



RULES

SELECT DIVISION

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SELECT DIVISION - GENERAL TUMBLING

- A. All tumbling must originate from and land on the performance surface.
Exception 1: 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.
Exception 2: Round-off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are allowed.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.
- D. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.
- E. 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.

SELECT DIVISION - STANDING TUMBLING

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

SELECT DIVISION - RUNNING TUMBLING

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

SELECT DIVISION – STUNTS

- A. A spotter is required:
 - 1. During one-arm (1 arm) stunts above prep level, other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 - 2. When the load/transition involves:
 - a. A release move with a twist greater than 360 degrees.
 - b. A release move with an inverted position landing at prep level or above.
 - c. A free flip.
 - 3. During stunts in which the top person is in an inverted position above prep level.
 - 4. When the top person is released from above ground level to a one-arm (1 arm) stunt.
- B. Stunt levels:
 - 1. Single leg (1 leg) extended stunts are allowed.
- C. 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 2 ¼ 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.
- D. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed up to 1 flipping and 0 twisting rotations. Rewinds must originate from ground level only.
Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a cradle position)
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed. Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills

Exception 3: A $\frac{3}{4}$ front flip to cradle is allowed from prep level or below.

E. Single based split catches are not allowed.

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

G. SELECT DIVISION Stunts-Release Moves

1. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.

Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss or a dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves are limited to 1 flipping and 0 twisting rotations (See "D" for further clarification)
3. Release moves may not land in an inverted position.
4. When performing a release move from an inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from an inverted to non-inverted position may twist up to a $\frac{1}{2}$ rotation.
5. Release moves must return to original bases.

Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transition is initiated.

Exception 2: Single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunt with multiple top persons.

Clarification: An individual may not land on the performance surface without assistance from above waist level.

6. 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.
7. Release moves may not intentionally travel. See exception in #5 herein.
8. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
9. Top persons in separate release moves may not come in contact with each other.

Exception: Single based stunts with multiple top persons.

H. SELECT DIVISION Stunts-Inversions

1. Downward inversions from prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

SELECT DIVISION - PYRAMIDS

A. Pyramids up to 2 high must follow-Select Division "Stunts" and "Dismounts" rules.

B. For 2 $\frac{1}{2}$ high pyramids:

1. There must be at least 2 spotters, one providing additional pyramid support, and both 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 position as the top person is loading onto the pyramid. One 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 if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move 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.

Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one (1) bracer to assist the thigh stand middle layer.

2. For skills loaded into and/or dismounted from a 2 $\frac{1}{2}$ high pyramid:
 - a. Free-flying mounts are allowed with the limit up to 1 twist (with no flips and no inversions) into 2 $\frac{1}{2}$ high pyramids.

- b. Free-flying dismounts are allowed with the limit up to $\frac{1}{2}$ twist (with no flips and no inversions) from $2\frac{1}{2}$ high pyramids.
Example: a Swedish fall can $\frac{1}{2}$ twist to a cradle (prone to back position) and 2-2-1 & 1-1-1 pyramids and $\frac{1}{2}$ turn off the front into a cradle which is a safe way to dismount.
Clarification: Free-flying (unbraced) Rewinds or any free-flying flipping and/or inverted skill into or out of $2\frac{1}{2}$ high pyramids are not allowed.
- c. Unless the top person(s) is in direct physical contact with at least 1 person at prep level or below, inverted skills loaded into or dismounted from a $2\frac{1}{2}$ high pyramid are not allowed.
- d. Skills that originate from ground level and above may not originate in a handstand position.
- e. May not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids, or individuals.

C. SELECT DIVISION Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above $2\frac{1}{2}$ persons high under the following conditions:
 - a. Must remain direct physical contact with at least 1 person at the 2nd level or below. Contact must be maintained with the same bracer throughout the entire transition until the skill is completed.
 - b. If released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e., tower pyramid tic-tocks)
 - c. Free release moves into or from $2\frac{1}{2}$ high pyramids may not flip (0 flips from or to $2\frac{1}{2}$ high pyramids are allowed); however, free release moves are allowed up to 1 twist (with no flip and no inversion) into a $2\frac{1}{2}$ high pyramid and free release moves are allowed up to $1/2$ twist (with no flip and no inversion) from a $2\frac{1}{2}$ high pyramid.
Clarification: Free-flying (unbraced) Rewinds or any free-flying flipping skill into $2\frac{1}{2}$ pyramids are not allowed
 - d. Free release moves into or from $2\frac{1}{2}$ high pyramids may not be inverted at any time.
 - e. Free release moves from $2\frac{1}{2}$ high pyramids may not land in a prone or inverted position.

D. SELECT DIVISION Pyramids-Inversions

1. Pyramids up to 2 high must follow Select Division "Stunt Inversions" rules.
2. For $2\frac{1}{2}$ high pyramids:
 - a. Any inverted skill into a $2\frac{1}{2}$ high pyramid must remain 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 until the skill is completed.
 - b. Downward inversions from above prep level must be assisted by at least 2 bases. Top persons must maintain contact with a base or another top person.

E. SELECT DIVISION Pyramids-Release moves w/ braced inversions

1. Braced flips are allowed up to $1\frac{1}{4}$ flipping rotations and 1 twisting rotation.
2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and one additional spotter under the following conditions:
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter 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.)

- F. Free released moves into or from $2\frac{1}{2}$ high pyramids:
 1. See "C. SELECT DIVISION Pyramids - RELEASE MOVES"

- G. One arm (1 arm) extended Paper Dolls require a spotter for each top person.

SELECT DIVISION - DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performance surface.

- A. Single based cradles that exceed $1\frac{1}{4}$ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performance surface must be assisted by an original base or spotter.
Exception: Straight drops or small hop offs, with no additional skill(s), from the 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.
 - 1. Dismounts to the performance surface exceeding $1\frac{1}{4}$ twists must be assisted by 2 catchers or 1 catcher with a spotter. (Up to a $2\frac{1}{4}$ twisting rotations are allowed from all stunts.)
 - 2. Dismounts to the performance surface from $2\frac{1}{2}$ high pyramids are allowed 0 twists and must be assisted by 2 catchers or 1 catcher with a spotter.
- C. Up to a $2\frac{1}{4}$ cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers.
- D. Cradles from $2\frac{1}{2}$ high pyramids are allowed up to $\frac{1}{2}$ twists and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
- E. Free release dismounts from $2\frac{1}{2}$ high pyramids may not land in a prone or inverted position.
- F. Free flipping dismounts to a cradle:
 - 1. Are allowed up to $\frac{3}{4}$ flipping and 0 twisting rotations.
 - 2. Require at least 2 catchers, 1 of which is an original base.
 - 3. May not intentionally travel.
 - 4. Must originate at prep level or below.
- G. Free flipping dismounts to the performance surface are not allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. 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.
- J. Cradles from 1 arm stunts that involve a twist must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
- K. Dismounts may not pass over, under, or through stunts, pyramids, or individuals.
- L. Dismounts must return to the original base(s).
Exception: Single based stunts with multiple top persons do not need to return to original base(es)
- M. Dismounts may not intentionally travel.
- N. Top persons in dismounts may not come in contact with each other while released from the bases.
- O. Dismounts from an inverted position may twist up to a $\frac{1}{2}$ rotation.

SELECT DIVISION - TOSSES

- A. 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.
Exception: Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
Clarification: Fly away tosses that would go over the back person are not allowed in the Select Division
- B. 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 1 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.
- C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- D. Flipping tosses are allowed up to $1\frac{1}{4}$ flipping rotation with 0 twists and 1 additional skill. A tuck, pike/pike open or layout are not counted as additional skills as these are considered body positions.
Examples of Legal and Illegal Tosses are as follows (*For questions, email: cheer.rules@cheerunion.org*)

Legal (One Skill)

Tuck flip, X-out
Kick, Layout
Pike Open, Split
Arabian Front

Illegal (Two Skills and/or any Twist)

Tuck flip, X-Out Full Twist
Kick, Full Twisting Layout
Pike, Split, Full Twist
Arabian Front, Full Twist

- E. 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.
- F. Non-flipping tosses may not exceed 3 ½ twists.
- G. Top persons may not be tossed to another set of bases in the Select Division.
- H. 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.
- I. Only a single top person is allowed during a basket toss.