

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
GENERAL TUMBLING			
Tumbling is not allowed.	<p>All tumbling must originate from and land on the performing surface.</p> <p>Clarification: A tumbler may rebound from his/her feet into a stunt transition.</p>	<p>All tumbling must originate from and land on the performing surface.</p> <p>Clarification: A tumbler may rebound from his/her feet into a stunt transition.</p> <p>Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Special Olympics and Unified Novice Division.</p>	<p>All tumbling must originate from and land on the performing surface.</p> <p>Clarification: A tumbler may rebound from his/her feet into a transition.</p> <p>Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Special Olympics and Unified Novice Division.</p>
	<p>Tumbling over, under, or through a stunt, individual, or prop is not allowed.</p> <p>Clarification: An individual may jump over (rebound) another individual.</p>	<p>Tumbling over, under, or through a stunt, individual, or prop is not allowed.</p> <p>Clarification: An individual may jump over (rebound) another individual.</p>	<p>Tumbling over, under, or through a stunt, individual, or prop is not allowed.</p> <p>Clarification: An individual may jump over (rebound) another individual.</p>
	<p>Tumbling while holding or in contact with any prop is not allowed.</p>	<p>Tumbling while holding or in contact with any prop is not allowed.</p>	<p>Tumbling while holding or in contact with any prop is not allowed.</p>
	<p>Dive rolls are not allowed</p>	<p>Dive rolls are not allowed.</p>	<p>Dive rolls are allowed.</p> <p>Exception 1: Dive rolls performed in a swan/arched position are not allowed.</p> <p>Exception 2: Dive rolls that involve twisting are not allowed.</p>
	<p>Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.</p>	<p>Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.</p>	<p>Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

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			<p>There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.</p> <p>Example: A back handspring step out immediately moving into a 1/2 turn is not allowed.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
STANDING / RUNNING TUMBLING			
Standing/running tumbling is not allowed.	Skills must involve constant physical contact with the performance surface. Exception: Block cartwheels and round offs are allowed.	Skills must involve constant physical contact with the performance surface. Exception: Block cartwheels and round offs are allowed.	STANDING TUMBLING: Flips and aerials are not allowed.
	Forward and back walkovers are allowed	Forward and backward rolls, front and back walkovers, and handstands are allowed.	STANDING TUMBLING: Series front and back handsprings are not allowed. <i>Clarification: A back walkover into a back handspring is allowed.</i>
	Cartwheels, round offs and handstands are allowed.	Cartwheels, round offs, and handstands are allowed.	STANDING TUMBLING: Jump skills in immediate combination with handspring(s) is not allowed. Example: Toe touch handsprings and handspring toe touches are not allowed.
	No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound	No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound	STANDING/RUNNING TUMBLING: No twisting while airborne. Exception: Round offs are allowed.
	Front and back handsprings are not allowed.	Front and back handsprings are not allowed.	RUNNING TUMBLING: Series front and back handsprings are allowed.
			RUNNING TUMBLING: Flips and aerials are not allowed.

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
STUNTS			
<p>Stunting is not allowed. Athletes must remain on performance surface.</p> <p>Clarification: A person on the performance surface may not connect nor hitch to another person on the performance surface as a stunt.</p>	<p>Spotters: 1. A spotter is required for each top person above ground level.</p> <p>Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.</p> <p>Clarification: The spotter may grab the top person's waist for all stunts above ground level.</p>	<p>Spotters: 1. A spotter is required for each top person at prep level and above.</p> <p>Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (e.g. v-sits, extended flats backs, etc.) are considered prep level stunts.</p> <p>Clarification 1: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.</p> <p>Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.</p> <p>Exception: Shoulder sits/straddles, t-lifts and stunts with up to a 1/2 twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.</p> <p>2. A spotter is required for each top person in a floor stunt.</p> <p>Clarification: The spotter may grab the top person's waist in a floor stunt.</p>	<p>Spotters: 1. A spotter is required for each top person above prep level.</p> <p>2. A spotter is required for each top person in a floor stunt.</p> <p>Clarification: The spotter may grab the top person's waist in a floor stunt.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
	<p>Stunt Levels:</p> <p>1. Single leg, 2 leg and all stunts are only allowed at waist level if the top person is connected to someone standing on the performance surface (e.g. spotter grabbing the waist of the top person, a hand/arm connection, etc.), which must be a separate person other than the base(s) or spotter.</p> <p>2. Stunts above waist level are not allowed. A stunt may not pass above waist level.</p> <p>Clarification 1: Taking the top person above the waist level of the bases is not allowed.</p>	<p>Stunt Levels:</p> <p>1. Single leg stunts are only allowed at waist level.</p> <p>Exception 1: Prep level single legs stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.</p> <p>Exception 2: A walk up shoulder stand is allowed in the Special Olympics and Unified Novice Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.</p> <p>2. Stunts above prep level are not allowed. A stunt may not pass above prep level. Clarification: Taking the top person above the head of the bases is not allowed.</p>	<p>Stunt Levels:</p> <p>Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.</p> <p>Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.</p> <p>Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

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	<p>Twisting stunts and transitions are not allowed.</p> <p>Clarification 1: <i>Rebounding to a prone position (1/2 twist to stomach) is a stunt allowed in the Special Olympics and Unified Beginner Division.</i></p>	<p>Twisting stunts and transitions are allowed up to a total of a 1/4 twisting rotation by the top person in relation to the performing surface.</p> <p>Clarification: <i>A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1/4 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.</i></p> <p>Exception 1: Rebounding to a prone position (1/2 twist to stomach) is a stunt that is allowed in the Special Olympics and Unified Novice Division.</p> <p>Exception 2: 1/2 wrap around stunts are allowed in the Special Olympics and Unified Novice Division.</p> <p>Exception 3: Up to a 1/2 twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.</p>	<p>Twisting stunts and transitions are allowed up to a total of a 1/2 twisting rotation by the top person in relation to the performing surface.</p> <p>Clarification 1: <i>A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1/2 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.</i></p> <p>Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.</p> <p>Clarification 2: <i>A log/barrel roll may not include any other skills (e.g. kick full twists, etc.) other than the twist.</i></p> <p>Clarification 3: <i>A log/barrel roll may be assisted by another top person.</i></p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
	<p>During transitions, at least one base must remain in contact with the other top person.</p> <p>Exception: Leap frogs and leap frog variations are not allowed in the Special Olympics and Unified Beginner Division.</p>	<p>During transitions, at least one base must remain in contact with the other top person.</p> <p>Exception: Leap frogs and leap frog variations are not allowed in the Special Abilities (Unified & Traditional) Novice Division.</p>	<p>During transitions, at least one base must remain in contact with the other top person.</p>
	<p>Free flipping or assisted flipping stunts and transitions are not allowed.</p>	<p>Free flipping or assisted flipping stunts and transitions are not allowed.</p>	<p>Free flipping or assisted flipping stunts and transitions are not allowed.</p>
	<p>No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.</p> <p>Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.</p> <p>Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.</p> <p>Example: A load in walking under another stunt is not allowed. Exception: An individual may jump over another individual.</p> <p>Exception: An individual may jump over another individual.</p>	<p>No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.</p> <p>Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.</p> <p>Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.</p> <p>Example: A shoulder sit walking under a prep is not allowed.</p> <p>Exception: An individual may jump over another individual.</p>	<p>No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.</p> <p>Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.</p> <p>Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.</p> <p>Example: A shoulder walking under a prep is not allowed.</p> <p>Exception: An individual may jump over another individual.</p>
	<p>Single based split catches are not allowed.</p>	<p>Single based split catches are not allowed.</p>	<p>Single based split catches are not allowed.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
	Single based stunts with multiple top persons are not allowed.	Single based stunts with multiple top persons are not allowed.	Single based stunts with multiple top persons are not allowed.

Appendix E
**COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
 FOR SPECIAL OLYMPICS AND UNIFIED**

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
STUNTS-RELEASE MOVES			
Release moves are not allowed.	Release moves are not allowed. Clarification 1: <i>Helicopters are not allowed.</i> Clarification 2: <i>Log/barrel rolls are not allowed.</i>	No release moves are allowed other than those allowed in Special Olympic and Unified Novice Division "Dismounts" and "Tosses".	No release moves are allowed other than those allowed in Special Olympic and Unified Intermediate Division "Dismounts" and "Tosses".

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
STUNTS-INVERSIONS			
<p>Inversions are not allowed.</p>	<p>Inversions are not allowed.</p> <p>Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Special Olympics and Unified Beginner Division “Standing/Running Tumbling”).</p> <p>Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.</p>	<p>Inversions are not allowed.</p> <p>Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Special Olympics and Unified Beginner Division “Standing/Running Tumbling”).</p> <p>Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.</p>	<p>Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.</p> <p>Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.</p> <p>Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).</p> <p>Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.</p>
	<p>Bases may not support any weight of a top person while that base is in a backbend or inverted position.</p> <p>Clarification: A person standing on the ground is not considered a top person.</p>	<p>Bases may not support any weight of a top person while that base is in a backbend or inverted position.</p> <p>Clarification: A person standing on the ground is not considered a top person.</p>	<p>Bases may not support any weight of a top person while that base is in a backbend or inverted position.</p> <p>Clarification: A person standing on the ground is not considered a top person.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
PYRAMIDS			
Pyramids are not allowed.	Pyramids must follow Special Olympics and Unified Beginner Division "Stunts" and "Dismounts" rules.	Pyramids must follow Special Olympics and Unified Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.	Pyramids must follow Special Olympics and Unified Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
	<p>Top persons must receive primary support from a base.</p> <p>Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Olympics and Unified Novice Division "Dismount" rules.</p>	<p>Top persons must receive primary support from a base.</p> <p>Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Olympics and Unified Novice Division "Dismount" rules.</p>	<p>Top persons must receive primary support from a base.</p> <p>Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Olympics and Unified Novice Division "Dismount" rules.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
	<p>No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.</p> <p>Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.</p> <p>Example: A load in walking under another stunt is not allowed.</p>	<p>Two leg stunts:</p> <p>1. Two leg stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:</p> <p>The connection must be made prior to initiating the two leg extended stunt.</p> <p>Prep level top person bracers must have both feet in bases' hands.</p> <p>Exception: Prep level top persons are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.</p> <p>2. Two leg extended stunts may not brace or be braced by other extended stunts.</p>	<p>Extended stunts may not brace or be braced by any other extended stunts.</p>
		<p>Single leg stunts:</p> <p>Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:</p> <p>The connection must be made prior to initiating the single leg prep level stunt.</p> <p>Prep level top person bracers must have both feet in bases' hands.</p> <p>Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.</p> <p>Extended single leg stunts are not allowed.</p>	<p>No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.</p> <p>Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is <u>separate</u> or not.</p> <p>Example: A shoulder sit walking under a prep is not allowed.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
		<p>No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual</p> <p><i>Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.</i></p> <p>Example: A shoulder sit walking under a prep is not allowed.</p>	<p>Extended single-leg stunts:</p> <p>Extended single-leg stunts must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.</p> <p>The connection must be made prior to initiating the extended single leg stunt.</p> <p>Prep level top persons must have both feet in the bases' hands.</p> <p>Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
DISMOUNTS			
<p>Dismounts are not allowed.</p>	<p><i>Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.</i></p> <p>Only straight pop downs are allowed.</p> <p>Clarification 1: <i>Dismounts to the performance surface must be assisted by either an original base and/or spotter.</i></p> <p>Clarification 2: <i>Straight drops or small hop offs, with no additional skill(s), from the waist level or below to the performance surface require assistance in the Special Olympics and Unified Beginner Division.</i></p> <p>Clarification 3: <i>An individual may not land on the performance surface from waist level without assistance.</i></p>	<p><i>Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.</i></p> <p>Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.</p>	<p><i>Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.</i></p> <p>Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.</p>
	<p>Waist level cradles are not allowed.</p>	<p>Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.</p> <p>Clarification 1: <i>Sponge, Load In, Squish cradles are considered tosses and are not allowed in any Special Abilities division.</i></p> <p>Clarification 2: <i>All waist level cradles are not allowed.</i></p>	<p>Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
		<p>Dismounts must return to the original base(s):</p> <p>Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.</p> <p>Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.</p> <p>Clarification: <i>An individual may not land on the performance surface from above waist level without assistance.</i></p>	<p>Dismounts must return to the original base(s):</p> <p>Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.</p> <p>Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.</p> <p>Clarification: <i>An individual may not land on the performance surface from above waist level without assistance.</i></p>
		<p>Only straight pop downs, basic straight cradles are allowed.</p>	<p>Only straight pop downs, basic straight cradles and 1/4 turns are allowed.</p>
	<p>Twisting dismounts (including a 1/4 turn/rotation) are not allowed.</p>	<p>Twisting dismounts (including a 1/4 turn/rotation) are not allowed.</p>	<p>Twisting dismounts (including a 1/4 turn/rotation) are not allowed. All other positions/ additional skills are not allowed.</p> <p>Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.</p>
	<p>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.</p>	<p>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.</p>	<p>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.</p>
	<p>No dismounts are allowed from skills above waist level in pyramids.</p> <p>Clarification: <i>An individual may not land on the performance surface from above waist level without assistance.</i></p>	<p>No dismounts are allowed from skills above a prep level in pyramids.</p>	<p>Cradles from extended single-leg stunts in pyramids are allowed.</p>

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
	No free flipping or assisted flipping dismounts are allowed.	No free flipping or assisted flipping dismounts are allowed.	No free flipping or assisted flipping dismounts are allowed.
	Dismounts may not intentionally travel.	Dismounts may not intentionally travel.	Dismounts may not intentionally travel.
	Top persons in dismounts may not come in contact with each other while released from the bases.	Top persons in dismounts may not come in contact with each other while released from the bases.	Top persons in dismounts may not come in contact with each other while released from the bases.
	Tension drops/rolls of any kind are not allowed.	Tension drops/rolls of any kind are not allowed.	Tension drops/rolls of any kind are not allowed.

Appendix E
COMPETITIVE CHEER - ROUTINE/SKILLS REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

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TOSSES			
Tosses are not allowed.	<p>Tosses are not allowed.</p> <p>Clarification 1: This includes <i>“Sponge”</i> (also known as <i>Load Ins</i> or <i>Squish</i>) tosses.</p> <p>Clarification 2: All waist level cradles are not allowed.</p>	<p>Tosses are not allowed.</p> <p>Clarification 1: This includes <i>“Sponge”</i> (also known as <i>Load Ins</i> or <i>Squish</i>) tosses.</p> <p>Clarification 2: All waist level cradles are not allowed.</p>	<p>Tosses are not allowed.</p> <p>Clarification 1: This includes <i>“Sponge”</i> (also known as <i>Load Ins</i> or <i>Squish</i>) tosses.</p> <p>Clarification 2: All waist level cradles are not allowed.</p>