

Quick Links

[ACSA Cheer Documents](#)

[Tumbling](#)

[Stunts](#)

[Pyramids](#)

[Dismounts](#)

[Tosses](#)

ACSA Cheer Documents

1. IASF Cheer Legality Rules:
 - Outlines the rules for All Star Cheer Levels 1-7.
2. ACSA Cheer Age Grid:
 - Outlines the divisions on offer, including ages, team sizes and levels for each division.
3. ACSA Cheer Deduction System:
 - Outlines the definitions for routine infractions and rule violations for All Star cheer routines.
4. ACSA Cheer General Scoring:
 - Outline general information regarding divisions, building information, and tumbling information.
5. ACSA Cheer Image Policy:
 - Outlines the expectations and requirements regarding appropriateness of choreography as well as appearance.
6. ACSA Cheer Novice Rules:
 - Outlines specific requirements within the novice division
7. ACSA Cheer Scoring Rubric:
 - Outlines the requirements and how an All Star cheer routine will be scored.
8. ACSA Cheer Skills List:
 - Includes examples of level appropriate skills.
9. ACSA Cheer University General Scoring:
 - Outlines specific requirements within the university divisions
10. ACSA Cheer Stunt General Guidelines
 - Outlines general rulings and policies within the stunt divisions

Tumbling

<ul style="list-style-type: none"> ● General <p>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.</p>	<p>1/2 rebound to prone allowed. NO dive rolls.</p>
<ul style="list-style-type: none"> ● Standing 	<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls, handstands. Blocked cartwheels allowed. <i>Exception:</i> NO walkover or walkover variations allowed, Examples (<i>including but not limited to</i>):</p> <ul style="list-style-type: none"> ● Back bridge to immediate/connected bridge kick over ● Handstand to immediate/connected bridge to standing
<ul style="list-style-type: none"> ● Running 	<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls, handstands. Blocked cartwheels and round offs allowed. <i>Exception:</i> NO walkover or walkover variations allowed, Examples (<i>including but not limited to</i>):</p> <ul style="list-style-type: none"> ● Back bridge to immediate/connected bridge kick over ● Handstand to immediate/connected bridge to standing <p>NO tumbling immediately after round off or round off rebound.</p>

Stunts	
A. Spotters	<p>All Stunts. Exception for Tiny: Stunts only supported at waist that start or end on the performance surface. Non-twisting T-Lifts that start and end on the performance surface where at least one foot is at waist level or below throughout skill (1/4 twisting T-Lifts must have a spotter in Tiny division). Exception for Mini, Youth, Junior, Senior and Open: Stunts only supported at waist that start or end on the performance surface. T-Lifts that start and end on the performance surface where at least one foot is at waist level or below throughout skill.</p>
B. Stunt Height	<p>Waist level single leg (NO Prep level single leg). Prep level two leg (may pass above prep level). NO single based stunts. Exception: Waist level stunts and shoulder sits allowed.</p>
C. Transitions	<p>Must remain in contact with at least one base. No leap frog/leap frog variations. NO stunt transition to prone. Exception: Stunt transitions from ground to prone allowed. NO tic toc style transitions body position to body position (lib to/from body position is allowed).</p>
D. Twisting	<p>1/4 Twist from ground to waist level OR 1/4 Twist from waist level to ground OR 1/4 twist transition at waist level. No twisting to, from or at prep level (refer to IASF Glossary for prep level definition). Exception: rebound 1/2 turn to prone; wrap around; up to 1/2 twist starts and ends on performing surface and only supported at the waist; 1/4 twisting T-lift that starts and ends on the performance surface.</p>
E. Release Moves	<p>Not allowed other than dismounts.</p>
F. Inversions	<p>Not allowed (inverted athletes must maintain contact with the performance surface).</p>
G. Downward Inversions	<p>Not allowed.</p>
H. Over/Under	<p>Arms and legs allowed.</p> <p>Stunt or individual passing over/under a separate stunt or individual.</p>

Pyramids

Please note IASF define a pyramid as "Two or more connected stunts." If a stunt is only connected by a person or people on the ground it will not meet the pyramid definition.

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 are not allowed above waist level. Required bracer(s) must be connected to the top person by initiation of skill and remain in contact throughout skill).

Two leg extended require hand-arm/hand-arm connections with both arms braced by at least one top person at prep level or below.
Prep level single leg requires hand-arm/hand-arm connections with both arms braced by two top persons at prep level or below. Exception: One of the required hand-arm connections may be made with someone on the ground. That person must have both feet on the ground and be attentive to the top person. The other connection must be with a top person at prep level or below.
NO extended stunt connected to extended stunt.
Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back or straddle lift.

C. Non-Release Transitions

Twisting:

1/4 Twist from ground to waist level OR 1/4 Twist from waist level to ground OR 1/4 twist transition at waist level. No twisting to, from or at prep level.

Inversions:

Must follow stunt rules.

D. Release Transitions

Not allowed other than dismounts.

E. Over/Under

Stunt, pyramid or individual over/under a separate stunt, pyramids or individual.

Arms and legs allowed.

Dismounts

A. General	Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person.
B. Dismounts	Straight pop downs, basic straight cradles. No waist level cradles, sponge tosses or dismounts from above prep level in pyramids

Tosses

A. General	Not allowed
B. Tosses	Not allowed, including waist level cradles and sponge tosses