ twisting rotations.
- H. Top persons in separate tosses may not come in contact with each other.
- I. Only a single top person is allowed during a toss.



## **LEVEL 5 RULES**

**The following skill restrictions only apply for Youth 5 and Senior Restricted 5 divisions:**

### **STANDING/RUNNING TUMBLING**

1. Tumbling skills are allowed up to 1 flipping and 1 twisting rotation.  
In tumbling, twisting skills may ONLY be performed if immediately preceded by a back handspring(s) or round off. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) 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. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring.*
2. No tumbling is allowed after the twisting skill. (Exception: A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.)  
*Clarification: If any tumbling follows a forward or backward roll or forward or backward twisting skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) or forward roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a forward roll step out. However, if the athlete finishes the twisting skill or stands the forward roll with both feet together, then one step is all that is needed to create a new tumbling pass.*

### **PYRAMIDS**

1. Pyramids-Release moves w/ braced inversions: All pyramid release moves are limited to up to one and ¼ flipping and 0 twisting rotations.

### **TOSSES**

1. Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full, kick double).
2. **FOR YOUTH 5 ONLY - Tosses that involve more than 1 1/2 twist may not involve an additional skill(i.e. kick doubles are not allowed).**

**The following skill restrictions apply for ALL Level 5 divisions (including Youth 5 and Senior Restricted 5):**

### **LEVEL 5 GENERAL TUMBLING**

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: If an athlete in L5 receives a spot on a back tuck, this would be considered legal under L4 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

Example 2: In L5 if 6 athletes did back tucks and 3 of them were spotted by other athletes, the judges should score only the 3 back tucks performed without spots. The remaining 3 "spotted" back tucks would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire

- 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.  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:  
Exception: Dive rolls performed in a swan/arched position are not allowed.  
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

## LEVEL 5 STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.
- B. **Tumbling skills involving flipping and twisting immediately into a double twisting tumbling skill are not allowed.**
- C. **Twisting skills immediately out of a double twisting tumbling skill are not allowed.**
- D. **In standing tumbling only, skills involving two twists (i.e. Double fulls) must be immediately preceded by a minimum of two backward traveling, non-twisting tumbling skills. One of these two skills must be a back handspring. (Jump skills are not considered tumbling skills. i.e. toe touch > back handspring > double full = illegal).**

## LEVEL 5 STUNTS

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 2 twisting rotations by the top person in relation to the performing surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- D. Free flipping mounts and transitions are not allowed.
- E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- F. Single based split catches are not allowed.
- G. Single based double cupies require a separate spotter for each top person.
- 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.  
*Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  - 2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.
  - 3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
  - 4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
  - 5. Release moves may not intentionally travel.
  - 6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  - 7. Top persons in separate release moves may not come in contact with each other.
- 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.  
*Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*

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

3. Downward inversions must maintain contact with an original base.  
Exception: In side rotating downward inversions, the original base may lose contact with the top person when it becomes necessary to do so (example: cartwheel-style transition dismounts).
4. Downward inversions from above prep level:
  - a. May not stop in an inverted position. (example: a cartwheel roll off would be legal because the top person is landing on their feet)
  - b. May not land on or touch the ground while inverted.  
*Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.*
- 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.*
  3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
    - a. In pyramids where the top person travels over their bracer (example: leap frogs, wolf wall transitions), both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
  4. Non inverted transitional pyramids may involve changing bases. When changing bases:
    - a. The top person must maintain physical contact with a person at prep level or below.
    - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- 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 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).  
*Clarification: Top person(s) bracing the inversion must show a concerted effort to maintain contact with the inverted top person until they are safely caught by the bases.*
  2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotations.
  3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.  
*Clarification: LEGAL - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with one bracer.*
  4. Inverted transitional pyramids may involve changing bases.
  5. Braced inversions (including braced flips) must be in continuous movement.
  6. All braced inversions (including braced flips) must be caught by at least 3 catchers. Exception: Brace flips that land in an extended upright position (see #7 below).
    - a. The 3 catchers must be stationary.
    - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
    - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  7. All braced inversions (including braced flips) that land in an extended upright position require at least one base and 2 additional spotters.
    - a. The base(s) and spotter(s) must be stationary.
    - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
    - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  8. Braced inversions (including braced flips) may not travel downward while inverted.

**LEVEL 5 DISMOUNTS**

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Up to a 2-¼ twisting rotations allowed from all stunts.
- E. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- F. No free flipping dismounts allowed.
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

**LEVEL 5 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
*Clarification: no intentional traveling tosses*  
*Exception: A ½ 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 2-½ twisting rotations allowed.
- F. Top persons in separate basket tosses may not come in contact with each other.
- G. Only a single top person is allowed during a basket toss.

**LEVEL 6 RULES****LEVEL 6 GENERAL TUMBLING**

- A. All tumbling must originate from and land on the performing surface.  
*Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.*  
*Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.*
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.  
*Clarification: Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.*
- E. Dive rolls are allowed:  
*Exception: Dive rolls performed in a swan/arched position are not allowed.*  
*Exception: 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 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 in relation to the performing surface.
 

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.
 

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

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double cupies require a separate spotter for each top person
- G. L6 Stunts-Release Moves
  - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
 

*Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  - 2. Release moves may not land in an inverted position.
  - 3. Release moves must return to original bases.
 

Exception: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

*Clarification: An individual may not land on the performing surface without assistance from above waist level.*
  - 4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
  - 5. Release moves may not intentionally travel. See exception in #3 above.
  - 6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  - 7. Top persons in separate release moves may not come in contact with each other.
- H. 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 2-½ high.
- B. For 2-½ 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 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.
- C. Free-flying mounts must originate from ground level and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations. Exception: Free-flying mounts originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.
- D. L6 Pyramids-Release Moves
  - 1. During a pyramid transition, a top person may pass above 2-½ 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 2-½ 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 up to 1-¼ flipping and 1 twisting rotation.
2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

**LEVEL 6 DISMOUNTS**

- A. Single based cradles that exceed 1-¼ twisting rotations must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- C. Up to a 2-¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-½ high pyramids are allowed up to 1-½ twist and require 3 catchers.  
Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts:
  1. Are allowed up to 1-¼ flipping and 0 twisting rotations.
  2. 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: ¾ front flip may occur from a 2-½ 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 cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

**LEVEL 6 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (example: no intentional traveling tosses).
- C. Flipping tosses are allowed up to 1-¼ flipping rotation and 2 additional skills ~~twists~~. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses may not exceed 3-½ twists.
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1-½ twisting rotations. The bases involved in the toss must be stationary while tossing.  
Exception: ¾ front flips with no twists are allowed.
- G. Top persons in separate basket tosses may not come in contact with each other.
- H. Only a single top person is allowed during a basket toss.

# ALL-STAR CHEER PENALTY INFO

*PROTECTING INTEGRITY, SAFETY AND PERFECTION OF ROUTINE EXECUTION.*

## CHEER PENALTIES:

### BOUNDARY VIOLATION:

0.5 points will be deducted for a boundary violation. The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A 0.5 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

### MAJOR STUNT FALLS:

1.5 points (per occurrence) deducted from your total score for each Major FALL on a stunt skill. Falls from individual stunt to the ground (top person lands on ground or multiple bases land on ground). The category will include inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions.

### STUNT BOBBLE:

0.5 points deducted from your total score for each obvious BOBBLE on a stunt skill. The category will include inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. These include balance checks, knee or hand of a base touching ground during cradle.

### STUNT FALLS:

1.0 points (per occurrence) deducted from your total score for each FALL on a stunt skill. The category will include inversions, release moves, pyramids, tosses, dismounts, etc. for the purpose of simplifying penalty descriptions. These include the seat or back of a base touching the ground during a cradle.

### TOUCHES ON TUMBLING:

0.3 points (per occurrence) deducted from your total score for hands down on flipping tumbling skills following the landing and includes back handsprings or other tumbling skills where the knees of the bases make contact with the floor.

### TUMBLING FALLS:

0.5 points (per occurrence) deducted from your total score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumblers body comes in contact with the performing surface either on an over rotation or under rotation during the attempted skill (hands and knees touching ground on a standing tuck would be a fall).

### LEVEL RULES OR GENERAL SAFETY RULES VIOLATION:

2.5 points deducted from violations of Level Rules that occur in a routine. If a team violates a level rules in one section of the routine and that skill is performed by multiple athletes the team will only be deducted ONCE per section and not per athlete or stunt group.

### OVERTIME VIOLATIONS:

0.5 points will be deducted if a team, or stunt group's routine goes over the allotted time by 4 -5 seconds. 1.0 points will be deducted if a team or stunt group's routine goes over the allotted time 6 - 10 seconds. 2.0 points will be deducted if a team, or stunt group's routine goes over the allotted time by 11 seconds or more.

## FORMAL ENTRANCE:

Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. 1.5 points will be deducted from your total score. Please be aware that coaches MAY NOT enter the performance surface at anytime immediately before a team takes the competition floor or while a team takes the competition floor. Doing so will subject a team to the formal entrance penalty.

## INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the All-Star Cheer Routine Guidelines.

## REASONS FOR DISQUALIFICATION:

Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to inappropriate choreography/music (at the discretion of a JAMZ official), overage participant(s), more or less participants than allowed on the floor, participant(s) not listed on team roster, and/or illegal participant(s) listed on team roster. If a team is found with unregistered participants, the team will be disqualified. Teams registering and performing in incorrect divisions will be disqualified.

**DUE TO UNFORESEEN CIRCUMSTANCES, JAMZ RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.**

## REASONS FOR FORFEITURE:

See #5, #6 and #7 in the All-Star Cheer General Routine Guidelines for further details. Teams forfeiting will receive an overall team score of 0.

## LEGALITY QUESTIONS:

See the [RULES 411](#) section with detailed instructions on how to submit a rules question.