CHEER SAFETY RULES

ENGLISH VERSION 2022

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► CHEER GLOSSARY ◄

1.) Aerial: Cartwheel or walkover in which the athlete's hands do not touch the ground.

2.) Airborne: Free of contact with a person and/or the performing surface.

3.)Backbend (stunting): Athlete's body forms an arch, typically supported by the hands and feet with the abdomen facing upwards.

4.)Backward Roll: A non-airborne tumbling skill where the athlete's body is rotated backwards through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

5.)Ball-X: Top person goes from a tucked position to a straddle/x position with the arms and legs or just the legs usually during a toss.

Barrel Roll: See "log roll"

6.)Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base may not support any weight of a top person while the base is in backbend or inverted position

7.)Basket Toss: A toss involving 2 or 3 bases and a spotter, in which 2 of the bases use their hands to interlock wrists.

8.) Block Cartwheel: A cartwheel which becomes airborne when the tumbler pushes through the shoulders against the performing surface

during the skill.

9.)   Brace/Bracer: A brace is the physical connection from one top person to another top person that helps provide stability. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A bracer is a top person in direct physical contact with another top person that helps provide stability. A required bracer cannot pass through an inverted position during a transition.

10.) Braced flip: A stunt in which a top person performs a hip-over-head rotation while in physical contact with another top person.

11.) Cartwheel: A tumbling skill where the athlete remains in contact with the performing surface, rotating sideways, where the hands make

contact one at a time while the body inverts and lands one foot at a time in an upright position.

12.) Catcher(s): Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers must be attentive, must not be involved in other choreography, must not be involved in anything that could prevent them from catching, must make physical contact with the top person upon catching, and must be on the performing surface when the skill is initiated.

13.) Chair: A prep level stunt in which the base(s) supports the ankle of the top person with one hand underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the top person.

14.) Coed Style Toss: A single base grabs the top person at the waist and tosses the top person from ground level.

15.) Cradle: A dismount in which the top person is caught in a cradle position(top person lands in a "V"/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

16.) Cupie: A stunt where the top person is in an upright, standing position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome".

► CHEER GLOSSARY ◄

17.) Dismount: The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface. If released to the performing surface, top person must land on their feet. 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. Dismounts may not intentionally travel. Tension drops/rolls of any kind are not allowed. Dismounts must return to original base(s) unless dismounting single based stunts with multiple top persons. Dismounts to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface. Top persons may not be or come in contact 2019 with each other while released from bases. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

18.) Dive Roll: An airborne skill that begins with a horizontal forward diving motion and results in a forward roll.

19.) Downward Inversion: A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

20.) Drop: Dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from an airborne position or inverted position without first bearing weight on the hands/feet which breaks the impact of the drop.

21.) Extended Arm Level: The highest point of a base's arm(s), (not spotter's arms), when standing upright with the arm(s) fully extended over the head.

22.) Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary 2019 base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

23.) Flat Back: A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface. This is considered a two leg stunt.

24.) 2019 Flat Body: When the top person's torso is parallel to the performing surface.

25.) Flip: In stunting, a skill that passes through an inverted position with hip-over-head rotation without contact 2019 with a base or the performing surface. In tumbling, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

26.) Flipping Toss: A toss where the top person rotates through an inverted position.

27.) Floor Stunt: Base lying on the performing surface on their back with their arm(s) extended. This is considered a waist level stunt.

28.) Flyer: See "Top Person".

29.) Forward Roll: A non-airborne tumbling skill where the athlete's body is rotated forward through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

30.) Free Flipping Stunt: A stunt release move that involves a top person passing through an inverted position with hip-over-head rotation without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

31.) Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

► CHEER GLOSSARY ◄

32.) Full: A 360 degree twisting rotation.

33.) Ground Level: On the performing surface.

34.) Hand/Arm Connection: The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

35.) Handspring: An airborne tumbling skill where the body springs from the feet onto the hands and lands back on the feet, either forward or backwards, while rotating through a handstand position

36.) Handstand: A skill that involves supporting the body in an inverted, vertical position by balancing on the hands where the arms of the athlete are extended straight by the head and ears.

37.) Helicopter: A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

38.) Horizontal Axis(Twisting in Stunts): An invisible line drawn from front to back through the belly button of a non-upright top person.

39.) Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for building skills is the bottom of
the dip from which the skill originates.

40.) Inversion/Inverted: Athlete has at least one foot above the head, and shoulders the below waist.

41.) Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performing surface.

42.)   Jump Skill: A skill which involves a change in body position during a jump. i.e. toe touch, pike, etc. A "straight jump" with a turn does not make the jump a "jump skill". If a jump is included in a tumbling pass, the jump will break up the pass.

43.) Layout: An airborne tumbling skill or toss skill which involves a hip-over-head rotation in a stretched, hollow body position.

44.) Leap Frog: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning. Leap Frog Variations involve a top person transitioning over the torso of a base and/or another top person.

45.) Leg/Foot Connection: The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

46.) Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg. Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

47.) Log Roll: A release move that is initiated at waist level, in which the top person's body typically rotates 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from a base that maintains contact throughout the transition.

48.) Multi-based Stunt: A stunt having 2 or more bases not including the spotter.

49.) New Base(s): Base(s) previously not in direct contact with the top person of a stunt.

50.) Non-Inverted Position: A body position in which either of the conditions below are met: 1. The top person's shoulders are at or above their waist. 2. The top person's shoulders are below their waist and both feet are below their head.

60.) Onodi: A back handspring with a half turn to the hands where the athlete finishes with a front hand-spring.

61.) Original Base(s): Base(s) which is in contact with the top person during the initiation of the skill/stunt.

► CHEER GLOSSARY ◄

62.) Pancake: A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

63.) Paper Dolls: Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

64.) Pike: Body bent forward at the hips with legs straight and together

65.) Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit. A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift. If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level. A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts

66.) Primary Support: Supporting a majority of the weight of the top person.

67.) Prone: Flat body, face downward position.

68.) Prop: An object that can be manipulated. Flags, banners, signs, pom pons, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

69.) Punch Front: See "Front Tuck".

70.) Pyramid: Two or more connected stunts.

71.) Rebound: An airborne position not involving hip-over-head rotation, where the athlete uses one's own feet and lower body power to bounce off the performing surface from a tumbling skill.

72.)   Release Move: The top person is free of contact with all athletes on the performing surface. May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be or come in contact with each other. No single based split catches. To determine the height of a release move, at the highest point of the release, the distance from the top person's 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 (Level 3-4), or greater than the length of the top person's legs plus an additional 18 in/46cm (Level 5-7), it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

73.) Rewind: A backward free-flipping release move from ground level used as an entrance skill into a stunt.

74.) Round off: Similar to a cartwheel, except the athlete lands with two feet placed together on the performing surface instead of one foot at a

time, facing the direction from which they started.

75.) Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

76.) Second Level: Any person being supported above the performing surface by one or more bases.

77.) Series Front or Back Handsprings: Two or more front or back handsprings performed consecutively by an athlete.

78.) Shoulder Level: A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

CHEER GLOSSARY

79.) Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

80.) Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

81.) Shushunova: A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

82.) Single Based Stunt: A stunt using a single base for support. Single Leg Stunt: See "Stunt".

83.) Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

84.)Sponge Toss: A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

85.)   Spotter:A person responsible for preventing injuries of a top person during a stunt, pyramid, or toss by protecting the head, neck, back and shoulder area. A spotter must be your own team members and trained in proper spotting techniques.

    *Must be standing on the performing surface.

    *Must be attentive to the stunt being performed

    *May not be involved in anything that could prevent them from spotting such as holding a sign.

    *Must be able to touch the base of the stunt for which they are spotting.

    *May not stand so their torso is under the stunt.

    *May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles or does not have to touch the stunt at all.

    *May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.

    *If the spotter's hand is under the top person's foot, it must be their front hand, and their back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

    * May not be both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

86.) Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

87.) Step Out: A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously.

88.) Straddle Lift: See " V-Sit".

89.) Straight Cradle: A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed. Straight Ride: The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

90.) Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a "Two Leg" stunt.

► CHEER GLOSSARY ◄

91.) Suspended Roll: A stunt skill that involves hip-over-head rotation from the top person while connected with hand/arm to hand/arm of the base(s). Each hand/arm of the top person must be connected to a separate hand/arm of the base(s). The base(s) may have their arms extended and will release the feet/legs during the rotation of the skill. This is considered a prep level stunt.

92.) T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

93.) Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other.

94.) Three Quarter (3/4) Front Flip: (Stunt) A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position. (Tumble) A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

95.) Tic-Tock: A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

96.) Toe/Leg Pitch: A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

97.) Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

98.) Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. The bases must remain stationary during toss. Top person must have both feet in/on hands of bases at initiation of toss. 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, individuals or props. Top persons in separate tosses may not come in contact with each other. Only a single top person is allowed during a toss. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.
Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See Release Moves).

99.) Twisting Tosses: Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. ie. A 1/2 twist, X, 1/2 twist is considered 2 skills: 1 full twist and 1 additional skill.

100.) Tower Pyramid: A stunt on top of a waist level stunt.

101.) Transitional Pyramid: A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

102.) Transitional Stunt: Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

► CHEER GLOSSARY ◄

103.) Traveling Toss: A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

104.) Tuck Position: A body position where the knees and hips are bent and drawn into the chest.

105.) Tumbling: Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface. When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

106.) Twist/Twisting: An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis). Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis. Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axes will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation). A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

107.) Two – High Pyramid: A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight- bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

108.) Two and One Half (2 1⁄2) – High Pyramid: A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 1⁄2 body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 1⁄2 body lengths.

"Above Two and One Half (2 1⁄2) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1⁄2 high chairs are considered 2 1⁄2 high pyramids.

109.) Upright: A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). ie. star, liberty, v-sit.

110.) V-Sit: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position. This is considered a two-leg stunt.

111.) Vertical Axis (Twisting in Stunts or Tumbling): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

112.) Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

113.) Waist Level Cradle: A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

CHEER GLOSSARY

114.) Walkover: A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time(front walkover) or by arching backwards similar to a handstand and lands on the feet one at a time(back walkover) with support of one or both hands.

115.) Wrap Around: A stunt transition that involves a single base holding a top person in a cradle position releasing the legs of the top person and swings the legs around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back of the base.

116.) Whip: A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

117.) X-Out: A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.

Glossary based on IASF Glossary 2020-2022

STUNTS

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. SPOTTERS NO single based or assisted single based extended stunts for Youth and below but may pass above prep level if allowed	Prep level and above; Floor stunt Exception: Shoulder sit, T-lift, Stunts only supported at waist	Above prep level; Floor stunt	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person
B. STUNT HEIGHT	Waist level single leg; Prep level two leg (may pass above prep level); Prep level single leg with additional base with hand/arm connection to top person prior to initiation; Walk up shoulder stand NO single based stunts with multiple top persons	Prep level single leg (may pass above prep level); Above prep level two leg NO single based stunts with multiple top persons	Above prep level single leg	Above prep level single leg	Above prep level single leg	Above prep level single leg
C. TRANSITION	Must remain in contact with at least one base No leap frog/leap frog variations.	Must remain in contact with at least one base	Must remain in contact with at least one base unless legal as release move.	Must remain in contact with at least one base unless legal as release move	See release moves	See release moves.
D. TWISTING	Up to 1/4 EXCEPTION: Rebound 1/2 turn to prone; Wrap around; Up to 1/2 twist starts & ends on performing surface and only supported at the waist	Up to 1/2 twist EXCEPTION: Single full twisting log roll with no additional skills that starts and ends in cradle position.	Up to 1 twist to prep level or below; Up to 1/2 twist to extended single leg; Up to 1 twist to extended two legged	Up to 1 1/2 twists	Up to 2 1/4 twists	Up to 2 1/4 twists

STUNTS

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
E. RELEASE MOVES Requires 3 catchers for multi-based stunt, and 2 catchers for single based stunt that lands in a horizontal position; May not land inverted; May not intentionally travel; Must return to original base(s); NO free flips (see Exception for Level 6))	Not allowed other than dismounts	Not allowed other than dismounts, tosses, and full twisting log rolls with no additional skills that start and end in a cradle position	Starts at waist level or below and lands at prep level or below; May not exceed extended arm level; 1 skill and 0 twisting EXCEPTION: Log rolls up to one twist and must land in cradle, flat back or prone NO helicopters; May not involve inversions	Starts at prep or below if lands at extended; May not exceed extended arm level; 2 skills; Helicopters 180 degrees with 0 twisting, 3 catchers; Inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above NO twisting to and from an extended stunt; May not pass through an inverted position.	Does not exceed 18 inches/46 cm above bases' extended arm level; Helicopters 180 degrees, 3 catchers; Inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above May not pass through an inverted position	Does not exceed 18 Inches/46cm above bases' extended arm level; Inverted to non-inverted up to 1/2 twist, requires spotter if lands at prep level or above; Helicopters 180 degrees, 3 catchers May not pass through an inverted position EXCEPTION (EXCLUDES JUNIOR 6): Rewinds are allowed 1 flipping, 0 twisting, requires minimum of 1 catcher/1 spotter for single based stunt, minimum of 2 catchers/1 spotter for multi-based stunt. Leg pitch, toe pitch or similar type tosses not allowed to initiate skill; No tumbling prior to rewind
F. INVERSIONS	Not allowed (Inverted athlete must maintain contact with performing surface)	Ground level inversions that transition directly to non-inverted position.	Prep Level Suspended rolls that exceed 1/2 twist must land in cradle	Extended	Extended	Extended
G. DOWNWARD INVERSIONS Downward inversions may not come in contact with each other; Must maintain contact with original base EXCEP-TION: Original base may lose contact when becomes necessary to do so such as in cartwheel-style transitions	Not allowed	Not allowed	Waist level or below (may pass through prep level); Must have 2 catchers in contact between waist and shoulder region of torso of top person NO 2 leg pancake style stunts	Prep level with 3 catchers (may pass through prep level), 2 in contact between waist and shoulder region of top person EXCEPTION: Controlled lowering of extended inverted stunt to prep level If passes above prep level may not land, stop or touch the ground inverted EXCEPTION: Controlled lowering of extended inverted stunt to prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may not land, stop or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may not land, stop or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level
H. OVER / UNDER Stunt or individual passing over/under a separate stunt or individual	Arms and Legs allowed	Arms and Legs allowed	Arms and Legs allowed	Individual under stunt; stunt over an individual.	Allowed	Allowed

PYRAMIDS

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL	Must follow stunt and dismount rules and allowed up to 2 high; Top person must receive primary support from a base unless legal as a release transition; Released transitions may not come in contact with other stunt/pyramid release moves; Required catchers/spotters must be stationary, must maintain visual contact with the top person throughout the entire transition, and may not be involved in any other skill or choreography when the transition is initiated; Primary weight may not be borne at second level.					
B. STRUCTURES (Single based or assisted single based extended stunts are not allowed in Youth and below; Required bracer(s) must be connected to top person by initiation of skill and remain in contact throughout skill)	Two leg extended connected to prep level or below bracer with hand/arm connection; Prep level single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand	Extended single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand	No extended single leg connected to extended stunt	No extended single leg connected to extended single leg stunt		
C. NON-RELEASED TRANSITIONS	TWISTING- Up to 1/4 twist INVERSIONS- Must follow stunt rules	TWISTING- Up to 1/2 twist Log rolls may not be assisted by another top person INVERSIONS- Must follow stunt rules	TWISTING- Up to 1 twist (Prep level bracer required through transition if exceeds 1/2 twist to extended single leg stunt) INVERSIONS- Must follow stunt rules. EXCEPTION: Top person may pass through an inverted position and must remain in contact with base and bracer at prep level or below through entire transition, must start and end at prep level or below	TWISTING- Up to 1 1/2 twist INVERSIONS- Must follow stunt rules	TWISTING- Up to 2 1/4 twists INVERSIONS- Must follow stunt rules	TWISTING- Up to 2 1/4 twists INVERSIONS- Must follow stunt rules

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NIVELES DE PIRAMIDES

▲	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
D. RELEASED TRANSITIONS (Contact must be maintained with the same bracer/bracers throughout the transition; Contact must be made with a base on the performing surface before contact with the bracer(s) is lost (this does not include the uniform or hair); If 2 bracers are required, must be on 2 separate sides of the body; May not be connected/braced to top persons above prep level; Braced inversions/flips may not travel downward while inverted)	Not allowed other than dismounts	Not allowed other than dismounts and tosses Log rolls may not be assisted by another top person	**NON-INVERTED-** 2 bracers (one of which must be hand/arm to hand/arm, the other may be hand/arm or hand/arm to foot/lower leg); 2 catchers; May not change bases EXCEPTION: Legal stunt release moves may be performed with 1 bracer **TWISTING-** 1 twist 2 bracers hand/arm connections **BRACED INVERSIONS-** Not allowed	**NON-INVERTED-** 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **TWISTING-** 1 1/2 twists with 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **BRACED INVERSIONS/-FLIPS-** 2 bracers; Up to 1 1/4 flipping, 0 twisting; May not change bases; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters); EXCEPTION: Legal stunt release moves may be performed with only 1 bracer	**NON-INVERTED-** 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **TWISTING-** 2 1/4 twists; 2 catchers (Minimum of 1 catcher and 1 spotter) **BRACED INVERSIONS/-FLIPS-** 1 bracer; Up to 1 1/4 flipping, 0 twisting; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters	**NON-INVERTED-** 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) **TWISTING-** 2 1/4 twists; 2 catchers (Minimum of 1 catcher and 1 spotter) **BRACED INVERSIONS/-FLIPS-** 1 bracer; Up to 1 1/4 flipping and 1/2 twisting or 3/4 flipping and up to 1 twist; 3 catchers EXCEPTION: Non- twisting braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters
E. OVER / UNDER Stunt, pyramid or individual over/under a separate stunt, pyramids or individual	Arms and legs allowed.	Arms and legs allowed Top person may not pass over/under torso of another top person	Arms and legs allowed Top person may not pass over/under torso of another top person	No stunt over separate stunt Top person may not invert over/under torso of another top person.		

DISMOUNTS AND TOSSES

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL DISMOUNT	Single based cradles require a spotter with at least one hand-arm supporting waist to shoulder region of top person; Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person; Cradles from single based stunts with multiple top persons require 2 catchers for each top person, and catchers and bases must be stationary prior to initiation; No free flipping or assisted flipping dismounts allowed					
B. DISMOUNTS	Straight pop downs, basic straight cradles NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids	Straight pop downs, basic straight cradles, and 1/4 turn cradles NO waist level cradles in Mini division	1 1/4 twist or 1 trick from two legs; 1/4 twist cradles from single leg; All dismounts from prep level and above involving a trick must land in cradle NO dismounts from an inverted position	2 1/4 twist from two legs; 1 1/4 twist from single leg; May not exceed 2 tricks Dismounts from an inverted position may not twist	2 1/4 twist; May not exceed 3 tricks Dismounts from an inverted position may not twist	2 1/4 twists Dismounts from an inverted position may twist up to a 1/2
C. GENERAL TOSSES	Minimum of 3, maximum of 4 tossing bases, one base must be behind the top person; Must be caught in cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person; NO flipping, inverted, or intentionally traveling tosses					
D. TOSSES	Not allowed including waist level cradles and sponge tosses	Straight ride NO tosses allowed in Mini Division	1 trick or up to 1 1/4 twists Exception: Ball X Arch does not count as trick	2 1/4 twists; May not exceed 2 tricks	2 1/2 twists; May not exceed 3 tricks If exceeds 1 1/2 twists, no other skill allowed	2 1/2 twists

TUMBLING

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position; NO tumbling over, under, or through a stunt, individual or prop; NO tumbling while holding/contact with prop	1/2 rebound to prone allowed NO dive rolls.	NO dive rolls in arched or swan position and may not twist	NO dive rolls in arched or swan position and may not twist	NO dive rolls in arched or swan position and may not twist	NO dive rolls in arched or swan position and may not twist	Dive rolls may not twist.
B. STANDING	Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers, handstands Blocked cartwheels allowed	Single handspring NO twisting or turning allowed after back handspring step out; NO jump skills connected to handspring; NO twisting while airborne except round offs	Series handsprings; Jump in combination with handspring(s) NO flips allowed; NO twisting while airborne except round-offs	Standing flips and flips from a back handspring entry; 1 flip and 0 twisting; Aerials(front walkover and cartwheel) and Onodis are allowed. NO jump flip or consecutive flip/flip	Jump flip; Up to 1 flipping and 0 twisting rotation	Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, must be preceded by a minimum of 2 non-twisting, backward traveling tumbling skills, (one must be back handspring, excludes back extension roll) NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.
C. RUNNING	Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers Blocked cartwheels and round offs allowed NO tumbling immediately after round off or round off rebound	Handspring series NO twisting or turning allowed after back handspring step out; NO twisting while airborne except round offs	Round off or round off back handspring(s) into back tuck; Aerial cartwheels/ walkovers; Front tucks; 3⁄4 front flips NO tumbling after a tuck or aerial cartwheel; NO tumbling prior to front tuck; NO twisting while airborne except round offs and aerial cartwheels	1 flipping and 0 twisting; Aerial cartwheels/ walkovers, and Onodis allowed	Up to 1 flipping and 1 twisting rotation from a round off, back handspring or front handspring entry. NO trick allowed during full twisting skills and must land with both feet on the performing surface. NO tumbling after full twisting skill.	Up to 1 flipping and 2 twisting rotations NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.

- LEVEL 7-

	GIMNASIA	TUMBLING
A. GENERAL	Puede saltar/rebotar sobre un individuo; Puede rebotar desde ambos pies hacia una transición de elevación; Cuando se rebote hacia una elevación, no puede rebotar hacia una inversión o caer invertido (EXCEPCIÓN: Rueda de carro rewind, rondada rewind y subida de flic estatico a rewind esta permitido. Ninguna habilidad antes de la rueda de carro, rondada o flic estático); No se permite gimnasia sobre/debajo, o hacia una elevación, individuo, o prop; No se permite gimnasia sosteniendo/en contacto de un prop; Saltos de tigre no pueden girar.	May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position (EXCEPTIONS: Cartwheel rewind, round off rewind and standing single back handspring rewinds allowed. NO tumbling skills prior to the cartwheel, round off or standing back handspring); NO tumbling over, under, or through a stunt, individual, or prop; NO tumbling while holding/contact with prop; Dive rolls may NOT twist.
B. STANDING / GIMNASIA ESTÁTICA	Hasta 1 rotación y 2 giros; si excede de 1 giro, deben preceder de al menos un ejercicio con desplazamiento hacia atrás, habilidad de gimnasia sin giro No se permite girar despues de ejecutar doble giro.	Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, must be preceded by at least one backward traveling, non-twisting tumbling skill. NO twisting out of a double twisting skill.
C. RUNNING / GIMNASIA CON CARRERA	Hasta 1 rotación y 2 giros. No se permite girar despues de ejecutar doble giro.	Up to 1 flipping and 2 twisting rotations. NO twisting out of a double twisting skill.

	ELEVACIÓNES	STUNTS
A. SPOTTERS / CUIDADORES	Durante elevaciones de una-mano por encima de nivel prep además de cupie y liberties; Cuando la transición de iniciacion involucre un movimiento suelto que exceda 1 giro, un movimiento suelto hacia/desde una posicion invertida aterrizando en nivel prep o superior, una rotación libre; Elevación con flyer invertida por encima de nivel prep; Cuando la flyer es soltada desde encima del nivel de piso hacia una elevación de una-mano; Lanzamientos estilo coed hacia una nueva base (la base que esta lanzando se convierte en cuidador); Elevaciones de base individual con multiples flyers requieres un cuidador por separado para cada flyer.	During one-arm stunts above prep level other than cupies and liberties; When the load transition involves a release move exceeding one twist, a release move to/from an inverted position landing at prep level or above, a free flip; Stunt with inverted top person above prep level; When the top person is released from above ground level to a one-arm stunt; Coed style tosses to a new base (base that is tossing top person may become the spotter); Single based stunts with multiple top persons require a separate spotter for each top person.
B. STUNT HEIGHT / ALTURA DE ELEVACIÓNES	Por encima de nivel prep en elevaciones de 1 pierna.	Above prep level single leg stunt.
C. TWISTING / GIROS	2 1/4.	2 1/4.
D. RELEASE MOVES / MOVIMIENTOS SUELTOS	No puede exceder 18 pulgadas / 46 cm por encima del nivel de brazos extendidos; No puede aterrizar invertido (EXCEPCIÓN: Parado de manos en nivel de piso puede ser soltado hacia una elevación mano-a-mano con 0 giros y 0 rotaciones; Soltarse desde nivel prep o menor a posición invertida en nivel prep con 0 giros y 0 rotaciones); Debe retornar a sus bases originales (EXCEPCIÓN 1: Lanzamientos tipo coed hacia una nueva base si la elevación es lanzada por una base individual y cachada por al menos una base que no está involucrada en ninguna otra habilidad ni coreografía cuando la transición ha iniciado; la base que esta lanzando se convierte en cuidador; Helicopteros hasta 180 grados de rotación con al menos 2 receptores con uno posicionado en el área de hombros y cabeza de la flyer; No puede viajar intencionalmente excepto excepciones de arriba.	May not exceed 18 inches/46cm above extended arm level; May not land inverted (EXCEPTIONS: Ground level handstand may be released to hand-to-hand stunt with 0 twisting and 0 flipping; Release from prep level and below to a prep level inverted position with 0 twisting and 0 flipping); Must return to original bases (EXCEPTION 1: Coed style tosses to a new base if stunt is thrown by a single base and caught by at least one base not involved in any other skill or choreography when transition is initiated, the original tossing base may become the spotter. EXCEPTION 2: Toss single based stunts with multiple top persons, the original base may become the spotter); Helicopters up to 180 degree rotation with at least 2 catchers with one positioned at head and shoulder area of top person; May not intentionally travel except for exceptions above.
E. REWINDS **FREE FLIPPING TRANSITIONS** **TRANSICIONES DE ROTACIÓNES LIBRES**	Deben regresar a sus bases originales. Originado desde nivel de piso: 1 1/4 de rotación y 1 1/4 de giro; Toe pitch, leg pitch o lanzamientos similares son permitidos en comienzo de habilidades de rotaciones libres; Rueda de carro rewind, rondada rewind y flic estatico rewind son permitidos sin ninguna habilidad de gimnasia realizada antes de rueda de carro, rondada y flic estático. Originado desde elevación: 1 1/4 rotación y 1/2 giro, debe iniciar en nivel prep solamente y aterrizar en cuna o posición horizontal; 1 rotacion o menos requiere 2 receptores, si excede 1 rotación requiere 3 receptores.	Must return to original bases. Originate from ground level: 1 ¼ flipping and 1 ¼ twisting rotations; Toe pitch, leg pitch or similar type tosses ALLOWED in initiating free flipping skills; Cartwheel rewind, round off rewind, and standing single back handspring rewinds allowed with no tumbling skills allowed prior to the cartwheel, round off or standing back handspring. Originate from stunt: 1 ¼ flipping and ½ twisting rotation; Must initiate from prep level only and must land in a cradle or horizontal position; 1 flipping rotation or less requires 2 catchers, if exceeds 1 flipping rotation requires 3 catchers.
F. INVERSIONS / INVERSIONES	Inversiones que descienden desde por encimar de niel prep requidcdcderen al menos 2 receptores; flyer debe mantener contacto con 1 base. EXCEPCIONES: Descender de una elevacion invertida hacia nivel prep, pasar por encima del nivel prep hacia nivel prep, o desde una extensión no invertida hacia una elevación invertida en nivel prep.	Downward inversions from above prep level require at least 2 catchers; Top person must maintain contact with a base. EXCEPTIONS: Lowering of an inverted stunt to prep level, passing above prep level to prep level, or from an extended non-inverted to inverted stunt at prep level.

- LEVEL 7 -

	PIRAMIDES	PYRAMIDS
A. GENERAL	Hasta 2 ½ niveles de altura. EXCEPCIÓN: Piramides de torre permitidas .	Up to 2 ½ high. EXCEPTION: Tower pyramids are allowed.
B. SPOTTERS / CUIDADORES	Debe seguir reglas de ciudadores en Elevaciones. EXCEPCIÓN: Paper dolls extendidas en un brazo requieren 1 cuidador por cada flyer. Piramide de 2 ½ niveles: Requiere un cuidador en posición en frente y atrás de cada flyer en nivel top todo el tiempo que la flyer esta en esa altura. Cuidadores deben pararse ligeramente al lado pero debe mantenerse en posición de cuidador, debe mantener contacto visual con la flyer top todo el tiempo que esta dure en 2 ½ niveles de altura; no debe ser el soporte primario de la piramide; PIRAMIDE DE 2 ½ NIVELES CON FLYER TOP HORIZONTAL debe estar con 2 de 4 lados de la piramide, no puede estar pie/pies/pierna de lado de la flyer; PIRAMIDE DE TORRE requiere cuidador que no esté en contacto con la piramide detrás de la flyer top. Si una base necesita asistir a la media base, se requiere un cuidador adicional que no esté en contacto con la piramide.	Must follow stunt spotter rules. EXCEPTION: One arm extended paper dolls require a spotter for each top person. 2 ½ High Pyramid: Require a spotter in front and back for each top person on the top level in position the entire time the top person is at 2 ½ high. Spotters may stand slightly to the side but must remain in position to spot top person, must maintain visual contact with the top person the entire time the top person is at 2 ½ high level, may not be primary support of the pyramid; 2 ½ HIGH PYRAMID WITH HORIZONTAL TOP PERSON must be on 2 of the 4 sides of pyramid, may not be on foot/feet/leg side of top person; TOWER PYRAMID requires a spotter not in contact with the pyramid behind the top person. If a base is needed to assist middle layer, an additional spotter who is not in contact with the pyramid is required.
C. FREE FLYING MOUNTS / TRANSITIONS **MONTAJES / TRANSICIONES DE VUELO LIBRE**	"Desde nivel piso son permitidos 1 rotacion y 1 giro o 0 rotación y 2 1/4 de giro. Desde encima de nivel de piso es permitido 1 1/4 rotación y 0 giros o 0 rotacion y 2 giros No pueden aterrizar en posición invertida, No puede exceder significativamente la altura de la habilidad intencionada; No puede pasar sobre, debajo o hacia otras elevaciones, piramides, individuales o props "	"From ground level allowed 1 flipping and 1 twisting rotation or 0 flipping and 2 ¼ twisting rotations. From above ground level allowed 1 ¼ flipping and 0 twisting or 0 flipping and 2 twisting rotations. May not land in an inverted position; May not significantly exceed the height of intended skill; May not pass over, under or through other stunts, pyramids, individuals or props."
D. RELEASE MOVES / MOVIMIENTOS SUELTOS	No puede pasar por encima de 2 ½ niveles de altura durante transiciones; Si se suelta desde una segunda base y es recibida por una segunda base; la segunda base debe ser quien originalmente solto a la flyer top; no puede aterrizar invertida; No puede pasar sobre, debajo o hacia un prop Movimientos sueltos libres desde piramides de 2 ½ niveles de altura no pueden aterrizar en posición invertida, Hasta 0 rotaciones y 1 giro.	May pass above 2 ½ high during transitions; If released from a second layer base and caught by a second layer base, the second layer base catching the top person must be the second layer base that originally released top person; May not land inverted; May not pass over, under, or through a prop. Free release moves from 2 ½ high pyramids may not land in an inverted position; Up to 0 flipping and 1 twisting rotation.
E. INVERSIONS / INVERSIONES	Se permiten hasta 2 ½ niveles de altura. Inversiones que descienden desde por encima de nivel prep requieren asistencia de al menos 2 receptores y deben mantener contacto con una base o otra persona que sube.	Allowed up to 2 ½ high; Downward inversions from above prep level require assistance by at least 2 catchers and must maintain contact with a base or another top person.
F. RELEASED BRACED INVERSIONS / FLIP **INVERSIONES / ROTACIONES SUELTAS CONECTADAS**	Hasta 1 1/4 rotación y 1 giro; Requiere 1 conector en nivel prep o menor para piramides de 2 niveles de altura; 2 receptores (EXCEPCIÓN: Si aterriza en una posición corporal erguida en nivel prep o superior requiere 1 base y 1 cuidador adicional); Inversiones conectadas para piramides de 2 ½ niveles de altura necesitan ser recibidas por 1 persona; base/cuidador desde estar estacionario, mantener contacto visual con la flyer top durante toda la transición, no pueden estar involucrado en ninguna otra habilidad o coreografía cuando la transición ha iniciado.	Up to 1 ¼ flipping and 1 twisting rotation; Requires 1 prep level or below bracer for 2 high pyramids; 2 catchers (EXCEPTION: If lands in an upright position at prep level or above requires 1 base and 1 additional spotter); Braced inversions to 2 ½ high pyramids may be caught by 1 person; Base/Spotter must be stationary, must maintain visual contact with the top person through transition, may not be involved with any other skill or choreography when transition is initiated.

- LEVEL 7 -

	DESMONTES	DISMOUNTS
A. GENERAL	Ver "Desmontes" en Glosario.	See "Dismounts" in Glossary.
B. REQUERIMIENTS REQUERIMIENTOS	"ELEVACIONES CON DESMONTE A CUNA: Hasta 2 ¼ de giro a cuna; Desmontes que excedan 1 ¼ de giro requieren un cuidador adicional en la cuna; Cuando se desmonte a cuna desde una elevación de base sencilla con multiples flyers, 2 receptores deberán recibir a cada persona top y deben estar estacionarios antes del desmonte; Cunas desde elevaciones de 1 brazo que involucren 1 giro deben tener un cuidador asistiendo la cuna con al menos una mano-brazo soportando el área de cabeza y hombros de la flyer; Desmontes de rotaciones libres a cuna hasta 1 ¼ de rotación y ½ giro, deben originarse desde nivel prep, requiere al menos 2 recetores, uno de ellos es la base original; Desmontes de rotacion hacia atras deben ir a cuna. ELEVACIONES CON DESMONTES HACIA LA SUPERFICIE DE PRESENTACIÓN: Hasta 2 ¼ giros. si excede 1 ¼ giros debe ser asistido por 2 receptores o 1 receptor con 1 cuidador; Desmontes de rotaciones libres son permitidas con rotaciones hacia al frente, hasta 1 rotacion al frente y 0 giros, deben tener cuidador y deben originarse en nivel prep PIRAMIDES DE 2 ALTURA CON DESMONTE A CUNA: Deben seguir reglas de desmontes de elevaciones PIRAMIDES DE 2 ½ ALTURA CON DESMONTE A CUNA: Hasta 2 ¼ giros, requiere 2 receptores, 1 de ellos debe estar estacionario desde la iniciación del desmonte; rotación al frente ¾ y hasta ½ giro, requiere 2 receptores, uno de ellos a un lado de la flyer y 1 de ellos debe estar estacionario cuando el desmonte es iniciado PIRAMIDES DE 2½ ALTURA CON DESMONTE A LA SUPERFICIE DE PRESENTACIÓN: Hasta 1 ¼ de giro y debe ser asistido por 2 receptores y o 1 receptor con un cuidador"	"STUNT DISMOUNTS TO CRADLE: Up to 2 ¼ twist cradle; Dismounts that exceed 1 ¼ twists require an additional spotter that assists on the cradle; When cradling single based stunts with multiple top persons, 2 catchers must catch each top person and must be stationary prior to dismount; Cradles from 1 arm stunts that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person; Free flipping dismounts to cradle up to 1 ¼ flipping and ½ twisting rotations, must originate from prep level, require at least 2 catchers, one of which is an original base; Back flipping dismounts must go to cradle. STUNT DISMOUNT TO PERFORMING SURFACE: Up to 2 ¼ twists; If exceeds 1 ¼ twist must be assisted by 2 catchers or 1 catcher with a spotter; Free flipping dismounts are only allowed in front flipping rotation, up to 1 front flipping and 0 twisting rotations, must have spotter, must originate from prep level. 2 HIGH PYRAMID DISMOUNTS TO CRADLE: Must follow stunt dismount rules. 2 ½ HIGH PYRAMID DISMOUNTS TO CRADLE: Up to 2 ¼ twists, requires 2 catchers, 1 of which must be stationary at initiation of cradle; ¾ front flip and up to ½ twist, requires 2 catchers, one on each side of the top person and 1 of which must be stationary when the cradle is initiated. 2 ½ HIGH PYRAMID DISMOUNT TO PERFORMING SURFACE: Up to 1 ¼ twists and must be assisted by 2 catchers or 1 catcher with a spotter."

	LANZAMIENTOS	TOSSES
A. GENERAL	Minimo 3, maximo 4 bases lanzando, Una de las bases debe estar detrás del flyer durante el lanzamiento y debe asistir a la flyer dentro del lanzamiento (EXCPECIÓN 1: Lanzar desde un grupo de bases hacia otro grupo de bases/receptores. EXCEPCIÓN 2: Arabes / japonesas). Deben ser presentadas desde el nivel de piso y deben aterrizar en posición de cuna y ser recibido por al menos 3 receptores, uno de ellos posicionado en el área de cabeza y hombros del flyer	Minimum of 3, maximum of 4 tossing bases; One base must be behind the top person during the toss and may assist the top person into the toss (EXCEPTION 1: Tossing from one set of bases to another set of bases/catchers. EXCEPTION 2: Arabians). Must be performed from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulder area of the top person.
B. REQUERIMIENTS REQUERIMIENTOS	Lanzamientos sin rotaciones no pueden exceder de 3 ½ giros; Lanzamientos con rotaciones son permitidos hasta 1 ¼ rotación y 2 habilidades adicionales. Un mortal en bola, pike o extendido no cuentan dentro de esas 2 habilidades adicionales.	Non-flipping tosses may not exceed 3 ½ twists; Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike, or lay out are not counted in the 2 additional skills.
C. FLYOVERS / VUELOS TRASLADADOS	Flyers lanzadas hacia otro grupo de bases, deben ser lanzadas por 3 o 4 bases estacionarios y ser recibidas en posición de cuna por al menos 3 receptores estacionarias. Receptores no pueden estar involucrados en ninguna otra coreografía y deben tener contacto visual con la flyer cuando el lanzamiento es iniciado y mantenerlo durante todo el lanzamiento. El lanzamiento es permitido con 0 rotaciones y 1 ½ giro o ¾ de rotación y 0 giros	Top persons tossed to another set of bases must be thrown by 3 or 4 stationary bases and 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 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists

ESPECIFICACIONES A LAS REGLAS

► INTERNATIONAL RULES SPECIFICATIONS - 2019-2020 - ◄

LEVEL 3 - STUNTS TWISTING	Up to 1 twist to prep level or below; Up to 1/2 twist to extended single leg stunt; Up to 1 twist to extended 2 legged stunts
LEVEL 3 - STUNTS INVERSIONS	Inverted stunts are allowed at prep level. Suspended rolls-each hand/arm of the top person must be connected to a separate hand/arm of the base(s).
LEVEL 3 - STUNTS DOWNWARDS INVERSIONS	Are allowed at waist level, may pass through prep level; must have 2 catchers between the waist and shoulder region of the torso of the top person.
LEVEL 3 - PYRAMIDS NON-RELEASED TWISTING	Up to 1 twist; prep level or below bracer is required through transition if exceeds a 1/2 twist to extended single leg stunt
LEVEL 4 - STANDING TUMBLING	Standing flip and flips from a back handspring entry; 1 flip and 0 twisting; aerial(front walkover and cartwheel) and onodis allowed; No jump flip or consecutive flip/flip
LEVEL 4 - STUNTS TWISTING	Up to 1 1/2 twists
LEVEL 4 - STUNTS RELEASE MOVES	Release moves that land extended must start at prep level or below.
LEVEL 4 - STUNTS DOWNWARD INVERSIONS	Downward inversions are allowed at prep level; may pass above prep level. EXCEPTION: Controlled lowering of extendedinvertedstunttopreplevel; If passes above prep level, may not land, stop or touch the ground inverted. EXCEPTION: Controlled lowering of extended inverted stunt to prep level
LEVEL 4-PYRAMIDS NON-RELEASED TWISTING	Up to 1 1/2 twists
LEVEL 5 - RUNNING TUMBLING	No tumbling is allowed after full twisting skill
LEVEL 5-STUNTS TWISTING	Up to 2 1/4 twists
LEVEL 5 - PYRAMIDS NON-RELEASED/RELEASED TWISTING	Up to 2 1/4 twists
LEVEL 5-DISMOUNTS	2 1/4 twists; May not exceed 3 tricks
LEVEL 6 - STUNTS RELEASE MOVES	No free flips. EXCEPTION: EXCLUDES JUNIOR 6: Rewinds are allowed 1 flipping and 0 twisting; requires a minimum of 1 catcher/1 spotter for single based stunt, minimum of 2 catchers/1 spotter for multi- based stunt; leg pitch, toe pitch and similar type tosses not allowed; No tumbling allowed prior to rewind.

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JUDGE: _____   TEAM: _____   CATEGORY: _____

STUNTS

COMMENTS

DIFFICULTY 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

D	%PART	COMB	RT

20 PTS MAX.

EXECUTION 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

FL	B&S	TRS	SY

20 PTS MAX.

QUANTITY 10 PTS

0 pts	2.5 pts	4 pts	5 pts	6 pts	7 pts	8 pts	10 pts

PYRAMIDS

COMMENTS

DIFFICULTY 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

D	%PART	COMB	RT

20 PTS MAX.

EXECUTION 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

FL	B&S	TRS	SY

20 PTS MAX.

TOSSES

COMMENTS

DIFFICULTY 10 PTS

4 pts	6 pts	8 pts	10 pts
BELOW	LOW	MID	HIGH

10 PTS MAX.

EXECUTION 10 PTS

1 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
BELOW	LOW	MID	HIGH

DRIVERS

FL	B&S	H

10 PTS MAX.

ADDITIONAL COMMENTS:

TOTAL
110 PTS MAX

_____
_____
_____
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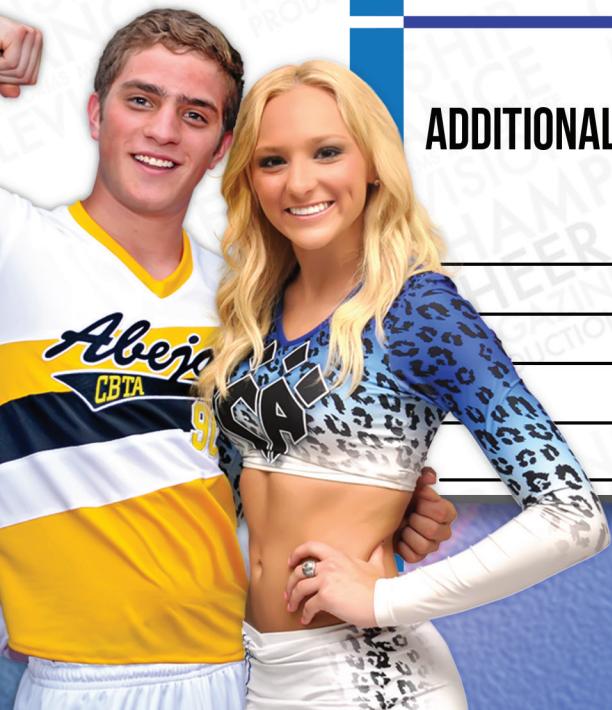
BUILDING / ELEVACIONES

STUNTS

BUILDING LEVEL 1 - 5		
STUNTS DIFFICULTY		
BELOW	1 - 5 PTS	Skills performed do not meet Low range requirement
LOW	6 - 10 PTS	4 different level appropriate skills performed by Most of the team
MID	11 - 15 PTS	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
HIGH	16 - 20 PTS	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

BUILDING LEVEL 6 - 7		
STUNTS DIFFICULTY		
BELOW	1 - 5 PTS	Skills performed do not meet Low range requirement
LOW	6 - 10 PTS	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate
MID	11 - 15 PTS	4 different level appropriate skills performed by Most of the team, 3 of which are Elite level appropriate
HIGH	16 - 20 PTS	4 different ELITE skills performed by Most of the team,

ADDITIONAL INFORMATION
Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.
BODY POSITIONS:
* Lib and plataform are not considered body positions
* Body positions include: Strech, bow and arrow, arabesque, scale, scorpion
L6 = All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit.
For level 7 stunts: All level 6 & 7 level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different L skills are required to score high Range)

PYRAMIDS

PYRAMID DIFFICUTLY		
BELOW	1 - 5 PTS	Skills performed do not meet Low range requirement
LOW	6 - 10 PTS	2 different level appropriate skills, 2 structures performed by Most of the team
MID	11 - 15 PTS	3 different level appropriate skills, 2 structures performed by Most of the team
HIGH	16 - 20 PTS	4 different level appropriate skills, 2 structures performed by Most of the team

TOSSES

TOSSES DIFFICUTLY		
BELOW	4 PTS	Less than a Majority of the team performs a toss
LOW	6 PTS	Majority of the team performs a level appropriate toss
MID	8 PTS	Majority of the team performs a level appropriate NON. TWISTING toss rippled or synchronized in the section
HIGH	10 PTS	Majority of the team performs a level appropriate TWISTING toss rippled or synchronized in the same section
		Same Section - Single portion of the routine where skills from a skill set (Stunts, Pyramids, Tosses, Standing Tum Running Tumbling, Jumps) are performed.
		LEVEL 1: Tosses have been removed from the score sheet.

QUANTITY

	QUANTITY - MULTIBASE - ALL GIRL TEAMS (ALL LEVELS) & COED TEAMS (LEVEL 1 &2)
	Based on group of 4, ripple or synchorinized in the same section. Without recycling athletes
4	Less than a Majority of the team performs a level appropriate building skill
5	Majority of the team performs a level appropriate building skill
6	Most of the team performs a level appropriate building skill
7	Less than a Majority of the team performs the same Elite level appropriate building skill
8	Majority of the team performs the same Elite level appropriate building skill
10 PTS	Most of the team performs the same Elite level appropriate building skill

	QUANTITY COED - COED TEAMS (LEVEL 3 , 4 & 5)	
	Based on group of 3, ripple or synchorinized in the same section. WITHOUT RECYCLING ATHELTES, STUNTS MUST BE HELD FOR 4 COUNTS	
	Coed Style ASSISTED	**Coed Style UNASSISTED**
0 PTS	A zero is assessed when a team: - Doesn't put up the required number of stunts. - Doesn't adhere to Coed Style	
2.5 PTS	N/A	
4	Skills performed do not meet 5 points requirement and/or are not held for 4 counts	N/A
5	Walk-in Hands Toss Hands	Skills performed do not meet 6 points requirement and/or are not held for 4 counts
6	Walk-in Hands press Extension Toss Hands press Extension	Walk-in Hands Toss Hands
7	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 & 5)	Walk-in Hands press Extension Toss Hands press Extension
8	Walk-in Hands press Extended single leg stunt Toss Hands press Extended single leg stunt Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 & 5 ONLY)	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 & 5)
10	N/A	Walk-in Hands press Extended single leg stunt Toss Hands press Extended single leg stunt Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 & 5 ONLY)

	QUANTITY COED - COED TEAMS (LEVEL 6 & 7)	
	Based on group of 3, ripple or synchorinized in the same section. WITHOUT RECYCLING ATHELTES, STUNTS MUST BE HELD FOR 4 COUNTS	
	Coed Style ASSISTED	**Coed Style UNASSISTED**
0 PTS	- Doesn't adhere to Coed Style	
2.5 PTS	- Doesn't put up the required number of stunts.	
5 PTS	Skills performed do not meet 2 points requirement and/ or are not hel for 6 counts	N/A
6 PTS	Walk-in Extended Double Leg Stunt Toss Extended Double Leg Stunt	Skills performed do not meet 2 points requirement and/ or are not hel for 7 counts
7 PTS	Walk-in Hands press Extended Single Leg Stunt Toss Hands press Extended Single Leg Stunt	Walk-in Extended Double Leg Stunt Toss Extended Double Leg Stunt
8 PTS	Toss Extended Single Leg Stunt Walk-in Extended Single Leg Stunt	Walk-in Hands press Extended Single Leg Stunt Toss Hands press Extended Single Leg Stunt
9 PTS	Toss Extended Single Arm Stunt Toss Full up to Extended Stunt Toss Front Handspring 1/2 up to Extended stunt Rewind to Extended Stunt (L6/7 Int Only)	Walk-in Extended Single Leg Stunt
10 PTS	N/A	Toss Extended Single leg Stunt Toss Extended Single Arm Stunt Toss Full up to Extended Stunt Toss Front Handspring 1/2 up to Extended stunt Rewind to Extended Stunt (L6/7 Int Only)

ADDITIONAL INFORMATION COED STYLE
Consists of a Base, Top Person and Spotter.
The same entry and skill must be used by all groups. If there is a mixture of stunts that are performed, credit will be given to the skill that has the lesser point value.
Entry must be a Toss or Walk-In. The same entry must be used by all groups.
Toss: Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist.
Walk-In: Top person and Base start facing each other with one-foot loaded in.
Base must be directly under the stunt.
Base and Spotter may not be chest to chest.
Only the skills listed on the coed requirement grid will count for Coed Quantity
Performing the same skill includes performing the same entry into the skill. Stunts may be rippled or synchronized in the same section.
Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level.
- Ex. Toss hands: counts begin when the stunt stops at prep level - Ex. Toss hands press extension: counts begin when the stunt stops at extended level
Coed stunts must have a controlled dismount/pop off to the performance surface to receive full Coed Quantity credit.
The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version.
Coed Stunts that become a pyramid will not receive coed credit.
Coed Style ASSISTED - A coed stunt becomes assisted if at any point the spotter touches the base and/or top person, including the dip for the dismount. This does not include assisting with the catch of the dismount.
Coed Style UNASSISTED - Top person and base perform without any assistance, including the dip for the dismount. Assistancing with the catch of the dismount is allowed.

TABLA DE CANTIDAD - BUIDLING CHARTS

QUANTITY CHART - STUNTS, PYRAMIDS, TOSSES		
	NUMBER OF GROUPS	
# OF ATHLETES	51%	75%
	MAJORITY	MOST
5 – 11	1	1
12 – 15	1	2
16 – 19	2	3
20 – 23	3	4
24 – 30	4	5
31 - 40	5	6

COED QUANTITY CHART- LEVELS 3 & 4		COED QUANTITY CHART- LEVELS 5, 6 & 7 -	
# OF MALES ON TEAM	# OF STUNTS	# OF MALES ON TEAM	# OF STUNTS
1 – 3	1	1 – 3	1
4 O MAS	2	4 – 5	2
		6 – 7	3
		8 – 9	4
		10 – 11	5
		12 – 13	6
		14 - 19	7
		20 O MAS	8

DIFFICULTY DRIVERS

STUNTS, PYRAMIDS & TOSSES DIFFICULTY DRIVERS
Degree of difficulty
Percent of team participation: Maximizing stunt groups based on the number of athletes - This includes single based coed style stunts
Combination of skills (level and non-level appropriate)
Pace of skills performed

ADDITIONAL INFORMATION
DIFFICULTY DRIVERS
Factors that judges will consider when determining an actual score within range.
Difficulty drivers do not have an associated set value.

EXECUTION DRIVERS - BUILDING

EXECUTION FOR BUILDING (STUNTS, PYRAMIDS)	
1- 20 PTS	A team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form.

EXECUTION DRIVERS - BUILDING

EXECUTION FOR BUILDING (TOSSES)	
1- 10 PTS	A team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form.

ADDITIONAL INFORMATION
Atheltes are expected to demostrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill
* Scores will start at 20 pts and may be reduced by 1, 2 or 3 pts based on the lack of technical execution of each driver
* - 1 point: Minor technique issues by the team, no just 1 athelte in tumbling/jumps or 1 athlete in stunts/pyramids/tosses
* -2 points: Multiple technique issues by the team
* -3 points: Widespread technique issues by the team
* No more than 3 will be taken off for a single driver
* Stylistic differences will not factor into team's execution score

STUNTS & PYRAMIDS EXECUTION DRIVERS		TOSSES EXECUTION DRIVERS	
Each driver may include, but is not limited to, the below examples:			
TOP PERSON FLYER	*Body control *Uniform flexibility *Motion placement *Legs straight/locked and toes pointed	TOP PERSON FLYER	*Body control *Consistent execution of skill/trick *Legs straight / toes pointed *Arm placement
BASES SPOTTERS	*Stability of the stunt *Solid stance *Positioned shoulder width apart *Feet stationary	BASES SPOTTERS	*Using armas/legs to throw together *Solid stance *Positioned shoulder width apart *Timing
TRANSITIONS	*Entrance *Dismounts *Speed(Control/ Flow from skill to skill	HEIGHT ALTURA	*Relative to the size of athletes performing the toss
SYNCHRONIZATION*	*Timing	*Teams with only 1 toss will always receive -3 off for each driver, regadless of the severity of the issue	
*Teams that do not perform at leats 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive 3 points off for Syncronization			

ADDITIONAL INFORMATION
EXECUTION DRIVERS
All scores will start at 20 points
Judges will look at a Team's precision and form of the entire skill(s) 1st, not just 1 or 2 athletes.
The drivers will be used to reduce a team's score from the 20
Each driver is worth either 2.0 or 3.0 off the 20
The number of athletes that lack precision of each driver will dictate if 2.0 or 3.0 should be taken off.
If the issue is noticeable, 2.0 will come off a score for that driver
If it is a widespread issue for the team, 3.0 will come off the score for that driver
No more than 3.0 will be taken off for any driver
Stylistic differences will not factor into a technique score
Total possible score in BUILDING is: LEVEL 1: 90 PTS LEVEL 2: 108 PTS LEVEL 3 - 7: 110 PTS

LEVEL APPROPRIATE SKILLS

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHERS
LEVEL APPROPRIATE	• INVERSION TO GROUND LEVEL	• SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)	• 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/4 DOWN TO GROUND LEVEL • 1/4 TWISTING TRANSITION FROM PREP LEVEL	• STEP DOWN • STRAIGHT CRADLE	• BACK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 1 LEG STUNT WITH BRACER • PREP LEVEL TO PRONE • 1 LEG STUNT BELOW PREP LEVEL • SHOULDER SIT • CHAIR • SHOULDER STAND • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPRORPIATE		• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) -TIC TOC IN PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER	• 1/4 TWISTING TRANSITION TO PREP		• 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHERS
LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL	• SWITCH UP TO LIB PREP LEVEL • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION)	• 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/2 TWISTING TRANSITION TO PREP LEVEL • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION • 1/4 TWISTING TRANSITION TO EXTENDED STUNT	• STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION	• PRONE • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • 1/2 TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	• 1/2 TWISTING TRANSITION TO EXTENDED STUNT		• 1/2 TWISTING INVERSION TO EXTENDED STUNT • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

LEVEL APPROPRIATE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL	• RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)	• FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)	• FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SUSPENDED FRONT FLIP VARIATIONS • SUSPENDED TWISTING FRONT OR BACK FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNT • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	• TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STNT • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION

ELITE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• INVERSION TO EXTENDED 1 LEG STUNT	• TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION • RELEASE TO PREP LEVEL BODY POSITION	• FULL UP TO PREP LEVEL BODY POSITION • 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION - UP TO 1 TWIST TO EXTENDEN 2 LEG STUNT		• 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING INVERTION-TO EXTENDED 2 LEGS STUNT	

LEVEL 4

LEVEL APPROPRIATE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL	• SWITCH UP TO EXTENDED 1 LEG STUNT • RELEASE TO EXTENDED STUNT • TIC TOC LIB TO LIB (HIGH TO LOW) • HELICOPTER RELEASE MOVES • RELEASE TO EXTENDED LIB • SWITCH UP TO EXTENDED BODY POSITION • FULL TWISTING RELEASE TO PREP LEVEL OR BELOW • RELEASE FROM PREP LEVEL TO PREP LEVEL	• 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 3/4 TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED 2 LEG STUNT • 1 1/2 TWISTING TRANSITION TO PREP LEVEL • 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	• FULL DOWN FROM EXTENDED 1 LEG STUNT • DOUBLE DOWN FROM PREP LEVEL • KICK FULL TWISTING DISMOUNT	• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	• TOSS EXTENSION • TOSS 1 LEG EXTENDED STUNT

ELITE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
- RELEASE INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT	• TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) • BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION • RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) - TIC TOC FROM PREP TO EXTENDED BODY POSITION STUNT	• FULL UP TO EXTENDED LIB (NOT BODY POSITION) • 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION • EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT - 1 1/2 TWISTING TRANSITION TO EXTENDED STUNT	- DOUBLE DOWN FROM EXTENDED STUNT	• FULL TWISTING INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT • FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION • 1 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT	

LEVEL 5

LEVEL APPROPRIATE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL TO EXTENSION	• 1/4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES	• 1 1/4 UP TO EXTENDED STUNT • DOUBLE UP TO PREP LEVEL STUNT	• DOUBLE DOWN FROM 1 LEG STUN • KICK DOUBLE DISMOUNT	• 1 1/2 - 2 TWIST TO PRONE • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	• TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT • TOSS EXTENDED 1 ARM STUNT • TOSS FULL TWIST TO EXTENDED STUNT

ELITE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT	• TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION • 1/2 TWISTING SWITCH UP TO EXTENDED BODY POSITION	• FULL UP TO EXTENDED BODY POSITION • 1 1/2 UP TO 2 1/4 TWIST TO EXTENDED STUNT	• KICK DOUBLE DISMOUNT FROM 1 LEG EXTENDED STUNT	• 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)	• UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT

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LEVEL 6

LEVEL APPROPRIATE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB	• 1/4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION • REWIND TO PREP LEVEL OR BELOW	• FULL UP TO EXTENDED 1 LEG STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT	• DOUBLE DOWN FROM 1 LEG STUNT	• 1 1/2 - 2 TWIST TO PRONE LEG STUNT • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	• COED STYLE TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT

ELITE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION - REWIND TO EXTENDED STUNT	• SWITCH UP FULL TWIST TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING BALL UP TO EXTENDED BODY POSITION • REWIND TO EXTENDED STUNT • UNASSISTED REWIND TO EXTENDED STUNT • 1 1/2 TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT	• 1 1/2 UP TO EXTENDED BODY POSITION • 1 3/4 UP TO EXTENDED BODY POSITION • DOUBLE UP TO EXTENDED 1 LEG STUNT	• KICK DOUBLE TWISTING DISMOUNT	• FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) • 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)	• UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT • COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT • UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP RELEASE TO EXTENDED STUNT

LEVEL APPROPRIATE SKILLS

LEVEL 7

LEVEL APPROPRIATE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L7) • FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L7) • FLIPPING FROM GROUND LEVEL TO EXTENSION (L7) • DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB	• 1/4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION	• FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L7) • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L7) • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L7) • FULL UP TO EXTENDED 1 LEG STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT	• FRONT FREE FLIPPING TO GROUND LEVEL (L7) • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L7) • DOUBLE DOWN FROM 1 LEG STUNT	• 1 1/2 - 2 TWIST TO PRONE • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	• COED STYLE TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT

ELITE SKILLS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION STYLE	COED
• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT (ALL GIRL DIVISIONS) • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION STUNT (COED DIVISIONS)	• SWITCH UP FULL TWIST TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING BALL UP TO EXTENDED BODY POSITION • REWIND TO EXTENDED STUNT • UNASSISTED REWIND TO EXTENDED STUNT • 1 1/2 TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT	• FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L7) • 1 1/2 UP TO EXTENDED BODY POSITION • 1 3/4 UP TO EXTENDED BODY POSITION • DOUBLE UP TO EXTENDED 1 LEG STUNT	• KICK DOUBLE TWISTING DISMOUNT • FREE FLIPPING WITH 1/2 TWIST FROM PREP LEVEL TO CRADLE (L7)	• BACKHANDSPRING FULL UP TO EXTENDED STUNT (L7) • FRONT HANDSPRING 1 1/2 UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • FRONT HANDSPRING 1 2/ UP TO EXTENDED STUNT	• UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT • COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT • COED STYLE TOSS FULL TWIST TO EXTENDED STUNT

► TOSSES LEVEL APPROPRIATE ◄

LEVEL 2

NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3

NON-TWISTING	TWISTING
BALL ARCH * PRETTY GIRL ARCH * PIKE ARCH* KICK ARCH * BALL-X * TOE TOUCH	FULL TWIST

LEVEL 4

NON-TWISTING	TWISTING
BALL KICK * PIKE-X * HITCH KICK* SWITCH KICK * DOUBLE TOE TOUCH	BALL FULL * PIKE FULL * KICK FULL * TOE TOUCH FULL* FULL UP TOE TOUCH * DOUBLE FULL

LEVEL 5

NON-TWISTING	TWISTING
PIKE HITCK KICK * PIKE KICK PRETTY GIRL * PIKE SWITCH KICK* KITCH KICK KICK	HITCH KICK FULL * SWITCH KICK FULL* KICK KICK FULL * PIKE KICK FULL * KICK FULL KICK

LEVEL 6

NON-TWISTING	TWISTING
PIKE HITCK KICK * PIKE KICK PRETTY GIRL * PIKE SWITCH KICK* KITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL • DOUBLE FULL TOE TOUCH • TOE TOUCH DOUBLE FULL • HITCK KICK DOUBLE FULL • SWTITCH KICK DOUBLE FULL • KICKK FULL KICK FULL

LEVEL 7

NON-TWISTING	TWISTING
TUCK * X-OUT * PIKE * LAYOUT	LAYOUT FULL * LAUOUT DOUBLE FULL * X-OUT FULL * SPLIT FULL *ARABIAN 1 1/2 * PIKE OPEN DOUBLE FULL

TUMBLING / GIMNASIA

COPBRANDS INTERNATIONAL SPORTS COMPANY
THE SPORT THAT MOVES MY WORLD

JUDGE: _____ TEAM: _____ CATEGORY: _____

STANDING

COMMENTS:

DIFFICULTY 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

D	%PART	COMB	SY	V

20 PTS MAX.

EXECUTION 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

APP	BC	I	SY

20 PTS MAX.

RUNNING

COMMENTS:

DIFFICULTY 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

D	%PART	COMB	SY	V

20 PTS MAX.

EXECUTION 20 PTS

1 - 5 pts	5 -10 pts	10-15 pts	15 - 20 pts
BELOW	LOW	MID	HIGH

DRIVERS

APP	BC	I	SY

20 PTS MAX.

JUMPS

COMMENTS:

DIFFICULTY 10 PTS

2.5 pts	5 pts	7.5 pts	10 pts
BELOW	LOW	MID	HIGH

10 PTS MAX.

EXECUTION 10 PTS

1 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
BELOW	LOW	MID	HIGH

DRIVERS

AP	IP	SY

10 PTS MAX.

TOTAL
100 PTS MAX

ADDITIONAL COMMENTS:

_____

_____

_____

_____

TUMBLING / GIMNASIA

STANDING TUMBLING

DIFFICULTY - STANDING TUMBLING - (LEVELS 1 - 5)		
BELOW	1-5 PTS	Skills performed do not meet Low range requirement
LOW	5 - 10 PTS	75% of the team performs a level appropriate pass
MID	10 - 15 PTS	51% of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
HIGH	15 - 20 PTS	75% of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus 51% of the team performs an additional level appropriate pass

DIFFICULTY - STANDING TUMBLING - (LEVELS 6 &7)		
BELOW	1-5 PTS	Skills performed do not meet Low range requirement
LOW	5 - 10 PTS	75% of the team performs the same level appropriate pass
MID	10 - 15 PTS	At least 51% of the team performs an Elite level appropriate pass
HIGH	15 - 20 PTS	At least 75% of the team performs an Elite level appropriate pass in the same section

RUNNING TUMBLING

DIFFICULTY - RUNNING TUMBLING - (LEVELS 1 TO 5)		
BELOW	1-5 PTS	Skills performed do not meet Low range requirement
LOW	5 - 10 PTS	Less than 51%of the team performs a level appropriate pass
MID	10 - 15 PTS	51% of the team performs a level appropriate pass
HIGH	15 - 20 PTS	75% of the team performs a level appropriate pass

DIFFICULTY - RUNNING TUMBLING - (LEVELS 6 - 7)		
BELOW	1-5 PTS	Skills performed do not meet Low range requirement
LOW	5 - 10 PTS	51% of the team performs a level appropriate pass
MID	10 - 15 PTS	75% of the team performs a level appropriate pass
HIGH	15 - 20 PTS	51% of the team performs an Elite level appropriate pass

JUMPS

DIFFICULTY - JUMPS	
2,5	Skills performed do not meet 4.0 requirement
5	75% of the team performs 1 advanced jump
7,5	75% of the team performs 2 connected advanced jumps. Must be synchro- nized and must include a variety.
	Mini: 75% of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety
10	75% of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.
	Mini: 75% of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety

TUMBLING EXECUTION - STANDING, RUNNING	
1 - 20 PTS	Ability to perform standing and running tumbling and jumps with excelent presision and form.

TUMBLING EXECUTION - JUMPS	
1 - 10 PTS	Ability to perform standing and running tumbling and jumps with excelent presision and form.

TABLA DE CANTIDAD - TUMBLING CHARTS

TABLA DE CANTIDAD PARA GIMNASIA Y SALTOS		
TUMBLING/JUMPS QUANTITY CHART		
# de Deportistas	51%	75%
# OFATHLETES	MAJORITY	MOST
5 - 7	2	4
8 - 9	4	5
10 - 15	6	7
16 - 19	8	9
20 - 25	10	13
26 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS

DIFFICULTY DRIVERS - STANDING & RUNNING TUMBLING
Degree of difficulty
Percent of team participation
Combination of skills (level and non-level appropriate)
Sychronization of passes
variety of passes

STANDING TUMBLING DIFFICULTY
In an effort to reduce the number of Standing Tumbling passes performed in L1-L5, the following criteria will be used when awarding higher scores within a range: • Degree of Difficulty of the passes • Variety of Passes • Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes

JUMPS
Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
Basic Jumps: Spread Eagle, Tuck Jump
Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine

EXECUTION DRIVERS

EXECUTION DRIVERS - STANDING & RUNNING TUMBLING	
Each driver may include, but is not limited to, the below examples:	
Approach	• Arm placement into a pass/skill • Swing/prep • Chest placement • Flow from skill to skill in a pass • Consistent or increases through pass/skills • Connection of pass/skills
Body control	• Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Pointed toes
Landings	• Controlled • Legs/feet together • Chest placement • Finished pass/skill • Incomplete twisting skills
Synchronization	* • Timing

*Teams that do not perform at least 1 level appropriate pass synchronized in a group will automatically receive -3 off for Synchronization.

TECHNIQUE DRIVERS - JUMPS

Arm placement	• Approach • Consistent entry • Swing/prep • Arm position within jump(s)
Leg placement	• Straight legs • Pointed toes • Hip placement/rotation • Hyperextension • Height • Legs/feet together • Chest placement • Landings
Synchronization	* • Timing

TUMBLING ADDITIONAL INFORMATION

• L1 – L5 & 6 JR Standing Tumbling – Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement.

Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).

Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS Full is 1 pass).

T-Jumps are not considered a jump and will break up a pass into two separate passes.

L2- No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit.

L3- No skills out of a BHS step out 1⁄2 turn that are ILLEGAL in L2 will count for level appropriate credit.

L4- Punch front forward roll will not count for level appropriate credit.

L5- No skills out of a Tuck, in Standing Tumbling, that are ILLEGAL in L4 will count for level appropriate credit (i.e. BHS-Tuck-BHS or Tuck-BHS).

L6 & L7- Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive level appropriate credit (i.e. BHS-BHS-Layout).

EXECUTION ADDITIONAL INFORMATION

Atheltes are expected to demostrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill

* Scores will start at 20 pts and may be reduced by 1, 2 or 3 pts based on the lack of technical execution of each driver

* - 1 point: Minor technique issues by the team, no just 1 athelte in tumbling/jumps or 1 athlete in stunts/pyramids/tosses

* -2 points: Multiple technique issues by the team

* -3 points: Widespread technique issues by the team

* No mora than 3 will be taken off for a single driver

* Stylistic differences will not factor into team's execution score

Same Section - Single portion of the routine where skills from a skill set (Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, Jumps) are performed.

► LEVEL APPROPRIATE SKILLS - TUMBLING - ◄

LEVEL 1

STANDING TUMBLING	RUNNING TUMBLING
FORWARD ROLL • STRADDLE ROLL • HANDSTAND HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING	RUNNING TUMBLING
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES FRONT WALKOVER TO ROUND OFF BHS SERIES FRONT HANDSPRING ROUND OFF BHS

LEVEL 3

STANDING TUMBLING	RUNNING TUMBLING
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES BHS STEP OUT BHS COMBO	AERIALS • PUNCH FRONT • ROUND OFF TUCK ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

► LEVEL APPROPRIATE SKILLS - TUMBLING - ◄

LEVEL 4

STANDING TUMBLING

STANDING BACK TUCK • BHS BACK TUCK •
BHS SERIES TO BACK TUCK
JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK•
BHS WHIP BHS BACK TUCK OR LAYOUT•
BHS SERIES LAYOUT• BHS BACK TUCK BHS LAYOUT•
JUMPS BHS SERIES LAYOUT

RUNNING TUMBLING

CARTWHEEL BACK TUCK • ROUND OFF LAYOUT
ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT •
ROUND OFF BHS SERIES TO LAYOUT
FRONT WALKOVER THROUGH TO LAYOUT •
PUNCH FRONT STEPOUT TO LAYOUT
ROUND OFF BHS SERIES TO LAYOUT •
ROUND OFF BHS WHIP BHS TO LAYOUT
PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO
BACK TUCK
FRONT HANDSPRING PUNCH FRONT
FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF
BHS BACK TUCK/LAYOUT • AERIAL(PUNCH FRONT) • ONODI

LEVEL 5

STANDING TUMBLING

BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS •
JUMP BHS SERIES TO WHIPS AND LAYOUTS
BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT

RUNNING TUMBLING

ROUND OFF FULL • ROUND OFF BHS FULL •
FRONT WALKOVER THROUGH TO FULL
PUNCH FRONT STEPOUT TO FULL •
ROUND OFF WHIP BHS TO FULL • ROUND OFF ARABIAN STEP
OUT TO FULL

LEVEL 6 & 7

STANDING TUMBLING

JUMP BACK TUCK

RUNNING TUMBLING

CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL
• FRONT WALKOVER THROUGH TO FULL
SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL •
FRONT FULL

ELITE LEVEL APPROPRIATE

STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL •
BHS SERIES TO FULL
JUMP BHS SERIES TO FULL •
BHS WHIP TO BHS SERIES TO FULL •
BHS SERIES TO DOUBLE FULL
JUMP BHS SERIES TO DOUBLE FULL •
BHS WHIP TO BHS SERIES TO DOUBLE FULL

ELITE LEVEL APPROPRIATE

FRONT HANDSPRING FRONT FULL •
PUNCH FRONT STEPOUT TO FULL •
ROUND OFF BHS WHIP TO FULL
ROUND OFF ARABIAN ROUND OFF BHS FULL •
ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE
FULL
ROUND OFF BHS DOUBLE FULL •
FRONT WALKOVER THROUGH TO DOUBLE FULL
PUNCH FRONT STEPOUT TO DOUBLE FULL •
ROUND OFF BHS WHIP TO DOUBLE FULL
ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL •
ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL
ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the IASF Safety Rules. Please check back as this document may be updated throughout the season.

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JUDGE: _____ TEAM: _____ CATEGORY: _____

COMMENTS

CHOREOGRAPHY

DANCE 10 PTS
EXECUTION AND DIFFICULTY

1 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
BELOW	LOW	MID	HIGH

10 PTS MAX.

ROUTINE COMPOSITION 10 PTS
FORMATIONS & TRANSITIONS

1 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
NEED WORKS	AVERAGE	GOOD	EXCELLENT

10 PTS MAX.

STUNT CREATIVITY 5 PTS

0 - 1 pts	2 - 3 pts	4 - 5 pts
AVERAGE	GOOD	EXCELLENT

5 PTS MAX.

PYRAMIDS CREATIVITY 5 PTS

0 - 1 pts	2 - 3 pts	4 - 5 pts
AVERAGE	GOOD	EXCELLENT

5 PTS MAX.

PERFORMANCE 10 PTS
OVERALL IMPRESSION

1 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
NEED WORKS	AVERAGE	GOOD	EXCELLENT

10 PTS MAX.

TOTAL
40 PTS MAX

ADDITIONAL COMMENTS:

_____
_____
_____
_____

CHOREOGRAPHY / COREOGRAFIA
6.0

JUDGE: _____ **TEAM:** _____ **CATEGORY:** _____

COMMENTS

JUMPS

DIFFICULTY 10 PTS

2.5 pts	5 pts	7.5 pts	10 pts
BELOW	LOW	MID	HIGH

EXECUTION 10 PTS

1 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
BELOW	LOW	MID	HIGH

DRIVERS

AP	LP	SY

10 PTS MAX.

10 PTS MAX.

20 PTS MAX.

CHOREOGRAPHY

DANCE 10 PTS
EXECUTION AND DIFFICULTY 10 PTS

0 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
NEED WORKS	AVERAGE	GOOD	EXCELLENT

10 PTS MAX.

ROUTINE COMPOSITION 10 PTS
FORMATIONS & TRANSITIONS

0 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
NEED WORKS	AVERAGE	GOOD	EXCELLENT

10 PTS MAX.

STUNT CREATIVITY 5 PTS

0 - 1 pts	2 - 3 pts	4 - 5 pts
AVERAGE	GOOD	EXCELLENT

5 PTS MAX.

PYRAMIDS CREATIVITY 5 PTS

0 - 1 pts	2 - 3 pts	4 - 5 pts
AVERAGE	GOOD	EXCELLENT

5 PTS MAX.

PERFORMANCE 10 PTS
GENERAL IMPRESSION

0 - 2 pts	3 - 4 pts	5 - 6 pts	7 - 10 pts
NEED WORKS	AVERAGE	GOOD	EXCELLENT

10 PTS MAX.

ADDITIONAL COMMENTS

TOTAL
60 PTS MAX

CHOREOGRAPHY / COREOGRAFIA

DANCE

1,0 - 10,0 PTS	A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:	DIFFICULTY: Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work • Pace EXECUTION: Technique • Perfection • Motion Strength/Placement • Synchronization

ROUTINE COMPOSITION (TRANSITIONS & FORMATIONS)

1,0 - 10,0 PTS	A team's ability to demonstrate * precise spacing *formations and * transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.

STUNTS CREATIVITY

1,0 - 5,0 PTS	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries • Transitions • Dismounts

PYRAMIDS CREATIVITY

1,0 - 5,0 PTS	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries • Transitions • Dismounts

PERFORMANCE (OVERALL IMPRESSION)

1,0 - 10,0 PTS	The judging panel's overall impression of the entire performance encompassing all category areas and including energy, genuine enthusiasm, showmanship, and eye contact. Facial expression will not be considered when scoring this category and teams that wear masks while performing will not be penalized. *Overall Impression will include and take into consideration appropriate athletic impression throughout the routine.

EQUIPO / TEAM _____ **CATEGORIA / DIVISION** _____ **NIVEL** _____

LECTURA DE ABREBIATURAS
ST: Standing Tumbling / RT: Running Tumbling / S: Stunts / PY: Pyramids / T: Tosses / MD: Motions, Dance / J: Jumps
AF: Athlete Fall / B: Boobles / BF: Building Fall / MF: Major Building Fall / SV: Safety Violation

ELEMENTOS PARA DEDUCCION
ST
RT
S
PY
T
J
AF
B
BF
MF
SV

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:00 - 0:15 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:15 - 0:30 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:30 - 0:45 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:45 - 0:60 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:00 MINUTE 1:15

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:15 - 1:30 MINS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:30 - 1:45 MIN

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:45 - 2:00 MIN

TIEMPO DE REFERENCIA / TIMING REFERENCE — 2:00 - 2:15 MIN

TIEMPO DE REFERENCIA / TIMING REFERENCE — 2:15 - 3:00 MIN

DEDUCCIONES SOBRE RUTINA

DEDUCCION POR EJERCICIOS

Athlete Fall: Caida de atleta	0.5	**Bobbles:** Descuidos	1.0
Building Fall: Caida de elevaciones	2.0	**Major Building Fall:** Caída grave de elevacion	2.5
Boundary Violation: Violacion de limites	0.5		

0.5 x _____ = _____

1.0 x _____ = _____

2.0 x _____ = _____

2.5 x _____ = _____

TOTAL EJERCICIOS ☐

VIOLACIONES POR TIEMPO

Tiempo Exedido	Deduccion
+ de 3 SEGUNDOS	2 Pts
+ de 4 SEGUNDOS	5 Pts

Tiempo de Rutina: _____

TOTAL TIEMPO ☐

VIOLACIONES POR UNIFORMIDAD

Deduccion x Integrante	2.0 pts

2.0 x _____ = _____

TOTAL UNIFORMES ☐

TOTAL DEDUCCIONES ☐

COMENTARIOS

VIOLACIONES DE SEGURIDAD

FIRMA JUEZ

NIVEL: _____ EJERCICIO: _____ LETTER: _____
COMENTARIOS: _____ # DE INCIDENCIAS: _____

NIVEL: _____ EJERCICIO: _____ LETTER: _____
COMENTARIOS: _____ # DE INCIDENCIAS: _____

PENALIZACIONES
PENALTIES SHEET

CHEER

EQUIPO / TEAM _____ CATEGORIA / DIVISION _____ NIVEL _____

LECTURA DE ABREBIATURAS
ST: Standing Tumbling / RT: Running Tumbling / S: Stunts / PY: Pyramids / T: Tosses / MD: Motions, Dance / J: Jumps
AF: Athlete Fall / B: Boobles / BF: Building Fall / MF: Major Building Fall / SV: Safety Violation.

COMMENTS:

ELEMENTOS PARA DEDUCCION
ST
RT
S
PY
T
J
AF
B
BF
MF
SV

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:00 - 0:15 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:15 - 0:30 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:30 - 0:45 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 0:45 - 0:60 SECONDS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:00 MINUTE 1:15

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:15 - 1:30 MINS

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:30 - 1:45 MIN

TIEMPO DE REFERENCIA / TIMING REFERENCE — 1:45 - 2:00 MIN

TIEMPO DE REFERENCIA / TIMING REFERENCE — 2:00 - 2:15 MIN

TIEMPO DE REFERENCIA / TIMING REFERENCE — 2:15 - 3:00 MIN

VIOLACIONES DE SEGURIDAD

Son Violaciones o faltas que se producen al efectuar elementos y/o ejecuciones fuera de los niveles de seguridad 1 - 7.

Tumbling Violations: 1.5
Violaciónes de Gimnasia

Building Violations: 2.0
Violación de Elevación

1.5 x _____ = _____

2.0 x _____ = _____

TOTAL SEGURIDAD

TOTAL DEDUCCIONES

VIOLACIONES DE SEGURIDAD (10 PTS x INCIDENCIA)

NIVEL: _____ EJERCICIO: _____ LETTER: _____
COMENTARIOS: _____ # DE INCIDENCIAS: _____

NIVEL: _____ EJERCICIO: _____ LETTER: _____
COMENTARIOS: _____ # DE INCIDENCIAS: _____

COMENTARIOS

FIRMA JUEZ

DEDUCTION/PENALTIES

DEDUCTIONS DURING ROUTINE

ATHLETE FALL

	This includes the following:	This does NOT include the following:	
ATHLETE FALL DROPS TO THE PERFORMANCE SURFACE DURING TUMBLING AND/OR JUMP SKILLS	• Hand, hands, or head down in tumbling or jump skills • Knee or knees down in tumbling or jump skills • Tumbling transitions in and/or out of a building skill	• An athlete that trips while walking during a transition	**0,5**

BOOBLES

	This includes the following:	This does NOT include the following:	
ATHLETE FALL DROPS TO THE PERFORMANCE SURFACE DURING TUMBLING AND/OR JUMP SKILLS	• Base or spotter drops to the performance surface during a building skill • Top person sits back onto the base/spotter and is pushed back up into the stunt/skill • Lowering of a stunt (not timing issues) i.e. extended position to prep level etc. • Single based coed style stunts that drop to a load in position • Pyramid skills that would fall without the bracer or bracers support • Both feet of the top person come in contact with the performance surface during a cradle (excluding one foot) • Drops to the performance surface from a nugget, thigh stand and/or waist level style stunt on to their feet (not timing issues)	• An omitted skill • Drop in body position by top person • Excessive movement by bases • Balance check by top person • Hand or hands of the top person come in contact with the performance surface during a cradle.	**1,0**

BUILDING FALL

	This includes the following:	This does NOT include the following:	
BUILDING FALL DROPS FROM A BUILDING SKILL OR TRANSITION DURING A STUNT AND/OR PYRAMID	• Drops to a cradle position • Drops to a load in position • Drops to a prone position	• Single based stunts that drop to a coed load in position • Dropping from extended position to prep level stunt/skill	**2,0**

MAJOR BUILDING FALL

	This includes the following:	This does NOT include the following:	
MAJOR BUILDING FALL DROPS TO THE PERFORMANCE SURFACE FROM A STUNT, PYRAMID OR TOSS BY THE TOP PERSON AND/OR THE BASES/SPOTTERS	• Multiple bases and/or spotters drop to the performance surface • Top person lands on base and/or spotter who drops to the performance surface • Single based coed style stunts where the top person lands on performance surface without assistance from bases and/or spotter	• Top person comes in contact with the performance surface during a transitionalstunt and/or pyramid that is continuous without interruption/stopping • Top person is set out of a building skill, transitions, and drops to the performance surface (this includes tripping while walking)	**2,5**

RULES DEDUCTIONS

BOUNDARY VIOLATION		
BOUNDARY VIOLATION	The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .05 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.	0,5
UNIFORMS		
UNIFORMS	All athletes perform with the same uniform (including shoes, bows, shorts, pants, biers, etc). this deduction will be per person that not wear uniform as the team	2,00
TIME LIMIT VIOLATIONS		
TIME LIMIT VIOLATIONS	Judges will use a stopwatch/clock to measure the official time. Judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 3 seconds over the allotted time, acknowledging the potential variance caused by human reaction speed and sound system time variations.	
	Overtime more 3 seconds (2:33 -2:34)	2
	Overtime more 4 seconds (More than 2:34)	5,0
LEGALITY INFRACTIONS		
LEGALITY INFRACTIONS	Tumbling/General Out of Level	1,50
	Building Out of Level	2

ABREBIATURAS

STANDING TUMBLING	ST	JUMPS	J
RUNNING TUMBLING	RT	ATHLETE FALL	AF
STUNTS	S	BOOBLES	B
PYRAMIDS	PY	BUILDING FALL	BF
TOSSES	T	MAJOR BUILDING FALL	MF
MOTION / DANCE	MD	SAFETY VIOLATIONS	SV