

AUREX Cheer – Level 0 Legalities (EN) – Detail Sheet

Note: Level 0 is offered as OPEN only. In this category, no Bids can be awarded.

TUMBLING – Level 0

Section	Rule / Description
A. General	A tumbler may rebound (jump) from the feet directly into a stunt transition. If the rebound from a tumbling skill includes an inverted rotation, the tumbler/top must be caught and stopped in a non-inverted position. Tumbling over or under a person, or over a stunt/person(s)/props is prohibited. An athlete may jump (rebound) over another athlete. Grabbing or holding props during tumbling is not allowed.
B. Standing Tumbling	During all tumbling skills the athlete must maintain continuous contact with the floor. Exception: Block cartwheels, where the athlete blocks off the floor with the hands and is briefly airborne. Allowed: Cartwheel, Round-off, forward/backward rolls, handstands. Not allowed: forward/backward walkovers.
C. Running Tumbling	No tumbling skill may be performed in direct combination immediately after a round-off. If a tumbling skill is performed after a round-off, there must be a clear, distinct pause directly after the round-off or round-off rebound.

STUNTS – Level 0

Section	Rule / Description
A. Spotters & General	A spotter is required for any athlete above ground level. Stunts, pyramids, or an athlete may not move over or under other separate stunts/pyramids/athletes. Single-base split catches are not allowed. Single-base stunts with multiple top persons are not allowed.
B. Stunt Height	Single-leg stunts, two-legged stunts, and all other stunts are allowed at waist level only when the top person has contact with an additional athlete who is standing on the competition floor (base or spotter). Stunts above waist level are not allowed, and a top person may not pass through above-waist level during a stunt.
C. Twisting	Twisting stunts and twisting transitions are not allowed. Exception/Clarification: Rebounding to a prone position with a ½ twist to the stomach is allowed in Level 0.
D. Release Moves	During transitions, at least one base must maintain continuous contact with the top person. Stunt release moves are not allowed (helicopters and log/barrel rolls are not allowed).
E. Rewinds / Free Flipping Transitions	Free flipping or assisted flipping stunts and transitions are not allowed.
F. Inversions	Inversions are not allowed. All athletes in an inverted position must maintain contact with the competition floor at all times. A held handstand on the competition floor is not considered a stunt and is therefore allowed. Bases may not support the weight of the top person while the base is in a backbend or inverted position.

PYRAMIDS – Level 0

Section	Rule / Description
A. General	Pyramids must follow Level 0 stunt and dismount rules. Bases must support the majority of the top person's weight. Whenever a top person loses contact with the base(s) during a pyramid transition, the top person must dismount to the competition floor (no cradle landing).
B. Spotters	Must follow Level 0 spotter requirements.
C. Transitions	Must follow Level 0 transition rules.
D. Release Moves	Release moves must follow Level 0 rules and are therefore not allowed.
E. Inversions	Inversions must follow Level 0 rules and are therefore not allowed.
F. Release Braced Inversions/Flips	Must follow Level 0 rules and are therefore not allowed.

DISMOUNTS – Level 0

Section	Rule / Description
A. General	Dismounts are movements that land in a cradle or are assisted down to the competition floor. Only straight pop-downs are allowed. Dismounts to the competition floor must be assisted by an original base and/or a spotter. Simple drops or small hop-offs (no additional skill, from waist level or below) require assistance in Level 0. An athlete may not land on the competition floor from waist level without assistance. Twisting dismounts are not allowed. No dismounts from skills above waist level are allowed in pyramids. Dismounts with free or held rotations where the top person passes through an inverted position are prohibited. Tension drops/rolls of any kind are not allowed.
TOSES	Tosses are not allowed.