

THE U.S. FINALS

L4 REC CHEER RULES

REC LEVEL 4 – GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted 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 4 – STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi.)
- C. Consecutive flip-flip combinations are not allowed (ex: back tuck-back tuck, back tuck-punch front, etc).
- D. Jump skills are not allowed in immediate combination with a standing flip (Example: toe touch back tucks, back tuck toe touches, pike jump front flips) **Clarification:** *Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

REC LEVEL 4 – RUNNING TUMBLING

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

REC LEVEL 4 – STUNTS

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.

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

REC LEVEL 4 – STUNTS - RELEASE MOVES

1. Release moves are allowed but must not exceed extended arm level (exception: cradles). (Tick-tocks are allowed.)
2. Release moves may not land in a prone position.
3. Release moves must return to original bases.
4. Helicopters are not allowed.
5. Release moves may not intentionally travel.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.

REC LEVEL 4 – STUNTS - INVERSIONS

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed at prep level or below and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. **Clarification:** *The stunt may not pass above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern.)* **Clarification:** *Catchers must make contact with the head and shoulder area. (Exception: In side rotating downward inversions (i.e. cartwheel-style transition dismounts), the original base may lose contact with the top person when it becomes necessary to do so.*
3. Downward inversions must maintain contact with an original base.
4. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

REC LEVEL 4 – PYRAMIDS

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D.
 - 1. No stunt or pyramid may move over or under another separate stunt or pyramid (e.g. shoulder sits walking under prep).
 - 2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

REC LEVEL 4 – 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 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
- 4. Non-inverted pyramid release moves must be caught by at least 2 catchers.
 - a. In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.

REC LEVEL 4 – PYRAMIDS - INVERSIONS

- 1. Must follow Level 4 Inversions rules.

REC LEVEL 4 – RELEASE MOVES W/BRACED INVERSIONS

- 1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
- 2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations, 0 twisting rotations.

3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
 - a. All 3 catchers must be stationary
 - b. All 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.
6. Braced inversions (including braced flips) may not travel downward while inverted.

REC LEVEL 4 – 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. Up to a 2-1/4 twisting rotation allowed from all two legged stunts.
- E. Up to a 1-1/4 twisting rotation allowed from all single leg stunts.
- F. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

REC LEVEL 4 – TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- C. Flipping, inverted or traveling tosses are not allowed.

- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2 tricks allowed during a toss. (e.g. kick full, full up toe touch, etc.)
- F. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. (e.g. kick doubles are not allowed)
- G. Tosses may not exceed 2 1/4 twisting rotations.