



2024-2025

OPEN

MEDIAN / ADVANCED

CHEER

DIVISION RULES AND REGULATIONS

1st Edition

The NCC reserves the right to add, change, delete, or combine any information provided below.

General Rules

1. **The National Cheerleading Championship (NCC) prioritizes the safety and welfare of all athletes participating at Cheer events and competitions. The NCC reserves the right to exercise all means necessary to uphold athlete safety as our primary concern in accordance with the safety standards of Cheer Pilipinas and the International Cheer Union (ICU) in accordance with the Safe Sport Initiative of the International Olympic Committee (IOC).**

We encourage all managers and coaches to read the ICU Athlete Safety Guidelines:
<https://cheerunion.org/safeguarding/>

2. The NCC strictly adheres to all COVID 19 guidelines including but not limited to social distancing and requires all participants in all of its competition to do the same.
3. All teams are required to submit all necessary documents by the given deadline to be eligible. The deadline for the submission of **COMPLETE** documents is **one (1) month** prior to the qualifiers (or the Finals in the event there are no qualifiers) the team will be joining.

If unable to submit at the given deadline a fine of **Php 4,000.00** will be implemented. The fine should be paid **BEFORE** the date of the qualifiers (or the Finals in the event there are no qualifiers) or else the team will **NOT** be allowed to perform.

For teams joining more than one division, only one (1) late fee applies for all deliverables.

4. All teams should be supervised during ALL official functions by a qualified advisor¹/coach.
5. 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.
6. On the day of the competition all official team members must report to the competition area for verification. Only those on the Final Roster submitted a month before the Qualifiers (or the Finals in the event there are no Qualifiers) will be allowed inside the competition area.

The Final Roster consists of the following:

- a. Complete list of performers.
 - i. A team should be composed of **exactly twenty-four (24)** performers inclusive of spotters and lifters.
 - b. Complete list of reserves. Only **five (5)** reserves are allowed. The list of reserves may **NOT** be changed once the team has registered.
 - c. The coach, asst. coach **are the ONLY team officials** allowed to enter with the team provided they are included in the roster list.
7. Performance Sequence
 - a. If a team is not present during the drawing of lots, it will get the last pick in the lot.
 - b. For the Qualifiers, if a team arrives at the competition venue two (2) slots prior to its own performance slot it will be assessed a sanction of **thirty (30) points** and will be allotted the performance slot of two (2) slots after arrival.
 - c. At Qualifiers, the last performance slot is reserved for the defending champion of that regional competition.
 - d. The NCC reserves the right to determine the order of performance for all divisions in the National Finals.**
 - e. If a team misses its performance slot, it is automatically disqualified from the competition.

Note: If a team is not present at the allotted time given, the NCC reserves the right to draw a number on behalf of the team. Once the number has been picked it is final.

8. Run through²

¹ Someone who can be held responsible for the Team/Squad.

- a. Music should be provided at the time of the run through.
 - b. If a team misses their slot in the run through, they forfeit that time to rehearse.
 - c. Each team has a maximum of seven (7) minutes for its run through.³
9. All teams are required to take part in the Introduction of Teams. A penalty of **twenty (20) points** will be given to any team who doesn't comply.⁴

Eligibility of Participants

1. Teams may enter any of the following Group Stunt Divisions provided ALL eligibility requirements for division an athlete will compete in are met:
 - a. **Open All Girl Cheer MEDIAN Division**
 - b. **Open All Girl Cheer ADVANCED Division**
 - c. **Open Coed Cheer ADVANCED Division**
2. **All Girl Category**
 - a. Teams joining should comprise of ALL GIRLS ONLY.
3. Athletes joining the **MEDIAN Division** should be at least **twelve (12)** years of age on the day of the competition.
4. Athletes joining the **ADVANCED Division** should be at least **fourteen (14)** years of age on the day of the competition.
5. Athletes joining the **ELITE** and **PREMIER** Divisions should be at least **eighteen (18)** years of age on the day of the competition.

NOTE: A cheerleader can compete in 2 or more separate divisions provided he/she is qualified and all required documents are submitted for **EACH** division he/she is participating in. Registration fees for each division apply.

6. Teams must submit the required official NCC forms on the specified deadline (*in alphabetical order of participants' last name*).
 - a. The following should be submitted via email at phil.ncc@gmail.com
 - i. NCC Registration/Waiver Form and Roster List inclusive of the following:
 1. Name of all Participants, Reserves and Team Officials.
 2. Once submitted, names CANNOT be changed.
 3. If a participant is a minor, Guardian/Parent's signature is required.
 - ii. Valid Government ID with Birth Date (SCANNED COPY)
 - iii. Payment Deposit Slip (SCANNED COPY)
 - b. The following ORIGINAL DOCUMENTS should be submitted in HARD COPY during registration on the DAY OF THE COMPETITION
 - i. Original NCC Registration/Waiver Form
 - ii. **Signed original NCC Rules and Regulation Agreement Form**
7. Substitutions may be made on a team only in the event of an injury or academic probation; all substitutes must meet the eligibility requirements stated above. The necessary documents must be submitted together with the team's eligibility forms and must be made known to NCC Officials.
8. Athletes with any **injuries and/or medical conditions should be cleared to perform both at the official run throughs and at the actual competition** by a certified doctor/physician. The NCC is not liable for any undeclared medical conditions.

² Only for Finals

³ Time allotment might vary depending on the number of participating teams.

⁴ Late = not ready

Sportsmanship

1. All participants and competitors must exhibit the highest level of sportsmanship before, during and after the competition.
2. All participants must take part in the oath of sportsmanship and be at the competition venue at the designated time.
3. All winners must come forward to accept their award immediately after their school is called for all prizes regardless of ranking.
4. All winning teams are to have a photo taken upon receipt of the award.
5. NCC officials can assess a **ten (10) point penalty** per occurrence against any team found to have violated the NCC's sportsmanship standards. Multiple sportsmanship infractions can result in disqualification and disbarment of the team from future NCC events.
- 6. The same level of sportsmanship is expected from the teams' school, family and other supporters of the team **whether watching live at the competition venue or virtually via TV broadcast or online streaming.****
7. Grave acts against sportsmanship such as but not limited to sabotage, physical violence, homicide, collusion, libel, stealing, vandalism, untoward incident, internet posting and the like shall be dealt with the full force of the law after an appropriate investigation is concluded.

Apparel and Accessories

1. Team uniforms should have their school's name more prominent than any brand or sponsor name.
2. Soft-soled athletic shoes with adequate support must be worn while competing. Jazz shoes and/or boots, slippers, sandals, flip-flops, high heels, leather shoes, and bare feet are NOT allowed.
3. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, and pins are prohibited. Jewelry must be removed and may not be taped over. Rhinestones on the uniform are allowed. Face paint is allowed, but body jewelry like sticky rhinestones are prohibited.
4. Medical alert bracelets or necklaces may be worn, but should be removed from the neck/wrist area and be secured to the body under the uniform with tape.
5. Fingernails, including artificial nails, must be kept at an appropriate length (i.e. short, near the end of the fingers) to minimize risk for the participants.
6. Inappropriate and vulgar clothing will not be allowed. Emphasis will be on a balance of aesthetic appeal and **functionality taking into consideration the length, fit and style of the uniform to its wearer.** This applies to both male and female athletes. **No cross dressing allowed.** The focus should be on safety while doing the routine. Any violations will result with a minimum penalty of **ten (10) points per occurrence to a maximum of disqualification depending on the gravity of the offense.**
 - a. Skirt: maximum Thumb level short
 - b. Shorts: buttocks are fully covered/concealed and not skin tone
 - c. Top: no cleavage, fully supported, and appropriately covered.
7. No grease or anything slippery on uniform or body.
8. Stockings are NOT allowed for safety reasons.
9. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.
10. Neoprene, spandex supports, sleeves and the like are allowed. Braces, casts, etc., which are hard and unyielding or have rough edges or surfaces are prohibited.

11. Gloves, sweat bands and the like are not allowed to be worn by bases during stunts.
12. Cycling and panty shorts cannot be skin-toned.
13. Ribbons, rubber bands and hair pins should be properly secured.
14. Wigs are not allowed.
15. Tattoos of school logos, etc. are allowed; any other tattoos permanent or otherwise must be covered.

Competition Area, Flooring and Venue

1. All competitors must start within the performance area and everyone must be supporting their own weight with at least one foot on the performance floor.
2. Teams will perform on a 54 feet (across) by 42 feet (wide) (54' x 42') carpeted floor, exercise mat or similar surface.
3. Performance area shall either be foam, spring floor, athletic mat or other material as decided upon by the NCC.
4. The floor shall be devoid of any other visible promotional material other than the NCC logo unless otherwise agreed on by the NCC.
5. Any and all official competition venues shall be at least 20 feet in height.
6. Stepping out of the competition area will be assessed a **five (5) point** deduction each incident.

Routine Timing

- 1. The total maximum time for the routine is three (3) minutes including Music and Cheer. A penalty of five (5) points will be given for every lack or excess of five (5) seconds and a fraction thereof.**
- 2. Cheer Portion: Can be placed in the beginning or middle of the routine. Cheer portion minimum time requirement is thirty (30) seconds.**
- 3. Music Portion: Two (2) minutes maximum.**
- 4. Maximum time between Cheer and Music portion: Twenty (20) seconds.**
5. A one-minute pre-set will be given to each team.
6. Timing will begin with the first organized movement of a cheer, sideline or dance, the first note of music, the first word of a cheer or sideline, or the building of a pyramid or stunt (i.e. the lifting of or support of another person off the ground). Competitors may do a spirited tumbling exit as long as it is within the given exit time.
7. The team should leave the floor immediately after their routine together with their props.

Music

Performance music must adhere to the standards and practices of the official NCC rules and regulations. The music must be of good quality as this could affect the scoring by the judges.

1. Profane, vulgar, suggestive, offensive and inappropriate language is strictly prohibited. **Such language should be edited out of the routine music.** A penalty of **ten (10) points per occurrence** will be given to teams whose music/cheer has this content or **anything that may be construed as the above.**

2. Designate one representative from your group to run your music.
 - a. This person must remain at the sound table throughout the entire performance.
 - b. That representative is not allowed to touch the sound board except to push the play button (once) at the beginning of the routine and the stop button (once) at the end of the routine.
Note: Teams will be penalized with a **ten (10) point** deduction if this is not followed.
3. Only **audio CD formats OR USBs** are allowed in the competition.
 - a. For CDs: Bring four (4) quality-recorded compact discs of your music to the competition. When burning own music on CD, you **MUST** use a CD-R NOT CD-RW. CDs should be properly labeled with the schools Name, contact person, and contact number.
 - b. **For USBs: Only file on the USB device should be the music for the routine. Please bring an extra USB with the music file. USBs should be properly labeled with the schools Name, contact person, and contact number.**
4. No digital music player will be allowed to be used in the competition (i.e. iPods, MP3 Players, CD Players).
5. Each team will be allowed to test their music at a given time before the competition. An NCC representative will properly time the music to be recorded and have it signed off by the team's coach and the NCC representative.⁵
- ~~6. Schools may bring a maximum of 3 bass drums and 2 snare drums to be situated at the audience bleachers.~~

Medical Attention

1. It is the responsibility of the team or coach to report an athlete's injury or illness to the event organizer(s).
2. If at any time prior to or during competition a cheerleader is ill, injured, or his/her physical or emotional condition is at risk by participating, he/she may be declared ineligible to compete, or disqualified from competing further. The competition organizer(s), Competition Director and/or Head Judge reserves the right to withdraw any competitor who appears to have such serious disability or injury or needs medical attention.
3. The NCC reserves the right to request the submission of a physician's written authorization of an athlete to compete who is deemed medically or emotionally at risk by the competition organizer.

Interruption of Performance

1. In the event the performance of the competing team is interrupted because of the NCC (i.e. event equipment, facilities, etc.) the team shall be given the option to either resume their performance from the place where the interruption occurred or repeat their entire performance.
2. In the event the performance of any team is interrupted because of failure of the team's own equipment or supplies, the team must either continue the performance or withdraw from the competition. Same holds true if an interruption is caused by any competitor or their coaches.

Note: If any competitor and/or their coach are found guilty of deliberately undermining another team's routine, they will be disqualified from the competition and the NCC has the right to suspend the team for two (2) years.

3. In the event of a minor injury (defined as the athlete is still able to support himself) the team must continue. In the event of major injury (i.e. immobility, unconsciousness, excessive bleeding) the NCC reserves the right to stop the performance to provide proper medical attention.

If the major injury was obtained less than one (1) minute into the routine, the team will have the option to repeat their entire performance and will be given the last slot in the competition to do so.

⁵ Qualifiers: sound check; Finals: run-through. This can change depending on the number of competing teams.

If the major injury was obtained more than one (1) minute into the routine, then the team will be judged according to where the performance ended.

4. In the event injury happens on the day of the competition, prior to the competition performance, the team is given the option to continue or withdraw.

Props and Equipment

1. Wearable articles that may impede vision, movement, or may be deemed potentially injurious to the wearer or teammate are not permitted.
2. Any height increasing apparatus used to propel a competitor is prohibited.
3. Flags, banners, signs, pompons, and cheerleading megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt. All props must be safely discarded out of harms way (i.e. throwing a hand sign or banner across or behind the mat from a stunt would be illegal).
4. Mascots are permitted to use any prop except fire, liquids, confetti, glitter and live animals.

Technical Rules

Scoring Information

1. A minimum of five (5) judges will score each routine.
2. Judges may score on a half point system (i.e. 40.5 points).
3. The total number of possible points for each routine is a maximum of **500 points** (assuming there are 5 judges).
4. The final score will be the result of the sum of the judges' scores minus the lowest and the highest score.
5. A penalty judge will be assigned specifically to spot for legalities especially when it comes to safety infractions. The judge will assess a **ten (10) point deduction** per occurrence for inappropriate choreography, music, language, uniforms/costuming (as set by the school). A routine including choreography, music selection and outfitting should be suitable for family viewing and listening.
6. A tabulator will compute final scores based on judges' scoring, including technical deductions and penalties based on the NCC Rules.
7. Tie Breakers are left up to the discretion of the judging panel.
8. The Head Judge reserves the right to decide on any and all contentious scoring and interpretation of the rules and regulations of the NCC.

Note: All judging and rule interpretation decisions are final

CRITERIA FOR JUDGING	
<i>CATEGORY</i>	<i>POINTS</i>
I. CHEER	
▪ Use of Signs, Poms or Megaphones and use of Stunts/ Pyramids	
▪ Word clarity and volume, Motion	

Synchronization and Placement	10
II. PARTNER STUNTS	
<ul style="list-style-type: none"> ▪ Execution ▪ Variety ▪ Difficulty ▪ Synchronization ▪ Number of Bases / Groups 	25
III. PYRAMIDS	
<ul style="list-style-type: none"> ▪ Timing ▪ Difficulty ▪ Execution ▪ Creativity ▪ Transitions 	25
IV. BASKET TOSSES	
<ul style="list-style-type: none"> ▪ Skill Execution and Toss Height ▪ Variety and Synchronization when applicable ▪ Difficulty 	15
V. TUMBLING	
<ul style="list-style-type: none"> ▪ Difficulty, Proper Technique, and Synchronization when applicable ▪ Group Tumbling 	10
VI. FLOW OF ROUTINE / TRANSITIONS	
<ul style="list-style-type: none"> ▪ Contiguity, Pace and Overall Timing of skills, transitions and movement 	5
VII. OVERALL PRESENTATION, CROWD APPEAL	
<ul style="list-style-type: none"> ▪ Overall Presentation, Showmanship, Crowd Effect 	10

Penalties

<p>Penalties</p> <p>10 Points for <u>EACH</u> occurrence:</p> <ul style="list-style-type: none"> * Not meeting the NCC's Performance Requirements * Violating the NCC's Rules * Requesting spotters to leave the competition floor during a performance (Mount only) * Inappropriate movements, music, language (including music), uniform/wardrobe * Wardrobe malfunction leading to exposed body parts * A competitor steps or falls completely off the Competition Floor * Safety Rule violations

* Routine Timing violations

50 Points

* Performing an illegal skill in a division with Level Guidelines

CLARIFICATION: If an injured competitor walks off the floor, no penalty will be assessed. A competitor that walks off should not return to the competition floor.

Protests on Eligibility

1. All official protests on **eligibility** must be submitted one (1) week before the Qualifiers (or the Finals in the event there will be no Qualifiers). Any protests on eligibility submitted after the given deadline shall not be entertained.
 - a. All protests must be accompanied by supporting documents.
 - b. Protests may be appealed once, after which the decision of the NCC board is final
2. Questions on Eligibility
Any team found to have violated eligibility requirements, found at any time, will be assessed a two (2) year suspension from NCC competitions and other related activities and their participation in the current year will be null and void.

Finality of Decisions

By participating in this championship, each team agrees that all decisions by the judges **ARE DEEMED FINAL**. Reviews and corrections shall also be at the sole discretion of the judging committee. Clarificatory questions and issues shall be addressed at the discretion of the same. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

Video Taping of the Event

Videotaping of the NATIONAL CHEERLEADING CHAMPIONSHIP Senior (High School) and Collegiate Cheer Program for commercial purposes is NOT permitted. The NCC holds the sole copyright to any reproduction.

Open Median Division

Bases/Bracers

1. A base shall not assume a backbend, headstand, or handstand position.
2. A bracer shall not provide primary support for a flyer.
3. In mounts, one of the persons bracing shall be at shoulder height or below with both feet on the floor.

Spotting

1. The spotter must stand directly beside or behind the stunt and continue to spot through the cradle. The spotter may not be involved in any other choreography during the stunt.
2. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
3. A spotter is required for ALL extended stunts.
4. A spotter's arms and hands must be in one of the following positions:
 - a. Hands grasping the wrist(s)/forearm(s) of the base(s)
 - b. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer
5. A person is not considered a spotter if hand position includes:
 - a. Grabbing **ONLY** the sole of the foot of the flyer.
 - b. Grabbing the hand(s) of the base(s) beneath the flyer's foot.
6. The spotter may not be involved in any other choreography during the stunt.
7. A spotter's torso cannot be under a stunt.
8. A separate spotter is required for each flyer in an extended single-based double cupie.
9. An inattentive person is not considered a spotter.

STUNTS

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

1. Single leg extended stunts are allowed.
2. During stunts and transitions, at least **one (1)** base must remain in contact with the top person. Exception: See "Stunt Release Moves".
3. Multi-based stunts at prep level or above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area when cradling.
4. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the flyer does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below when level rules allow.
5. Extended one-legged stunts may not connect to any other extended top person.
6. In mounts, one of the persons bracing shall be at shoulder height or below. **Exception:** The following extended stunts may brace any of the others listed:
 - a. Chair
 - b. Double/triple-base deadman lift

- c. Double/triple-base straddle lift
 - d. Extended stunts (except a totem pole) provided the top people have both feet in both hands of their base(s).
 - e. Double cupies
7. No stunt, pyramid, or individual may move through, over, or under another separate stunt or pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless of whether the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
Exception: An individual may jump over another individual.
8. Twisting stunts and transitions are allowed up to **one (1)** twisting rotation 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, is not allowed if the resulting cumulative rotation of the top person exceeds a 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.
9. Full twisting transitions must land at and originate from prep level or below only.
Example: No full ups (one (1) or more) to an extended position.
10. Twisting transitions to and from an extended position may not exceed a **half (1/2)** twisting rotation.
Clarification: A twist performed with an additional turn by the bases performed in the same level set, would be not allowed be allowed if the resulting cumulative rotation of the top person exceeds half 1/2 rotation.
11. During stunts and transitions, at least 1 base must remain in contact with the top person.
Exception: See "Median Division Release Moves".
12. Free flipping stunts and transitions are not allowed.
13. Tension drops/tension rolls from any elevated stunt are prohibited.
14. Single-based split catches or straddle catches are prohibited.

Stunt Release Moves

1. Release moves are allowed but must not exceed 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.
2. Release moves may not land in an inverted position. Releasing from an inverted to non-inverted position is NOT allowed.
3. Release moves must start at waist level or below and must be caught at prep level or below.
4. Release skills that land in a non-upright position must have three (3) catchers for a multi-based stunt and two (2) catchers for a single based stunt.
5. Release moves are restricted to one (1) skill/trick and zero (0) twists. Only skills performed during the release attribute to the one (1) skill/trick and zero (0) twists limitation. Therefore, placement to an immediate body position would not be considered a skill.
Exception: Log/barrel rolls may twist up to one (1) rotation and must land in a cradle or a flat and horizontal body position. (i.e., Flat back or prone position)

Clarification: Single based log rolls must have 2 catchers. Multi-based log rolls must have 3 catchers.

6. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.

Clarification: An individual may not land on the performing surface without assistance.

Exception 1: See Median Division Dismount "C".

Exception 2: Dismounting single based stunts with multiple top persons.

7. Helicopters are not allowed.
8. Release moves may not internationally travel.
9. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

Stunt Inversions

1. No inverted stunts above shoulder level are allowed. 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 to the performance surface are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a separate hand of the base(s).
2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.
Exception (a): A multi-based suspended forward roll may twist up to 1 full twisting rotation (See #1 Exception above). A Forward Suspended Roll exceeding a ½ twist must land in a cradle.
Exception (b): In a multi-based suspending backward roll, the top person may not twist.
3. Downward inversions are allowed at **waist level** and must be assisted by at least two (2) bases/catchers positioned at the waist to shoulder level to protect the head and shoulder area. The top person must maintain contact with the original base.
Clarification 1: The stunt may not pass through prep level and then become inverted below prep level or below. (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 of the top person.
Clarification 3: Two-leg Pancake stunts are not allowed in the Median Division.
4. Downward inversions may not come into contact with each other.
5. 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.

PYRAMIDS

1. Pyramids are allowed up to **two (2) levels high**.
2. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules.
3. Top persons must receive primary support from a base.
Exception: See Median Division "Pyramids Release Moves".
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 (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.

5. Extended single leg stunts may NOT brace or be braced by any other extended stunts.
6. Twisting stunts and transitions to extended skills are allowed up to **one (1)** twist if connected to at least **one (1)** bracer at prep level or below or at least **one (1)** base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiating the skill and must remain in contact throughout the skill. A hand/arm connection does not include the shoulder.

Pyramid Release Moves

1. Any skill allowed as a Median Division Release Move is also allowed if it remains connected to a base and **two (2)** bracers.
2. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performance surface and must follow the Median Division dismount rules.
3. During a pyramid transition, a top person may pass above two (2) persons high while in direct physical contact with at least one (1) person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.
Clarification 1: Twisting stunts and transitions are allowed up to (one) 1 twist, if connected to at least two (2) bracers at prep level or below with an arm/arm connection. The connections must be made prior to the initiation of the skill and must remain in contact throughout the skill.
Clarification 2: Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with one (1) other top person provided the release move meets the Median Division "Stunt Release Moves" or "Dismounts" criteria.
4. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One of these top person contacts must be in a hand/arm-to-hand/arm connection; the other may be either in a hand/arm-to-hand/arm connections or in a hand/arm-to-foot/lower leg (below the knee) connection.
Clarification 1: Pyramid Release Moves must be braced on 2 different sides (e.g., right side/left side or left side/back side, etc.) by 2 separate bracers. (Example: 2 bracers on the same arm are not allowed.) A top person must be braced on 2 of the 4 sides (front, back, right, or left) of her/his body.
Clarification 2: Contact must be made with a base on the performance surface BEFORE the contact with the bracer(s) is lost.
5. Primary weight may NOT be borne at the 2nd level.
Clarification: The transition must be continuous.
6. These release transitions may NOT involve changes bases.
7. These transitions must be caught by at least **two (2)** catchers (minimum of one (1) catcher and one (1) spotter) under the following conditions:
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
8. Release moves may NOT be braced / connected to the top person(s) above prep level.

Pyramid Inversions

1. Must follow Median Division "Stunt Inversions" rules.
2. A top person may pass through an inverted position during a pyramid position IF the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and also 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(s) that remains in contact with the top person may extend their arms during the transition if the skill(s) starts and ends in a position at prep level or below.
Example 1: A flat back split that rolls to a load in position is allowed even if the base(s) extends their arms during the inversion skill.
Example 2: A flat back that rolls into an extended position is not allowed because the skill did not first land in a position below the extended level.

Pyramid Release Moves with Braced Inversions

1. Pyramid transitions may NOT involve inversions while released from the bases.

DISMOUNTS

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

1. When cradling, the flyer must always land in a face-up position.
2. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
3. Bases/catchers must not move during dismounts except for safety purposes.
4. When cradling from extended multi-base stunts at least two catchers are required.
5. Cradles from single based stunts must have a separate spotter with at least (one) 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
6. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the **waist** to shoulder region to protect the head and shoulder area through the cradle.
7. 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 a spotter(s). Free flipping skills to the performance floor are prohibited.
Exception 2: 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.
8. Only straight pop downs, basic straight cradles, and **quarter** (¼) turns are allowed from any single (1 leg) stunt.
9. Up to a **one and a quarter** (1¼) twisting rotations are allowed from all 2 - leg stunts.
Clarification: Twisting from a platform is not allowed. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Median Division “Stunts” regarding Twisting Stunts and Transitions specifically.
10. 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.
Exception: If the “prop” is a mobile device of an Adaptive Abilities athlete, then it is allowed.
11. Up to **one (1)** trick is allowed during a dismount from any 2-leg stunt.
12. Any dismount from prep level and above involving a skill/trick (i.e., twist, toe touch) must be caught in a cradle.
13. No free flipping dismounts allowed.
14. Dismounts may not intentionally travel.
15. Top persons in dismounts may not come in contact with each other while released from the bases.
16. Tension drops/rolls of any kind are not allowed.
17. When cradling single based stunts with multiple top persons, **two (2)** catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
18. Dismounts from an inverted position are not allowed.

TOSSES

1. Tosses are allowed up to a total of **four (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 **three (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.
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 **one (1)** trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.
Example 1: Legal: toe-touch, ball out, pretty girl
Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch
Clarification: The 'arch' does not count as a trick.
Exception: A Ball X toss is allowed at this level as an "EXCEPTION".
7. During a twisting toss, no skill other than the twist is allowed.
Example: No kick fulls, No ½ twist toe touches.
8. Top persons in separate tosses may not come in contact with each other.
9. Only a single top person is allowed during a toss.

TUMBLING

1. All tumbling must originate from and land on the performing 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 for the Elite/L5 Divisions. 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 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: 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: If an athlete performs a round off - toe touch - back handspring- back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median Division Standing Tumbling regulations.
6. **STANDING TUMBLING**
 - a. Flips are not allowed.
Clarification: Jumps connected to ¾ front flips are also not allowed.
 - b. Series front and back handsprings are allowed.

- c. No twisting while airborne.
Exception: Round offs are allowed.

7. RUNNING TUMBLING

- a. Flips must follow the enclosed conditions:
 - i. Back flips may ONLY be performed in tuck position and 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.
 - ii. 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 allowed.
 - iii. Cartwheel tucked flips and/or cartwheel to back handsprings(s) to tucks are not allowed.
 - iv. Aerial cartwheels, running front tucks, and ¾ front flips are allowed.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.
- b. No tumbling is allowed after a flip or an aerial cartwheel.
Clarification: If any tumbling follows a flip or an aerial cartwheel, at least 1 step into the next tumbling skills must be included to separate the 2 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(s) finishes the skill with both feet together, then 1 step is all that is needed to create a new tumbling pass.
- c. No twisting is allowed while airborne.
Exception 1: Round offs are allowed.
Exception 2: Aerial cartwheels are allowed.

DROPS

1. Drops including but not limited to knee, seat, thigh, front, back, and split drops from an airborne position are illegal unless majority of the weight is first borne on the hands/feet or is controlled to absorb the impact of the drop.
2. Tension drops/rolls are illegal.
3. A handspring/flip over to any drop is illegal.

2025 Level Rules

OPEN MEDIAN CHEER DIVISION	
Standing Tumbling	<ul style="list-style-type: none"> • No flipping skills allowed.
Running Tumbling	<ul style="list-style-type: none"> • Back flips may ONLY be performed in tuck position and only from a round off or round off back handspring(s). • Examples of 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.
Stunts	<ul style="list-style-type: none"> • Twisting stunts and transitions are allowed up to one (1) twisting rotation by the top person in relation to the performance surface. The connection to the bracer must be hand/arm to hand/arm and must remain in contact throughout the skill. • Full twisting transitions must land at and originate from prep level or below. • Twisting transitions to and from an extended position may not exceed a half ½ twisting rotation. • Free flipping stunts and transitions are not allowed.

<p>Dismounts</p>	<ul style="list-style-type: none"> • Single based stunts must have a spotter. • Crades from multi-based stunts must have 2 catchers and a spotter. • Only straight pop down, basic straight cradles, and ¼ turns are allowed from any single leg stunt. • Up to a 1¼ twisting rotations are allowed from all 2-leg stunts. • Up to one (1) trick is allowed during a dismount from any 2-leg stunt. • Dismounts from an inverted position are NOT allowed.
<p>Release Moves</p>	<ul style="list-style-type: none"> • Release moves may not land in an inverted position. • Release moves must start at waist level or below and must be caught at prep level or below. • Release moves are restricted to one (1) skill/trick and zero (0) twists. • Release moves may NOT be braced/connected to the top person(s) above prep level. • Release moves may NOT involve changing bases.
<p>Inversions</p>	<ul style="list-style-type: none"> • No inverted stunts above shoulder level are allowed. • Inversions are limited to a half (1/2) twisting rotation to extended level and one (1) twisting rotation to prep level and below. • Downward inversions are allowed at waist level only and MUST be assisted by at least two (2) bases / catchers. • Pyramid transitions may NOT involve inversions while released from the bases.
<p>Pyramids</p>	<ul style="list-style-type: none"> • Pyramids are limited to two (2) levels high. • The top person must remain in contact with at least two (2) different persons at prep level or below. One of these must be a hand/arm-to-hand/arm connection. • Pyramid transitions may NOT involve inversions while released from the bases. • Transitions must be caught by at least two (2) catchers (minimum of 1 catcher and 1 spotter) under the following conditions: <ol style="list-style-type: none"> a. Both catchers must be stationary. b. Both catchers must maintain visual contact with the top person throughout the entire transition.
<p>Tosses</p>	<ul style="list-style-type: none"> • Flipping, inverted or traveling tosses are not allowed. • Up to one (1) trick allowed during a toss. Twisting tosses may NOT exceed one (1) twisting rotation. EXCEPTION: A Ball X toss is allowed at this level.

Open Advanced Division

Bases/Bracers

1. A base shall not assume a backbend, headstand, or handstand position.
2. A bracer shall not provide primary support for a flyer.
3. In mounts, one of the persons bracing shall be at shoulder height or below with both feet on the floor.

Spotting

1. The spotter must stand directly beside or behind the stunt and continue to spot through the cradle. The spotter may not be involved in any other choreography during the stunt.
2. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
3. A spotter is required for all extended stunts.
4. A spotter's arms and hands must be in one of the following positions:
 - c. Hands grasping the wrist(s)/forearm(s) of the base(s)
 - d. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer
5. A person is not considered a spotter if hand position includes:
 - c. Grabbing **ONLY** the sole of the foot of the flyer.
 - d. Grabbing the hand(s) of the base(s) beneath the flyer's foot.
6. The spotter may not be involved in any other choreography during the stunt.
7. A spotter's torso cannot be under a stunt.
8. A separate spotter is required for each flyer in an extended single-based double cupie.
9. An inattentive person is not considered a spotter.

STUNTS⁶

1. Single leg (1 leg) extended stunts are allowed.
2. Dismounts to the performing surface from stunts and pyramids must be assisted.
3. Tension drops/rolls from any stunt are prohibited.
4. Suspended splits are legal provided there at least two bases.
5. Tick Tocks are legal with proper spotting.
6. Twisting stunts and transitions to prep level are allowed up to 1 ½ twisting rotations 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, is not allowed if the resulting cumulative rotation of the top person exceeds 1 ½ 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

⁶ Stunt – any skill in which a top person is supported above the performance surface by one or more bases.

Pyramid – A stunt or a group of stunts involving one or more flyers/top persons supported by one or more bases that are linked together. Also includes stunts whereby a top person is being lifted by another person who is not in direct weight bearing contact with the performance surface. (i.e. 1-1-1, 2-1-1, 1-1-2 pyramids and the like)

7. Twisting stunts and transitions to an extended position are allowed under the following conditions:
 - a. Extended skills up to a $\frac{1}{2}$ twist are allowed.
Example: A $\frac{1}{2}$ up to extended single leg stunt is allowed.
Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a 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.
 - b. Extended skills exceeding a $\frac{1}{2}$ twist but not exceeding 1 twist must land in a 2-leg stunt, platform position or a liberty (body position variations are not allowed).
Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.
Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.
Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a 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.
8. During transitions, at least 1 base must remain in contact with the top person.
Exception: See “Advanced Division Release Moves”.
9. Free flipping mounts and transitions are not allowed.
10. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This rule pertains to an athlete’s torso (midsection of an athlete’s body) not moving over or under the torso of another athlete; this does not pertain to an athlete’s arms or legs.
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
11. Single based split catches are not allowed.
12. Single based stunts with multiple top persons require a separate spotter for each top person.
13. Extended single leg top persons may not connect to any other extended single leg top person.

Stunt Release Moves

1. Release moves are allowed but must not exceed 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.
2. 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 from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. 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.
4. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception 1: Dismounts must return to the original base(s). See Advanced Division Dismount “3”.

Exception 2: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from **waist level or below** and may **NOT** involve twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180-degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
8. Release moves may NOT intentionally travel.
9. Release moves may NOT pass over, under or through other stunts, pyramids, or individuals.
10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

Stunt Inversions

1. Extended inverted stunts are allowed.
2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (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 of the top person.
Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.
Exception: Two-leg “Pancake” stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.
involve twisting or flipping.
3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions.
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may NOT come into contact with each other.
5. 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.

PYRAMIDS

1. Pyramids are allowed up to **2 levels high**.
Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
2. Top persons must receive primary support from a base.
Exception: See “Advanced Release Moves”
3. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
4. No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso (midsection of an athlete’s body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

- Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).

Example: An extended Pancake would be required to remain connected to 2 bracers.

Pyramid Release Moves

- 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(s) throughout the entire transition.

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Exception: While a tick-tock from prep level or higher to an extended position (e.g., low to high and high to high) is **NOT allowed** for Advanced Division “Stunts”, the same skill **IS allowed** in Advanced Division “Pyramid Release Moves” if the skill is braced by at least one (1) person at prep level or below. The top person performing the tick-tock must be braced the entire time during the release from the bases.

Clarification 2: Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced Division “Stunt Release Moves” or “Dismounts” criteria.

Clarification 3: Twisting stunts and transitions are allowed up to 1½ twists if connected to at least 1 bracer at prep level or below.

- In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
- Primary weight may not be borne at the 2nd level.
Clarification: The transition must be continuous.
- Non-inverted transitional pyramids may involve changing bases under the following conditions:
 - 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.
 - 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).
- Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and **one (1)** spotter) under the following conditions:
 - Both catchers must be stationary.
 - Both catchers must maintain visual contact with the top person throughout the entire transition.

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

Pyramid Inversions

- Must follow Advanced Division Stunt Inversions Rules

Pyramid Release Moves w/ Braced Inversions

- 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 with the same bracer throughout entire transition.

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Clarification 2: Braced flips must be braced on 2 separate sides (i.e., right side - left side, left side- back side, etc.) by 2 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, or left) of their body.

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 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) 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.
 - a. All required catchers/spotters must be stationary.
 - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The required 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.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

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 (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 two (2) catchers and a spotter **with at least one (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 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.
4. Up to a **2 ¼ twisting** rotations are allowed from all 2- leg stunts.
Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.
5. Up to a **1¼ twisting rotations** are allowed from all single leg (1 leg) stunts.
Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.
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 prop.

7. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
8. No free flipping dismounts allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.
12. 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.
13. Dismounts from an inverted position may NOT twist.

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 from ground level bases and land in a cradle position by three (3) catchers. Top person must be caught in a cradle position by at least 3 bases one (1) of which is positioned at the head and shoulder area of the top person. The third catcher must always be in position to spot the head and neck area of the flyer.
Example: No intentional traveling tosses.
3. **Exception:** A **half (½) turn** is allowed by bases as in a kick full basket.
4. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
5. Flipping, inverted, or traveling tosses are not allowed.
6. 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.
7. Up to **two (2) tricks** are allowed during a toss.
Example: Kick full, full up toe touch.
8. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.
9. Tosses may NOT exceed **2 ¼ twisting** rotations.
10. 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.
11. Only a single top person is allowed during a toss.

TUMBLING

1. All tumbling must originate from and land on the performing 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.

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.

4. Dive rolls are allowed:

Exception 1: Dive rolls performed in a swan/arched position are not allowed.

Exception 2: 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: If an athlete in Advanced performs a roundoff - toe touch - back handspring - whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced Standing Tumbling regulations.

6. **STANDING TUMBLING**

a. Standing flips and flips from a back handspring entry are allowed.

b. Skills are allowed up to **one (1)** flipping and **zero (0)** twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

c. Consecutive flip-flip combinations are not allowed.

Example: Back tuck – back tuck, back tuck – punch front is not allowed.

d. Jump skills are not allowed in immediate combination with a standing flip.

Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.

Clarification 1: Jumps connected to ¾ front flips are not allowed.

Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

7. **RUNNING TUMBLING:**

Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

DROPS

1. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, airborne 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.

2. Tension drops/rolls are illegal.

3. A handspring/flip over to any drop is illegal.

2025 Level Rules

OPEN ADVANCED CHEER DIVISION	
Standing Tumbling	<ul style="list-style-type: none"> • Standing flips and flips from a back handspring are allowed. • Skills are limited to one (1) flipping and zero (0) twisting rotations. • Exception: Aerial cartwheels and Onodis are allowed. • Consecutive flip / flip combinations are NOT allowed. • Jump skills are NOT allowed in immediate combination with a standing flip.
Running Tumbling	<ul style="list-style-type: none"> • Skills are limited to one (1) flipping and zero (0) twisting rotations. • Exception: Aerial cartwheels and Onodis are allowed.
Stunts	<ul style="list-style-type: none"> • Single leg extended stunts are allowed. • Twisting stunts and transitions to prep level are allowed up to 1½ twisting rotations by the top person in relation to the performing surface.

	<ul style="list-style-type: none"> • Twisting stunts and transitions to an extended position are allowed: <ol style="list-style-type: none"> a. Only up to a ½ twist are allowed. b. Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a 2-leg stunt, platform position or a liberty (body position variations are NOT allowed). • During transitions, at least one (1) base must remain in contact with the top person. • Free flipping skills and transitions are NOT allowed.
<p>Dismounts</p>	<ul style="list-style-type: none"> • Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder • Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle. • 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 the waist level or below are the only dismounts allowed to the performing surface without assistance. <i>Clarification: An individual may not land on the performing surface from above waist level without assistance.</i> • Up to a 2¼ twisting rotations are allowed from all 2- leg stunts. <i>Clarification: Twisting from a platform position may not exceed 1¼ rotations. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division Stunts regarding Twisting Stunts and Transitions specifically.</i> • Up to a 1¼ twisting rotations are allowed from all single leg (1 leg) stunts. <i>Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.</i> • Dismounts from an inverted position may NOT twist.
<p>Release Moves</p>	<ul style="list-style-type: none"> • Release moves are allowed but must not exceed extended arm level. • Release moves may not land in an inverted position. • 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 that land in an extended position must originate from waist level or below and may NOT involve twisting or flipping. • Non-inverted transitional pyramids may involve changing bases only under specific conditions. • Braced inversions (including braced flips) are allowed up to 1¼ flipping rotations and 0 twisting rotations. • All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers. • Braced inversions (including braced flips) may not travel downward while inverted.
<p>Inversions</p>	<ul style="list-style-type: none"> • Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area prep level must be assisted by at least two (2) catchers. Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed. person must maintain contact with a base. • Downward inversions must remain in contact with an original

	base
Pyramids	<ul style="list-style-type: none"> Pyramids are limited to two (2) levels high. Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts. Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).
Tosses	<ul style="list-style-type: none"> Flipping, inverted, or traveling tosses are not allowed. Up to two (2) tricks are allowed during a toss. Example: Kick full, full up toe touch. During a toss that exceeds 1½ twisting rotations, no skill other than the twist is allowed. Example: No kick double tosses. Tosses may NOT exceed 2¼ twisting rotations.

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The NCC herein acknowledges any and all references made to the IASF, USASF, ICU and COA rules and regulations and to the Cheer Glossary of Terms of the USASF, COA and NLCC and herein respects any and all copyrights and intellectual property rights of said organizations.