

NLCC 2007-2008 ALL STAR LEVEL 3 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 flips or aerial skills permitted. 2) When passing through the inverted position of an airborne trick, tumbler must have at least one hand on the performance surface. 3) Front and back handspring series are permitted. 4) Twisting while airborne is prohibited. Exception: Round-offs, Block Cartwheels
<p>RUNNING TUMBLING</p>	<ol style="list-style-type: none"> 1) <u>Flips without hand support can only be executed in a tuck position and must be performed from a round-off or round-off back handspring or front handspring entry.</u> Exception: Front tucks and aerial cartwheels are permitted. Cartwheel tucked flips are not permitted. 2) No skills other than a forward or backward roll are permitted after a tuck. Tumbling after the forward or backward roll is prohibited. 3) Twisting while airborne is prohibited. Exception: Round-offs, Block Cartwheels
<p>STUNTS</p>	<ol style="list-style-type: none"> 1) Stunts are limited to 2 persons high. 2) Single-leg extended stunts are permitted. 3) Transitions and twisting entries are limited to 1 twist by the flyer. 4) During transitions, at least one base must maintain contact with the flyer.
<p>PYRAMIDS</p>	<ol style="list-style-type: none"> 1) Must follow Stunt and Dismount rules. 2) Are limited to 2 persons high. 3) During a Pyramid Transition, a flyer may pass above 2 persons high while in direct contact with at least two people at or below prep level. Primary weight cannot be borne at second level. The connection MUST be ARM to ARM on both sides of the flyer. Changing bases during this transition is prohibited. 4) During a Pyramid Transition, inversions are prohibited while released from the bases.
<p>DISMOUNTS</p>	<ol style="list-style-type: none"> 1) Only pop downs, basic straight cradles and ¼ twist cradles are permitted from single-leg stunts. 2) Up to 1¼ twist is allowed from two-leg stunts. No other skill is allowed with the twist. 3) Up to one trick is allowed from two-leg stunts. 1) Flips are prohibited.
<p>RELEASE MOVES</p>	<ol style="list-style-type: none"> 1) Release moves other than those permitted under LEVEL 3 DISMOUNTS and TOSSES are prohibited. 2) Freestanding tick-tocks are prohibited. 3) Helicopters are prohibited. 4) Release moves that land in prone position are prohibited.
<p>INVERSIONS</p>	<ol style="list-style-type: none"> 1) Inverted stunts must be at or below prep level. Exception: Double based front suspended flips are permitted to a cradle or the performance surface. The connection of the flyer and base must be at or below prep level. 2) Inversions moving in a downward direction are only allowed from below prep level. Flyer must maintain contact with original base and must be assisted by at least 2 bases.
<p>TOSSES</p>	<ol style="list-style-type: none"> 1) Tosses that exceed 1 twist are prohibited. 2) No skill is permitted in combination with a twisting toss. 3) When executing a toss, only one skill is permitted. 4) Helicopter and flipping tosses are prohibited.