

NOVICE LEVEL 3 RULES

BUILDING



The rules listed below are those for Novice level 3 and are stated as they appear in the USASF Rule Book.

Please note: each rule listed has the specific section number or letter as well as the page number where you can find it in the USASF rule book.

General Rule Book Section:

- 1 All skills allowed in a level encompass all skills allowed in the preceding level. If a skill is not allowed in a level, it is also not allowed in the preceding level(s).
- 2 Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill level with regard to proper performance level placement. **Athlete safety must be considered with all skills.**
- 13 Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

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All Level Stunts Rule Book Section:

A. ALL LEVEL STUNTS - GENERAL

- 1 Single based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions but may immediately pass through an extended position.

B. ALL LEVEL STUNTS - RELEASE MOVES

- 1 Release moves:
 - a. Must return to original bases
 - b. May not land on the performing surface without assistance.
 - c. May not intentionally travel.
 - d. May not land in an inverted position.
 - e. May not pass over, under or through other stunts, pyramids, individuals or **props**.
 - f. That land in a non-upright position must have:
 - (1) 3 catchers for a multi-based stunt.
 - (2) 2 catchers for a single-based stunt.
 - g. The height of a release move is determined by:
 - (1) The highest point of the release
 - (2) The distance from the top person's hips to the extended arms of the bases (**not the back spot**)
- 2 Free flipping or assisted flipping stunts and transitions are not allowed.
- 3 Single based split catches are not allowed.

C. ALL LEVEL STUNTS - INVERSIONS

- 1 **An athlete** in a backbend or inverted position **on the performance surface may not be in contact with a top person.**

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All Level PYRAMIDS Rule Book Section:

A. ALL LEVEL PYRAMIDS

- 1 Pyramids must follow Stunts and Dismounts rules and are allowed up to 2 high
- 2 Top person must receive primary support from a base. Exception: Release Moves
- 3 Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and required bracer(s).

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A. ALL LEVEL PYRAMIDS CONTINUED

- 4 Primary weight may not be borne at second level. Transitions must be continuous.
- 5 Required brace/connection must be made prior to the initiation of the skill.

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All Level DISMOUNTS Rule Book Section:

A. ALL LEVEL DISMOUNTS

- 1 Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
- 2 Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- 3 Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- 4 All multi-based waist level cradles in which the bases begin underneath the top person's feet must follow toss rules.
- 5 Dismounts must return to original base(s).

Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.

Exception: Dismounting single based stunts with multiple top persons.

- 6 No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- 7 No free flipping or assisted flipping dismounts allowed.
- 8 Dismounts may not intentionally travel.
- 9 Top persons in dismounts may not come in contact with each other while released from the bases.

Exception: Dismounting single based stunts with multiple top persons.

- 10 Tension drops/rolls of any kind are not allowed.

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LEVEL 1 STUNTS Rule Book Section:

A. SPOTTERS

- 1 A spotter is required for each top person above prep level.
- 2 Single based stunts with multiple top persons require a separate spotter for each top person.

B. STUNTS - GENERAL

- 1 During transitions, at least one base must remain in contact with the top person. Exception: See Release Moves
- 2 No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual
- 3 A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

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C. STUNTS - LEVELS

- 1 Single leg extended stunts are allowed.
- 2 Extended single leg stunts may not brace or be braced by any other extended stunts.

D. STUNTS-TWISTING

- 1 Up to 1 twist allowed.
- 2 Full twist transitions must land and originate from prep level or below.
- 3 May not exceed a 1/2 twist to and from an extended position.

E. STUNTS- RELEASE MOVES

- 1 Release moves must:
 - a. Start at waist level or below.
 - b. Land at prep level or below.
- 2 Release moves must not:
 - a. Pass through or land inverted.
 - b. Release from inverted to non-inverted.
 - c. Pass above extended arm level of the bases (not the back spot). If distance is greater than the length of the top person's legs must follow Toss or Dismount rules.
 - d. Come in contact with other top persons in separate release moves.
- 3 Release moves that land in a **non-upright position** must have:
 - a. 3 catchers for a multi-based stunt
 - b. 2 catchers for a single-based stunt.
- 4 Skills performed during the release move are restricted to:
 - a. A single skill/trick.
 - b. 0 twists.
- 5 Log / barrel rolls:
 - a. Up to 1 twist.
 - b. Must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
 - c. Must have two catchers for single-based log rolls. Multi-based log rolls must have 3 catchers.
- 6 Helicopters are not allowed.

F. STUNTS-INVERSIONS

- 1 Inversion Levels
 - a. No inverted stunts above prep level except multi-based suspended rolls.
 - b. Multi-based suspended rolls must:
 - (1) Roll to a cradle, load in position, flat body prep level stunt or the performing surface
 - (2) Have both hands of the top person connected to separate hands of the base(s)
- 2 Twisting Inversions
 - a. Up to 1 twist to prep level and below.
 - b. Up to a 1/2 twist to extended level.
 - c. Multi-based suspended forward rolls:
 - (1) Up to 1 twist allowed.
 - (2) That exceed a 1/2 twist must land in cradle.
 - d. Multi-based suspended backward rolls may not twist.

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F. STUNTS-INVERSIONS CONTINUED

- 3 Downward Inversions
 - a. Downward inversions are allowed at waist level and must:
 - (1) Have two catchers in contact with the waist to shoulder region.
 - (2) Maintain contact with an original base.
 - (3) Not pass through prep level and then become inverted below prep level.
 - (4) Not come in contact with other downward inversions.
 - b. Two leg "Pancake" stunts are not allowed.

Page 21 and 22

LEVEL 3 PYRAMIDS Rule Book Section:

A. PYRAMIDS - GENERAL

- 1 No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
- 2 A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramids separate or not.
- 3 Extended single leg stunts may not brace or be braced by any other extended stunts.

B. PYRAMIDS - TWISTING

- 1 Twisting TO extended is allowed up to 1 twist
 - a. Must be connected to a bracer at prep level or below and a base.
 - b. The connection to the bracer must be hand/arm to hand/arm.
 - c. The connection to the bracer must remain the same and stay connected throughout the entire transition.

C. PYRAMIDS - INVERSIONS

- 1 Must follow Stunt Inversion rules.
- 2 A top person may pass through an inverted position if:
 - a. Top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level.
 - b. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
 - c. The connection to the bracer must remain the same and stay connected throughout the entire transition.

D. PYRAMIDS-RELEASE MOVES

Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performing surface and follow the dismount rules.

- 1 During a pyramid transition, a top person may pass above 2 persons high and perform:
 - a. Level 3 Stunt Release skills or Dismounts if:
 - (1) Connected to one bracer at prep level or below.
 - b. Up to 1 twist if:
 - (1) Connected to two bracers at prep level or below with arm/arm connections.
 - c. Non-Twisting/Non-Inverted Release Moves if:
 - (1) Connected to two different bracers at prep level or below.
 - (2) Connected to one bracer by hand/arm-to-hand/arm.
 - (3) Connected to a second bracer by hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee).
 - (4) Braced on two separate sides (i.e. right side-left side, left side -back side, etc.) by two different bracers.
 - (5) Braced on 2 of the 4 sides of the top person (front, back, right, left).
- 2 Contact must be maintained with the same bracer(s) until contact is made with a base on the performing surface (This does not include the uniform or hair).

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D. PYRAMIDS-RELEASE MOVES CONTINUED

- 3 These release transitions may not involve changing bases.
- 4 These transitions must be caught by 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- 5 Release moves may not be braced/connected to top persons above prep level.
- 6 Pyramid transitions may not involve inversions while released from the bases.

Page 22 and 23

LEVEL 3 DISMOUNTS Rule Book Section:

A. DISMOUNTS - GENERAL

- 1 Up to 1 trick allowed during a dismount from any two-leg stunt.
- 2 Up to 1-1/4 twists are allowed from any two-leg stunt.
- 3 Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- 4 Dismounts from an inverted position are not allowed.

B. DISMOUNTS TO CRADLES

- 1 Up to 1 1/4 twists are allowed from any two-leg stunts (does not include platform position).
- 2 Only basic straight cradles and 1/4 twist cradles are allowed from any single leg stunt.
- 3 When cradling single based stunts with multiple top persons:
 - a. 2 catchers must catch each top person.
 - b. Catchers and bases must be stationary prior to the initiation of the dismount.

C. DISMOUNTS TO THE PERFORMANCE SURFACE

- 1 Only straight pop downs from any single leg stunt allowed.
- 2 Only straight pop downs from any prep level or higher two-leg stunt allowed.
- 3 Up to one trick allowed from any waist level two-leg stunt allowed.

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All Star Novice Divisions Rule Book Section:

B. NO TOSSES PERMITTED

Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.

Clarification: All waist level cradles are illegal.

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NOVICE LEVEL 3 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Extended Liberty

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Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs. [Page 6](#)

Extended Arm: The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". [Page 5](#)

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg [Page 7](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. *If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base/athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.* [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Extended Liberty

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Entry

Main Base - Bases should begin with their legs shoulder width apart, bent knees, straight back, and hands together with palms up and arms at a 90 degree angle. Right hand on the top person's toe and left hand under the heel.

Side Base - Bases should begin with their legs shoulder width apart, bent knees, straight back, and arms at about a 90 degree angle. Right hand in the middle of the foot and left hand on shin of top person or wrist of main base.

Top - Start with one foot loaded into bases' hands with hands on each base's shoulder. Weight should be in hands. The foot that's on the performance surface should be on the ball of the foot.

Spotter - Squat down to be positioned where the top person's hips are located. Spotter should have right hand on top person's ankle and left hand underneath top person's seat.



Middle

Bases - Dip with legs. Bases should drive through the center of the body. Main base, turn hands out above the head and locking out arms at the extended position. Wrists should connect to the side base's wrist. Side base should be positioned underneath the stunt. The foot should be above the side base's face. Side bases, left hand should be positioned underneath top person's foot, just in front of their right hand. Or grabbing the main base's wrist.

Top - Dip with the base and lock out the leg being supported by the bases. Top person should push off the bases' shoulder to assist them with standing up and locking out their leg. Once the leg is locked, the top person can execute the liberty. (STEP, LOCK, LIBERTY)

Spotter - Assist by pushing up through the seat. Be mindful not to push top person forward. Once extended, the spotter should use the left hand to either pull up at the top person's ankle or assist with pushing up on the top person's heel.



Exit

Bases - Bases should dip with their legs, keeping their backs straight, shrug through their shoulders and slowly bring them back to the set or load-in position (or cradle)

Top - Once the bases shrug, top should clean with the liberty leg. The stunt should be passing through the platform position, and catching the bases' shoulders (just as they started).

Spotter - Assist bases pulling up with the ankle/shrugging. Spotter should use the left hand (or both hands) to catch the top person's seat. Assisting back to the load-in/set position.

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats
- Step Ups (onto a panel mat)

Drills:

- Top person practicing stepping onto a panel mat and locking out legs
- Timing drills
- Show & Go

Variation(s):

- Different body positions
- 1/2 up to liberty or body positions
- Prep Liberty step up to extended stunt
- Inversion to single leg stunts

Notes:

Safety:

The distance/closeness between the bases while holding the stunt

