



School teams competing at US Finals will be expected to follow the USASF rules, along with a subset of rules listed below. Please view the level rules that match the division in which you are registering at usasfrules.com.
 Some skills that are allowed by NFHS/AACCA for Advanced teams will be considered illegal at US Finals.
 Please make sure you adjust your routine to avoid a deduction.

Novice: Will mirror USASF Level 2 - Intermediate: Will mirror USASF Level 3 - Excel: Will mirror USASF Level 4 - Advanced: Will mirror Level 5R

Additional Rules (beyond USASF rules) that will be followed at US Finals	NFHS/AACCA Rule	Skills allowed by NFHS/AACCA that are NOT allowed at US FINALS
General Tumbling		
USASF 5R Standing Tumbling A1 and A2 (Advanced Teams only): Page 40. Twisting skills may only be performed if preceded by 2 handsprings, and no tumbling is allowed after the twisting skill. (Both feet must land on the performance surface)	Twists greater than one rotation are prohibited.	Standing Full Handspring Full Full through to any other tumbling skill up to a full
USASF 5R Running Tumbling A1 and A2. (Advanced Teams only): Page 40. Twisting skills may only be performed if immediately preceded by a round off or back handspring(s), and no tumbling is allowed after the twisting skill. (Both feet must land on the performance surface.)	Twists greater than one rotation are prohibited.	Barani Front Handspring-Front Full Arabian through to any other tumbling skill up to a full Full through to any other tumbling skill up to a full
No Dive Rolls, regardless of division No ¾ Front Flips, regardless of division		

General Stunting		
Twisting Skills o No twisting dismounts exceeding 1 ¼, regardless of division. Release Moves o No release moves that originate from extended position other than legal dismounts, regardless of division. <i>For example, no high to high tic-tocs</i> o Prep Level or below releases may land at prep level or below Exception: switch-up to extended position is ALLOWED in Excel and Advanced Exception: low to high tic-tocs are ALLOWED in Advanced.		2 feet at prep level release to extended 2 feet 2 feet at prep level release to extended 1 foot 1 foot at prep level release to extended 2 feet
Inversions USASF 5R Stunts G2: (Advanced Teams only): Page 41: Release moves from inverted to non-inverted positions may not twist. o In Excel and Advanced, downward inversions are allowed to PASS through the extended level; however, they may not start or stall at extended level o No Downward inversions from above prep level are allowed, regardless of division No Stunt Quantity or Co-Ed Quantity Requirement	A top person in a vertical position at prep level may be released to a stunt at any level provided the top person remains vertical, and the top person performs no more than A release transition from a static inverted position to a non-inverted position is allowed provided all of the following conditions are met: the top person lands at or below prep level, does not twist more than 1/4 rotation, and there is a spotter.	Inverted Static position released with 1/4 twist to any upright position.

General Tosses		
Tosses are NOT allowed for Elementary, Middle School and Junior High teams Tosses are limited to 1 ¼ twisting rotation and 0 flipping, regardless of level.		

General Pyramid		
Release Moves o Connections must be hand/arm to hand/arm o In Excel and Advanced, braced flips are allowed, but: May NOT start at an extended position Must have TWO bracers Allowed up to 1 ¼ flipping rotation and no more than ½ twist		