



# 2020 UNIVERSITY Dance & Cheer Rules



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Changes to 2019 highlighted in red

## UNIVERSITY DANCE

### UNIVERSITY DANCE TEAMS

- University Dance teams must comprise of 100% current University student athletes.
- Student athletes competing in the University divisions will need to state their current University Student Card ID number on the official entry form and present their card to be verified by Event Officials.
- Student athletes competing in a University Dance Team may crossover to an All-Star Dance Program.
- University student athletes CANNOT compete twice in the same dance style.
- **University athletes must be from the same institution**

### OPEN UNIVERSITY DANCE TEAMS

Any University who would like to have Open University Dance teams which may comprise of a mixture of current students, alumni and outside athletes may do so with these rules:

- All team members must be 17yrs+. If they are any younger, they must be a current registered University student.
- University Open Dance teams could be combined into the All Star dance divisions if there is not a minimum of 3 or more Open University Dance teams.
- University athletes CANNOT compete twice in the same dance style.
- Crossovers from Open University Dance Teams and All Star Dance teams are NOT permitted.

UNIVERSITY DANCE DIVISIONS				
University	Registered Uni student	Dance Small	5-16 dancers	J, HH, P
University	Registered Uni student	Dance	5-24 dancers	LYR/CONT
University	Registered Uni student	Dance Large	16-20 dancers	HH, P
University	Registered Uni student	Dance Large	<b>17-20 dancers</b>	J
University	Registered Uni student	Dance Doubles	2 dancers	J, HH, P
Small and large dance divisions will be combined unless there are 7 or more in the divisions and at least 3 teams in each split.				
<b>FISU DIVISIONS</b> To be eligible to be selected for UniSports Uni Roo's Dance Team for the FISU World Championships you must compete in the LARGE Jazz, Hip Hop or Pom divisions. <b>For FISU World Championships the Large division in Jazz requires a minimum of 18 dancers</b>				

### UNIVERSITY DANCE ROUTINE TIME LIMITS (ALL STYLES)

- University Dance teams will have a maximum of 2.00 minutes
- Open University Dance teams will have a maximum of 2.15 minutes
- University Dance Doubles will have a maximum of 1.30 minutes

## UNIVERSITY DANCE SCORE SHEET EXPLANATION

All University DANCE teams are to follow the IASF DANCE Rules and Guidelines and the IASF DANCE Scoring Systems and score sheet.

# UNIVERSITY CHEER

- University Cheer teams must comprise of 100% current University student athletes.
- Student athletes competing in the University divisions will need to state their current University Student Card ID number on the official entry form and present their card to be verified by Event Officials.
- Crossovers from University and All Star Teams are permitted.
- University student athletes CANNOT compete twice in the same cheer level.
- **University athletes must be from the same institution**

Any University who would like to have Open University Cheer Teams which may comprise of a mixture of current students, alumni and outside athletes may do so and will:

- Follow the All Star rules and regulations.
- Compete in the All Star Divisions.
- Crossovers from Open University Cheer Teams into All Star teams are NOT permitted.

UNIVERSITY CHEER DIVISIONS			Level	Rules	Score Sheet	Chant	Time Limit
University	N/A	6-38 members	1 NT	IASF	All Star NT	NO	2:00
University	All Girl	6- 38 members	1/2 NT	IASF	Uni AG	YES	2:30
University Coed	1 or more males	6-38 members	1/2 NT	IASF	Uni AG	YES	2:30
University	All Girl	6-24 members	3/4	IASF	Uni AG	YES	2:30
University Coed	1 or more males	6-24 members	3/4	IASF	Uni Coed	YES	2:30
University Elite	All Girl	6-20 members	Elite	UWCC	Uni AG	YES	2:30
University Elite Small Coed	1-4 males	6-16 members	Elite	UWCC	Uni Coed	YES	2:30
University Elite Large Coed	5-9 males	6-16 members	Elite	UWCC	Uni Coed	YES	2:30
University Elite Super Coed	Up to 13 males	6-24 members	Elite	UWCC	Uni Coed	YES	2:30
University Premier	All Girl	6-20 members	Premier	UWCC	Uni AG	YES	2:30
University Premier Small Coed	1-4 males	6-16 members	Premier	UWCC	Uni Coed	YES	2:30
University Premier Large Coed	5-9 males	6-16 members	Premier	UWCC	Uni Coed	YES	2:30
University Premier Super Coed	Up to 13 males	6-24 members	Premier	UWCC	Uni Coed	YES	2:30
<b>FISU DIVISIONS</b> Elite & Premier University & FISU divisions will be combined unless there are 9 or more teams in the division and there are at least 3 teams in each split.							
Elite All Girl	All Girl	16-20 members	Elite	UWCC	Uni AG	YES	2:30
Elite Small Coed	1-4 males	16-20 members	Elite	UWCC	Uni Coed	YES	2:30
Elite Large Coed	5-12 males	16-20 members	Elite	UWCC	Uni Coed	YES	2:30
Premier All Girl	All Girl	16-20 members	Premier	UWCC	Uni AG	YES	2:30
Premier Small Coed	1-4 males	16-20 members	Premier	UWCC	Uni Coed	YES	2:30
Premier Large Coed	5-12 males	16-20 members	Premier	UWCC	UniCoed	YES	2:30

## UNIVERSITY CHEER RULES

- Please refer to ABOVE Grid for Rules, Score Sheets and Cheer/Chant requirements.
- Please refer to the IASF/ UWCC Rules for skills allowed in your level. Exception: Level 1 NT and 1/2 NT divisions will allow any IASF level appropriate tumbling, instead of following the IASF Non-Tumbling rules.
- The UWCC (University World Cup Cheerleading Championships) rules are contained in this document.

## UNIVERSITY CHEER SCORE SHEETS

- Level 1 teams are judged on the All Star Non-Tumble score sheet and will NOT be divided into Coed and AG. Level 1 does NOT require a chant.
- ALL Level 1/2 Non Tumble teams are judged on the All Girl University score sheet, however divisions will still be split into Coed and AG. Level 1/2 NT requires a chant.
- Level 3/4 teams are judged on the Coed or AG University score sheet and will be divided into Coed and AG divisions. Level 3/4 requires a chant.
- ELITE and PREMIER teams are judged on the Coed or AG University score sheet and will be divided into Coed and AG divisions. ELITE & PREMIER require a chant.

## **UNIVERSITY CHEER SCORE SHEET BREAKDOWN**

- For ALL LEVELS ABOVE LEVEL 1 (Levels 1/2, 3/4, Elite & Premier), two score sheets will be used:
  1. CROWD LEADING: 1/cheer crowd leading, 2/skills incorporations, 3/overall cheer impression
  2. ALL GIRL: 1/stunts, 2/pyramids, 3/basket tosses, 4/group tumbling (not in level 1/2), 5/dance, 6/overall presentation **OR**;  
COED: 1/stunts, 2/pyramids, 3/basket tosses, 4/group tumbling, 5/overall presentation
- Within the different sections on each score sheet, there are more detailed elements relevant to the style on which you will be judged.
- CROWD LEADING and ALL GIRL/COED score sheets are separate score sheets and are judged by separate panel judges.
- CROWD LEADING judges only judge the CHANT component of the routine and the ALL GIRL/COED judges only judge the ROUTINE component. As such, your skills in one element do not transfer onto the other score sheet. i.e. the baskets you perform in the CHANT element do not get counted on the ROUTINE score sheet.

## **UNIVERSITY LEVEL 1 & 1/2 NON-TUMBLE DIVISIONS**

- Level appropriate tumbling is still permitted in the Level 1 NT & 1/2 NT divisions, but there is no dedicated tumbling scoring section. Any tumbling included in the routine will be subject to routine and rule infractions/deductions.

## **CHEER ROUTINE TIME LIMITS**

- CHEER Level 1 Non-Tumble:
  - Routine time limit is 2.00 minutes.
- CHEER Level 1/2 NT, 3/4, Elite & Premier:
  - Routine time limit is 2.30 minutes.
  - 1.45 minutes maximum of music for the Cheer Routine element.
  - The rest of the routine (45 seconds) will include the Chant and Transitions from Cheer Routine to Chant, must NOT exceed the 2.30 minutes.
  - Timing will begin with the first movement or voice or note of music.
  - Penalties apply if the routine is over 2.30 minutes.

## **PENALTIES FOR CHEER RULE INFRACTIONS AND DEDUCTIONS (Level 1/2, 3/4, Elite & Premier)**

- All University divisions will follow the same deduction system as All Star Routines. Please refer to the ACSA Cheer Deduction System for the specific point values which will be deducted for routine infractions and/or rule violations.

Please note: If a team goes on to compete internationally (i.e. at the University World Cup Cheerleading Competition) they should refer to that competition's deduction system, as the deductions for time limit and boundary violations are likely to be of a much greater value.

## UNIVERSITY CROWD LEADING CHEER SCORE SHEET EXPLANATION

Level 1/2, 3/4, Elite & Premier

### CHEER CROWD LEADING (9-15 points)

**CROWD LEADING ABILITY/ABILITY TO LEAD THE CROWD, VOICE, PACE, FLOW (3-5 pts)** – The judges will credit here: The cheerleader's ability to encourage crowd involvement using suitable words with clarity and loud volume. The pace/speed is suitably slow and allows crowd to follow cheer/sideline and call back easily. The flow between skills is seamless while maintaining crowd engagement, volume and pace throughout.

**CROWD LEADING ABILITY WITH PROPER USE OF SIGNS, POMS, MEGAPHONES & MOTION TECHNIQUE (3-5 pts)** – The judges will credit here: The effective use of signs, poms, megaphones and motions to encourage crowd involvement to follow cheer/sideline and call back easily. Usage of signs is clear and shown effectively with sharpness and precision that is easy to read and follow. Usage of poms and megaphones is effective and assists the crowd in following the cheer/sideline. The cheerleaders show superior motion control, precision, synchronization and sharpness and motions are used effectively to direct the crowd. This includes motions in stunts, pyramids and jumps.

**ABILITY AND ENERGY TO LEAD THE CROWD (3-5 pts)** - The judges will credit here: The genuine use of projection and energy to encourage crowd involvement and to effectively direct the crowd to follow cheer/sideline.

### SKILLS INCORPORATIONS (9-15 points)

**PROPER USE OF SKILLS TO LEAD THE CROWD (3-5 pts)** - The judges will credit here: The suitable use of skills such as stunts, pyramids, basket tosses, tumbling and jumps to direct the crowd to follow cheer/sideline. Skills enhance and complement the crowd leading quality of the cheer.

**DIFFICULTY OF PRACTICAL SKILLS (3-5 pts)** - The judges will credit here: The difficulty of practical skills (does not reflect execution). Effective incorporation of challenging skills that are practical and suitable. Note that all skills performed in the cheer/sideline only counts towards the crowd leading score sheet.

**PERFORMANCE – PROPER TECHNIQUE, SYNCHRONIZATION, SPACING (3-5 pts)** - The judges will credit here: The demonstration of proper execution of skills such as stunts, pyramids, basket tosses, tumbling and jumps. How well the team performs together as a group and maintains uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

### OVERALL CHEER IMPRESSION (3-5 points)

The judges will credit here: Appropriateness of cheer/sideline and choreography. Did the cheer/sideline leave a memorable and lasting impression?

## UNIVERSITY ALL GIRL CHEER SCORE SHEET EXPLANATION

Level 1/2 AG & COED, 3/4, Elite & Premier

### STUNTS (8-15 points)

**EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing (5-10 pts)** – The judges will credit here: The demonstration of proper technique in stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of bases. How well the team performs stunts together as a group and maintains uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in stunts.

**DIFFICULTY – Level of Skill, Number of Bases, Number of Stunt Groups, Transitions, Variety (3-5 pts)** - The judges will credit here: The difficulty of stunts such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number of stunts (higher number stunts = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty.

## **PYRAMIDS (8-15 points)**

**EXECUTION OF SKILLS** – Proper Technique, Synchronization, Spacing (5-10 pts) – The judges will credit here: The demonstration of proper technique in pyramids such as form and flexibility of top, appearance of pyramids, completion of skills and minimal movement of bases. How well the team performs pyramids together as a group and maintains timing, uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in pyramids.

**DIFFICULTY** – Level of Skill, Number of Bases, Number of Structures, Transitions, Creativity (3-5 pts) - The judges will credit here: The difficulty of pyramids such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number structures (more structures = more difficult). The number of formation changes, type of transitions, variety, creativity and pace of pyramids also contribute to difficulty.

## **BASKET TOSSES (3-5 points)**

**EXECUTION OF SKILLS, SYNCHRONIZATION & VARIETY (WHEN APPLICABLE), PERFORMANCE** (3-5 pts) – The judges will credit here: The demonstration of proper technique in tosses such as height, form and flexibility of top, appearance of toss, completion of skills and minimal unintentional travelling of tosses. How well the team performs tosses together as a group and maintains timing, uniformity of skills and height, accuracy and control. Variety of toss skills where applicable. How well the tosses generate excitement and enhance performance.

## **GROUP TUMBLING (3-5 points) - not included in Level 1/2 Non-Tumbling division**

**GROUP TUMBLING, EXECUTION OF SKILLS, DIFFICULTY, PROPER TECHNIQUE, AND SYNCHRONIZATION** (3-5 pts) – The judges will credit here: The demonstration of GROUP tumbling with proper technique such as form, appearance of tumbling and completion of skills. The difficulty of group tumbling such as the incorporation of level appropriate skills, the number of tumblers and specialty group tumbling passes. How well the team performs synchronized group tumbling while maintaining timing and uniformity of skills. Note that individual passes are not given credit. Teams can choose to perform standing tumbling or running tumbling or both.

## **DANCE (3-5 points)**

**TECHNIQUE, MOTIONS, SHARPNESS, SPACING, LEVELS, TIMING, CHOREOGRAPHY, PLACEMENT, VISUAL APPEAL** (3-5 pts) – The judges will credit here: The proper execution of dance elements and the perfection, synchronization, sharpness, strength and placement of motions and dance moves. The ability of the team to gauge and position themselves correct distances between each other during dance. The incorporation of innovative and intricate choreography such as multiple visual elements and a variety of levels. The team displays strong ability to perform visual ideas to enhance the overall dance appeal.

## **OVERALL PRESENTATION (3-5 points)**

**OVERALL CHOREOGRAPHY, CREATIVITY, FLOW, FORMATIONS & TRANSITIONS, PACE, SHOWMANSHIP** (3-5 pts) - The judges will credit here: Appropriateness of the choreography and incorporation of innovative and creative ideas (which can incorporate level and non-level appropriate skills), for example: thinking outside the box and not doing a cookie cutter routine. The flow and seamlessness of routine with minimal time/counts spent on transitions. Formations throughout routine contribute a visual impact and have spacing that is equal and makes sense. The pace of routine, energy level and genuine enthusiasm and showmanship enhances crowd appeal. Did the performance leave a memorable and lasting impression?

# **UNIVERSITY COED CHEER SCORE SHEET EXPLANATION**

## **Level 3/4, Elite & Premier**

## **STUNTS (11-20 points)**

**EXECUTION OF SKILLS** – Proper Technique, Synchronization, Spacing (5-10 pts) – The judges will credit here: The demonstration of proper technique in stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of bases. How well the team performs stunts together as a group and maintains uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in stunts.

**DIFFICULTY** – Level of Skill, Number of Bases, Number of Stunt Groups, Transitions, Variety (3-5 pts) - The judges will credit here: The difficulty of stunts such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number of stunts (higher number of stunts = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty.

**USE OF COED SKILLS/PARTNER STUNTS THROUGHOUT ROUTINE** (3-5 pts) – The judges will credit here: The use of assisted and/or unassisted coed skills/partner stunts throughout routine. The demonstration of proper technique of coed skills/partner stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of base(s).

The difficulty of coed skills/partner stunts such as the incorporation of level appropriate skills, the number of coed skills/partner stunt groups and the whether the stunt is assisted or unassisted (unassisted coed skills/partner stunts = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty.

### **PYRAMIDS (8-15 points)**

**EXECUTION OF SKILLS** – Proper Technique, Synchronization, Spacing 5-10 pts) – The judges will credit here: The demonstration of proper technique in pyramids such as form and flexibility of top, appearance of pyramids, completion of skills and minimal movement of bases. How well the team performs pyramids together as a group and maintains timing, uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in pyramids.

**DIFFICULTY** – Level of Skill, Number of Bases, Number of Structures, Transitions, Creativity (3-5 pts) - The judges will credit here: The difficulty of pyramids such as the incorporation of level appropriate skills, the number of bases (fewer bases = more difficult) and the number structures (more structures = more difficult). The number of formation changes, type of transitions, variety, creativity and pace of pyramids also contribute to difficulty.

### **BASKET TOSSES (3-5 points)**

**EXECUTION OF SKILLS, SYNCHRONIZATION & VARIETY (WHEN APPLICABLE), PERFORMANCE** (3-5 pts) – The judges will credit here: The demonstration of proper technique in tosses such as height, form and flexibility of top, appearance of toss, completion of skills and minimal unintentional travelling of tosses. How well the team performs tosses together as a group and maintains timing, uniformity of skills and height, accuracy and control. Variety of toss skills where applicable. How well the tosses generate excitement and enhance performance.

### **GROUP TUMBLING (3-5 points)**

**GROUP TUMBLING, EXECUTION OF SKILLS, DIFFICULTY, PROPER TECHNIQUE, AND SYNCHRONIZATION** (3-5 pts) – The judges will credit here: The demonstration of GROUP tumbling with proper technique such as form, appearance of tumbling and completion of skills. The difficulty of group tumbling such as the incorporation of level appropriate skills, the number of tumblers and specialty group tumbling passes. How well the team performs synchronized group tumbling while maintaining timing and uniformity of skills. Note that individual passes are not given credit. Teams can choose to perform standing tumbling or running tumbling or both.

### **OVERALL PRESENTATION (3-5 points)**

**OVERALL CHOREOGRAPHY, CREATIVITY, FLOW, FORMATIONS & TRANSITIONS, PACE, SHOWMANSHIP** (3-5 pts) - The judges will credit here: Appropriateness of the choreography and incorporation of innovative and creative ideas (which can incorporate level and non-level appropriate skills), for example: thinking outside the box and not doing a cookie cutter routine. The flow and seamlessness of routine with minimal time/counts spent on transitions. Formations throughout routine contribute a visual impact and has spacing that is equal and makes sense. The pace of routine, energy level and genuine enthusiasm and showmanship enhances crowd appeal. Did the performance leave a memorable and lasting impression?

## GENERAL GUIDELINES: “UNIVERSITY PREMIER” AND “UNIVERSITY ELITE” DIVISIONS

### DEFINITIONS

**Base:** A person who is in direct contact with the performing surface and is supporting another person’s weight.

**Cradle:** Dismount from a stunt/pyramid/toss in which the top person lands in a face-up, semi-piked position.

**Cupie/Awesome:** A stunt in which both of the top person’s feet are in one hand of the base.

**Dive Roll:** An aerial forward roll where the feet of the performer are at or above the performer’s waist prior to the hands making contact with the performance surface.

**Flatback:** A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface.

**Flip:** When a person is airborne while the feet pass over the head. (Clarification: A braced-flip is when a top person performs a hip-over-head rotation while in constant contact with another top person(s).)

**Height-increasing Apparatus:** Any type of equipment that increases the height of the skill.

**Helicopter Toss:** A stunt in which the top person is tossed into the air with the body parallel to the ground and completes a 360-degree horizontal rotation (like the blades of a helicopter).

**Inverted/Inversion:** A body position in which the shoulders are located below the waist.

**Loading Position:** Any intermediate position below shoulder level that uses continuous motion to put a top person in a stunt or pyramid. Examples: Elevator/sponge load, basket load, smooch, scoop from the back, etc.

**Middle:** A person who is being supported by a base while also supporting a top person.

**Pyramid:** A skill of which consists of two or more connecting stunts (termed “structures”). Clarification for university rules: A 2 ½ high pyramid consists of a pyramid with the top person being supported by a middle layer person at mid-body level.

**Rewind:** A skill in which the top person starts with at least one foot on the ground, is tossed into the air and performs a forward, backward or side flip into a stunt, pyramid, loading position or cradle.

**Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming out of a stunt or pyramid.

**Stunt:** A skill in which a top person is supported by a base or bases.

**Top:** A person who is either being supported by another person while off of the performance surface or who has been tossed into the air by another person.

**Toss:** A release skill by a participant or a group of participants that propels a person into the air so that the person is airborne (i.e. free of contact with the performance surface).

### GENERAL RESTRICTIONS

1. The use of any height-increasing apparatus (e.g. mini-trampoline, etc.) other than a spring floor is prohibited for performance.
2. The top person in a partner stunt, pyramid or transition cannot be released from bases or leave the floor unassisted with the intent to land or be caught in an inverted body position.
3. An individual may not jump, flip or dive over, under or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.

4. Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne in the hands/feet of which breaks the impact of the drop.
5. Jewellery of any kind is prohibited (e.g. navel jewellery, tongue jewellery, earrings, necklaces, etc.). Medical bracelets are allowed provided they are taped to the body.
6. Soft-soled athletics shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.
7. Signs or props may be placed outside of the competition area by a team member, but the team member must not commit a boundary violation whilst doing so. Signs or props must not be thrown outside the competition area.

## **SPECIFIC SAFETY GUIDELINES: "UNIVERSITY PREMIER" DIVISIONS**

### **A. UNIVERSITY PREMIER PARTNER STUNTS**

1. Released load-ins and released transitions with more than 1 ¼ twists require an additional spotter.
2. Dismounts with more than one and one quarter twists require an additional spotter that assists on the cradle.
3. Released load-ins from a handstand position (stationary or through a handspring load-in) to a partner stunt require an additional spotter.
4. Stunts in which the top person is in a handstand position require an additional spotter.
5. Stunts in which the base uses only 1 arm for support require a spotter when: a. The stunt is anything other than a cupie /awesome or basic liberty. All other 1-arm stunts require a spotter (e.g. heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.) b. There is a released twisting load-in or dismount. The spotter must be in a place during the twist to assist on the cradle during the twisting dismount(s). c. The top person is popped from one arm to the other.
6. A single base release to shoulders requires a spotter positioned to the side or back of the base during the release and landing phase of the skill.
7. A top person can be released from a handstand position on the ground to a hand-to-hand stunt provided that the top person does not twist or rotate.
8. A top person can be released from a cradle to an inverted position.
9. Single based split catches are prohibited.
10. Twisting dismounts greater than 2 rotations are prohibited. Exception: Side-facing stunts – i.e. Arabesque, Scorpion with double full twisting cradles to the front are allowed.
11. Front, back and side tension drops are prohibited.
12. All leg pitch, toe pitch, walk-in, sponge, and straddle catch flips to the performing surface are prohibited
13. Flips into or out of partner stunts are allowed under the following conditions:
  - a. The top person is limited to 1 ¼ flipping rotations and ½ twisting rotations.
  - b. Flips must be caught by the original base(s) and may not be directed so that the base(s) must move to catch the top person.
  - c. Bases are limited to a ½ turn under the top person.
  - d. In rewinds:
    - i. Rewinds require a spotter and may land in a stunt (including loads and horizontal positions), or in a standing position on the performance surface or in a cradle- with cradle assistance from the spotter.
    - ii. Spotters may throw from under a single foot or leg of the top person.



e. In flips from stunts:

- i. Flips from stunts must initiate from prep level only and must land in a cradle, horizontal position, or in a standing position on the performance surface. (Note: Flipping from a basket or a sponge loading position is considered a “toss” and must follow the University Premier Division toss rules)
- ii. Landings from flips with a 1 rotation or less requires a minimum of 2 people to catching the top person.
- iii. Landings from flips with greater than 1 rotation a single rotation or less requires a minimum of 3 people to catching the top person. When landing in a cradle position, 1 of the catchers must be in a “scoop” position behind the top person.
- iv. Flips to the performing surface require the top person landing on at least 1 foot with assistance from at least 1 base. The spotter must be active but is not required to make contact with the top person.
- v. In all other landings from flips, all required catches must be active in assisting the top person during the landing by making contact with the top person.

## **B. UNIVERSITY PREMIER PYRAMIDS**

1. Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.

2. In all pyramids, there must be at least 2 spotters designated for each person who is above 2 persons high and whose primary support does not have at least 1 foot on the ground. Both spotters must be in a position as the top person is loading onto the pyramid. One (1) spotter must be behind the top person, and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person or at the side of the pyramid to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question. Loaders may also be spotters, as long as the loaders/spotters are in position to provide assistance to the top person during their dismount.

3. In all “2-1-1 thigh stand tower” pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter who is not in contact with a pyramid is required.

4. Cradles and horizontal landings from pyramids over 2 high must use at least 2 catchers, 1 on each side of the top person.

5. Front, back, and side tension drops are prohibited.

6. Flipping dismounts from pyramids are allowed under the following conditions: a. Front flip and Arabian dismounts may land in a cradle, face up horizontal position, or the performance surface to a minimum of 2 catchers who assist on the landing.

7. Flips into a pyramid are allowed under the following conditions: a. The flip is initiated from prep level or below. (Basket toss flips and handstand flips are not allowed.) The top person is limited to a 1¼ rotation and may not twist. b. The top person(s) may not land in an inverted position. c. A rewind to a pyramid does not require an additional spotter.

## **C. UNIVERSITY PREMIER TOSSES**

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than 4 bases, and must be cradled by 3 of the original bases, 1 of which must catch in a scoop under the head and shoulders. Exceptions: a. Elevator tosses may flip into pyramids as outlined herein. b. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill.

2. Basket tosses, and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.

3. In non-flipping basket tosses, the top person is limited to 2¼ twisting rotations and 3 total tricks (e.g. kick double full).
4. In flipping basket tosses that involve more than 1 male thrower (sides or front), the position of the male athlete must be in the back-spot position.
5. In flipping basket tosses or elevator/sponge tosses, only the following skills are allowed:
  - a. Tuck
  - b. Tuck X Out
  - c. Tuck Kick or Tuck Split
  - d. Layout
  - e. Layout Straddle
  - f. Layout Kick or Layout Split
  - g. Pike Open
  - h. Pike Open Straddle
  - i. Pike Open Kick or Pike Open Split Tuck

The following skills may only be performed with male athletes in position for the side thrower positions and back spot position:

- J. Layout Full Twist K.
- Layout Straddle Full Twist
- I. Tuck X Out Full Twist
- m. Tuck Kick or Tuck Split Full Twist
- n. Layout Kick or Layout Split Full Twist (All other flipping basket positions and combinations are prohibited, e.g. Front Flips, Arabians, Pike-Open Full Twists, Side Sumis, Double Full Twists, etc.)

## **D. UNIVERSITY PREMIER TUMBLING**

1. Tumbling skills performed over, under, or through a partner stunt, pyramids, or individuals are prohibited.
2. Tumbling skills that exceed 1 flipping rotation are prohibited.
3. Tumbling skills with 2 or more twisting rotations are prohibited
4. Dive rolls are prohibited.
5. Airborne drops to a prone position on the performance surface are prohibited. (Examples: A back flip or a jump landing in a push up position is not allowed. A handspring to a push up position is allowed -as it is not airborne prior to the prone landing.)

## **SPECIFIC SAFETY GUIDELINES: "UNIVERSITY ELITE" DIVISIONS**

### **A. UNIVERSITY ELITE PARTNER STUNTS**

1. A spotter is required for each top above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance 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 2¼ 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.
4. Free flipping stunts and transitions are not allowed.

5. Single based split catches are not allowed.

6. Single based stunts with multiple top persons require a separate spotter for each top person.

## **7. UNIVERSITY ELITE Stunts-Release Moves**

a. Release moves are allowed but must not exceed more than 18 inches/46 centimetres above extended arm level. Clarification: If the release move exceeds more than 18 inches/46 centimetres above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" 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 plus an additional 18 inches/46 centimetres, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

b. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Exception: Front handspring up to an extended stunt may include up to a 1/2 twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

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

d. Release moves must return to original bases. Clarification: An individual may not land on the performance surface without assistance. Exception 1: See Elite Division Dismount "C". Exception 2: Dismounting single based stunts with multiple top persons.

e. Helicopters are allowed up to a 180-degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

f. Release moves may not intentionally travel.

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

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

## **8. UNIVERSITY ELITE Stunts-Inversions**

a. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."

b. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 2: Downward inversion originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern). Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.

c. Downward inversions must maintain contact with an original base. Exception: The original base may lose contact with the top person when it becomes necessary to do so. Example: Cartwheel-style transition dismounts.

d. Downward inversions from above prep level: i. May not stop in an inverted position. Example: A cartwheel roll off would be legal because the top person is landing on their feet. Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed. ii. May not land on or touch the ground while inverted. Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.

e. Downward inversions may not come in contact with each other.

9. 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.

## **B. UNIVERSITY ELITE PYRAMIDS**

1. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

2. Top persons must receive primary support from a base. Exception: See Elite Division "Pyramids Release Moves".

### **3. UNIVERSITY ELITE PYRAMIDS - Release Moves**

a. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

b. Primary weight may not be borne at the 2nd level. Clarification: The transition must be continuous.

c. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions: i. Both catchers must be stationary. ii. Both catchers must maintain visual contact with the top person throughout the entire transition.

d. Non inverted transitional pyramids may involve changing bases. When changing bases:

i. 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.

ii. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 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.)

e. Release moves may not be braced / connected to the top persons above prep level.

### **4. UNIVERSITY ELITE Pyramids-Inversions**

a. Must follow Elite Division "Stunt Inversions" rules.

### **5. UNIVERSITY ELITE Pyramids-Release moves w/braced inversions**

a. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

b. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.

c. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flat back, prone) and doesn't exceed 1 twisting rotation. Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.

d. Inverted transitional pyramids may involve changing bases.

e. Braced inversions (including braced flips) must be in continuous movement.

f. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers. Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters. i. The 3 catchers/spotters must be stationary. ii. The 3 catchers' spotters must maintain visual contact with the top person throughout the entire transition. iii. The 3 catchers/spotters 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.)

g. All braced inversions (including braced flips) that twist (including  $\frac{1}{4}$  twist or more) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch. i. The catchers must be stationary. ii. The catchers must maintain visual contact with the top person throughout the entire transition. iii. The catchers 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.)

h. Braced inversions (including braced flips) may not travel downward while inverted.

i. Braced flips may not come in contact with other stunt/pyramid release moves.

j. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

**C. UNIVERSITY ELITE DISMOUNTS** Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performance surface.

1. Cradles from single based stunts must have a separate spotter with at least 1 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 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

3. Dismounts must return to the original base(s). Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s). Exception 2: Straight drops or small hop offs, with no additional skill(s), from waist level or below are the only dismounts allowed to the performance surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.

4. Up to a  $2\frac{1}{4}$  twisting rotations are allowed from all stunts.

5. 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 prop.

6. No free flipping dismounts allowed.

7. Dismounts may not intentionally travel.

8. Top persons in dismounts may not come in contact with each other while released from the bases.

9. Tension drops/rolls of any kind are not allowed.

10. 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 dismount.

11. Dismounts from an inverted position may not twist.

## **D. UNIVERSITY ELITE TOSSES**

1. Tosses are allowed up to a total of 4 tossing bases. One (1) 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  $\frac{1}{2}$  turn is allowed by bases as in a kick full basket.

3. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.

4. Flipping, inverted or traveling 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 2½ twisting rotations allowed.

7 Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.

8. Only a single top person is allowed during a basket toss.

## **E. UNIVERSITY ELITE TUMBLING**

1. All tumbling must originate from and land on the performance surface. Clarification: A tumbler may rebound from his/her feet into a 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. 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 over another individual.

3. Tumbling while holding or in contact with any prop is not allowed.

4. Dive rolls are 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.

6. Standing Tumbling – skills are allowed up to 1 flipping and 1 twisting rotation.

7. Running Tumbling- skills are allowed up to 1 flipping and 1 twisting rotation.