

NLCC 2007-2008 ALL STAR LEVEL 1 GUIDELINES

AUGUST 2007

Underlined information indicates areas in which NLCC has chosen to be less restrictive than USASF.

When progressing in levels, any skill found in a lower level may be performed in a higher level.

The following NLCC member companies have aligned their rules for the 2006-07 Competition Season:
ECA, AmeriCheer, Cheer Power, American Cheer and Dance Academy, Cheer Nation and Spirit Unlimited.

<p>STANDING TUMBLING</p>	<ol style="list-style-type: none"> 1) No dive rolls, flips or handsprings permitted. 2) Twisting while airborne is prohibited. Exception: Round-offs, Block Cartwheels 3) The following are the only skills permitted: Forward and backward rolls, cartwheels, round-offs, front and back walkovers, handstands 4) When passing through the inverted position, tumbler must have both hands on the performance surface
<p>RUNNING TUMBLING</p>	<ol style="list-style-type: none"> 1) No dive rolls, flips or handsprings permitted. 2) Twisting while airborne is prohibited. Exception: Round-offs, Block Cartwheels 3) The following are the only skills permitted: Forward and backward rolls, cartwheels, round-offs, front and back walkovers, handstands. 4) When passing through the inverted position, tumbler must have both hands on the performance surface
<p>STUNTS</p>	<ol style="list-style-type: none"> 1) Stunts are limited to 2 persons high. 2) Extended stunts are prohibited. (See glossary for definition of extended stunts.) 3) Single-leg stunts are only permitted below prep level. 4) During Transitional Stunts, changing bases is prohibited. All bases must remain in contact with the flyer. 5) Twisting stunts are prohibited. 6) Base(s) is not allowed to move while the flyer(s) is in motion. <p>(See LEVEL 1 PYRAMIDS for exceptions.)</p>
<p>PYRAMIDS</p>	<ol style="list-style-type: none"> 1) Must follow Stunt and Dismount rules with the following exceptions: <ol style="list-style-type: none"> a. <u>Two-leg extended stunts must be braced by a prep level stunt. All stunts must be at or below prep level prior to extending or changing positions.</u> b. <u>Single-leg stunts at prep level must be braced by a prep level or lower stunts(s)/individual(s). The connection can only be and must be made prior to executing a single-leg stunt and must be made at or below prep level.</u> 2) Are limited to 2 persons high.
<p>DISMOUNTS</p>	<ol style="list-style-type: none"> 1) Pop downs and basic straight cradles are the only dismounts permitted. Twisting/turning is prohibited. 2) Cradling from extended stunts/pyramids is prohibited.
<p>RELEASE MOVES</p>	<ol style="list-style-type: none"> 1) Release moves other than those permitted under LEVEL 1 DISMOUNTS are prohibited. 2) Helicopters are prohibited. 3) Tick-tocks are prohibited. 4) Release moves that land in a prone position are prohibited.
<p>INVERSIONS</p>	<ol style="list-style-type: none"> 1) Inversions are prohibited.
<p>TOSSES</p>	<ol style="list-style-type: none"> 1) Tosses are prohibited.