

## THE U.S. FINALS L2 REC CHEER RULES

### REC LEVEL 2 – GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.
- E. Dive rolls are allowed
  - 1. Dive rolls performed in a swan/arched position are not allowed.
  - 2. Dive rolls that involve twisting are not allowed.

### REC LEVEL 2 – STANDING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed. *Clarification: A back walk over into a back handspring is allowed.*
- C. Jump skills in immediate combination with handspring(s) are not allowed. (Example: toe touch handsprings and handspring toe touches)
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: Front and back walkovers, cartwheels and round offs
- E. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings
- F. No twisting while airborne. (Exception: Round offs)

### REC LEVEL 2 – RUNNING TUMBLING

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

## REC LEVEL 2 – STUNTS

- A. A spotter is required for all extended stunts.
- B. Single leg stunts may not be held at or pass through an extended position.  
**Clarifications:**
  - 1. *If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, than it is a violation of this rule. Taking the top person above the head of the bases would be illegal.*
  - 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 1/2 twist between the bases and the top person combined. **Clarification:** *A half twist performed with an additional half turn by the bases would be illegal if performed simultaneously.*
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position **Clarification:** *Log/Barrel roll may not include any skill other than the twist (ex: no kick full twists.)* **Clarification:** *The log roll may not be assisted by another top person.*

## REC LEVEL 2 – STUNTS - RELEASE MOVES

- 1. No release moves allowed other than those allowed at Level 2 "Dismounts" and "Tosses."
- 2. Release moves may not land in a prone position.
- 3. Release moves must return to original bases.
- 4. Helicopters are not allowed.
- 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.  
**Clarification:** *Log/Barrel roll may not include any skill other than the twist (ex: no kick full twists).*  
**Clarification:** *The log roll may not be assisted by another top person.*

6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

### REC LEVEL 2 – STUNTS - INVERSIONS

1. All inversions must maintain contact with the performance surface.  
Exception: Transitions from ground level inversions to non-inverted positions are allowed.  
**Clarifications:**  
*Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.*  
*Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.*
2. 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.

### REC LEVEL 2 – PYRAMIDS

- A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base. **Clarification:** Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- E. Extended single-leg stunts
  1. Must be braced by at least one person at prep level or below with hand/arm connection only.
  2. The connection must be made prior to executing single leg stunt and must be made at or below prep level.
  3. Prep level top persons (bracers) must have both feet in bases' hands. (Exception: prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, double base thigh stand, flat back, straddle lift or shoulder stand.)

### REC LEVEL 2 – DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- D. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- E. Twisting dismounts exceeding 1/4 turn are not allowed. All other positions (e.g. toe touch, pike, tuck, etc) are not allowed.
- F. Cradles from extended single leg stunts in pyramids are allowed.

- G. No free flipping or assisted flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## REC LEVEL 2 – TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. The only body positions allowed is straight rides.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (example: shoulder sits walking under preps).
- G. 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.