

CHEER LTD RECREATION: Intermediate DIVISION
LIMITATIONS AND GUIDELINES

All rules and guidelines not specified below are as written/allowed/limited according to the 2009-10 NFHS Rules. If you have any questions on these rules, please contact Lisa Thompson at Cheer Ltd 800.477.8868 or lisat@cheerltd.com.

STANDING TUMBLING (*a tumbling skill or series of skills performed from a standing position without any previous forward momentum.*)

- **Maximum skill(s) allowed - Series front and back handsprings**
- **Maximum combination allowed – Jump(s) in immediate combination with 1 tumbling skill.**
 - Example: Toe touch back handspring or back handspring toe touch.
 - Clarification: a toe touch immediately followed by 2 back handsprings is not allowed.

- **Non-airborne skills must involve hand support with at least one hand when passing through the inverted position.**
 - Example: cartwheels, front and back walkovers, handstands.
 - Clarification: one-handed front and back walkovers are allowed.
- **Airborne skills must involve hand support with both hands when passing through the inverted position.**
 - Example: front and back handsprings.
 - Clarification: one-handed front and back handsprings are not allowed.
- **Series front and back handsprings are allowed.**
- **Flips and aerials are not allowed.**
- **No twisting while airborne.**
 - Exception: round offs.

RUNNING TUMBLING (*tumbling that is performed with a running start and/or involves a step or hurdle-type movement to gain momentum as an entry to another skill.*)

- **Maximum skill(s) allowed - Series front and back handsprings.**
 - Clarification: skills performed in a running tumbling pass must all fall within the tumbling skills allowed and may be performed prior to and/or after a back handspring.

- **Airborne skills must involve hand support with both hands when passing through the inverted position.**
 - Example: front and back handsprings.
 - Clarification: one-handed front and back handsprings are NOT allowed.
- **Flips and aerials are NOT allowed.**
- **No twisting while airborne.**
 - Exception: round offs.

STUNTS (*a group in which a top person is supported above the performing surface by one or more persons on the ground and is not connected to another like group. Aka “mount.”*)

- **Maximum stunting skills allowed – Single leg at shoulder level; Two leg extended.**
 - Clarification: single leg stunts may not pass through an extended position. Proper stunting technique typically involves taking the top person about shoulder level prior to the intended stunt, but taking a top person above a base’s head would be illegal.
 - Clarification: a base’s arm/hand position determines a stunt’s height therefore a top person in a single leg extended stunt with base(s) dropped down to his/her knee(s) would be illegal.

- **Twisting mounts and transitions are allowed up to ½ twist total between base and top person combined in a single mount or transition.**
 - Example: a ½ twist to a shoulder level stunt by the top person.
 - Clarification: a ½ twist by the top person immediately followed by or simultaneously by the base(s) is not allowed.

- **No release moves allowed other than those allowed in “Dismounts” and “Tosses.”**
 - Exception: log roll (A single full twisting log roll is allowed as long as it begins and ends in a cradle position AND returns to original bases; a log roll may not include any other skill than the single full twist.)

- **No release move or transition may land in a prone position.**

- **During transitions, at least one base must remain in contact with the top person.**

- **Pendulum and pendulum-style transitional stunts must be performed with constant contact with all the original bases.**

- **Single based double awesomes/cupies require a separate spotter for each top person.**
 - Clarification: an extended two leg stunt is allowed at this level and must have a spotter according to NFHS rules. This rule specifies that a spotter is required for this stunt at shoulder level as well regardless if it is cradled or not.

PYRAMIDS (*2 or more “stunts” which have connection between the top persons.*)

- **Maximum stunting skills allowed during a pyramid – Braced single leg extended stunt.**

- **Top persons must remain in contact with base(s) that have both feet in direct weight-bearing contact with the performing surface.**
 - Clarification: No release moves are allowed; a top person must remain in contact with at least one base that has both feet on the performing surface.
 - When a top person is released by the base(s) during a pyramid transition, the top person must land in a cradle or other acceptable dismount position (example: assisted to the ground).

- **Extended single leg stunts in a pyramid:**
 - **Must be braced by at least one top person at or below shoulder level with hand/arm connection only.**
 - **A person who is a bracer at shoulder level must have two bases and must have both feet in bases hands.**
 - Clarification: A base in a single base stunt at shoulder level cannot be a bracer.
 - Exception: Shoulder sit, shoulder stand.
 - **The braced hand/arm connection must be made prior to the single leg stunt extending.**
 - Clarification: Top persons must be connected before the initiation and/or press of the top person performing the single leg stunt, therefore the connection must be made at or below shoulder level.

DISMOUNTS

- **All dismounts involving a top person being released and ending in a cradle position must have a separate spotter.**
 - Clarification: All stunts, even those below shoulder level, that end in cradle dismount require a separate spotter.
- **Up to one full twist is allowed when dismounting from a non-connected, shoulder-level or below, double base stunt only.**
 - Clarification: A stunt that is not involved in a pyramid (not connected to another stunt) can perform a single twist cradle dismount.
 - Clarification: A single base stunt cannot perform a full twist cradle.
 - Example: A “prep” or “elevator” can perform a single twist cradle as long as there are two bases and at least one spotter.
- **Only straight pop downs, basic straight cradles, and ¼ turns are allowed for all stunts involved in a pyramid.**
- **No body position other than a straight body position is allowed during a dismount.**
 - Clarification: Tuck, pike, toe touch are not allowed in a dismount whether to the ground or to a cradle.
 - Clarification: Proper technique and body position of a top person in a straight cradle is a slight arch. An arch is allowed as long as it does not become inverted (by definition).
- **When cradling single based double awesomes/cupies, 2 catchers plus a spotter must catch each top person. Catchers, bases and spotters must be stationary prior to the initiation of the dismount.**

TOSSES

- **Up to 1 trick by the top person is allowed during a toss.**
 - Example: Toe touch, ball out, pretty girl are allowed. A switch kick, double toe touch, full twist toe touch are NOT allowed since they each consist of two tricks.
 - Clarification: An arch is not considered a “trick.”
- **No twisting tosses allowed.**