

ADVANCED REC CHEER RULES

THESE RULES APPLY TO ALL ADVANCED REC LEAGUE CHEER TEAMS.

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All teams must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. Athletes must always practice and perform on an appropriate surface.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)
8. Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor)
9. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. **During all cradle dismounts, a flyer may not hold props that are made of solid material, and have corners or sharp edges (i.e. signs, etc).** All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. *Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
11. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. Shushunovas are allowed.
12. Competition routines shall not exceed 2 minutes and 30 seconds.
13. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
14. The chewing of gum and/or candy while practicing or performing is prohibited.

ADVANCED

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 are interpreted as a stunt, not assisted tumbling, and they follow this level's inversion rules.*
- E. Dive rolls:
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

Standing Tumbling

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.

Running Tumbling

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.

Stunts

- A. A spotter is required for all extended stunts (**Exception: Triple-based Swedish Fall as long as all three bases face the flyer**).
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 1-½ twists by the top person.
- 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 or transitional stunts 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 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.
- J. **Stunts - Release Moves**
 - 1. Release moves are allowed but must not exceed extended arm level (exception: cradles) (i.e. 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 permitted provided the following conditions are met:
 - a. The rotation in the horizontal plane is not greater than 180°.
 - b. The flyer does not twist.
 - c. The flyer is in a face up position.
 - d. There are four bases who serve as tossers and catchers.
 - e. At least one tosser/catcher must be positioned to support the head, neck and shoulder area of the flyer.
 - 5. Release moves may not intentionally travel.
 - 6. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**
- K. **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.
3. Downward inversions must maintain contact with an original base.

L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Pyramids

- A.** Pyramids must follow "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. Clarification: Leap frog pyramids are legal.
- E.** Hanging pyramids are permitted with the following requirements:
 1. Continuous spotters are required for each shoulder stand.
 2. Suspended person must be lower than shoulder stand(s).
 3. Base(s) shall maintain constant contact with the suspended person.
 4. Bases(s) remain stationary.
 5. Suspended person's feet must be hanging free.
 6. Suspended person shall not be inverted.
 7. Suspended person cannot rotate on the dismount.
- F, 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 pyramid release moves must be caught by at least 2 catchers.
 - a. In pyramids where the top person travels over their bracers (i.e. leap frog or wolf wall transition), both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
 4. 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.
- G. Pyramids - Inversions**
 1. Must follow Stunt Inversions rules.
- H. Pyramids - 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 1-¼ 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 Catchers must be stationary
 - b. All 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.

Dismounts

- A. Cradles from single based stunts at prep level and above 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 at prep level and above 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 prep level and above must be assisted by an original base.
- D. Up to a 2-¼ twisting rotation allowed from all stunts.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are not allowed.
- G. 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.

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 ½ 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 3 tricks allowed during a toss (i.e. kick double, switch kick twist, etc. – an arch is not considered a skill).
- F. Tosses may not exceed **2-1/2** twisting rotations.

NON-MOUNT

General Tumbling

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

Standing Tumbling

A. Skills are allowed up to 1 flipping and 1 twisting rotations.

Running Tumbling

A. Skills are allowed up to 1 flipping and 1 twisting rotations.