



2024-2025  
**GROUP STUNT  
DIVISION**  
COMPETITION RULES  
AND REGULATIONS  
*12<sup>th</sup> 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 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 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 advisor<sup>1</sup>/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 competition will be allowed inside the competition area

The Final Roster consists of the following:

- a. Complete list of performers consisting of the following:
    - i. **COED Category** - one (1) flyer, three (3) bases and one (1) spotter.
    - ii. **ALL GIRL Category** - one (1) flyer, four (4) bases and one (1) spotter.
  - b. Complete list of reserves. **Only two (2) reserves are allowed. The list of reserves may NOT be changed once the team has registered.**
  - c. The coach and 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.

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

- 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.
8. Run through<sup>2</sup>
- 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.<sup>3</sup>
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.<sup>4</sup>

### 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. **Senior All Girl Group Stunts ADVANCED Division**
  - b. **Open All Girl Group Stunts PREMIER Division**
  - c. **Senior Coed Group Stunts ADVANCED Division**
  - d. **College Coed Group Stunts ELITE Division**
  - e. **Open Coed Group Stunts PREMIER Division**
  
2. All high school and collegiate participants must be official students of the school they are representing and must meet all of their eligibility requirements.
  - a. **Senior (High School) Division**
    - i. Officially enrolled in **Grade Levels 7 through 12** at the time of the competition.
    - ii. Should be in good academic and disciplinary standing.
    - iii. **All Girl Category**  
Teams joining should comprise of ALL GIRLS ONLY.
    - iv. Teams are NOT allowed to use spotters and lifters from other schools.
  
  - b. **College Division**
    - i. Officially enrolled at the time of the competition in a non-audit<sup>5</sup> course towards an Undergraduate or Master's degree.
    - ii. **RESIDENCY RULE WAIVED FOR THIS SEASON**
    - iii. Master's degree students are allowed to compete and represent the school they are currently enrolled in upon submission of necessary documents and a supporting letter from the dean.
    - iv. Cross enrollees are only allowed to represent the school they are cross enrolling from. Pertinent documents should be submitted.
    - v. Participants are eligible, if upon submission of documents, are still officially enrolled at the school they are competing for.
    - vi. Should be in good academic and disciplinary standing.
    - vii. Participants who are on Leave of Absence (LOA) status in the school they are representing are not eligible to compete in the NCC.
    - viii. **There is no maximum age limit for participants.**
    - ix. **All Girl Category**  
Teams joining should comprise of ALL GIRLS ONLY.
    - x. Teams are NOT allowed to use spotters and lifters from other schools.
  
3. **The Open Group Stunt Division** is open to participants who meet the following requirements:
  - a. **Advanced Division** athletes should be at least **sixteen (16)** years of age.
  - b. **Elite and Premiere Divisions** athletes should be at least **eighteen (18)** years of age.

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<sup>2</sup> Only for Finals

<sup>3</sup> Time allotment might vary depending on the number of participating teams.

<sup>4</sup> Late = not ready

<sup>5</sup> A 4-year Bachelor's Degree Course

**c. All Girl Category**

Teams joining should comprise of ALL GIRLS ONLY.

**d. Coed Category**

Flyer should be female.

*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.

4. 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](mailto:phil.ncc@gmail.com)
    - i. NCC Registration Form and Roster List inclusive of the following:
      1. Name of all Participants, Reserves and Team Officials.
      2. Once submitted, names CANNOT be changed.
    - ii. NCC Medical Waiver and Release Form (SCANNED COPY)
      1. If participant is a minor, Guardian/Parent's signature is required.
    - iii. For School Based Teams (Senior / College): Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
    - iv. For Open Division: Valid Government ID with Birth Date (SCANNED COPY)
    - v. Payment Deposit Slip (SCANNED COPY)
    - vi. School and/or Squad Logo preferably in high resolution in JPEG format
    - vii. Squad's History and Achievements
  - 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
    - iii. Official Registrar's List with registrar's signature with school dry seal
5. Participants are allowed to represent more than one stunt group provided they submit separate requirements and pay a separate registration fee for each team they join.

*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. 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.
7. 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.

## **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. Teams (bases, flyer and spotter) should have matching uniforms with their team name more prominent than any brand or sponsor name.  
  
NOTE: The NCC is not liable for the use of any proprietary name (i.e. school or brand) as part of the team name / uniform.
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 **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 routine performance may not exceed **ONE MINUTE** in length. A penalty of **five (5) points** will be given for every excess of **five (5) seconds** and a fraction thereof.
2. A one-minute pre-set will be given to each team.
3. 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 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.
4. 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.
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 a dancer'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 a dancer 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.

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. Props are prohibited.
4. Mascots are permitted to use any prop except fire, liquids, confetti, glitter and live animals.

## Technical Rules

### Scoring Information

1. A minimum of three (3) judges will score each routine.
2. Judges may give a zero (0) in a category if an element is not performed.
3. Judges may score on a whole number system only (i.e. 8.5 NOT allowed).
4. The total number of possible points for each routine is a maximum of **100 points** for EACH judge (i.e. if there are 3 judges, total will be 300 points).
5. A technical judge will be assigned specifically to spot for performance errors.
  - a. **A One (1) point Technical Deduction** will be deducted from your total score each time a competitor has a **Bobble/Minor Mistake** on jumps, standing tumbling, running tumbling and stunts.
  - b. **A Three (3) point Technical Deduction** will be deducted from your total score each time a competitor has an **Obvious/Major Mistake** on jumps, standing tumbling, running tumbling, and stunts including wardrobe and accessory malfunctions **where safety is a concern.**
6. A penalty 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.
7. A tabulator will compute final scores based on judges' scoring, including penalties based on the NCC Rules.
8. Tie Breakers are left up to the discretion of the judging panel.
9. 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

<b>CRITERIA FOR JUDGING</b>	
<i>CATEGORY</i>	<i>POINTS</i>
<b>I. Stunts</b>	<b>70</b>
▪ Stunt Execution	
• Flyer	20



Technique, Form and Flexibility	
• Bases	20
Technique, Skill Completion, Stability	
▪ Stunt Difficulty	
• Flyer	15
Skill, Type/Qty of Body Positions	
Transitions, Variety	
• Bases	15
Skill, Transitions, Variety	
	<b>70</b>
<b>II. Overall Performance</b>	
▪ Transitions	10
Quantity, Pace, Routine Flow, Creativity	
▪ Overall Effect	10
Choreography, Visual Appeal	
▪ Showmanship	10
Presentation, Level of Excitement	
	<b>30</b>

### Penalties and Technical Deductions

<b>Penalties</b>
<b>10 Points</b> for <b><u>EACH</u></b> occurrence:
* Not meeting the NCC's Performance Requirements
* Violating the NCC's Rules
* Requesting spotter 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
<b>50 Points</b>
* 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.

<b>Technical Deductions</b>
• Jumps/ Leaps/ Turns
Falling -- any body part, other than feet, hitting the ground
Incomplete/Popped skill
Unattempted skill
• Stunts / Tosses
Not catching a toss
Falling: any athlete, including bases, that hit the floor with one or more body parts (unplanned)
Incomplete/Popped skill or dismount
Unattempted skill
• Malfunctions
Dropped Poms/Props
Obvious/ Major Mistakes – 3 Points
Bobble/ Minor Mistakes – 1 Points

## **Protests on Eligibility**

1. All official protests on **eligibility** must be submitted one (1) week before the 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**

Video taping of the NATIONAL CHEERLEADING CHAMPIONSHIP Cheer Program for commercial purposes is NOT permitted. The NCC holds the sole copyright to any reproduction.

## Group Stunt 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. **Exception:** The following extended stunts may brace any of the others listed:
  - a. Chair
  - b. Double/triple-base dead-man 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).

### Spotting

1. The spotter **MUST** stand directly beside or behind (NOT in front) the stunt and may brace 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 each top person above prep level.
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. An inattentive person is not considered a spotter.

### STUNTS

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 the following conditions are met:
  - a. There are at least two bases, **a back spot and a front spot.**
  - b. When dropping to suspended splits, four bases must slow the momentum of the flyer by supporting under her thighs and legs prior to reaching the full split position; or three bases support her under her thighs and legs and the fourth base holds her hands. The flyer must have both hands in contact with a base(s) once she reaches the full split position.
5. Tick Tocks are legal with proper spotting.
6. Tosses into a stunt are legal provided the following conditions are met:

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- a. The toss does not significantly exceed the height of the intended toss.
  - b. The flyer does not land in a loading position for another toss.
7. Once a flyer is tossed to a stunt, the flyer cannot be tossed again without first dismounting to a cradle or the performing surface.
8. Twisting stunts and transitions to prep level are allowed up to 1½ 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, is not allowed if the resulting cumulative rotation of the top person exceeds a 1½ 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. Twisting stunts and transitions to an extended position are allowed under the following conditions:
- a. Extended skills up to a ½ twist are allowed.  
Example: A ½ 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 ½ 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 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).  
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 (1 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 one (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.*
10. During transitions, at least one (1) base must remain in contact with the top person.  
**Exception:** See “Release Moves”.
11. Free flipping mounts and transitions are not allowed.
12. No stunt or individual may move over or under another separate stunt, or individual.  
*Clarification: This rule pertains to an athlete’s torso (midsection of 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.
13. Single based split catches are not allowed.
14. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.

### Transitional Stunts

1. During transitional stunts, physical contact must be maintained between the flyer and the base(s).

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2. When catching a transitional stunt that is above prep level, at least three catchers are required.
3. Two (2) catchers must catch the flyer when transitioning over to a stunt and direct physical contact must be maintained between the flyer and a person at prep level or below.
4. When a transitional stunt involves changing bases;
  - a. The new base(s) must be to the side or front of the person moving the stunt.
  - b. The base may make no more than a half turn (180 degrees) as they take the flyer to the new base(s).
5. A log roll is legal provided it does not involve more than one rotation, the flyer is not in contact with a person in another stunt, and there are four bases/catchers.

### 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 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.  
**Exception:** Front handspring up to an extended stunt may include up to a 1/2 twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. 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.
4. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.  
**Exception 1:** See Advanced Division Dismount "3".  
**Exception 2:** Dismounting single based stunts with multiple top persons.  
*Clarification: An individual may not land on the performing surface without assistance from above waist level.*
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. Helicopter tosses are legal. They are limited to a 180-degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the flyer. A helicopter toss where the flyer remains in an upright position is limited to a 360-degree rotation.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts or individuals.
10. Top persons in separate release moves may not come in contact with each other.  
**Exception:** Single based stunts with multiple top persons.

## Inversions

1. Extended inverted stunts are allowed.
2. Downward inversions are allowed at prep level and must be assisted by at least three (3) catchers, at least two (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.*
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 in 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.*

## DISMOUNTS

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

1. All dismounts to the performing surface from shoulder height or above must have assisted landings.
2. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
3. When cradling, the flyer must always land in a face-up position.
4. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
5. Bases/catchers must not move during dismounts except for safety purposes.
6. When cradling from extended multi-base stunts at least two catchers are required.  
Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performance surface.
7. 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.
8. Cradles from multi-based stunts must have (two) 2 catchers and 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.

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9. 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.*
10. Up to a 2¼ twisting rotations are allowed from all 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.*
11. 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.*
12. No stunt, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, individuals, or prop.
13. During a cradle that exceeds 1¼ twists, no skill other than the twist is allowed.
14. No free flipping dismounts allowed.
15. Dismounts may not intentionally travel.
16. Top persons in dismounts may not come in contact with each other while released from the bases.
17. Tension drops/rolls of any kind are not allowed.
18. 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.
19. Dismounts from an inverted position may not twist.
20. Bases must not move during dismounts except for safety purposes.
21. No skill shall be performed prior to landing on the performing surface or on dismount cradles.

## TOSSES

1. In all tosses including but not limited to baskets, sponges:
  - a. The flyer must be directed vertically and be caught face up in a cradle position by the original tossers.
  - b. The catchers and spotter must remain in their original positions unless making adjustments for safety purposes. No traveling tosses.
2. Tosses must be performed from ground level bases.
3. A catcher (spotter) must always be in position to spot the head and neck areas of the flyer.
4. Basket tosses must not involve more than four (4) tossers, including the person who may set or "load" the flyer. One of the tossers must be behind the flyer during the toss and may assist the flyer into the toss.

**GROUP STUNT ADVANCED DIVISION**

5. 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.  
**Exception:** A ½ turn is allowed by bases as in a kick full basket.
6. Flipping, inverted or traveling tosses are not allowed.
7. 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.
8. Up to two (2) tricks allowed during a toss.  
Example: Kick full, full up toe touch.
9. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
10. During a toss that exceeds 1½ twisting rotations, no skill other than the twist is allowed.  
Example: No kick double tosses.
11. Tosses may not exceed 2¼ twisting rotations.
12. 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.
13. Only a single top person is allowed during a basket toss.

**2025 Level Rules**

<b>OPEN GROUP STUNT ADVANCED DIVISION</b>	
<b>Stunts</b>	<ul style="list-style-type: none"> <li>• Single leg extended stunts are allowed.</li> <li>• Twisting stunts and transitions to prep level are allowed up to <b>1½ twisting</b> rotations by the top person in relation to the performance surface.</li> <li>• Twisting stunts and transitions to an extended position are allowed under the following conditions:               <ul style="list-style-type: none"> <li>○ Extended skills up to a ½ <b>twist</b> are allowed.</li> <li>○ Extended skills exceeding a ½ <b>twist but not exceeding one (1) twist</b> must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).</li> </ul> </li> <li>• Free flipping mounts and transitions are not allowed.</li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>• Up to a <b>2¼ twisting</b> rotations are allowed from all 2 leg stunts. <i>Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a -leg stunt. There are specific exceptions given for the platform body position within the Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.</i></li> <li>• Up to a <b>1¼ twisting</b> 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></li> <li>• During a cradle that <b>exceeds 1¼ twists</b>, no skill other than the twist is allowed.</li> <li>• No free flipping dismounts are allowed.</li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>• Release moves are allowed but must not exceed extended arm level.</li> <li>• Release moves may not land in an inverted position.</li> </ul>



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	<ul style="list-style-type: none"><li>• Release moves that land in an extended position must originate from waist level or below and may no involve twisting or flipping.</li><li>• Release moves initiating from an extended level may NOT twist.</li></ul>
<b>Inversions</b>	<ul style="list-style-type: none"><li>• Downward inversions are allowed at prep level and must be assisted by at least three (3) catchers, at least two (2) of which are positioned to protect the head and shoulder area. <b>Exception:</b> A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.</li><li>• Bases may not support any weight of a top person while that base is in a backbend or inverted position.</li></ul>
<b>Tosses</b>	<ul style="list-style-type: none"><li>• Up to <b>two (2) tricks</b> allowed during a toss.</li><li>• During a toss that exceeds <b>1½ twisting</b> rotations, no skill other than the twist is allowed.</li><li>• Tosses may not exceed <b>2¼ twisting</b> rotations.</li></ul>

## Group Stunt Elite Division

### Bases

1. A base shall not assume a backbend, headstand, or handstand position.

### 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. An inattentive person is not considered a spotter.
4. A spotter's torso cannot be under a stunt.
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. A spotter is required for each top person above prep level.

### STUNTS

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. Tosses into a stunt are legal provided the following conditions are met:
  - a. The toss does not significantly exceed the height of the intended toss.
  - b. The flyer does not land in a loading position for another toss.
7. Once a flyer is tossed to a stunt, the flyer cannot be tossed again without first dismounting to a cradle or the performing surface.
8. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*
9. Single based split catches are not allowed.
10. Single based stunts with multiple top persons require a separate spotter for each top person.

### Transitional Stunts

1. When catching a transitional stunt that is above prep level, at least three catchers are required.
2. Two (2) catchers must catch the flyer when transitioning over to a stunt and direct physical contact must be maintained between the flyer and a person at prep level or below.
3. A log roll is legal provided it does not involve more than two rotations and the flyer is not in contact with a person in another stunt.

### 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 may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted may NOT twist.  
**Exception:** Front handspring up to an extended stunt may include up to a ½ 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 three (3) catchers for a multi-based stunt and two (2) catchers for a single based stunt.
4. Release moves must return to original bases.  
**Exception 1:** See Elite Division Dismount "7".  
**Exception 2:** Dismounting single based stunts with multiple top persons.  
*Clarification: An individual may not land on the performing surface without assistance from above waist level.*
5. Helicopter tosses are legal. They are limited to a 180-degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the flyer. A helicopter toss where the flyer remains in an upright position is limited to a 360-degree rotation.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
8. Top persons in separate release moves may not come in contact with each other.  
**Exception:** Single based stunts with multiple top persons.

### Inversions

1. Extended inverted stunts are allowed.
2. Downward inversions are allowed from prep level and above and must be assisted by at least three (3) catchers, at least two (2) of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.  
*Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*  
*Clarification 2: Downward inversion originating from prep level or below do not require three (3) catchers. If the stunt begins at prep level or below and passes above*

*prep level it requires three (3) catchers. (The momentum of the top person coming down is the primary safety concern.)*

**Exception:** A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.

3. Downward inversions must maintain contact with an original base.  
**Exception:** The original base may lose contact with the top person when it becomes necessary to do so. Example: Cartwheel-style transition dismounts.
4. Downward inversions from above prep level:
  - a. May not stop in an inverted position. Example: A cartwheel roll off would be legal because the top person is landing on their feet.  
**Exception:** A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
  - b. May not land on or touch the ground while inverted.  
*Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.*
5. Downward inversions may not come in contact with each other.
6. 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.*

## 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 (two) 2 catchers and 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.
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. Up to a 2 ¼ twisting rotations are allowed from all stunts.
9. No stunt, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, individuals, or prop.
10. No free flipping dismounts allowed.

11. Dismounts may not intentionally travel.
12. Top persons in dismounts may not come in contact with each other while released from the bases.
13. Tension drops/rolls of any kind are not allowed.
14. 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.
15. Dismounts from an inverted position may not twist.

**TOSSES**

1. Tosses must not involve more than four (4) tossers, including the person who may set or “load” the flyer. One of the tossers must be behind the flyer during the toss and may assist the flyer 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.  
Exception: A ½ turn is allowed by bases as in a kick full basket.
3. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. No stunt or individual may move over or under a toss and a toss may not be thrown over, under or through stunts, individuals or props.
6. Up to 2½ twisting rotations allowed.
7. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.
8. Only a single top person is allowed during a basket toss.

**2025 Level Rules**

<b>OPEN GROUP STUNT ELITE DIVISION</b>	
<b>Stunts</b>	<ul style="list-style-type: none"> <li>• Twisting mounts and twisting transitions are permitted up to <b>two and a quarter (2 ¼)</b> twisting rotations by the flyer in relation to the performance surface. Constant hand-to-hand/arm or hand-to-foot/leg must be continuously maintained up until the cradle dismount.</li> <li>• Free flipping mounts and transitions are not allowed.</li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>• Up to two and one-fourth (2 ¼) rotations to a cradle are allowed from all stunts.</li> <li>• No free flipping dismounts allowed.</li> <li>• Twisting or forward flipping dismounts are allowed as long as flyer maintains continuous hand-to-hand/arm or hand-to-foot/leg contact with the 2 original bases up until the cradle/dismount.</li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>• Release moves are allowed but must NOT exceed more than 18 inches / 46 centimeters above extended arm level. If it exceeds</li> </ul>

**GROUP STUNT ELITE DIVISION**

	<p>prescribed height then it will be considered either a toss or a dismount.</p> <ul style="list-style-type: none"> <li>• Release moves may <b>NOT</b> land in an inverted position.</li> <li>• Release skills that land in a <b>non-upright position</b> must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.</li> </ul>
<b>Inversions</b>	<ul style="list-style-type: none"> <li>• Downward inversions are <b>allowed from prep level and above</b> and must be assisted by at least three (3) catchers, at least two (2) of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.</li> <li>• Suspended flips are allowed. Forward suspended splits should begin from a double based stunt at shoulder height or below with the flyer maintaining continuous hand-to-hand/arm contact with the original 2 bases.</li> <li>• Downward inversions from above prep level:             <ul style="list-style-type: none"> <li>○ May <b>NOT</b> stop in an inverted position</li> <li>○ May <b>NOT</b> land on or touch the ground while inverted.</li> </ul> </li> </ul>
<b>Tosses</b>	<ul style="list-style-type: none"> <li>• Up to <b>two and one-half (2½)</b> twisting rotations allowed.</li> <li>• Flipping, inverted or traveling tosses are not allowed.</li> <li>• Flyers are limited to two (2) body positions in the air.</li> </ul>

## Group Stunt Premier Division

### Bases

1. A base shall not assume a backbend, headstand, or handstand position.

### 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. An inattentive person is not considered a spotter.
4. A spotter's torso cannot be under a stunt.
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. A spotter is required:
  - a. 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.*
  - b. When the load/transition involves:
    - i. A release move with a twist greater than 360 degrees.
    - ii. A release move with an inverted position landing at prep level or below.
    - iii. A free flip.
7. During stunts in which the top person is in an inverted position above prep level.
8. When the top person is released from above ground level to a one-arm (1 arm) stunt.

### STUNTS

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. Tosses into a stunt are legal provided the following conditions are met:
  - a. The toss does not significantly exceed the height of the intended toss.
  - b. The flyer does not land in a loading position for another toss.
7. Once a flyer is tossed to a stunt, the flyer cannot be tossed again without first dismounting to a cradle or the performing surface.
8. 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.*

9. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to **1 flipping and 1 ¼ twisting rotations**.  
**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.*
10. Single based split catches are not allowed.
11. Single based stunts with multiple top persons require a separate spotter for each top person.

### Transitional Stunts

1. When catching a transitional stunt that is above prep level, at least three catchers are required.
2. Two (2) catchers must catch the flyer when transitioning over to a stunt and direct physical contact must be maintained between the flyer and a person at prep level or below.
3. A log roll is legal provided it does not involve more than two rotations and the flyer is not in contact with a person in another stunt.

### 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 may not land in an inverted position.
3. Release moves must return to original bases.  
**Exception 1:** Coed style bases 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 transitions is initiated.  
**Exception 2:** Toss 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 stunts with multiple top persons.  
*Clarification: An individual may not land on the performing surface without assistance from above waist level.*
4. Helicopter tosses are legal. They are limited to a 180-degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the flyer. A helicopter toss where the flyer remains in an upright position is limited to a 360-degree rotation.
5. Release moves may not intentionally travel. See exception in #3 above.
6. Release moves may not pass over, under or through other stunts or individuals.
7. Top persons in separate release moves may not come in contact with each other.  
**Exception:** Single based stunts with multiple top persons.



## Inversions

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

## 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. Single based cradles that exceed  $1\frac{1}{4}$  twisting rotations must have a spotter assisting the cradle with at least one (1) hand/arm supporting the head and shoulder of the top person.
6. Dismounts to the performing surface, must be assisted by an original base or spotter. Free flipping skills to the performance floor are prohibited.  
**Exception:** Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
7. Up to a  $2\frac{1}{4}$  twist cradle is allowed from all stunts and pyramids up to two (2) persons high and requires at least two (2) catchers. Cradles from  $2\frac{1}{2}$  high pyramids are allowed up to  $1\frac{1}{2}$  twist and require two (2) catchers, one of which must be stationary at the initiation of the cradle.  
**Exception:** 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).
8. Free released dismounts from  $2\frac{1}{2}$  high pyramids may not land in a prone or inverted position.
9. Free flipping dismounts from STUNTS to a **cradle**:
  - a. Are limited to either **one and one-fourth** ( $1\frac{1}{4}$ ) flipping and **one (1)** twisting rotations **OR three-fourths** ( $\frac{3}{4}$ ) flipping rotation and **two (2)** twists.
  - b. Require at least two (2) catchers, one of which is an original base.
  - c. May not intentionally travel.
  - d. Must originate from prep level or below. (May NOT originate from  $2\frac{1}{2}$  pyramids.)
10. Free flipping dismounts from PYRAMIDS to a **cradle**:
  - a. Are limited to **ONLY** a combination of **one (1)** flipping and **one (1)** twisting rotation **OR two (2)** twisting dismounts from 2 high pyramids.
  - b. Are allowed up to **one (1) twisting rotation** from  $2\frac{1}{2}$  high pyramids.
  - c. Require at least two (2) catchers, one of which is an original base.
  - d. May not intentionally travel.
11. Free flipping dismounts to the performing surface are only allowed in **front flipping** rotation:  
*Clarification: Back-flipping dismounts must go to cradle.*
  - a. Allowed up to one (1) front flipping and zero (0) twisting rotations.
  - b. Must return to an original base.
  - c. Must have a spotter.
  - d. May not intentionally travel.

12. Tension drops/rolls of any kind are not allowed.
13. 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 the dismount.
14. Cradles from a one (1) arm stunt that involve a twist must have a spotter assisting the cradle with at least one (1) hand-arm supporting the head and shoulder of the top person.
15. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
16. Dismounts must return to original base(s).  
**Exception:** Single based stunts with multiple top persons do not need to return to original base(s).
17. Dismounts may not intentionally travel.
18. Top persons in dismounts may not come in contact with each other while released from the bases.

## TOSSES

1. Basket tosses must not involve more than four (4) tossers, including the person who may set or “load” the flyer. One of the tossers must be behind the flyer during the toss and may assist the flyer into the toss.  
**Exception 1:** Fly away tosses that would go over the back person.  
**Exception 2:** Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
2. Tosses to any split or straddle position that are not supported by the middle base are illegal.
3. 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.
4. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
5. No intentional traveling tosses; bases must remain stationary during the toss. Tosses may not be directed so that the bases must move to catch the top person.  
**Exception:** A quarter (1/4) turn by bases to catch the cradle is permitted.
6. Flipping tosses are allowed up to 1¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.
7. No stunt or individual may move over or under a toss and a toss may not be thrown over, under or through stunts, individuals or props.
8. Non-flipping tosses may not exceed 3½ twists.
9. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to zero (0) flipping and 1 ½ twisting rotations or ¾ front flips with zero (0) twists. The bases involved in the toss must be stationary while tossing.
10. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.

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

2025 Level Rules

OPEN GROUP STUNT PREMIER DIVISION	
<b>Stunts</b>	<ul style="list-style-type: none"> <li>Twisting stunts and transitions are allowed <b>up to 2¼ twisting</b> rotations by the top person in relation to the performance surface.</li> <li>Rewinds (Free Flipping) and assisted flipping stunts and transitions are allowed.</li> <li>Rewinds must originate from ground level only and are limited to <b>one (1) flipping</b> and <b>two (2) twisting</b> rotations. <i>Exception: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use two (2) catchers</i></li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>Single based cradles that exceed 1¼ twisting rotations must have a spotter assisting the cradle with at least one (1) hand/arm supporting the head and shoulder of the top person.</li> <li>Up to a <b>2¼ twist cradle</b> is allowed from all stunts and pyramids up to two (2) persons high and requires at least two (2) catchers. Cradles from 2½ high pyramids are allowed up to 1 ½ twist and require two (2) catchers, one of which must be stationary at the initiation of the cradle. <b>Exception:</b> 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).</li> <li>Free flipping dismounts to the performing surface are only allowed in <b>FRONT flipping</b> rotation: <i>Clarification: Back-flipping dismounts must go to cradle.</i> <ol style="list-style-type: none"> <li>Allowed up to <b>one (1) front</b> flipping and <b>zero (0) twisting</b> rotations.</li> <li>Must return to an original base.</li> <li>Must have a spotter.</li> <li>May not intentionally travel.</li> <li>Must originate from prep level or below.</li> </ol> </li> <li>Flips into cradles from prep level or above require at least two (2) catchers.</li> <li><b>Free released skills in stunts to <u>cradle</u> from prep level only are limited to:</b> <ol style="list-style-type: none"> <li>Are limited to either <b>one and one-fourth (1¼) flipping</b> and <b>one (1) twisting</b> rotations OR <b>three-fourths (¾) flipping rotation</b> and <b>two (2) twists</b>.</li> <li>Require at least two (2) catchers, one of which is an original base.</li> <li>May not intentionally travel.</li> <li>Must originate from prep level or below.</li> </ol> </li> <li>Free released dismounts to the performing surface are only allowed in <b>FRONT flipping</b> rotation: <i>Clarification: Back-flipping dismounts must go to cradle.</i> <ol style="list-style-type: none"> <li>Allowed up to one (1) front flipping and zero (0) twisting rotations.</li> <li>Must return to an original base.</li> <li>Must be assisted by a separate spotter/catcher.</li> <li>May not intentionally travel.</li> <li>Must originate from prep level or below.</li> </ol> </li> <li>Flips into cradles from prep level or above require at least two (2) catchers.</li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level. If it exceeds prescribed height then it will be considered either a toss or a dismount.</li> </ul>

**GROUP STUNT PREMIER DIVISION**

	<ul style="list-style-type: none"> <li>• Release moves may not land in an inverted position. Top persons in separate release moves may not come in contact with each other. <i>Exception: Single based stunts with multiple top persons.</i></li> <li>• Top persons in separate release moves may not come in contact with each other. <i>Exception: Single based stunts with multiple top persons.</i></li> </ul>												
<b>Inversions</b>	<ul style="list-style-type: none"> <li>• Downward inversions from above prep level must be assisted by at least two (2) catchers. Top person must maintain contact with a base.</li> </ul>												
<b>Tosses</b>	<ul style="list-style-type: none"> <li>• Non-flipping tosses may not exceed <b>3½ twists</b>.</li> <li>• An individual can be thrown over a 1½ high level stunt.</li> <li>• Flipping tosses are limited to one and a quarter (1¼) flipping rotation and two (2) additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.</li> </ul> <table border="1"> <thead> <tr> <th><b>Legal (Two Skills)</b></th> <th><b>Illegal (Three Skills)</b></th> </tr> </thead> <tbody> <tr> <td>Tuck flip, X-Out, Full Twist</td> <td>Tuck flip, X-Out, Double Full Twist</td> </tr> <tr> <td>Double Full-Twisting Layout</td> <td>Kick, Double Full-Full Twisting Layout</td> </tr> <tr> <td>Kick, Full-Twisting Layout</td> <td>Kick, Full-Twisting Layout, Kick</td> </tr> <tr> <td>Pike, Open, Double Full-Twist</td> <td>Pike, Split, Double Full-Twist</td> </tr> <tr> <td>Arabian Front, Full-Twist</td> <td>Full-Twisting Layout, Split, Full-Twist</td> </tr> </tbody> </table> <p><i>NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.</i></p>	<b>Legal (Two Skills)</b>	<b>Illegal (Three Skills)</b>	Tuck flip, X-Out, Full Twist	Tuck flip, X-Out, Double Full Twist	Double Full-Twisting Layout	Kick, Double Full-Full Twisting Layout	Kick, Full-Twisting Layout	Kick, Full-Twisting Layout, Kick	Pike, Open, Double Full-Twist	Pike, Split, Double Full-Twist	Arabian Front, Full-Twist	Full-Twisting Layout, Split, Full-Twist
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