

AMERICAN YOUTH FOOTBALL, INC.  
OFFICIAL CHEER RULES AND REGULATIONS

2016 Edition  
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American Youth Cheer® will strictly enforce the age and skill level restrictions contained in this rulebook, as well as all other rules and regulations. In addition to the general regulations found in the Official Cheer Rules and regulations, all American Youth Cheer teams will follow the current published United States All Star Federation Cheer Safety Rules.

Falsifying birth certificates or any other documents to make a participant eligible is grounds for permanent suspension of the adult(s) and or organization responsible for the act and all evidence will be turned over to the local authorities for any criminal prosecution that may be relevant.

All questions should be directed to [AYC@americanyouthfootball.com](mailto:AYC@americanyouthfootball.com).

## AYC CHEER DIVISIONS

DIVISIONS 2016	AGES	SKILL LEVELS
Division 8	5, 6, 7, 8	White & Red Levels ONLY
Division 10	7, 8, 9, 10	White, Red, & Blue
Division 12	9, 10, 11, 12	White, Red, & Blue
Division 14	11, 12, 13, 14	White, Red, & Blue
Division 18 (ALL MUSIC)	14, 15, 16, 17, 18	White, Red, & Blue
Inspiration Division	5 Thru 21	White Level ONLY
<p>Note: Divisions 8 thru 14 have a 4 year age span, Division 18 has a 5 year age span.            Division 18 is all music at all skill levels. Division 18 teams are not required to cheer at weekly games.            All Blue level teams are all music at all divisions.</p>		

### Inspiration Division

The AYC Inspiration Division enables youth with either cognitive or physical disabilities to participate in football and cheer. The Inspiration Division is further explained in the Official AYF/AYC INSPIRATION RULE Book at [www.MyAYF.com](http://www.MyAYF.com).

### Competing Up - Cheer

In order to allow all interested athletes to participate, athletes may compete in an older age division with the following restrictions:

Athletes may compete in an older age division ("compete up") ONLY if it is **NOT** possible to create a team in the division that corresponds to their age level. Athletes may **NOT** compete in a younger age division without approval from AYC.

AYC provides an "Age Waiver Request Form" that an association may use for an age waiver. The form is located on [www.MyAYF.com](http://www.MyAYF.com). This Form MUST be signed and approved by the Region Cheer and Dance Director and then submitted to National Cheer Commissioner.

## SIZE AND SKILL LEVEL DIVISION GUIDELINES

### Splitting Divisions into Small and Large

At the National Championship, divisions will be further divided into small and large when there are at least two teams that will ultimately compete in each division. In the event that there is only one team in a division for large or small, an open division Championship will be named as well as their respective division championship.

- Small Cheer Team: 5-18 members, male and/or female
- Large Cheer Teams: 19-36 members, male and/or female

AYC does offer a Co-Ed Cheer Division. Teams with three (3) or more male participants will be placed into this division for Regional and National Competition. AYC does not set a limit of male participants that can be placed on a cheer, dance, or step team.

Teams will be required to comply with all AYC Cheer, Dance and Step Rules. When they are silent, they will defer to the current year **United States All Star Federation Safety Rules**, as well as the AYC skill restrictions that correspond to the Level Division they choose. Any team who violates a safety guideline or performs a skill not permitted in their level division will be subject to a penalty.

## **COMPONENTS OF AN AYC COMPETITION ROUTINE**

Up to a 2 ½ (2:30) minute routine. A competitive AYC routine consists of:

- Up to two (2:00) minutes of music (Blue level and all Division 18 skill levels may have 2:30 of music)
- A cheer portion in the routine (not required for Blue level or Division 18 teams)

A competitive cheer routine will be judged by the following. Please see all official score sheets on [www.myAYF.com](http://www.myAYF.com). Failure to include required components in your routine will result in a zero (0) score in that category on your score sheet.

- Cheer Fundamentals
  - Crowd Appeal - crowd leading, spirit, execution, prop incorporation (crowd leading and prop incorporation are not required for Blue level or Division 18)
  - Motion Technique - variety, placement, sharpness
  - Voice - volume, pace, inflection (not required for Blue level or Division 18)
- Basic Fundamentals
  - Partner Stunts - synchronization, technique, variety
  - Pyramids - synchronization, technique, variety
  - Tumbling - synchronization, technique, variety
  - Tosses (red and blue levels only)
  - Jumps - synchronization, height, form
  - Dance - visuals/levels, variety/originality, flow of routine/use of music
- Overall Appeal
  - Formations/Transitions - flow, spacing, use of floor
  - Choreography of Routine - creativity, music incorporation, overall appeal
  - Performance - perfection of routine, enthusiasm, appropriateness

## **CHEER PROGRESSION THROUGH THE DIVISION OF WHITE/ RED, /BLUE**

There are three skill divisions in AYC, White, Red and Blue Division. The divisions are for our athletes as they begin learning the basic safety and technical skills associated in cheerleading and then continue to follow a safe skill progression. The goal of cheer progression is to learn a skill, succeed at the skill, in hopes to begin learning the next logical skill that follows. One must master the basic skills then work toward next challenging skill.

## Skill Progression Chart

AYC RECOMMENDED SKILL PROGRESSIONS	SKILL DIVISION	AYC RECOMMENDED SKILL PROGRESSIONS	SKILL DIVISION
<b>TUMBLING SKILL</b>		<b>STUNTING SKILL</b>	
Forward/Backward Roll	White	Step up Drills	White
Handstand	White	L-Stand	White
Cartwheel	White	Double Base Thigh Stand	White
Round-off	White	Shoulder Sit	White
Front/Back Walkover	White	Straddle Sit at prep	White
Back Extension Roll	White	Walk-up Shoulder Stand from Lunge	White
Front/ Back Handspring (BHS)	Red	Pick-up Shoulder Stand	White
Front/ BHS Series	Red	Single Base Thigh Stand - 1 leg Variations	White
Round-off, BHS	Red	2 Leg Prep Level	White
Round-off, BHS Series	Red	1/4 Twist Load In	White
Toe Touch, BHS	Red	Press Extension from Prep	Red
Round-off, Back Tuck	Blue	Straight up Extension	Red
Round-off, BHS, Back Tuck	Blue	Step-up Liberty Variations Prep Level	Red
Punch Front	Blue	1/2 Twist Load In	Red
Standing Tuck	Blue	360° Load In Sponge to sponge	Red
Standing BHS, Back Tuck	Blue	Show n' Go 2 Leg	Red
Toe Touch, Back Tuck	Blue	Inverted Skills from the performing surface	Red
Round-off, BHS, Layout	Blue	Inverted stunts, downward inversions, pancake	Blue
Round-off, BHS, Full	Blue	1 Leg Show n' Go	Blue
<b>TOSSES</b>		Extended 1 Leg Variations	Blue
Barrel Roll	Red	1 ½ Twist Load in to Prep	Blue
Sponge/Basket Toss 1 skill	Red D10 & up	1 Twist load in to Extension	Blue
Basket Toss - Kick single	Blue	Express Up	Blue
Helicopter - 180 degrees	Blue	Tick-Tock	Blue
		<b>DISMOUNTS</b>	
		Step Off Drill & Bear Hug	White
		Cradle Drills & Cradle from 2 Leg Prep	White
		¼ Twist Cradle	White
		Inverted Skills from Cradle	Red
		Cradle from 2 Leg Extension	Red
		Cradle from 1 Leg Prep	Red
		Forward Suspended Roll	Red
		Full Twist Cradle from Prep/Extension	Red
		Full Twist Cradle from 1 Leg Prep	Red
		Full Twist Cradle from One Leg Extension	Blue
		Double Twist from 2 Leg	Blue
		Cradle to Prone	Blue

## White/Novice Skills - Division 8, 10, 12, 14, And 18

Standing/ Running Tumbling	<ul style="list-style-type: none"> <li>All basic skills with hand support performed from a standing position are allowed. <i>Examples: forward rolls, backward rolls, handstands, front/back walkovers, cartwheels, Round-offs.</i></li> <li>Connection of more than one of the above skills is allowed. <i>Examples: cartwheel/back walkover.</i></li> <li>At least one hand must remain in contact with the floor during skill execution.</li> <li>Front and back handsprings, flips, and aerials are <b>prohibited</b>.</li> <li>Forward and/or backward rolls are permitted with poms or sign providing you do not roll on prop.</li> <li>One-handed cartwheel with pom is allowed providing you hold the pom in the hand the does not come in contact with the performing surface.</li> </ul>
Partner Stunts	<ul style="list-style-type: none"> <li>A spotter is required for each top person at prep level and above.</li> <li>Single leg stunts are only allowed at waist level. <i>Exception 1: prep level single leg stunts are allowed if the top person is braced by someone standing on the performance surface, the bracer must be a separate person other than the base(s) or spotter. The braced connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt. Exception 2: A walk up shoulder stand is legal if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.</i></li> <li>Two leg prep level stunts and below are allowed.</li> <li>Stunts above prep level are not allowed.</li> <li>Twisting mounts and transitions are allowed up to ¼ twisting rotation by the top person in relation to the performing surface. <i>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 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation.</i></li> <li>All inversions and swing up stunts are <b>prohibited</b>.</li> <li><u>Division 8 restrictions, no Superman stunts/vertical to horizontal face up or face down.</u></li> </ul>
Tosses	<ul style="list-style-type: none"> <li>All tosses are <b>prohibited</b>. This includes sponge, also known as load in or squish tosses.</li> </ul>
Pyramids	<ul style="list-style-type: none"> <li>Pyramids must follow stunt and dismount rules.</li> <li>Two leg extended stunts must be braced by a top person at prep level or below with hand-arm connection only. The connection must be made at or below prep level. Prep level top person must have both feet in bases' hands. Exception: shoulder sit, flat back, straddle lift or shoulder stands top person do not need both feet in hands.</li> <li>Prep level single leg stunts must be braced by at least one person at prep level or below with hand-arm connection only. The connection must be made prior to initiating the single leg prep level stunt. Bracers must have both feet in hands. Exception: shoulder sit, flat back, straddle lift or shoulder stand.</li> <li>No extended single leg stunts, no extended single base stunts.</li> <li>Hanging pyramids are <b>prohibited</b>.</li> </ul>
Dismounts	<ul style="list-style-type: none"> <li>Straight cradles from prep level may not exceed more than one quarter (1/4) twisting rotation.</li> <li>Other positions during cradles are <b>prohibited</b> (i.e. toe touch, pike, tuck, etc.)</li> <li>No dismounts are allowed from extended stunts in pyramids. An extended stunt must be brought down to prep level or below before it can be dismounted.</li> <li>Cradles may not land in prone position (on stomach).</li> <li>Flyer/top person cannot hold signs while cradling. Cradle dismount to different bases is <b>prohibited</b>.</li> <li>Any inverted dismount, including double-based suspended rolls are <b>prohibited</b>.</li> </ul>
Release Moves	<ul style="list-style-type: none"> <li>No release moves are allowed other than those listed in the dismount section.</li> </ul>

## Red/Intermediate Skills - Division 8, 10, 12, 14, And 18

<p>Standing/ Running Tumbling</p>	<ul style="list-style-type: none"> <li>All skills with hand support performed from a standing position are allowed. <i>Examples: forward rolls, backward rolls, handstands, front/back walkovers, cartwheels, Round-offs, front/back handsprings are allowed.</i></li> <li>Connection of more than one of the above skills is allowed. <i>Examples: cartwheel/back walkover or standing back handspring series.</i></li> <li>At least one hand must remain in contact with the floor during skill execution; both hands must remain in contact with the floor when performing front or back handsprings.</li> <li>Jumps connected to a back handspring are allowed.</li> <li>Series tumbling is allowed.</li> <li>Flips/Tucks and aerials are <b>prohibited</b>.</li> </ul>
<p>Partner Stunts</p>	<ul style="list-style-type: none"> <li>Two leg extended stunts are allowed.</li> <li>Single leg prep level stunts are allowed. Single leg extended stunts are prohibited, including a single leg show n' go that goes above prep level.</li> <li>Twisting during the load-in is limited to one half (1/2) twist. <i>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 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 with a stationary top person, they may continue to walk the stunt in additional rotation.</i></li> <li>360 sponge to sponge is allowed.</li> <li>Inversions from the performing surface are allowed providing there is no release, inversions from a cradle or prone position are allowed. <i>Example: forward roll, front/back walkover out of cradle/prone position.</i> Swing up stunts from the performance surface or thigh level stunts to prep is allowed.</li> <li>Inversions in partner stunts and downward inversions (with the exception of the double based forward/backward suspended roll) are <b>prohibited</b>, Pancake/fold over/waterfall, inversions are <b>prohibited</b>.</li> <li>Division 8 restrictions, no Superman stunts/vertical to horizontal face up or face down, no swing up stunts. No single base or assisted single base extended stunts.</li> </ul>
<p>Tosses</p>	<ul style="list-style-type: none"> <li>No tosses are permitted in Division 8.</li> <li>Sponge tosses and basket tosses are allowed with one skill in division 10, 12, 14, and 18. <i>Examples: toe touch, pike, tuck, pretty girl, twist. An arch is not considered a body position therefore can be combined with one of the skills listed.</i></li> <li>No quick tosses.</li> </ul>
<p>Pyramids</p>	<ul style="list-style-type: none"> <li>Pyramids must follow stunt and dismount rules.</li> <li>Single leg extended stunts are permitted as long as the top person is braced by at least one top person at prep level or below with hand-arm connection only. Braced connection must be made before extending above prep level and remain until no longer in a single leg extended stunt or the initiation of the cradle. Prep level top person must have both feet in bases' hands. Exception: shoulder sit, flat back, straddle lift or shoulder stand.</li> <li>In pyramid transitions, the flyer/top person must maintain contact with at least one base/back spotter/post at all times.</li> <li>Hanging pyramids are <b>prohibited</b>.</li> </ul>
<p>Dismounts</p>	<ul style="list-style-type: none"> <li>Cradles from prep and extended 2 leg stunts, must not exceed more than one and one quarter (1 1/4) twisting rotation. Twisting dismount from a single leg extended stunt in a pyramid is <b>prohibited</b>.</li> <li>Cradle from single leg prep level stunts, must not exceed 1 twisting rotation.</li> <li>Other positions during cradles are allowed (i.e. toe touch, pike, tuck, etc.)</li> <li>Flyer/top person cannot hold signs while cradling.</li> <li>Double based forward or backward suspended rolls to the same or other bases, caught in a cradle or brought to the performing surface are allowed.</li> <li>Cradles may not land in a prone position (on stomach).</li> </ul>
<p>Release Moves</p>	<ul style="list-style-type: none"> <li>No release moves are allowed other than those listed in the dismounts and tosses sections. One base/spotter/post must maintain contact with the flyer/top person at all times. <i>Exception: a single full twisting barrel/log roll is allowed if it starts and ends in a cradle position, half twisting barrel/log roll may start in prone and end in a face up cradle.</i></li> </ul>

**Blue/Advanced Skills - Division 10, 12, 14, AND 18**

<p>Standing/ Running Tumbling</p>	<ul style="list-style-type: none"> <li>All skills with hand support performed from a standing position are allowed. <i>Examples: forward rolls, backward rolls, handstands, front/back walkovers, cartwheels, Round-offs, front/back handsprings are allowed.</i></li> <li>Connection of more than one of the above skills is allowed. <i>Examples: cartwheel/back walkover, standing back handspring series, or cartwheel tuck.</i></li> <li>Flips/Tucks are allowed but may not exceed 1 flipping rotation or 1 twisting rotation.</li> <li>Flips/Tucks may be performed in layout, x-out, pike, etc.</li> <li>Jumps connected to a back tuck are allowed.</li> <li>Aerial cartwheels and running front tucks are allowed</li> <li>Tumbling after a flip is <b>prohibited</b>. Except a forward or backward roll out of a flip for safety reasons. At least one step into the next tumbling skill must be included to separate the two passes. A step out from a roll would not separate two passes. Example: a punch front, forward roll step-out would require an additional step or hurdle prior to the start of another pass.</li> <li>Forward <math>\frac{3}{4}</math> flips to the seat and toe pitch flips are <b>prohibited</b>.</li> </ul>
<p>Partner Stunts</p>	<ul style="list-style-type: none"> <li>Single leg extended stunts are allowed.</li> <li>Twisting during the load-in is limited to one and one quarter (<math>1\frac{1}{4}</math>) twist load in to prep, and one (1) full twist to extension.</li> <li>Swing up stunts are allowed.</li> <li>All inverted skills are allowed.</li> </ul>
<p>Tosses</p>	<ul style="list-style-type: none"> <li>Basket, sponge, and quick tosses are allowed.</li> <li>Tosses may not exceed one and one quarter (<math>1\frac{1}{4}</math>) twisting rotations.</li> <li>Helicopter tosses are allowed (180 degrees).</li> <li>Flipping front or back and traveling tosses are <b>prohibited</b>.</li> </ul>
<p>Pyramids</p>	<ul style="list-style-type: none"> <li>Pyramids must follow stunt and dismount rules.</li> <li>Flyer may flip <math>1\frac{1}{4}</math> rotations or <math>\frac{1}{2}</math> twist in a pyramid as long as the flyer is braced on 2 separate sides by 2 separate bracers, with hand to hand/arm connection. Flip may land in a loading position, stunt, or cradle, or assist the flyer/top person to the performing surface.</li> <li>Non inverted transitional pyramids may involve changing bases.</li> <li>Hanging pyramids are <b>prohibited</b>.</li> </ul>
<p>Dismounts</p>	<ul style="list-style-type: none"> <li>Cradle from all single leg stunts are limited to one and one quarter (<math>1\frac{1}{4}</math>) twist.</li> <li>Cradles from all two leg stunts are limited to two and one quarter (<math>2\frac{1}{4}</math>) twist.</li> <li>Prone cradles are allowed.</li> <li>Flips are <b>prohibited</b>. Except a double based suspended roll.</li> </ul>
<p>Release Moves</p>	<ul style="list-style-type: none"> <li>Release moves are allowed but must not exceed more than eighteen inches above extended arm level. <i>Examples: Tick Tock, switch tock, express up.</i></li> </ul>

## STUNT LEVEL ILLUSTRATION



**NOTE:** Holding a stunt above the head may also be considered Prep Level (not Shoulder Level) if the top person is being held in a non-upright vertical position such as an extended flat back or extended prone (face down) position or in a seated position such as an extended "V" sit.



## **SECTION 3: AYC GENERAL CHEER RULES & GUIDELINES**

Please refer to the United States All Star Federation current year's Cheer Safety Rules and glossary for complete set of safety rules found at [www.usasfrules.com](http://www.usasfrules.com).

Please note AYC is following United States All Star Federation Safety Rules and glossary but NOT United States All Star Federation level rules. Please refer to AYC white, red, and blue level rules.

### **AYC GENERAL CHEER GLOSSARY**

#### **STUNTS/TUMBLE**

**Forward/backward Roll** - A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

**Stunt/Partner Stunt/Lift** - Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "one leg" or "two leg" by the number of feet that the top person has being supported by a base(s).

**Prep** - A multi base, two leg stunt in which the top person is being held at shoulder level by bases in an upright position.

**Prep Level** - The lowest connection between the base(s) and the top person is at shoulder level (i.e. prep, shoulder level hitch). A stunt may also be considered at Prep-Level if the connection between the base(s) and the top person is an extended level provided that the top person is not in an upright position. i.e. flatback, straddle lifts, chair, t-lift.

**Pyramid** - 2 or more connected stunts.

**Tumbling** - Any hip over head skill that is not supported by a base that begins and ends on the performing surface.

**Waist Level** - A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level, as determined by the height/positioning of the base. Examples of stunts that are also considered waist level: All 4s position based stunt, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

#### **STUNTING PERSONNEL**

**Base** - A person who is in direct weight-bearing contact with the performing surface who provides support for another person. The person(s) that holds, lifts, or tosses a top person into a stunt.

**Bracer** - A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

**New Base(s)** - Base(s) previously not in direct contact with the top person of a stunt.

**Original Base(s)** - Base(s) which are in contact with the top person during the initiation of the skill/stunt.

**Spotter** - A person whose primary responsibility is to prevent injuries by protecting the head and shoulders area of a top person during the performance of a stunt, pyramid, or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The Spotter:

- Must be standing to the side or the back of the stunt, pyramid or toss
- Must be in direct contact with the performing surface
- Must be attentive to the stunt being performed
- Must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt
- Cannot stand so that their torso is under a stunt
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases

- May not be considered both a base and the required spotter at the same time. Example: in a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip)

If the spotter's hand is under the top person's foot, it must be their front hand. Their (the spotter's) back hand MUST be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

**Top Person** - The athlete(s) being supported above the performance surface in a stunt, pyramid, or toss.

## BODY POSITIONS

**Cradle Position** - Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V"/pike/hollow body position (face up, legs straight and together) below prep level.

**Handstand** - A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

**Inverted** - when the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

**Layout** - An airborne tumbling skill which involves a hip over head rotation in a stretched, hollow body position.

**Load-In** - A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

**Nugget** - A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

**Pike** - Body bent forward at the hips and legs straight and together.

**Prone Position** - A face down, flat body position.

**Tuck Position** - A position in which the body is bent at the waist/hips with the knees drawn into the torso.

**Upright** - A body position of a top person in which the athlete is in a standing position on at least one foot while being supported by a base(s).

**V-sit** - A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position.

## DISMOUNTS

**Cradle** - A dismount in which the top person is caught in a cradle position.

**Dismount** - The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a "Dismount". When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transition, etc.)

## DROPS

**Drop** - Dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

**Tension Roll** - A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or bases(s) perform a forward roll after becoming free from contact from each other.

## EXTENDED

**Extended Arm Level** - The highest point of a base's arm(s) (not spotter's arms) when standing

upright with the arm(s) fully extended over the head. Extended arms do not necessarily define and “extended stunt”. See “Extended Stunt” for further clarification.

**Extended Position** - A top person, in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an “extended stunt”. See “Extended Stunt” for further clarification.

**Extended Stunt** - When the entire body of the top person is extended in an upright position over the base(s). Examples of “Extended Stunts”: Extension, extended Liberty, Extended Cupie. Examples of stunts that are **not** considered “Extended Stunts: Chairs, torches, flat backs, arm-n-arms, and straddle lifts. (These are stunts where the base(s) arms(s) are extended overhead, but are NOT considered “Extended Stunts” since the height of the body of the top person is similar to the shoulder/prep level stunt.)

## **SUSPENDED STUNTS**

**Suspended Roll** - A stunt skill that involves hip-over- head rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that are on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

## **NONRELEASE, SPECIALIZED STUNTS\***

**Assisted Inverted Floor Skills** - An inverted participant on the performing surface is partially supported by non-inverted participant(s) who is/are also on the performing surface.

**Chorus-Line Flip** - A stunt in which a participant on the performing surface performs a backward flip while being supported by the connected arms of other participants.

**Cupie/Awesome** - A stunt in which both feet of a top person are in one hand of a base.

**Flatback** - A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.

**Hanging Pyramid** - A pyramid in which one or more persons are suspended off the performing surface by one or more top person. A “hanging Pyramid” would be considered a 2 ½ high pyramid due to the weight of the top person being borne at the second level.

**Leapfrog** - A stunt in which the top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

**Liberty** - A one-leg stunt that may include variations such as a hitch, a torch, a heel stretch, an arabesque, a scorpion, etc.

*\*NOTE: Stunts in this section may also be known by other names. This section does not attempt to list every stunt mentioned in the United States All Star Federation Safety Rules.*

## **RELEASE SKILLS/STUNTS**

**Basket Toss** - A toss involving 2 or 3 bases and a spotter. 2 of the bases use their hands to interlock wrist.

**Elevator/Sponge Toss** - A person loads into a prep/elevator loading position and is tossed by multiple bases.

**Helicopter** - A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

**Log Roll** - A release move in which the top person’s body rotates at least 360 degrees while remaining parallel to the performing surface. An “Assisted Log Roll” would be the same skill, with the assistance from an additional base that maintains contact throughout the transition.

**Release Move** - When the top person becomes free of contact with all people on the performing surface.

**Toss** - An airborne stunt where base(s) execute a throwing motion initiated from waist level to

increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from the performing surface when toss is initiated (Example: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in the category. (See release moves)

## **AYC CHEER SAFETY RULES AND PENALTIES**

All teams must follow AYC Cheer Safety Rules, AYC Skill Level Division Rules, the current year' United States All Star Federation Safety Rules, and United States All Star Federation Glossary. The AYC guidelines and safety rules supersede any conflicting rules. Please email the AYC Technical Committee for clarifications or questions regarding United States All Star Federation & AYC rules at [AYCTech@americanyouthfootball.com](mailto:AYCTech@americanyouthfootball.com).

**Deductions will be taken from your total score for each infraction of the AYC cheer safety rules and penalties, United States All Star Federation Safety Rules and United States All Star Federation Glossary and/or the AYC Skill Level Division Rules. Penalty amounts are listed in parentheses.**

**Issued once** means only one penalty for that violation will be assessed throughout the entire routine.

**Per Occurrence** means that every time a violation is performed a penalty will be assessed throughout the entire routine.

**Per Sequence** means that if multiple stunt groups or individuals make a violation in one sequence, a deduction will be made for the entire sequence rather than each individual or group.

### **Props**

- Banners, flags, megaphones, poms, and signs are the only props allowed. Any other props used or brought to the performing surface will result in a deduction. (.5 pts issued once)
- When discarding props that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control. (1.0 pts per occurrence)
- The placement of props should be a safe distance away from skills being performed to eliminate safety hazards. A penalty will be assessed if an athlete steps, kicks, moves with feet, or tumbles on the prop. (1.0 pts per occurrence)
- Hiding or hidden type of props under the uniform are prohibited. (.5 pts issued once)
- Items that may damage the surface are prohibited. Including but not limited to, loose glitter, light up signs with bulbs and batteries. (.5 pts issued once)
- Straight and twisting cradles are permitted with poms. All other props are prohibited during cradles. (1.0 pts per sequence)
- The use of props is prohibited during tumbling. Exception a forward/backward roll may be performed with a sign or poms in hands, or holding pom(s) in the free hand in a one handed cartwheel. (1.0 pts per sequence)
- When setting up props at least a portion of the prop **MUST** be on/touching the performance surface or a boundary violation will occur. (.5 pts per prop)
- Only athletes may set up the props, coaches may not assist with prop placement prior to a team's performance. (.5 pts per prop)

### **Jewelry**

- No jewelry may be worn except religious or medical medals that must be taped to the participant's body without a chain. (1.0 pts per occurrence)

- Jewelry includes but not limited to plastic and rope bracelets/anklets, hair elastics worn on the participant's wrist. (1.0 pts per occurrence)
- Piercings must be removed. Covering with Band-Aids does not meet requirements for safe participation. (1.0 pts per occurrence)

#### **Hair/Bows/Ribbons/Pins/Hair Pieces/Nails**

- Hair must not interfere with participant's ability to stunt safely. Hair must be secured away from the face as to not obstruct vision. (1.0 pts issued once)
- All hair pieces/bows must be securely fastened as to not fall out onto the performing surface. (.5 pts issued once) (1.0 pts if stepped on, issued once)
- Length of ribbons must not impair vision. (1.0 pts issued once)
- Bobby pins and hair pins are PROHIBITED. (1.0 pts issued once) Gymnastic type clips are recommended to secure hair.
- Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants. (1.0 pts issued once)

#### **Glitter/Makeup/Stickers**

- Glitter/Makeup/Stickers that does not readily adhere to the hair, face, body, uniform or costume is illegal. (1.0 pts issued once per category)
- Glitter may be used on signs, props, or backdrops only if laminated or sealed. (1.0 pts issued once)
- AYC does NOT prohibit the use of nail polish, make-up, or facial stickers.

#### **Uniforms**

- Uniforms must fit properly, covering the midriff and athlete's bottom when standing at attention. (1.0 pts issued once)
- Safety pins may not be used on uniforms as they present a safety hazard. (1.0 pts issued once)
- Knee socks, leggings, stockings or tights during stunting are prohibited for flyers. Ankles and calves must be exposed on flyer. (1.0 pts per sequence)
- No tear away uniforms or removal of clothing is allowed. (1.0 pts issued once)
- Midriffs and/or sheer/nude color uniforms are prohibited. (1.0 pts issued once)
- Cheer shoes must be secure. (1.0 pts issued once)

#### **Casts/Braces/Glasses/Medical Equipment/Religious Observances**

- Participants may participate in limited capacity while wearing plaster casts or a walking boot. Participants wearing casts/boot may not stunt, or tumble during the performance. Jumping with a cast is permitted with the exception of the cast being on a foot or leg. (1.0 pts issued once)
- Supports, braces, soft cast, etc. that are unaltered from the manufacturer's original design/production do not require additional padding.
- Supports, braces that have been altered from the manufacturer's original design/ production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids, or tosses. (1.0 pts issued once)

- Glasses may be worn, but must be secure. If they fall off, they must be quickly retrieved, a sport strap for all participants wearing eyeglasses is highly recommended. If glasses are not retrieved a penalty will be issued. (.5 pts issued once)
- Any participant requiring a medical device shall be allowed to participate as long as medical documentation allowing participation is available.
- Any participant requiring modification to any safety rule based on their religious practice will require written approval from the AYC Technical Committee.  
([AYCTech@americanyouthfootball.com](mailto:AYCTech@americanyouthfootball.com)).

### Spotting

- All participants assigned as spotters in a stunt that require a spotter (prep, extensions, release moves, dismounts, and tosses) must remain in the ready position during the entire stunt. Ready position means eyes are focused on the flyer/top at all times. (1.0 pts per sequence) A quick glance to check other stunts and/or personnel is permitted.
- A Spotter may not hold objects in their hand(s) while spotting a stunt. (1.0 per sequence)
- All participants assigned as bases for prep level or higher skills are required to keep eyes on their flyer, a glance when transitioning and pyramid building is allowed but the remainder of the time, bases need to be focused on their stunt group and not looking around. (1.0 pts per sequence)

### Choreography, Timing, and Music

- Formal entrances (i.e. crowd response chants, choreographed marching, cheers, tumbling or stunts) to the competition floor are prohibited. Entrances to the competition floor should be brief with the sole purpose of walking, running, etc. to position. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. (.5 pts issued once)
- Timing begins with the first organized word, movement, or note of music following the team's announcement "you may begin", "it's your time to shine", "your music is on", etc. Timing will end with the last organized word, note of music, or movement by the team. Please note, stunt groups may get into position, but flyers must keep one foot on the floor at all times. Once both feet are loaded into a stunt, timing will begin. (Overtime penalty could be assessed).
- All choreography, material, music should be age-appropriate and suitable for family viewing. Any team using inappropriate choreography or music will receive a 2.5 penalty issued once.
- Teams using excessively vulgar or suggestive movements, words, or music are subject to a 5.0 point deduction and/or disqualification
- **Music Guidelines:**
  - There cannot be a "bleep" over an inappropriate lyric. (1.0 penalty per occurrence)
  - Lyrics cannot lead up to an inappropriate word which then has a voiceover on the inappropriate word or cuts off right at the inappropriate word. (1.0 penalty per occurrence)
  - Music legalities cannot be based on "meaning of the song", although specific lyrics should be appropriate for family listening. i.e. avoid lyrics in regards to drugs, sex, drinking, etc.
  - A deduction of .5 will be taken from your total score if your routine and/or music goes from 6 - 10 seconds over time limit.
  - A deduction of 1.0 will be taken from your total score if your routine and/or music goes from 11 or more seconds over time limit.

- When there is a music malfunction during a performance that is not the result of the coach or team representative error, the team may be offered the option to perform again.

### **Out of Level Penalties**

- 2.5 points will be deducted from your total score for each out of level skill performed (white, red, or blue). (2.5 pts per sequence) Example a white team does (3) extended stunts, a total of 2.5 points would be deducted, not 2.5 per stunt.
- 1.0 points will be deducted from your total score for each out of level **performance error**. Example of a performance error, a red team executes a pyramid with an extended lib and the bracer in a prep loses contact on the way up, because her stunt group brings her down, is too far away to reach, timing issues, etc.

### **Boundary Penalty**

- .5 points will be deducted if any team member steps or touches out of bounds with an entire foot, entire hand, or other body part. Athletes may not use the non-performing surface for transitions. The entire routine including transitions must remain on the performing surface. Stepping on or touching the edge of the mat does not constitute a violation. (.5 pts per occurrence)
- An athlete may pick up a prop that is partially out of bounds; however, an athlete may not step off the performance area to retrieve a prop outside of the performance area. (.5 pts per occurrence)
- Carefully discarding props off the performing surface is acceptable; however, if they are used again a boundary violation will be assessed. (.5 pts per occurrence)

### **Unsportsmanlike behavior**

A team whose administrators, coaches, participants, and/or spectators are displaying unsatisfactory sportsmanlike conduct before or during an event may be subject to a 5 point deduction.

### **In Case of a Tie**

All ties will be broken at Regional/National competitions by using the Basic Fundamental scores on the score sheets. Those categories include: Stunts, Pyramids, Tumbling, Jumps, and Dance. If it is necessary to break a second tie, the scores under Overall Performance will be calculated along with the Fundamental score categories.

### **Routine Interruption Due to Injury**

In case of an injury, the competition officials, event medical personnel, a coach of the performing team, or one of the judges can stop the performance. It is up to the competition officials' if the team will perform again.

Any injury where there is blood present must be stopped and the injured athlete must not return until the bleeding has stopped, the wound is covered, and uniform appropriately cleaned or changed.

### **Injured Participant Returning to Competition**

An injured participant must not return to the performance until the competition official receives clearance from all of the representatives listed below.

- Event Medical personnel attending to the athlete
- Parent/Guardian (if present)
- Head Coach of competing team

In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

## **REASONS FOR DISQUALIFICATION**

Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to overage competitor(s), competitor(s) not listed on official AYF/AYC League roster, and/or illegal competitor(s) listed on AYF/AYC official League roster. If a team is found with unregistered competitors, the team will be disqualified. Teams registering and performing in incorrect divisions and/or categories will be disqualified. See the Youth Cheer Divisions General Routine Guidelines for further details.

## **GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS**

- All athletes must be supervised during all official functions by a qualified director/coach.
- Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
- All teams, gyms, coaches and directors must have an Emergency Response Plan in the event of an injury.
- 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.
- Athletes must 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.
- 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.
- 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 when adhered to the uniform and illegal when adhered to the skin.
- Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
- 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 once it is removed from the body.
- Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
- On the level grid, all skills allowed at a particular level encompass all skills allowed in the preceding level.
- Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
- Drops including but not limited to knee, seat, 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.

- 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.
- 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.
- 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.

### General Tumbling Rules

Intentional violation of any of these rules will result in a 2.5 deduction per sequence. Violations that are a result of a performance error will result in a 1.0 deduction. See page 25 Out of Level Penalties for clarification.

- All tumbling must originate from and land on the performing surface. *Clarification: A tumbler may rebound from her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*
- Tumbling over, under, or through a stunt, individual, or prop is not allowed. *Clarification: An individual may jump (rebound) over another individual.*
- Tumbling while holding or in contact with a prop is not allowed. *Exception: rolls are permitted with pom or sign providing you do not roll on prop.*
- Dive rolls are not allowed for white level.

### General Stunting Rules

Intentional violation of any of these rules will result in a 2.5 deduction per sequence. Violations that are a result of a performance error will result in a 1.0 deduction. See page 25 Out of Level Penalties for clarification.

- All partner stunts and pyramids are limited to 2 levels high, meaning the top person receives primary support from one or more bases who are in direct weight bearing contact with the performing surface.
- A Spotter is required for each top person at prep level for white teams and above prep level for red and blue teams.
- A Spotter is required for single base shoulder level stunts where the feet of the top person are in the hands of the base.
- An extended triple based straddle lift requires either a spotter in the back of the stunt or a bracer in the front of the stunt.
- No stunt, pyramid, or individual may move over or under another stunt, pyramid, or individual except when helping to build, stabilize or dismount that stunt or pyramid.
- A Base must not hold objects in a hand that is supporting a top person.
- Base(s) of extended stunts must have both feet in direct weight bearing contact with the performing surface.
- A top person must receive primary support from a base. Bracer or back spotter must not provide primary support for the top person.

- In braced partner stunts and pyramids, at least one bracer must be at shoulder height or below. Exceptions:  
The following stunts may brace any extended stunts, except during release transitions.
  - Chair
  - Multi-base flatback
  - Multi-base straddle lift
  - Extensions may brace only other extensions, except during a totem pole or release transition
- Extended single leg stunts may not brace or be braced by any other extended stunts.

### General Stunting Release Rules

Intentional violation of any of these rules will result in a 2.5 deduction per sequence. Violations that are a result of a performance error will result in a 1.0 deduction. See page 25 Out of Level Penalties for clarification.

- During release transitions, at least one base or spotter must remain in contact with the top person. Exception:
  - Helicopters are allowed up to a 180 degree rotation and zero twisting, must be caught by 3 catchers, one of which is positioned at head and shoulder area of the top.
  - Multi-based log roll, the top person may begin in a face-up or face-down position.
  - Free standing tick-tock that begins at shoulder level is permitted.
- Release moves must not exceed more than 18 inches above the extended arm level. Examples; Tick tock, switch tock, express up.
- Release moves may not land in an inverted position.
- Release moves from inverted to non-inverted may not twist.
- Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
- Release moves must return to original bases.
- Swinging stunt is legal providing the following conditions are met:
  - Downward movement begins from below shoulder height
  - The top person is face up
  - The top person begins on the performance or in a stunt that is below shoulder level

### General Dismount Rules

Intentional violation of any of these rules will result in a 2.5 deduction per sequence. Violations that are a result of a performance error will result in a 1.0 deduction. See page 25 Out of Level Penalties for clarification.

- Dismounts may not intentionally travel. Exception: bases may take ¼ turn to catch a cradle.
- Dismounts to the performing surface from shoulder height or above require assistance from a base or spotter. Straight drops or small hop offs with no additional skills from waist level or below are the only dismounts allowed to the performing surface without assistance.
- Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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

### General Sponge/Basket Toss Rules

Intentional violation of any of these rules will result in a 2.5 deduction per sequence. Violations that are a result of a performance error will result in a 1.0 deduction. See page 25 Out of Level Penalties for clarification.

- 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.
- 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. Exception: a ¼ turn is allowed by bases to catch a twisting rotation
- Top person may not hold objects in their hands.
- Flipping and traveling tosses are not allowed.

### General Pyramid Rules

Intentional violation of any of these rules will result in a 2.5 deduction per sequence. Violations that are a result of a performance error will result in a 1.0 deduction. See page 25 Out of Level Penalties for clarification.

- Pyramids are allowed up to 2 high.
- Top person must receive primary support from a base.  
Exception for blue skill level:
  - During 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. Contact must be maintained with the same bracer(s) throughout entire transition. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
  - In 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.
    - The top person must maintain physical contact with a person at prep level or below. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
    - The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  - Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
    - Both catchers must be stationary.
    - Both catchers must maintain visual contact with the top person throughout the entire transition.
  - Release moves may not be braced/connected to top persons above prep level.
  - Release moves involving inversions must be caught by the original bases.
- Extended single leg stunts may not brace or be braced by any other single leg extended stunts.

## General Inversion Rules

Intentional violation of any of these rules will result in a 2.5 deduction per sequence. Violations that are a result of a performance error will result in a 1.0 deduction. See page 25 Out of Level Penalties for clarification.

Inversions are partner stunts or pyramids in which the top person has her or his shoulders below the waist and at least one foot is above her/his head. In addition to the following rules, all person involved in an inversion must follow all rules from Partner Stunts and Pyramids.

- Suspended rolls are allowed providing:
  - Two people on the performing surface control the top person with continuous hand to hand/arm contact to a stunt, two-person cradle, loading position or the performance surface.
  - A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two person cradle, loading position or the performing surface.
  - If caught in a cradle, load, or stunt, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated.
  - The feet/ankle of the top person are released.
- Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:
  - The top person does not begin in an extended inverted position.
  - Braced inversions that release must have a skill before and after that is legal, including the required spotters.
    - The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition
    - The top person and each bracer must have a separate spotter. Exception: bracers in shoulder sits and thigh stands do not require a spotter.
    - The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. shoulders of the bracer).
    - The released top person and bases make no more than a  $\frac{1}{4}$  turn around the bracer in a continuous movement in which the top person remains above the original base(s) the top person must be continuous in motion and cannot be supported so that they pause during the transition.
    - The top person must be caught by original bases.
- Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:
  - The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface.
  - The top person does not begin in an extended inverted position.
  - The top person maintains continuous hand-to-hand/arm contact with a bracer on each side.
  - The bracers are in double base preps with spotters.
  - The top person in between or in front of the bracers.
  - At least three catchers who were the original bases/spotters catch the top person in a loading position, stunt, or cradle, or assist the top person to the performing surface. If a flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
  - The top person ends in a non-inverted position.
  - The top person does not perform more than one and one quarter ( $1\frac{1}{4}$ ) flipping rotations and no more than one half ( $\frac{1}{2}$ ) twist.
  - The bases/catchers remain stationary except as necessary for safety adjustments.
- In all other Inversions:
  - An inverted person is allowed to pass through an extended position, but must not pause or stop while extended.
  - In inversions where the base of supports begins and remains below prep level:
    - At least one base or spotter must be in a position to protect the head/neck of the top person.
    - The base or spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are

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

*Exception: A top person in an inverted position on the performing surface may be released to a loading position below shoulder height.*

- In inversions where the base of support begins at or passes through prep level:
  - At least two people on the performing surface must be in a position to protect the head/neck of the top person.
  - The bases/spotters must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.  
*Exception: in a foldover stunt, the top person may initiate the inversion without upper body contact.*
  - The top person must not go directly to an inverted position on the performing surface from a prep or higher.
- Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed providing the top person begins in a static or pump and go position (i.e. handstand) and does not perform any skills (e.g., toe touches, twist, etc.). Dismounts to the performing surface from shoulder height or above must have assisted landings. The assistance must be sufficient to slow the momentum of the top person.