

THE U.S. FINALS

L3 REC CHEER RULES

REC LEVEL 3 – GENERAL TUMBLING

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

REC LEVEL 3 – STANDING TUMBLING

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

REC LEVEL 3 – RUNNING TUMBLING

- A. Flips:
 - 1. Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). (Exception: aerial cartwheels, running tuck fronts, and 3/4 front flips are allowed). The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
 - 2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: front handsprings and front walkover through to round off back handspring back tucks
 - 3. Cartwheel tucked flips are not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel. (Exception: a forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll.) **Clarification:** *If any tumbling follows a forward or backward roll, at least one step into the pass must be included to separate the two passes.*
- C. No twisting while airborne. (Exception: round offs)

REC LEVEL 3 – STUNTS

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
 - 1. Twisting mounts and transitions are allowed up to one twist by the top person.
 - 2. Full twisting transitions may land or originate from prep level or below only. (Ex: Full up to an extended stunt would not be allowed.)
 - 3. Twisting transitions to and from an extended position may not exceed a 1/2 twisting rotation
Clarification: *A half twist performed with an additional half turn by the bases to an extended position would be illegal if performed simultaneously.*
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping stunts and transitions are not allowed
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During the pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.

REC LEVEL 3 – STUNTS - RELEASE MOVES

- 1. No release moves allowed other than those allowed in Level 3 "Dismounts" and "Tosses." Exception: Single based, coed style toss stunts to prep level are allowed.
- 2. Release moves may not land in a prone position.
- 3. Release moves must return to original bases.
- 4. Helicopters are not allowed.
- 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. ***Clarification:*** *Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).*
- 6. Release moves may not intentionally travel.

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

REC LEVEL 3 – 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 dismount to a cradle or the performing surface is 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). See Glossary for Multi Base Suspended Forward Roll.)
2. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base.
Clarification: *The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).* **Clarification:** *Catchers must physically catch the top person at the head and shoulder area.*
3. 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 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 (ex: shoulder sits walking under prep).

REC LEVEL 3 – 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 two persons at prep level or below.
2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below.
Clarification:
 - a. *Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.*
 - b. *If top person is braced on each side with arm-to-arm connection and a THIRD bracer with hand-foot connection, the skill would be legal.*
3. These release transitions may not involve changing bases.
4. These transitions must be caught by at least 2 catchers.
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.

REC LEVEL 3 – PYRAMIDS – INVERSIONS

1. Must follow Level 3 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 in direct weight bearing contact with the performing surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
 - Example 1: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill.
 - Example 2: A flat back split which rolls to an extended position would be illegal because it did not first land in a prep level or below position.

REC LEVEL 3 – RELEASE MOVES W/ BRACED INVERSIONS

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

REC LEVEL 3 – 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 quarter turns are allowed from any single leg stunt.
- E. Up to 1-1/4 twists are allowed from any two leg stunts.
- F. Up to 1 trick allowed during a dismount from any two leg stunt.
- G. No free flipping dismounts allowed.
- H. Tension 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 3 – TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch) ***Clarification:*** *The "arch" does not count as a trick. Exception: a Ball X is allowed at this level.*
- F. During a twisting toss, no skill other than the twist is allowed. (e.g. Kick fulls, 1/2 twist toe touches, etc... are not allowed.)