

NLCC 2007-2008 ALL STAR LEVEL 4 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>	<p>1) Skills are limited to 1 flipping and 0 twisting rotations. <i>Exception:</i> Aerial cartwheel, Onodi. 2) Standing flips and flips from back handspring entry are permitted. 3) Jumps are not permitted in direct combination with standing flips. <i>Example:</i> Toe Touch, Back Handspring, Back Tuck permitted. Toe Touch, Back Tuck or Back Tuck Toe Touch not permitted. 4) Consecutive flip-flip combinations are prohibited.</p>
<p>RUNNING TUMBLING</p>	<p>1) Skills are limited to 1 flipping and 0 twisting rotations. <i>Exception:</i> Aerial cartwheel, Onodi.</p>
<p>STUNTS</p>	<p>1) Stunts are limited to 2 persons high. 2) Single-leg extended stunts are permitted. 3) Transitions and twisting entries are limited to 1½ twist by the flyer. 4) During transitions, at least one base must maintain contact with the flyer. <i>Exception:</i> Release Moves</p>
<p>PYRAMIDS</p>	<p>1) Must follow Stunt and Dismount rules. 2) Are limited to 2 persons high. 3) During a Pyramid Transition, flyer may pass above 2 persons high while in direct contact with at least one person at prep level or below. Primary weight cannot be borne at second level. 4) During transitions, flyers may be inverted while released from the bases as long as constant contact is maintained with at least 2 persons at or below prep level and the flyer that has been released from the bases stays in continuous movement. This inversion may include braced flips. Braced inversions cannot involve changing bases. 5) Braced inverted skills are limited to 1¼ flipping rotations, 0 twisting rotations and cannot travel downward or land while inverted. 6) Flyers may change bases in a non-inverted transition. During this transition, flyer must maintain contact with at least one person at prep level or below.</p>
<p>DISMOUNTS</p>	<p>1) Up to a 1¼ twist is allowed from single-leg stunts. 2) Up to 2¼ twists are allowed from two-leg stunts. 3) When executing a cradle that exceeds 1¼ twist, skills other than the twist are prohibited. 4) Flips are prohibited.</p>
<p>RELEASE MOVES</p>	<p>1) Release moves are allowed but cannot exceed extended arm level. If the base(s) releases a stunt, it must come back to the original base(s). 2) Tick-tocks are permitted. 3) Helicopters are prohibited. 4) Release moves that land in a prone position are prohibited.</p>
<p>INVERSIONS</p>	<p>1) Stunt and Pyramid Rules apply. 2) Inverted stunts are allowed from extended level or below. 3) Inverted stunts moving in a downward direction are only allowed from a non-extended position. The inverted flyer must be assisted by at least two bases at the head and shoulder area. Flyer must maintain contact with an original base. (Stunt may not pass above a level higher than prep, then become inverted at prep level.)</p>
<p>TOSSES</p>	<p>1) Tosses up to 2 twists are permitted. 2) When executing a toss that exceeds 1½ twist, skills other than the twist are prohibited. 3) When executing a toss, up to two skills are permitted. 4) Helicopter and flipping tosses are prohibited.</p>