F.C.C. • 2019 – 2020 — INTERMEDIATE RULES

(Varsity – Varsity Coed)

(NOTE: All legality and safety rules are in accordance with USA Cheer/AACCA. The INTERMEDIATE Division is defined by the skills listed below.)

A. GENERAL
   1. An individual may jump/rebound over another individual.
   2. Drops such as: knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless there is weight bearing contact on the hands or feet, which helps break the impact of the drop. Shushunovas are allowed.

B. GENERAL TUMBLING
   1. All tumbling must originate and land on the performing surface.
   2. A tumbler may rebound from his/her feet into a stunt transition.
      a. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
   3. Tumbling over/under (any body part), or through a stunt, individual, or prop, is not allowed.
   4. Tumbling while holding or in contact with any prop is not allowed.
   5. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed.
   6. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.
      Example: Back handspring step out > 1⁄2 turn = Illegal.
   7. Flips and aerials are not allowed.
   8. No twisting while airborne.

C. STANDING TUMBLING
   1. Series front/back handsprings are not allowed.
   2. Jump skills in immediate combination with handspring(s) are not allowed.

D. RUNNING TUMBLING
   1. Series front and back handsprings are allowed.

E. SPOTTERS
   1. A spotter is required for each top person above prep level.
   2. Single based stunts with multiple top persons require a separate spotter for each top person.

F. GENERAL STUNTS
   1. During transitions, at least one base must remain in contact with the top person.
      Exception: See Release Moves
   2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. (This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete; not the arms or legs.)
   3. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
G. STUNTS – LEVELS
1. Single leg extended stunts are allowed.
2. Extended single leg stunts may not brace or be braced by any other extended stunts.

H. STUNTS – TWISTING
1. Up to 1 twist allowed.
2. Full twist transitions must land and originate from prep level or below.
3. May not exceed a 1/2 twist to and from an extended position.

I. STUNTS – RELEASE MOVES
1. Release moves:
   a. Must return to original bases
   b. May not land on the performing surface without assistance.
   c. May not intentionally travel.
   d. May not land in an inverted position.
   e. May not pass over, under or through other stunts, pyramids, individuals or props.
   f. That land in a non-upright position must have:
      (1) 3 catchers for a multi-based stunt.
      (2) 2 catchers for a single-based stunt.
   g. The height of a release move is determined by:
      (1) The highest point of the release
      (2) The distance from the top person’s hips to the extended arms of the bases (not the back spot)
2. Free flipping or assisted flipping stunts and transitions are not allowed.
3. Single based split catches are not allowed.
4. Release moves must:
   a. Start at waist level or below.
   b. Land at prep level or below.
5. Release moves must not:
   a. Pass through or land inverted.
   b. Release from inverted to non-inverted.
   c. Pass above extended arm level of the bases (not the back spot). If distance is greater than the length of the top person’s legs must follow Toss or Dismount rules.
   d. Come in contact with other top persons in separate release moves.
6. Release moves that land in a non-upright position must have:
   a. 3 catchers for a multi-based stunt.
   b. 2 catchers for a single-based stunt.
7. Skills performed during the release move are restricted to:
   a. A single skill/trick.
   b. 0 twists.
8. Log/barrel rolls:
   a. Up to 1 twist.
   b. Must land in a cradle, or flat and horizontal, body position.
      Example: Flat back or prone.
   c. Must have two catchers for single-based log rolls. Multi-based log rolls must have 3 catchers.
9. Helicopters are not allowed.

J. STUNTS – INVERSIONS

1. An athlete in a backbend or inverted position on the performance surface may not be in contact with a top Person.
2. Inversion Levels
   a. No inverted stunts above shoulder level except multi-based suspended rolls.
   b. Multi-based suspended rolls must:
      (1) Roll to a cradle, load in position, flat body prep level stunt or the performing surface
      (2) Have both hands of the top person connected to separate hands of the base(s)
3. Twisting Inversions
   a. Up to 1 twist to prep level and below.
   b. Up to a 1/2 twist to extended level.
   c. Multi-based suspended forward rolls:
      (1) Up to 1 twist allowed.
      (2) That exceed a 1/2 twist must land in cradle.
   d. Multi-based suspended backward rolls may not twist.
4. Downward Inversions
   a. Downward inversions are allowed at waist level and must:
      (1) Have two catchers in contact with the waist to shoulder region.
      (2) Maintain contact with an original base.
      (3) Not pass through prep level and then become inverted below prep level.
      (4) Not come in contact with other downward inversions.
   b. Two leg “Pancake” stunts are not allowed.

K. PYRAMIDS

1. Pyramids must follow Stunts and Dismounts rules and are allowed up to 2 high
2. Top person must receive primary support from a base.
   Exception: Release Moves
3. Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and required bracer(s).
4. Primary weight may not be borne at second level. Transitions must be continuous.
5. Required bracers/connection must be made prior to the initiation of the skill
6. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. *(This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete; not the arms or legs.)*
7. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
8. Extended single leg stunts may not brace or be braced by any other extended stunts.

L. PYRAMIDS – TWISTING

1. Twisting TO extended is allowed up to 1 twist.
   a. Must be connected to a bracer at prep level or below and a base.
   b. The connection to the bracer must be hand/arm to hand/arm.
   c. The connection to the bracer must remain the same and stay connected throughout the entire transition.
M. PYRAMIDS — INVERSIONS
1. Must follow Stunt Inversion rules.
2. A top person may pass through an inverted position if:
   a. Top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below.
   b. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
   c. The connection to the bracer must remain the same and stay connected throughout the entire transition.

N. PYRAMIDS — RELEASE MOVES
Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performing surface and follow the dismount rules.
1. During a pyramid transition, a top person may pass above 2 persons high and perform:
   a. INTERMEDIATE Stunt Release skills or Dismounts if:
      (1) Connected to one bracer at prep level or below.
   b. Up to 1 twist if:
      (1) Connected to two bracers at prep level or below with arm/arm connections.
   c. Non-Twisting/Non-Inverted Release Moves if:
      (1) Connected to two different bracers at prep level or below.
      (2) Connected to one bracer by hand/arm-to-hand/arm.
      (3) Connected to a second bracer by hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee).
      (4) Braced on two separate sides (i.e. right side-left side, left side -back side, etc.) by two different bracers.
      (5) Braced on 2 of the 4 sides of the top person (front, back, right, left).
2. Contact must be maintained with the same bracer(s) until contact is made with a base on the performing surface (This does not include the uniform or hair).
3. These release transitions may not involve changing bases.
4. These transitions must be caught by 2 catchers (minimum of one catcher and one spotter).
   a. Both catchers must be stationary.
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.
5. Release moves may not be braced/connected to top persons above prep level.
6. Pyramid transitions may not involve inversions while released from the bases.

O. DISMOUNTS
1. Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface.
2. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
4. All multi-based waist level cradles in which the bases begin underneath the top person’s feet must follow toss rules.
5. Dismounts must return to original base(s).
   Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter.
Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.

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

Exception: Dismounting single based stunts with multiple top persons.

6. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

7. No free flipping or assisted flipping dismounts allowed.

8. Dismounts may not intentionally travel.

9. Top persons in dismounts may not come in contact with each other while released from the bases.

   Exception: Dismounting single based stunts with multiple top persons.

10. Tension drops/rolls of any kind are not allowed.

11. Up to 1 trick allowed during a dismount from any two-leg stunt.

12. Up to 1-1/4 twists are allowed from any two-leg stunt.

13. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.

14. Dismounts from an inverted position are not allowed.

P. DISMOUNTS to CRADLES

1. Up to 11/4 twists are allowed from any two-leg stunts (does not include platform position).

2. Only basic straight cradles and 1/4 twist cradles are allowed from any single leg stunt.

3. When cradling single based stunts with multiple top persons:
   a. 2 catchers must catch each top person.
   b. Catchers and bases must be stationary prior to the initiation of the dismount.

Q. DISMOUNTS to the PERFORMANCE SURFACE

1. Only straight pop downs from any single leg stunt allowed.

2. Only straight pop downs from any prep level or higher two-leg stunt allowed.

3. Up to one trick allowed from any waist level two-leg stunt allowed.

R. TOSSES

1. Tosses must:
   a. Have top person’s feet (both) in/on hands of bases when the toss is initiated.
   b. Not have more than one top person.
   c. Have top person become free of all contact from bases, bracers and/or other top persons.
   d. Have at least 3 bases with a maximum 4. All bases having their feet on the performing surface.
   e. Have a base behind the top person during the toss and may assist the top person in to the toss.
   f. Have a base positioned at the head and shoulder area of the top person for the cradle.
   g. Land in a cradle position caught by 3 original bases.
   h. Bases must remain stationary during the toss. No intentional traveling tosses.
      Exception: Bases may turn a 1/4 or a 1/2 for allowable skills with fractional twist.
   i. Include all multi-based waist level cradles in which the bases begin underneath the top person’s feet and must follow toss rules.
   j. Not flip, invert or travel.
   k. Not have a stunt, pyramid, individual, or prop move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
2. Up to 1 trick allowed (may not exceed 1 1/4 twist).
   Clarification: An ‘arch’ is not a trick.
   Exception: A Ball-X toss is allowed.
3. During a twisting toss, no skill other than the twist is allowed.