

* The Performance Recreation Scoring System is designed for teams to be performing level appropriate skills in order to receive credit for difficulty in stunts, pyramids, standing tumbling, running tumbling, and tosses. Level appropriate skills are determined by the USASF Cheer Safety Rule allowances within each level. **The numeric level in which the skill is first allowed will be considered to be a level appropriate skill, and count for difficulty credit.** Below you will find the rule progression to aid teams in creating a legal but creative building sequence, along with a list of examples of level appropriate skills. (This document is a shortened version of the USASF Safety rules document, and does not provide an exhaustive list of every level appropriate skill. It is meant to be used as a guide. Please reference the entire rules document to ensure your routine is legal. If you have additional rules questions, please contact the EP directly.)

* The Performance Recreation division requires teams to include Elite Level Appropriate skills in order to increase their stunt quantity and difficulty score. Below you can find the list of elite level appropriate stunts for each level in which a team can perform to receive credit. Only the skills on the list will receive elite credit. All other skills performed within the level will receive level appropriate credit.

* Teams that register for the Performance Recreation - Traditional division are not allowed to perform tosses. All Level 1 and Mini 2 teams that register for the Performance Recreation - Club divisions are also not allowed to perform tosses.

LEVEL 1 STUNTS

Level Appropriate Rule Progression	Level Appropriate Examples:	Elite Level Appropriate Stunts
Stunts B: Stunt Levels (USASF Page 16) 1 or 2 leg stunts are allowed at waist level. Single leg stunts are allowed at prep level if the flyer is connected to a bracer. 2 leg stunts are allowed at prep level.	Thigh Stand Below prep level 1 leg stunt Prep level 1 leg stunt with bracer Chair 2 leg stunts at prep level Prep level (2 leg) show & go Straddle Sit Flatback Shoulder Sit	Transition from below prep level to prep level body position stunt with bracer
Stunts C: Twisting (USASF Page 17) Twisting stunts and transitions are allowed up to 1/4 twisting rotation at prep level or below.	1/4 twisting transition to below prep level 1/4 twisting transition down to ground level 1/4 twisting transition from prep level	1/4 twisting transition to prep level 1/4 twisting transition to prep level 1 leg stunt with bracer
Stunts D & I: Releases (USASF Page 17) Top person can never be released in a stunt transition. One base must be in contact with the top person at all times.	Switch up to 1 leg below Prep Level Tic-Tock below Prep Level Prone from/to Prep	Tic-Tock below prep level (Body Position to Body Position)
Stunts J: Inversions (USASF Page 15) Inversions on the ground are allowed and must follow level 1 tumbling rules.	Handstand (Assisted) Walkover (Assisted)	
Dismounts D: (USASF Page 18) Straight pop downs and straight cradles are allowed. <i>Cradles from waist level are not allowed. (USASF. Level 1. Dismounts B.)</i>	Step Down Straight cradle from prep level	

Level 1 PYRAMID

Pyramid (USASF Page 17-18)	Level Appropriate Examples:	Tosses (USASF Page 18)	Level Appropriate Examples:
<p>C. 2 leg extended stunts must be braced by a top person at prep level or below with hand-arm connection only.</p> <p style="margin-left: 40px;"><i>B. A top person can never be released in a transition. One base must be in contact with the top person at all times.</i></p>	<p>Braced Extension</p> <p>Braced 1/4 twisting to 2 legs- below prep level to/from extended level</p> <p>Braced 1/4 twisting to 2 legs- prep level to/from extended level</p> <p>Braced Extended level show-n-go</p>	<p>A. No tosses allowed.</p> <p style="margin-left: 40px;"><i>This includes basket or sponge tosses.</i></p> <p style="margin-left: 40px;"><i>Cradle from a waist level stunt is not allowed.</i></p>	
<p>D. Prep level single leg stunts must be braced by at least 1 person at prep level or below with hand-arm connection.</p> <p style="margin-left: 40px;"><i>B. A top person can never be released in a transition. One base must be in contact with the top person at all times.</i></p>	<p>Braced 1 leg at prep</p> <p>Braced 1/4 twisting to 1 leg - below prep level to/from prep level</p> <p>Braced 1 leg show-n-go to prep level</p> <p>Braced (1/4 twisting) switch up to 1 leg at prep level</p> <p>Braced (1/4 twisting) tic-tock- below prep level to/from prep level</p> <p>Braced (1/4 twisting) tic-tock from prep level to prep level</p>		
<p>Dismounts G (USASF Page 18): An athlete cannot be dismounted from extended level in a pyramid. They must be brought down to prep level and then dismounted.</p>			

* In USASF Levels 1-4, Pyramid A requires teams to follow level appropriate stunt and dismount rules within a pyramid sequence. Additional pyramid skill allowances for each level are listed in the pyramid rule progression above and can be found in the USASF Cheer Safety rules document.

LEVEL 2 STUNTS

Level Appropriate Rule Progression	Level Appropriate Examples:	Elite Level Appropriate Stunts
Stunts B: Stunt Levels (USASF Page 19)		
Single leg stunts are allowed at prep level. 2 leg stunts are allowed at extended level.	Prep level 1 leg stunt Extension	
Stunts C: Twisting (USASF Page 20)	Coed Style Walk-in to Prep level	
Twisting stunts and transitions are allowed up to 1/2 twisting rotation to prep level.	1/2 twisting transition to below prep level 1/2 twisting transition to prep level	1/2 twisting transition to extended stunt
Twisting stunts and transitions are allowed up to 1/2 twisting rotation to extended level 2 legs.	1/4 twisting transition to extended stunt	
Stunts D & I: Releases (USASF Page 20)	Switch up to 1 leg at prep level	Tic-Tock at prep level (body position to body position)
Top person can never be released in a stunt transition.	Tic-Tock at/to prep level (lib to lib)	1/2 twisting tic-tock at prep level 1 leg stunt
One base must be in contact with the top person at all times.	Tic-Tock at/to prep level (lib to body position)	
	Prone to/from Extension	
	Prone to/from 1 leg at prep level	
<i>(Exception: full twisting barrel roll that starts and ends in a cradle)</i>	Barrel Roll	
Leap frogs are allowed.	Leap Frog Variations	
Stunts J: Inversions (USASF Page 20)	Inversion from ground level to below prep level	1/2 twisting inversion from ground level to prep level 1 leg stunt
Invert from ground level <u>up</u> to an upright position at prep level is allowed.	Inversion from ground level to prep level	Inversion from ground level to extended stunt
Invert from ground level <u>up</u> to an upright position at extended level 2 legs is allowed.	1/2 twisting inversion from ground level to below prep level 1/2 twisting inversion from ground level to 2 feet at prep level	1/2 twisting inversion from ground level to extended stunt
Dismounts D: (USASF Page 21)	Straight cradle from extension	
Only straight pop downs, basic straight cradles, and 1/4 turns are allowed.	Straight cradle from 1 leg at prep level 1/4 cradle from extension 1/4 cradle from 1 leg at prep level	

Level 2 PYRAMID & TOSSES

Pyramid (USASF Page 20-21)	Level Appropriate Examples:	Tosses (USASF Page 21)	Level Appropriate Examples:
<p>E. Extended single leg stunts must be braced by at least 1 top person at prep level or below with hand-arm connection.</p> <p><i>B. A top person can never be released in a transition. One base must be in contact with the top person at all times.</i></p>	<p>Braced Extended single leg</p> <p>Braced 1/4 twisting 1 leg- ground level to/from extended level</p> <p>Braced 1/4 twisting 1 leg- prep level to/from extended level</p> <p>Braced 1/2 twisting 1 leg- ground level to/from extended level</p> <p>Braced 1/2 twisting 1 leg- prep level to/from extended level</p> <p>Braced (1/2 twisting) Switch up to extended level</p> <p>Braced (1/2 twisting) tic-tock- prep level to/from extended level</p> <p>Braced (1/2 twisting) tic-tock- below prep level to/from extended level</p> <p>Braced 1/2 around at extended level</p>	<p>F. The only body position allowed is a straight ride.</p> <p>G. During the straight body ride, the top person may use different arm variations, but must keep the legs and body straight.</p>	<p>Straight Ride</p> <p>Salute</p> <p>Blowing Kiss</p>
<p>Pyramid A -> Stunts I.1 --> Tosses F: (USASF Page 20-21) A straight ride is allowed from a sponge or basket to a cradle. <i>(This building variation is illegal for all traditional recreation teams and performance level 1 and mini 2 teams.)</i></p>	<p>Braced straight release from sponge to cradle</p>		
<p>Dismounts G. (USASF Page 21) Cradles from extended single leg stunts in pyramids are allowed.</p>	<p>Straight cradle from extended 1 leg</p> <p>1/4 cradle from extended 1 leg</p>		

* In USASF Levels 1-4, Pyramid A requires teams to follow level appropriate stunt and dismount rules within a pyramid sequence. Additional pyramid skill allowances for each level are listed in the pyramid rule progression above and can be found in the USASF Cheer Safety rules document.

LEVEL 3 and 3.1 STUNTS

Level Appropriate Rule Progression	Level Appropriate Examples:	Elite Level Appropriate Stunts
<p>Stunts B: Stunt Levels (USASF Page 23)</p> <p>Single leg extended stunts are allowed.</p>	<p>Extended 1 leg stunt</p>	
<p>Stunts C: Twisting (USASF Page 24)</p> <p>Twisting stunts and transitions are allowed up to 1 twisting rotation to prep level or below.</p> <p>Twisting stunts and transitions are allowed up to 1/2 twisting rotation to extended level 1 leg.</p>	<p>Coed style Walk-in Extension</p> <p>Full Twisting Show & Go</p> <p>Full up to prep level 2 feet</p> <p>Full up to 1 leg at prep level</p> <p>1/4 up to extended 1 leg stunt</p> <p>Prep level full around to lib at prep level</p> <p>Full Twisting transition to prone from prep level</p> <p>1/2 twisting transition to prone from 1 leg at extended level</p>	<p>1/2 up to extended 1 leg stunt</p> <p>Full up to prep level body position</p> <p>Prep level full twisting transition to prep level body position</p>
<p>Stunts D & I: Releases (USASF Page 24)</p> <p>Top person can be released from waist level or below to prep level or below.</p> <p style="padding-left: 20px;"><i>Release may not twist or invert, and are restricted to 1 skill.</i></p> <p>Transitions that twist, invert or land at extended level require a base to remain in contact with the top person.</p>	<p>Coed style Toss Hands</p> <p>Release to below prep level from below prep level</p> <p>Release to 2 feet at prep level from below prep level</p> <p>Release to 2 feet at Prep level from ground level</p> <p>Release to lib at prep level from below prep level</p> <p>Release to lib at prep level from ground level</p>	<p>Lib at prep level to extended body position tic-tock</p> <p>Full twisting tic-tock at prep level (lib to body position)</p> <p>Ball up, straddle up, or release to prep level body position</p> <p>Switch up to prep level body position</p>
<p>Stunts J: Inversions (USASF Page 25)</p> <p>Inverted stunts are allowed at shoulder level or below.</p> <p style="padding-left: 20px;"><i>Exception: Multi-based suspended forward rolls can full twist.</i></p> <p style="padding-left: 20px;"><i>Exception: Multi-based suspended backward rolls may not twist.</i></p> <p>Inversions are limited to 1 twisting rotation to prep level, and 1/2 twisting rotation to extended level.</p> <p>Downward inversions are allowed from waist level only.</p> <p style="padding-left: 20px;"><i>2 leg pancake stunts are not allowed.</i></p>	<p>Inverted below prep level</p> <p>Inverted at shoulder level</p> <p>Suspended forward roll</p> <p>Suspended backward roll</p> <p>Suspended twisting forward roll</p> <p>Inverted full up to prep level</p> <p>Back Walkover from cradle</p> <p>Forward roll from prone at waist level</p>	<p>Inversion to extended 1 leg stunt</p> <p>1/2 twisting inversion to extended 1 leg stunt</p>
<p>Dismounts D, E & G: (USASF Page 26)</p> <p>Only straight pop downs, basic straight cradles, and 1/4 turns are allowed from any single leg stunt.</p> <p>Up to 1 1/4 twists are allowed from a 2 leg stunt.</p> <p>1 trick is allowed from a 2 leg stunt.</p>	<p>Straight cradle from extended 1 leg stunt</p> <p>1/4 cradle from extended 1 leg stunt</p> <p>Full down from 2 legs prep level</p> <p>Full down from 2 legs at extended level</p> <p>Single skill to cradle from 2 legs at prep level</p> <p>Single skill to cradle from 2 legs at extended level</p>	

Level 3 and 3.1 PYRAMID & TOSSES

Pyramids (USASF Page 25-26)	Level Appropriate Examples:	Tosses (USASF Page 27)	Level Appropriate Examples:
<p>C. Extended single leg stunts may not brace or be braced by any other extended stunts.</p>	<p>Extension braced to an Extension</p>	<p>F. 1 trick is allowed.</p>	<p>Toe Touch Pike Kick Ball-open Pretty Girl Arch</p>
<p>E. Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected by hand-arm to at least 1 bracer at prep level or below and at least 1 base. <i>(The initial connection cannot be let go of until the completion of the skill. The bracer and flyer cannot change arms/hands in the middle of the skill.)</i></p>	<p>Braced full up to Extension Braced full up to Extended 1 leg</p>	<p>F & G: During a twisting toss, no other skill is allowed.</p>	<p>Full twisting toss 1 1/4 twisting toss</p>
<p>F. A top person may pass above 2 persons high while connected to 2 persons at prep level or below.</p> <p style="margin-left: 20px;">1. Released twisting stunts and transitions are allowed up to 1 twist, if both bracers are connected by arm-arm.</p> <hr style="width: 20%; margin-left: 0;"/> <p style="margin-left: 20px;">2. Released non twisting stunts and transitions are allowed, if one bracer is connected by hand-arm, and the other bracer is connected by hand-arm or hand-lower leg/foot on a different side of the top person.</p>	<p>Braced Twisting release from below prep level to below prep level Braced Twisting release- below prep level to/from prep level Braced Twisting release from prep level to prep level</p> <hr style="width: 20%; margin-left: 0;"/> <p>Braced non-twisting release from prep level to below prep level Braced non-twisting release from prep level to prep level Braced non-twisting released- prep level to/from extended level Braced non-twisting release from extended level to extended level</p>		
<p>G. A top person may pass through an inverted position, if the top person remains in contact with a base and a bracer at prep level or below. The inversion may pass through extended level, but can only stop at prep level or below.</p>	<p>Braced backwards roll over from flatback split Braced forwards roll over to a flatback split Braced flip variation</p>		

* In USASF Levels 1-4, Pyramid A requires teams to follow level appropriate stunt and dismount rules within a pyramid sequence. Additional pyramid skill allowances for each level are listed in the pyramid rule progression above and can be found in the USASF Cheer Safety rules document.

LEVEL 4 STUNTS

Level Appropriate Rule Progression	Level Appropriate Examples:	Elite Level Appropriate Stunts
Stunts C: Twisting (USASF Page 28)		
Twisting stunts and transitions are allowed up to 1 1/2 twisting rotation to prep level or below.	1 1/2 twisting transition to below prep level	1 1/2 twisting transition to prep level body position
Twisting stunts and transitions are allowed up to 1 twisting rotation to extended level 2 legs, platform position, or lib.	1 1/2 twisting transition to prep level 2 leg stunt 1 1/2 twisting transition to prep level lib 3/4 twisting transition to extended 2 leg stunt Full up to Extended 2 leg stunt	Extended full twisting transition to extended stunt Full up to extended lib
Stunts D & I: Releases (USASF Page 29)		
Top person can be released from waist level or below to extended level. <i>Releases may not twist.</i>	Coed style Toss Extension Coed Style Toss Extended 1 leg stunt Switch up to extended 1 leg stunt Non-twisting release- below prep level to/from extended 2 leg stunt	Ball up, straddle up, or to extended body position <i>(does not include switch ups that begin with one foot on the ground)</i>
Top person can be released from extended level to prep level or below. <i>Releases may not twist.</i>	Non-twisting release- below prep level to/from extended lib Tic-Tock-extended level to prep level (lib to lib)	Tic-tock from extended level to prep level or below (body position to body position)
Top person can be released from prep level to prep level or below. <i>Releases may twist.</i>	Twisting release from ground level to below prep level Twisting release from below prep level to below prep level Twisting release- below prep level to/from prep level Twisting release from ground level to prep level Twisting release from prep level to prep level	Full twisting tic-tock to prep level 1 leg stunt Full twisting ball up, straddle up or switch up to prep level body position 1 1/2 twisting ball up, straddle up or switch up to prep level 1 leg stunt
Releases that begin inverted must land in an upright position and not twist. <i>Releases may not start upright and then invert.</i>	Non-twisting release from prep level to below prep level Non-twisting release from prep level to prep level Released inversion from ground level to below prep level Released inversion from ground level to prep level Released inversion from below prep level to below prep level Released inversion from below prep level to prep level Released inversion from prep level to prep level	Released inversion from below prep level to extended stunt
Helicopters are allowed.	Helicopter	
Stunts J: Inversions (USASF Page 30)		
Extended inverted stunts are allowed.	Extended inverted stunt	Full twisting inversion to extended stunt
Downward inversions are allowed at prep level with 3 catchers.	2 leg pancake from prep level Downward inversion from prep level	
Dismounts D, E, & G: (USASF Page 32)		
Up to 2 1/4 twisting rotations allowed from 2 leg stunts.	Double down from prep level 2 leg stunt	
Up to 1 1/4 twisting rotations allowed from 1 leg stunts.	Double down from extended level 2 leg stunt	
2 skills are allowed. <i>If the twist is more than 1 1/4, no other skill is allowed.</i>	Full down from prep level 1 leg stunt Full down from extended level 1 leg stunt Kick Full X-Full	

Level 4 PYRAMID & TOSSES

Pyramids (USASF Page 30-31)	Level Appropriate Examples:	Tosses (USASF Page 32)	Level Appropriate Examples:
<p>C. Extended 1 leg stunt may not brace another 1 leg extended stunt.</p>	<p>Extended Single Leg Stunt braced to an Extension</p>	<p>F. Up to 2 tricks are allowed.</p>	<p>Kick Full Full up-Toe touch 1/2 twist-X-1/2 twist Switch Kick Double Toe</p>
<p>D & F2. No stunt or pyramid may move over or under another <u>separate</u> stunt or pyramid. The top person must be connected to the person in which they are traveling over.</p>	<p>Leap frog variations</p>	<p>Ball Full X-Full Toe-Full</p>	<p>Double Twist 2 1/4 Twist</p>
<p>F. A top person may pass above 2 persons high while braced to 1 person at prep level or below.</p> <p style="padding-left: 40px;">4. Non-inverted transitional pyramids may involve changing bases.</p>	<p>Braced Tic-Tock from prep level to extended level Braced Tic-Tock from extended level to extended level Braced 1/2-1 1/2 twisting release- prep level to/from extended level Braced 1/2-1 1/2 twisting release from extended level to extended level Braced 1/2-1 1/2 twisting release- extended level to below prep level</p>	<p>H. Tosses may not exceed 2 1/4 twisting rotations.</p>	
<p>H. Braced inversion are allowed while released from bases if the top person is braced to 2 people at prep level or below. Bracers must be on 2 different sides of the top person.</p> <p style="padding-left: 40px;">2. Braced inversions are allowed up to 1 1/4 flipping rotations, and 0 twisting rotations.</p>	<p>Braced forward flip Braced backwards flip Braced Side Somi Braced inverted release from prep level to extended level</p>		

* In USASF Levels 1-4, Pyramid A requires teams to follow level appropriate stunt and dismount rules within a pyramid sequence. Additional pyramid skill allowances for each level are listed in the pyramid rule progression above and can be found in the USASF Cheer Safety rules document.