



CHEERLEADING RULES

2 CATEGORIES AND NUMBERS

- | | | |
|-------|-------------------------------|---------------------------------|
| 2.1.1 | Cheerleading – Large Co-ed | 10-35 (6 or more males) |
| 2.1.1 | Cheerleading – Small Co-ed | 10-35 (maximum of 5 males only) |
| 2.1.2 | Cheerleading – Large All Girl | 26-35 |
| 2.2.1 | Cheerleading- Small All Girl | 10-25 |
- 2.2 A maximum of 2 less than the minimum are allowed to march but will get a **minor penalty** per member. e.g Small All Girl Cheerleading group can march with 9 members and receive 1 minor penalty OR with 8 members and receive 2 minor penalties but if they come to check with 5 members they will get a **maximum team penalty**. This is only in Cheerleading groups and not stunt groups.
- 2.5 No team member may march in two teams that are entered in the same category (eg. A team member cannot march in Team X Gold in Co-ed Cheerleading section and in Team X Silver in Co-ed Cheerleading section) – **maximum team penalty**. A member can be in all four above. (2.1, 2.1.1 2.2, & 2.2.1)
- 2.6 To be considered a Co-Ed team, the team must have at least 1(one) male and 1(one) female. A maximum team penalty will be awarded for contravention of this rule.
- 2.7 Only girls allowed in any All Girl team. A **maximum team penalty** will be awarded for contravention of this rule.

3 TIME LIMITATIONS

- 30 seconds march on (Co-ed & All Girl)
- 3.1.1 Announcer will announce while team is getting ready for march on, “Coming into the waiting area is TEAM XYZ, they consist of 24 members.”
- 3.1.2 Before the march on begins the signal “Team ready” will be announced. Timing will begin immediately after and will end when the team comes to a stop on the display area and all movement has ceased. If more than 30 seconds then **major penalty** will apply. March before signal will also lead to a **major penalty**.
- 3.1.3 No music is allowed for march on – A **maximum team penalty** will be awarded for contravention of this rule.
- 3.1.4 2-3 combined minutes display time (cheer and audio) (Co-ed & All Girl)
- 3.2.1 Once the team has taken their place on the field, “Cheer ready” will be announced which will signal the commencement of the cheer. Timing will begin immediately after and will end when the cheer has come to a stop. The cheer will not be less than 25 seconds or more than 1 minute. Athletes will then have a maximum of 20 seconds to remove any props from the demarcated area and to stand ready for the commencement of the audio display. A member from the team will signal the commencement of the audio. The duration of the audio display will not be less than 1 minute or more than 2 minutes and 30 seconds, timed from the start of the audio, until the audio stops and the display is finished. A **major penalty** will be awarded for contravention of this rule.
- 3.1.5 30 seconds march off. (Co-ed & All Girl)
- 3.1.6 March off cannot be longer than 30 seconds. The timing starts from the announcement “Thank-you team” – **Major Penalty** will be awarded if more
- 3.1.7 No music is allowed for march off. A **maximum penalty** will be awarded for contravention of this rule.

4 AUDIO

4.1.1 March on & off:

4.1.2 Music is not allowed for March on or March off for cheerleading. A **maximum team penalty** will be awarded for contravention of this rule.

4.1.3 DISPLAY

4.1.4 In all categories pre-recorded audio is compulsory during the display. A **maximum team penalty** will be awarded for contravention of this rule.

5 PROPS

5.1 Signs

5.1.1 Size: Signs must be a minimum of A4 in size and a maximum of 10m X 10m (measured from the outer-most points)

5.1.2 Materials: Signs may be made of any material except for wood or metal.

5.2 Flags

4.2.1 Size: Flags must be a minimum of A4 in size and a maximum of 10m X 10m (measured from the outer-most points)

4.2.2 Materials: Flags may be made of any material except for wood or metal. Poles may be made of any material.

5.3 Banners

4.3.1 Size: Banners must be a minimum of A4 in size and a maximum of 10m X 10m (measured from the outer-most points)

4.3.2 Materials: Banners may be made of any material except for wood or metal.

5.4 **Megaphones** - Must taper from one side to the other.

5.4.1 Size: Minimum diameter of opening: 9cm, Maximum diameter of opening: 50cm

5.4.2 Materials: Megaphones may be made of any material. Megaphones may not have any electronic or mechanical components

5.5 Pom-Poms

Any contraventions of the props rules will result in a **maximum team penalty**.

6 USE OF THE COMPETITION AREA

6.1 The team shall commence their march on from anywhere along the back line of the display area.

6.2 No member of the team may leave the demarcated area at any time during the display except with the permission of the relevant competition official. A **minor penalty** will be awarded for each contravention of this rule.

6.3 All demarcating lines belong to the athlete. Any part of the body or prop that is partially or fully over the line will be penalized with a **minor penalty**.

6.4 Non-retrieval of props will lead to a **warning**.

6.5 No team will choreograph a re-entry into competition area after the exit sequence has begun. A **minor penalty** will be awarded for each contravention of this.

6.6 Depending on weather conditions, especially wind, the Director of Coaches and Director of Judges can make decisions on the day, as long as it is communicated to all coaches, about props to be used and penalties not counting, as a result of the conditions. A meeting must be called with all team's coaches competing on the day.

7 UNIFORM

- 7.1 All teams are to report to a Chill area after their display.
 7.2 All dress and props are to be checked in chill area after display if there is a query.
 7.3 All uniform infringements will be checked in Chill area and these will be penalised after the march.

| Ruling | Penalty |
|--|------------------|
| Footwear compulsory for groups & cheerleading | Maximum Team |
| Gloves are optional | |
| No jewellery may be allowed (only medic alert bracelet allowed) | Minor per member |
| Uniform must have fitted sleeves (long or short). Cap sleeves are not permitted. | Maximum Team |
| Skin showing –skin may show at midriff a maximum of 4 fingers above navel, and 2 fingers below navel. Uniforms are to reach a minimum length of the clenched fingers when arms are stretched down the side of body when the body is straight and standing square, this is the minimum length of the uniform whether skirt or other, if more than 25% of the sub group of the team contravene, this rule applies. Example - if hot pants extend to this level the skirt length is irrelevant. | Maximum Team |
| Male athletes' pants are to reach a minimum length of the clenched fingers when arms are stretched down the side of body when the body is straight and standing square. | Maximum Team |
| Skin may show on the back as long as underwear (bra straps) are not exposed. | Major penalty |
| Males and female athletes must wear obvious proper support (Primary school not exempt) | Minor per member |
| Unitards are to fit properly – no transparency, no underwear to show (including through the fabric) – Underwear must not be distinctly/overly visible – check prior to march (VISSIBLE MEANS SEE THROUGH – YOU WILL SEE BUMPS AND THIS IS ALLOWED) | Maximum Team |

It is incumbent for trainers to ensure that participants are dressed according to the rule pertaining to uniforms. Uniforms bearing midriff must be covered at the competition venue when not competing. A trainer may be asked by either the Director of Judges or Coaches to adjust their uniform to comply with this rule. Failure to comply could invoke disciplinary action against the respective team Coach.

8 MARCH TIMES

- 8.1 The programme will list the time for the section to start. These can change if the competition is running early.
 8.2 The competition will start on the start time and run.
 8.3 A team cannot refuse to move up a slot.
 8.4 If a team leaves the area it is at their own peril. If they miss their slot to march they will receive a **maximum penalty** and be slotted in.

POHIBITED MOVEMENTS, PROPS and MUSIC

1. Prohibited movements – Prohibited movements – in all sections will lead to a **maximum team penalty**.
2. Prohibited props – Team will not be allowed to march with these props at all. If the prop is only revealed during the performance, then a **maximum team penalty** will be applied.
 - a) No national flag of any country, in any form, to be used.
 - b) No national emblems of any country, in any form, to be used on any prop.
3. Prohibited music - in all sections will lead to a **maximum team penalty**
 - a) No national anthem of any country to be used in any form.

It is incumbent for trainers to ensure that participants are fit and able to perform the movements without injury. A trainer may be asked by either the Director of Judges or Coaches Representative to adjust their display if it is obvious that the participants are not fit enough or able to perform the movements which can lead to a major injury.

1. CHEERLEADING RULES Applicable to Tertiary only: maximum team penalty

- 1.1. There must be professional spotters (minimum of 3) otherwise the competition will not be allowed to proceed. These will be provided by the trainers' board.
- 1.2. "Helicopters" are banned = Base and flyer performing a shoulder sit – a third person is attached to the flyer either by hands or feet – the base swings them around.
- 1.3. All teams must have at least one cheer in the routine, all cheers are to be a minimum of 25 seconds at a time and a maximum of 1 minute in total, with no audio. (Only in Group Cheerleading Co-ed & All Girls)
- 1.4. Dismounts – The movement from a stunt or pyramid to a cradle or the performing surface. The first part of the body to touch the floor in or after any dismount must be the feet.
- 1.5. No members are allowed to invert out of a stunt or pyramid unless their entire body is caught before touching the ground.
- 1.6. Spotters are not to be obstructed from spotting. No props may be held while spotting
- 1.7. The spotter may stabilize the stunt and may maintain contact throughout the stunt but may not bear the primary weight of the top person. They may assist in cradles.
- 1.8. No monkey swings or pendulum swings from hands or feet. =Bases swing flyer, attached by hands and feet and not allowed to travel more than 180 degrees in the swing.
- 1.9. **TOSSES:**
 - 1.9.1. A toss will be identified by the binding of the bases' hands and will be a free standing movement
 - 1.9.2. There must be at least 3 bases and the top person – all 3 bases must be involved in the throwing and catching
 - 1.9.3. No double inversions allowed- Shoulders are below the waist and at least one foot is above the head. Double inversion is when this position is repeated in the same rotation sequence e.g.. double back tuck toss.

ALL MAXIMUM PENALTIES FOR THE 2019 SEASON WILL BE CHANGED TO MAJOR PENALTIES FOR PRIMARY AND HIGH SCHOOL, THIS IS TO ASSIST TEAMS IN ADAPTING TO THE NEW DISPLAY LEVEL REQUIREMENTS. AT THE DISCRETION OF THE DIRECTOR OF JUDGES SHOULD THE TEAMS INFRINGEMENT BE SEVERE THE MAX PENALTY COULD BE APPLIED. THIS CHANGE WILL BE REVIEWED IN 2020 AND APPLIED ACCORDINGLY

CHEERLEADING RULES PER AGE GROUP

PRIMARY SCHOOL –MAJOR TEAM PENALTY

PRIMARY STUNTS

1. Spotters

A spotter is required for each top person above prep level.

2. Stunt Levels

Single leg extended stunts are allowed.

Single based or assisted single based EXTENDED stunts are not allowed.

3. Twisting stunts and transitions:

Twisting stunts 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 with a stationary top person, they may continue to walk the stunt in additional rotation.

Full twisting transitions must land at and originate from prep level or below only.

Example: No full up is to go to an extended position.

Twisting transitions to and from an extended position may not exceed a ½ 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 ½rotation.

4. During transitions, at least one base must remain in contact with the top person. Exception: See Release Moves

5. Free flipping stunts and transitions are not allowed.

6. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs. Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not. Example: A shoulder sit walking under prep is illegal. Exception: An individual may jump over another individual.

7. Single based split catches are not allowed.

8. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person.

9. Stunts- Release Moves

Release moves are allowed but must not pass above extended arm level. Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" 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.

Release moves may not land in an inverted position. Releasing from inverted to non - inverted is not allowed.

Release moves must start at waist level or below and must be caught at prep level or below.

Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.

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: Single based log rolls must have two catchers. Multi-based log rolls must have 3 catchers.

Release moves must return to original bases. Clarification: An individual may not land on the performing surface without assistance. Exception: See Dismount "C". Exception: Dismounting single based stunts with multiple top persons.

Helicopters are not allowed.

Release moves may not intentionally travel.

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

Top persons in separate release moves may not come in contact with each other. Exception: Dismounting single based stunts with multiple top persons.

10. Stunts- Inversions

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-based suspended rolls to a cradle, load in position, flat body prep level stunt or the performing surface are allowed.

Multi-based suspended rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).

Inversions are limited to a ½twisting rotation to extended level and one twisting rotation to prep level and below. Exception: Multi-based suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above) Forward Suspended Roll exceeding ½twist must land in cradle. Exception: In a multi-based suspended backward roll, the top person may not twist.

Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers 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. Clarification 3: Two leg “Pancake” stunts are not allowed in primary.

Downward inversions may not come in contact with each other.

11. 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.

PRIMARY DISMOUNTS

Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface.

1. 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.
2. 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.
3. Dismounts must return to original base(s)
Exception: dismounts to the performing surface must be assisted by either an original base and/or spotter. Exception: 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. Clarification: An individual may not land on the performing surface from above waist level without assistance.
4. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg stunt.
5. Up to 1-¼ twists are allowed from any two leg stunts. Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt.
6. 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.
7. Up to 1 trick allowed during a dismount from any two leg stunt.

8. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
9. No free flipping dismounts allowed.
10. Dismounts may not intentionally travel.
11. Top persons in dismounts may not come in contact with each other while released from the bases.
12. Tension drops/rolls of any kind are not allowed.
13. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
14. Dismounts from an inverted position are not allowed.

PRIMARY PYRAMIDS

1. Pyramids must follow primary "Stunts" and "Dismounts" rules and are allowed up to 2 high.
1. Single based or assisted single based EXTENDED stunts are not allowed.
2. Top persons must receive primary support from a base. Exception: See Pyramid Release Moves.
3. Extended single leg stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not. Example: shoulder sits walking under a prep.
5. Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least ONE bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill if the twist exceeds $\frac{1}{2}$ rotation. Hand/arm does not include shoulder.
6. Pyramids-Release Moves
Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following six rules, the top person must land in a cradle or dismount to the performing surface and must follow the dismount rules.

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. Contact must be maintained with the same bracers throughout entire transition. Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least two bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. Clarification 2: primary Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under Stunt Release Moves or Dismounts.

Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-hand/arm. The second contact may be either hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee). Clarification: Pyramid Release Moves 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. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Primary weight may not be borne at second level. Clarification: The transition must be continuous.

These release transitions may not involve changing bases.

These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter).

- a. Both catchers must be stationary.
- b. 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.

PYRAMIDS-INVERSIONS

1. Must follow primary 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 in direct weight bearing contact with the performing surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. 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.
3. Pyramids - Release Moves w/ Braced Inversions. Pyramid transitions may not involve inversions while released from the bases.

PRIMARY TOSSES

1. 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.
2. 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 $\frac{1}{4}$ turn is allowed by bases as in a $1\frac{1}{4}$ twist basket.

3. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
4. Flipping, inverted or travelling tosses are not allowed.
5. 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.
6. Up to 1 trick allowed during a toss. Twisting tosses may not exceed $1\frac{1}{4}$ twisting rotation. (ex 1: Legal: toe-touch, ball out/tuck star pretty girl) (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch) Clarification: The 'arch' does not count as a trick. (The 'star' position in a 'tuck-star' is considered the arch and is therefor considered 1 trick).
7. During a twisting toss, no skill other than the twist is allowed. Example: No kick fulls, $\frac{1}{2}$ twist toe touches.
8. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
9. Only a single top person is allowed during a toss.

PRIMARY TUMBLING

1. All tumbling must originate from and land on the performing surface. Clarification: A tumbler may rebound from his/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. 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.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. 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.
5. 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: round off >toe touch>back handspring >back tuck= Illegal. A back tuck is not allowed in Standing Tumbling.

STANDING TUMBLING

1. Flips are not allowed. Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed
2. Series front and back handsprings are allowed.
3. No twisting while airborne. Exception: Round offs are allowed.

RUNNING TUMBLING

1. Flips:

Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).

Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.

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. Cartwheel tucked flips and/or cartwheel, back handspring(s), tucks are not allowed. Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips are allowed. Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.

2. No tumbling is allowed after a flip or an aerial cartwheel. Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass.
3. No twisting while airborne. Exception: Round offs are allowed. Exception: Aerial cartwheels are allowed.

HIGH SCHOOL – MAJOR TEAM PENALTY- PLEASE REFER TO HIGH-SCHOOL

DOCUMENTATION

TERTIARY

| | | |
|-----------|---|-----------|
| MOUNTS | Any | |
| DISMOUNTS | Feet must be first part of body to touch the floor | Maximum |
| STUNTS | Any | |
| PYRAMIDS | Max 2 $\frac{1}{2}$ persons high | Maximum |
| SPOTTERS | Professional only | |
| TOSES | No Double inversions | Maximum |
| | No Horizontal Tosses where body of top person is in horizontal position | Maximum |
| | Tosses must be thrown by min 3 and caught by min 3 people | MAJOR per |

PRIMARY - DIFFICULTY SCALE

| | TWISTING | INVERSIONS (NOT RELEASED) | RELEASE |
|---------------------|---|---|--|
| INTERMEDIATE | Full up to prep level or below to 2 feet or platform or lib | Inverted to prep level 2 feet platform or lib | Ball up to prep level 2 feet, platform or lib |
| | Prep level full twist to prep level 2 feet, platform or lib | Downward inversion at waist level | Switch up to prep level lib |
| | ½ twist to extension | | Tic- tock from waist level to lib at prep level |
| ELITE | Full up to prep level body position | Inverted to extended 2 feet, platform or lib | Ball up to prep level body position |
| | Prep level full twist to prep level body position | Inverted to body position at prep level | Switch up to prep level to body position |
| | | Inversion with a twist | Tic- tock from waist level to prep body position |

| | OTHER STUNTS | DISMOUNTS | TOSSES |
|---------------------|-------------------------------|---|------------------------|
| INTERMEDIATE | Extended body position | Cradle or ¼ twist from extended body position | Single straight tricks |
| | Unassisted walk in | Single skill cradle from 2 leg stunt | |
| | Full twist from prep to Prone | Full twist from prep | |
| ELITE | Unassisted toss to hands | Full twist from extension (2 legs) | Full twist |

HIGH SCHOOL - DIFFICULTY SCALE

| | TWISTING | INVERSIONS | RELEASE |
|---------------------|--|--|---|
| INTERMEDIATE | 1 ½ Twisting transition to prep level 2 legs, platform or lib. | Released inversion from prep level or below to prep level or below | Helicopter release moves |
| | Full up to extended 2 leg stunt | Downward inversion from prep level | Ball up from waist level to extended 2 leg, lib or platform |
| | ¾ Twisting rotation to extended 2 leg, lib or platform | | Switch up to extended 1 leg Stunt |
| | | | High to low tic-tock(lib to lib) |
| | | | Tic-tock from prep to prep(lib to body position) |
| ELITE | Full up to lib | Extended inverted stunt (handstand) | High to low tic-tock (body position to body position) |
| | 1 ½ twisting transitions to prep level body position | Released inversion from below prep level to extension | Ball up from waist level to extended body position |
| | Extended full twisting transition to extended 2 leg, lib or platform | | |

| | OTHER STUNTS | DISMOUNTS | TOSSES |
|----------------------|--|--|---|
| INTERMEDIATEE | Unassisted toss to hands | Two leg pancake dismount | Two trick tosses without a twist. eg. Hitch kick ,pike-X, |
| | Unassisted walk in to extension | Double down from prep level to 2 leg stunt | |
| | Full twisting tic-tock to prep level lib | Full down from extended platform or lib | |
| | Full twisting switch up to prep level lib | | |
| ELITE | Unassisted toss to post | Double down from extended 2 leg stunt | Two trick tosses with at least 1 trick being a twist eg. Kick full, double full, full up toe touch. |
| | Full twisting tic-tock to prep level body position | Kick full twisting dismount | |
| | Full twisting switch up to prep level body position | 1 ¼ dismount from extended body position | |
| | Full twisting inversion to extended stunt (no release) | | |

TERTIARY - DIFFICULTY SCALE

| | TWISTING | RELEASE | INVERSIONS |
|---------------------|--|--|--|
| INTERMEDIATE | Multibase full up to extended lib or body position | ½ turn switch up to extended lib | Downward inversion from extended stunt |
| | | Multibase high to high tic-tock(lib to lib) | Free flipping from ground to cradle |
| | | Low to high tic-tock | Multibase released inversion to extended 2 leg, lib or platform |
| ADVANCED | ½ up to extended 2 leg lib or platform(unassisted) | ½ turn switch up to extended body position | Multibase released inversion to extended body position |
| | Unassisted full up from prep to extension | Multibase high to high tic-tock(lib to body position) | Unassisted released inversion to extended 2 leg, lib or platform |
| | | Unassisted high to high tic-tock(lib to lib) | Free flipping from ground to prep(assisted) e.g. multibase or assisted rewind to prep |
| | | Multibase full twisting ball up to extended 2 leg lib or platform | |
| ELITE | Double up to extended 2 leg stunt(assisted) | Full turn switch up to extended lib | Unassisted released inversion to extended body position |
| | 1 ½ up to extended body position(assisted) | Multibase high to high tic-tock(body position to body position) | Multibase free flipping from ground to extension e.g. multibase or assisted rewind to post |
| | Unassisted full up from ground to extension | Unassisted high to high tic-tock(lib to body position) | |
| | | Unassisted full twisting ball up to extended 2 leg lib or platform | |
| | | | |
| | | Multibase full twisting ball up to extended body position | |

| | | | |
|--------------------|--|--|--|
| SUPER ELITE | Double up to extended lib or body position(assisted) | Full turn switch up to extended body position(multibase) | Unassisted released inversion to one arm stunt e.g. handstand pop to awesome |
| | Unassisted 1 ½ and/or double up to extension. | Unassisted high to high tic tock(body position to body position) | Unassisted free flipping from ground to extension |
| | | Unassisted full twisting ball up to extended body position | |

| | OTHER STUNTS | DISMOUNTS | TOSSES |
|---------------------|---|---|-----------------|
| INTERMEDIATE | 1 ½ twists to prone. ¼ to ¾ twisting tic-tock (low to high) (assisted) | Free flip from prep or below to cradle | Back tuck |
| | Multibase backhand-spring up to extended stunt | | Front pike |
| ADVANCED | Full twisting tic-tock (low to high)(lib to lib) (multibase) | Double down from extended 1 leg stunt | X out |
| | Unassisted toss with ¼ to ¾ twist to extended stunt | Arabian dismount from prep level or below | Front pike full |
| | Multibase backhand-spring ½ twists to extended stunt | | Back pike |
| | | | Layout |

| | OTHER STUNTS | DISMOUNTS | TOSSES |
|--------------------|--|---|----------------------------|
| ELITE | Unassisted toss to 1 arm stunt | Kick double twisting dismount | Front pike double full |
| | Full twisting tic-tock(high to high)(assisted) | Free flip with full twisting from prep level or below to cradle | Back pike full |
| | Full twisting tic-tock (low to high)(lib to body position)(assisted) | | X out full |
| | Multibase front hand-spring $\frac{3}{4}$ up to extended stunt | | Full kick full |
| | Unassisted full twist toss to extended stunt | | Kick double |
| | Multibase back hand-spring full up to extended stunt | | Layout full |
| | Unassisted backhand-spring up to extended stunt | | Pike split full |
| SUPER ELITE | Unassisted front hand-spring with $\frac{3}{4}$ twist to extended stunt | | X out double full |
| | Unassisted 1 $\frac{1}{2}$ to 2 twist toss to extended stunt | | Layout double full |
| | Unassisted backhand- spring full up to extended stunt | | Pike split double full |
| | Any skill listed as an ELITE skill under OTHER STUNT, RELEASE, IN-VERSIONS or TWISTING to extended one arm stunt | | Kick full kick full |
| | | | Arabian 1 $\frac{1}{2}$ |
| | | | Back pike open double full |