***DCD & THE FINALE 2023-2024 ALL-STAR AND RECREATIONAL LEVEL 1 GUIDELINES***

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|  | ***ALL LEVELS 1-6*** |
| **ALL LEVELS GENERAL** | 1. All Level General 1) An individual may jump/rebound over another individual. 2) Drops such as knee, seat, front, back and split drops from a jump, stunt or inverted position are not allowed unless there is weight bearing contact on the hands or feet, which helps break the impact of the drop. Shushunovas are allowed. |
| **ALL LEVELS TUMBLING** | 1. All Level Tumbling 1) All tumbling must originate and land on the performance surface. 2)A tumbler may rebound from his/her feet into a stunt transition. A0 When rebounding into a stunt transition, may not rebound to inverted or through an inverted position. 3) Tumbling over/under (any body part), or through a stunt, individual, or prop, is not allowed. 4) Tumbling while holder or in contact with any prop is not allowed. |
| **ALL LEVELS STUNTS** | 1. 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. 2. All Level Stunts-Release Moves 1) Release moves: Must return to original bases, may not land on the performing surface without assistance, may not intentionally travel, may not land in an inverted position, may not pass over, under or through another stunts, pyramids, individuals or props, that land in a non-upright position must have: 3 catchers for a multi-based stunt, 2 catchers for a single based stunt., the height of a release move is determined by The highest point of the release, 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. Exception: Senior & International Level 6 teams see Level 6 stunt release moves. 3)Single based split catches are not allowed. 3. All Level Stunts-Inversions. An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person. |
| **ALL LEVELS PYRAMIDS** | 1. 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). 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. |
| **ALL LEVELS DISMOUNTS** | 1. 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 are 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 invert, or land inverted. 9) Dismounts may not intentionally travel. 10) 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. 11) Tension drops/rolls of any kind are not allowed. |
| **ALL LEVELS TOSSES 2-6** | 1. All level Tosses Levels 2-6: 1) a. Tosses must: Have top person’s feet (both) in/on hands of bases when the toss is initiated. b. Not have more than one top person, c. Have top person become free of all contact from bases, bracers and/or other top persons, d. Have at least 3 bases with a maximum of 4, All bases having their feet on the performing surface, e. Have a base behind the top person during the toss and may assist the top person into the toss, f. Have a base positioned at the head and shoulder area of the top person for the cradle, g. Land in a cradle position caught by 3 original bases, h. Bases must remain stationary during the toss. No intentional traveling tosses, exception: bases may turn a ¼ or a ½ for allowable skills with fractional twist. i.e., Level 3-1/4 twist basket, i.e., Include all multi-based waist level cradles in which the bases begin underneath the top person’s feet and must follow toss rules, j. Not flip, invert, or travel, k. Not have a stunt, pyramid, individual, or prop move over or under a toss, and a toss may not be thrown over, under or through stunts, pyramids, individuals, or props. |

***DCD & THE FINALE*** ***2023-2024 ALL-STAR AND RECREATIONAL LEVEL 1 GUIDELINES***

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|  | ***LEVEL 1*** |
| **GENERAL TUMBLING** | 1. All tumbling must originate from and land on the performing surface. Clarification: The tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Example: Round Off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to this stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off. Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in Level 1. 2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: Tumbling over/under an athlete’s body (including arms and/or legs) is not allowed. Clarification: An individual may jump (rebound) over another individual. 3. Tumbling while holding or in contact with any prop is not allowed. |
| **STANDING/**  **RUNNING TUMBLING** | 1. Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels, round offs) Tumbling skills must involve hand support with both hands when passing through the inverted position. 2. Forward and backward rolls, front and back walkovers, and handstands are allowed. 3. Cartwheels and round offs are allowed. 4. **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.** 5. Front and back handsprings are not allowed |
| **STUNTS** | 1. Spotters 1) A spotter is required for all stunts at shoulder level and above. 2) A spotter is required for each top person in a floor stunt. Clarification: The spotter may grab the top person’s waist in a floor stunt.3) 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. 4)Shoulder sits, T-lifts, and stunts where the top person is only supported at the waist, do not require a spotter. 2. Stunts General- 1) At least one base must remain in contact with the top person.2) Leap frogs and leap frog variations are not allowed. 3) Single based stunts with multiple top people are not allowed. 4) No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arms or legs. 5) 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. 3. Stunt Levels 1. 1) Single leg stunts are only allowed at waist level. 2)Prep level single let stunts are allowed if the top person is connected to some standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection is hand/arm to hand/arm and made prior to initiating the single leg prep level stunt. 3) Walk up shoulder stands are allowed. 4) Stunts above prep level are not allowed. Exception-Two leg stunts may immediately pass through an extended position. 4. Twisting stunts 1) Up to ¼ twist allowed. 2)Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed. 3) ½ wrap around stunts are allowed. 4) Up to a ½ twist is allowed if the top person starts and ends on performance surface and is only supported at the waist. 5. Stunt release moves. 1) Not allowed other than those allowed in Level 1 Dismounts 6. Stunt inversions. 1) Not allowed. |
| **PYRAMIDS** | 1. General 1) Required brace/connection (2) must remain the same and stay connected throughout the entire transition. 2) No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arms or legs. 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. 2. Levels 1) Two leg extended stunts: must be braced to a top person at prep level or below with hand-arm connection. Prep level top persons bracers must be I a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases’ hands. May not be connected to other extended stunts. 2) Prep level single leg stunts Must be braced by at least one person at prep level or below with hand-arm connection. Prep level bracers must be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases’ hands. 3) Extended single leg stunts are not allowed. 3. Pyramids Release moves 1) Any time a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules. |
| **DISMOUNTS** | 1. Dismounts- General 1) Zero twists (including ¼ turns) allowed. 2) Sponge, Load In, Squish and Waist level cradles are not allowed. 2. Dismounts to cradles. 1) Only basic straight cradles are allowed. 2) Sponge, load in, squish and waist level cradles are not allowed. 3. Dismounts to the performance surface. 1) Only straight pop downs are allowed. |
| **TOSSES** | 1. No tosses allowed. Clarification: This includes “sponge” (also known as load in or squish) tosses. Clarification All waist level cradles are illegal. |

***DCD & THE FINALE 2023-2024 ALL-STAR AND RECREATIONAL LEVEL 2 GUIDELINES***

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|  | ***LEVEL 2*** |
| **GENERAL TUMBLING** | 1. Dive rolls are allowed. Exception: dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed. 2. 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 to twisting or turning. Example: Back handspring step out > ½ turn = illegal 3. Flips and aerials are not allowed. 4. No twisting while airborne. |
| **STANDING TUMBLING** | 1. Series front/back handsprings are not allowed. 2. Jump skills in immediate combination with handspring(s) are not allowed. |
| **RUNNING TUMBLING** | * 1. Series front and back handsprings are allowed. |
| **STUNTS** | 1. Spotters: A spotter is required for each top person above prep level. A spotter is required for each top person in a floor stunt. Clarification: The spotter may grab the top person’s waist in a floor stunt. 2. Stunts general: 1) During transitions, at least one base must remain in contact with the top person. 2) Single based stunts with multiple top persons are not allowed. 3) No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or top. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arms or legs. 4) A top person may not pass over or under the torso/head of another top person regardless if the stung or pyramid is separate or not. 3. Stunt Levels: Single leg stunts above prep level are not allowed. Single leg stunts may pass immediately through an extended position. 4. Twisting 1) Up to a ½ twist is allowed. Exception: A single full twisting log/barrel roll is allowed but must: Start and end in a cradle position, Be assisted by a base, Not be assisted by another top person, Not include any other skill than the twist. 5. Stunts Release Moves: 1) No release moves allowed other than those allowed in Level 2 Dismounts and Tosses. Exception: A single full twisting log/barrel roll is allowed but must: Start and end in a cradle position, Have 2 catchers for single-based log rolls. Multi-based log rolls have 3 catchers, Return to original bases, Not be assisted by another top person, Not include any skill other than the twist. 6. Stunts Inversions: 1) Transitions from ground level inversions to non-inverted positions are the only inversions allowed. 2) Inverted athletics must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position. |
| **PYRAMIDS** | 1. General: 1) Required brace/connection(s) must remain the same and stay connected throughout the entire transition. 2) No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arm or legs. 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. 4) Extended stunts may not connect to other extended stunts. 2. Levels 1) Extended single-leg stunts must: Be braced to a top person at prep level or below with hand-arm connection., have prep level top persons bracers in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases’ hands. 3. Release moves: 1) Any time a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules. 2) Release moves may not be braced/connected to top persons above prep level. |
| **DISMOUNTS** | 1. Dismounts to cradles: 1) Only basic straight cradles and ¼ twist cradles are allowed. 2) Body positions (toe touch, pike, etc.) are not allowed. 3) Waist level cradles are allowed in the mini division with Diamond. 2. Dismounts to the competition floor: Only straight pop downs are allowed. |
| **TOSSES** | 1. **DCD Rule-The only body positions allowed are straight rides, pretty girls and toe touches.** 2. During the ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss. 3. **DCD is still allowing tosses in the Mini division in this level. Clarification: This includes “sponge” (also known as Load In or Squish) tosses. Clarification: All waist level cradles are legal.** |

***DCD & THE FINALE 2023-2024 ALL-STAR AND RECREATIONAL LEVEL 3 GUIDELINES***

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|  | ***LEVEL 3*** |
| **GENERAL TUMBLING** | 1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed. |
| **STANDING TUMBLING** | 1. 1) Series front and back handsprings are allowed. 2) Flips and connected jump-flips are not allowed. 3) No twisting while airborne. |
| **RUNNING TUMBLING** | 1. Flips-back flips may only be performed: 1) In a tuck position (no additional skills) 2) From a round off or round off back handspring(s) 2. Aerial cartwheels, ¾ front flips and running front tucks are allowed. 1) No tumbling prior to front tuck except a front handspring. 3. No tumbling is allowed after a flip or an aerial cartwheel. 4. No twisting while airborne except aerial cartwheels. |
| **STUNTS** | 1. 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. 2. 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, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arms or legs. 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. 3. Stunt Levels 1) Single leg extended stunts are allowed. 2) Extended single let stunts may not brace or be braced by any other extended stunts. 4. Twisting stunts 1) Up to 1 twist allowed to prep level or below or if landing in an extended two-leg stung. 2) Up to ½ twist if landing in an extended single-leg stunt. 5. Release Moves 1) start at waist level or below, land at prep level or below. 2) Release moves must not pass through, or land inverted, release from inverted to non-inverted, 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, come in contact with other top persons in separate release moves. 3) Release moves that land in a non-upright position must have three catchers for a multi-based stunt, two catchers for a single-based stunt. 4)Skills performed during the release move are restricted to a single skill/trick, zero twists. 5) Log/barrel rolls up to one twist, must land in a cradle, or flat horizontal, body position, i.e. Flat back or prone, must have two catchers for single based log rolls. Multi-based rolls must three catchers. 6) Helicopters are not allowed. 6. Inversions 1) Inversion levels, no inverted stunts above prep level, multi-based suspended rolls must have both hands/arms of the top person connected to separate hands of the base(s). 2) Twisting Inversions Multi-based suspended rolls exceeding a ½ twist must land in cradle. 3) Downward Inversions-Downward inversions are allowed at waist level and must have two bases in contact with the torso, must maintain contact with an original base, are allowed to immediately pass through prep level during the skill, must not come in contact with other downward inversions, two leg pancake stunts are not allowed. |
| **PYRAMIDS** | 1. General 1) No stunt, pyramid or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arms or legs. 2) 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. 3) Extended single leg stunts may not brace or be braced by any other extended stunts. 2. Twisting to extended single leg is allowed up to 1 twist must be connected to a bracer at prep level or below and a base, the connection to the bracer must be hand/arm to hand/arm, the connection to the bracer must remain the same and stay connected throughout the entire transition. 3. 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 or below, 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, the connection to the bracer must remain the same and stay connected throughout the entire transition. 4. Release moves-Any time 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 Level 3 stunt release skills or dismounts if connected to one bracer at prep level or below, up to 1 twist if connected to two bracers at prep level or below with arm/arm connections, non-twisting/non inverted release moves if connected to two different bracers at prep level or below, connected to one bracer by hand/arm-to-hand/arm, connected to a second bracer by hand/arm to hand/arm or hand/arm-to-foot/lower-leg (below knee), braced on two separate sides (i.e. right side-left side, left side-back side, etc.) by two different bracers, braced on 2 of the 4 sides of the top person (foot, back right, left), non-twisting/non-inverted release moves to extended with 1 bracer must initiate from waist level or below, the connection to the bracer must hand/arm. 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). 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), both catchers must be stationary, 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. |
| **DISMOUNTS** | 1. General 1) Up to 1 trick allowed during a dismount from any two-leg stunt, up to 1 ¼ twists are allowed from any two-leg stunt, any dismount from prep level and above involving a skill/trick (i.e., twist, toe touch) must be caught in a cradle, dismounts from an inverted position are not allowed. 2. Dismounts to cradle 1) Up to 1 ¼ twists are allowed from any two-leg stunts (does not include platform position). 2) Only basic straight cradles and ¼ twist cradles are allowed from any single leg stunt. 3) When cradling single based stunts with multiple top persons two catchers must catch each top person, catchers and bases must stationary prior to the initiation of the dismount. 3. Dismounts to the performance surface 2) 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. 4. **DCD Rule Exception but not given extra credit.** **Up to 1 1/4twists are allowed from any two leg or single leg extended stunts.** |
| **TOSSES** | 1. Up to 1 trick allowed (may not exceed 1 ¼ twist). Clarification: An arch is not a trick. Exception: A Ball-X toss is allowed. 2) During a twisting toss, no skill other than the twist is allowed. |

***DCD & THE FINALE 2023-2024 ALL-STAR AND RECREATIONAL LEVEL 4 GUIDELINES***

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|  | ***LEVEL 4*** |
| **GENERAL TUMBLING** | 1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed. |
| **STANDING TUMBLING** | 1. 1) Up to one flipping allowed and zero twists, must be performed in a tuck position (no additional skills. Exception: Aerial cartwheels and Onodis are allowed, standing flips and flips from a back handspring are allowed, may not be connected to a jump. 2. No tumbling is allowed after a lip, aerial cartwheel or Onodi. |
| **RUNNING TUMBLING** | 1. **Up to one flipping and zero twists allowed Exception: Aerial cartwheels and Onodis are allowed. Skills are allowed up to 1 flipping and 1 twisting rotation but do not receive extra credit for running fulls.**   **Exception: Aerial cartwheels and Onodis are allowed as well as running fulls with DCD** |
| **STUNTS** | 1. 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. 2. 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, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arms or legs. Exception An individual may move under a stunt, or a stunt may move over an individual. 3. Levels 1) Single leg extended stunts are allowed. 2) Extended single leg top persons may not connect to any other extended single leg top person. 4. Twisting-1) Up to 1 ½ twist allowed to prep level or below or if landing in an extended two-leg stunt. 2) Up to 1 twist if landing in an extended single-let stunt. 5. Release Moves-1) Release moves mut not pass through or land inverted, 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. Come in contact with other top persons in separate release moves. 2) Release moves that land extended must start at prep level or below, not twist or flip. 3) Release moves from extended may not twist. 4) Release moves that land in a non-upright position must have three catchers for a multi-based stunt, two catchers for a single-based stunt. 5) Release moves from inverted to non-inverted must be inverted at the bottom of the dip, not twist, have a spot if landing at prep level or higher. 6) Helicopters are allowed with up to 180-degrees rotation, zero twists, caught by three catchers, one of which is positioned at head and shoulder area of the top person. 6. Inversions- 1) Inversion levels extended inverted stunts allowed. 2) Downward Inversions-Must have three catchers, exception: Downward inversions that do not pass above waist level do not require three catchers, two of the catchers must be in contact with the waist to shoulder region, maintain contact with an original base. Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so, not come in contact with other downward inversions. Downward Inversion: must start at prep level or below, allowed to immediately pass through the extended position during the skill, ma not stop, or land inverted if passing above prep level, a controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended). |
| **PYRAMIDS** | 1. General-1) No stunt or pyramid may move over or under another stunt, pyramid, or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete, not the arms or legs. 2) A top person may not invert over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not. 3) An individual may move under a stunt, or a stunt may move over an individual. 4) Extended single leg stunts may not be braced by any other single leg extended stunts. 2. Twisting-1) Twisting to extended single-leg is allowed up to 1 ½ twists. Must be connected to a bracer at prep level or below, a connection to the bracer must remain throughout the entire transition. 3. Inversions-1) Must follow L4 stunt inversion rules. 4. Release moves-1) During a pyramid transition, a top person may pass above 2 persons high and perform: Up to 1 ½ twists, non-inverted release skills, non-inverted release moves that change bases if: Catchers are not involved with any other skill or choreography when the transition is initiated. 2) Connected to one bracer at prep level or below. 3) 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) 4) A top person may travel over another top person while connected to that top person at prep level or below. 5) Must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary, both catchers must maintain visual contact with the top person throughout the entire transition. 6) Release moves may not be braced/connected to top persons above prep level. 5. Release moves with braced inversions (including braced flips) are allowed if 1) Contact is maintained with two bracers at prep level or below. 2) Contact is maintained with the same bracers until contact is made with a base on the performing surface. (This does not include the uniform or hair). 3) Braced on 2 separate sides (right side-left side, left side-back side, etc.) by 2 different bracers. 4) Braced on 2 of the 4 sides of the top person (front, back, right, left). 5) Up to 1 ¼ flipping rotation, zero twists. 6) Not involving changing bases. 7) In continuous movement. 8) Caught by 3 catchers. Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters. All required catchers/spotters must be stationary, all required catchers/spotters must maintain visual contact with the top person throughout the entire transition, the required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. 9) Not traveling downward while inverted. 10) Not in contact with other stunt/pyramid release moves. 11) Not braced/connected to top persons above prep level. |
| **DISMOUNTS** | 1. General-1) Up to 2 tricks allowed during a dismount. 2) Up to 2 ¼ twists allowed from any two-leg stunt. 3) Up to 1 ¼ twists allowed from a platform position. 4) Up to 1 ¼ twists allowed from any single leg stunt. 5) Dismounts from an inverted position may not twist. 2. Dismounts to cradles-1) A cradle from a two-leg stunt that exceeds 1 ¼ and up to 2 ¼ twists, no skill other than the twist is allowed. 2) When cradling single based stunts with multiple top persons: Two catchers must catch each top person, catchers and bases must be stationary prior to the initiation of the dismount. |
| **TOSSES** | 1. 1) Up to 2 tricks allowed. 2) Up to 2 ¼ twists allowed. |

***DCD & THE FINALE 2023-2024 ALL-STAR AND RECREATIONAL LEVEL 4 Ltd. GUIDELINES***

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|  | ***LEVEL 4 Ltd.*** |
| **GENERAL TUMBLING** | 1. See Level 2 General Tumbling. |
| **STANDING TUMBLING** | 1. See Level 2 Standing Tumbling |
| **RUNNING TUMBLING** | A. See Level 2 Running Tumbling |
| **STUNTS** | 1. See Level 4 Stunts. |
| **PYRAMIDS** | 1. See Level 4 Pyramids. |
| **DISMOUNTS** | 1. See Level 4 Dismounts |
| **TOSSES** | 1. See Level 4 Tosses |

***DCD & THE FINALE 223-2024 ALL-STAR AND RECREATIONAL LEVEL 5 GUIDELINES***

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|  | ***LEVEL 5*** |
| **GENERAL TUMBLING** | 1. Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed. |
| **STANDING TUMBLING** | 1. Up to 1 flipping and 0 twists allowed. |
| **RUNNING TUMBLING** | 1. 1) Tumbling skills allowed: Up to 1 flipping and 1 twist. 1) No tumbling is allowed after a full twisting skill. 2) Must immediately be preceded by a round off, back handspring(s) or front handspring(s). Exception: Simultaneous front flipping and twisting allowed from a running entry or front handspring. 3) During a full twisting skill both feet must land and finish on the performing surface (i.e., no landing prone, seated, etc). No other trick allowed. |
| **STUNTS** | 1. 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. 2. Stunt levels: Single leg extended stunts are allowed. 3. Twisting 1) Up to 2 twists allowed to prep level or below or if landing in an extended two-leg stunt. 2) Up to 1 ½ twist if landing in an extended single-leg stunt. 4. Release Moves 1) Release moves must not pass through, or land inverted. Exceed 18 inches above extended arm leave of the bases (not the back spot) (if distance is greater than the length of the top person’s legs plus an additional 18 inches then must follow toss or dismount rules). Come in contact with other top persons in separate release moves. 2) Release moves that land in a non-upright position must have 3 catchers for a multi-based stunt. 2 catchers for a single-based stunt. 3) Release moves from inverted to non-inverted must be inverted at the bottom of the dip. Not twist. Have a spot if landing at prep level or higher. 4) Helicopters are allowed with up to 180 degrees rotation. Caught by 3 catchers, one of which is positioned at head and shoulder area of the top person. 5. Stunts-Inversions 1) Inversion levels-Extended inverted stunts allowed. 2) Downward Inversions must have 3 catchers. Exception: Downward inversions that do not originate or pass above prep level do not require 3 catchers. Two of the catchers must be I contact with the waist to shoulder region. Contact must be initiated at the shoulder level (or above) of the bases. Maintain contact with an original base. Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so. Not come in contact with other downward inversions. Downward inversions are allowed from above prep level: May 1) May not stop in an inverted position Exception: A controlled lowering of an extended inverted stunt to prep level passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level require a minimum of 1 base and 1 spotter. 2) May not land on or touch the ground while inverted. |
| **PYRAMIDS** | 1. Twisting 1) Twisting to extended single leg is allowed up to 2 twists: Must be connected to a bracer at prep level or below. A connection to the bracer must remain throughout the entire transition. 2. Inversions 1) Must follow Level 5 Stunt Inversion rules. 3. Release moves 1) During a pyramid transition, a top person may pass above 2 persons high and perform: Up to 2 twists. Non-Inverted release skills. Non-Inverted release moves that change bases if: 10 Catchers are not involved with any other skill or choreography when the transition is initiated. 2) Connected to one bracer at prep level or below. 3) Contact must be maintained with the same bracer(s) until contact is made with a base om the performing surface. (This does not include the uniform or hair). 4) Must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary. 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. 4. Release moves with braced inversions (included braced flips) are allowed if: 1) Contact is maintained with one bracer at prep level or below. 2) Contact is maintained with the same bracer until contact is made with a base on the performing surface. (This does not include the uniform or hair). 3) Up to 1 ¼ flipping and 0 twist. 4) May change bases. 5) In continuous movement. 6) Caught by 3 catchers. Exception: braced flips that land in an upright position at prep level or above must have one catcher and two spotters. All required catchers/spotters must be stationary. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. 7) No traveling downward while inverted. 8) Not in contact with other stunt/pyramid release moves. 9) Not braced/connected to top persons above prep level. |
| **DISMOUNTS** | 1. General 1) Up to 2 ¼ twists allowed. 2) Up to 3 tricks allowed. 3. If dismount exceeds 1 ½ twists, no skill other than the twist is allowed (no kick doubles allowed) 4) Dismounts from an inverted position may not twist. 2. Dismounts to cradles 1) When cradling single based stunts with multiple top persons: Two catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount. |
| **TOSSES** | 1. 1) Up to 3 tricks allowed. 2) Up to 2 ½ twists allowed. 3) If toss exceeds 1 ½ twists, no skill other than the twist is allowed (no kick doubles allowed. |

***DCD & THE FINALE 2023-2024 ALL-STAR AND RECREATIONAL LEVEL 6 GUIDELINES***

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|  | ***LEVEL 6*** |
| **GENERAL TUMBLING** | 1. 1) Dive rolls are allowed. No twisting dive rolls. 2) Double twisting skills may not have flipping and twisting immediately into the double. Twisting out of the double. |
| **STANDING TUMBLING** | 1. 1) Up to 1 flipping and 2 twists allowed. 2) Skills with more than 1 twist must be immediately preceded by a minimum of 2 backward traveling, non-twisting skills (excludes back extension rolls) one of which is a back handspring. Exception: If these requirements have been met before performing a single full or an additional double, with the same pass, they are not required again. |
| **RUNNING TUMBLING** | 1. 1) Up to 1 flipping and 2 twists allowed. |
| **STUNTS** | 1. 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. 2. Levels- 1) Single leg extended stunts are allowed. 3. Twisting 1) Up to 2 ¼ twists allowed. 4. Release moves 1) Release moves must not pass through, or land inverted. Exception: International Level 6 teams see level 6 stunt release moves. Exceed 18 inches above extended arm level of the bases (not the back spot) (if distance is greater than the length of the top person’s legs plus an additional 18 inches then must follow toss or dismount rules). Come in contact with other top persons in separate release moves. 2) Release moves that land in a non-upright position must have 3 catchers for a multi-based stunt. 2 catchers for a single-based stunt. 3) Release moves from inverted to non-inverted: Must be inverted at the bottom of the dip. Must have a spot if landing at prep level or higher. Up to a ½ twist allowed. 4) Helicopters are allowed with: Up to 180 degrees rotation. Caught by 3 catchers, one of which is positioned at head and shoulder area of the top person. 5) Rewinds are allowed with 1 flipping only and 0 twisting allowed. No tumbling allowed prior to the rewind. Toe pitch, leg pitch, or similar type tosses are not allowed in initiating rewind. Clarification: The top person must have both feet on the performing surface when a rewind is initiated. Single bases rewinds require a minimum of 1 catcher and 1 spotter. Multi-based rewinds require a minimum of 21 catchers and 1 spotter. 5. Inversions 1) Levels extended inverted stunts allowed. 2) Downward inversions must have 3 catchers. Exception: Downward inversions that do not originate or pass above prep level do not require 3 catchers. Two of the catchers must be in contact with the waist to shoulder region. Contact must be initiated at the shoulder level or above) of the bases. Maintain contact with an original base. Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so. Not come in contact with other downward inversions. Downward inversions are allowed from above prep level and may not stop in an inverted position. Exception: A controlled lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stung at prep level require a minimum of 1 base and 1 spotter. May not land on or touch the ground while inverted. |
| **PYRAMIDS** | 1. Twisting 1) Twisting is allowed up to 2 ¼ twists. 2. Inversions 1) Must follow Level 6 Stunt Inversion rules. 3. 1) During a pyramid transition, a top person may pass above 2 persons high and perform: Up to 2 ¼ twists. Non-inverted release skills. Non-inverted release moves that change bases if: Catchers are not involved with any other skill or choreography when the transition is initiated.2) Connected to one bracer at prep level or below. 3) 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). 4) Must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary. 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. 4. Release moves with braced inversions including braced flips are allowed if: 1) Contact is maintained with one bracer at prep level or below. 2) Contact is maintained with the same bracer until contact is made with a base on the performing surface. (This does not include the uniform or hair). 3) Up to 1 ¼ flipping and a ½ twist. 4) Up to ¾ flipping and 1 twist. 5) May change bases. 6)In continuous movement. 7) Caught by 3 catchers. Exception: Braced flips that do not twist and land in an upright position at prep level or above must have one catcher and two spotters. All required catchers/spotters must be stationary. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. 8) Not traveling downward while inverted. 9) Not in contact with other stunt/pyramid release moves. 10) Not braced/connected to top persons above prep level. |
| **INVERSIONS** | 1. General 1) Up to 2 ¼ twists allowed. 2)Up to ½ twist dismount from an inverted position. 2. Dismounts to cradles 1) When cradling single based stunts with multiple top persons: 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount. |
| **TOSSES** | 1. Up to 2 ½ twists allowed. |

***DCD & THE FINALE 2023-2024 ALL-STAR AND RECREATIONAL LEVEL7 GUIDELINES***

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|  | ***LEVEL 7*** |
| **GENERAL** | 1. 1) An individual may jump/rebound over another individual. 2) Drops such as knee, seat, front, back and split drops from a jump, stunt or inverted position are not allowed unless there is weight bearing contact on the hands or feet, which helps break the impact of the drop. |
| **GENERAL TUMBLING** | 1. 1) Dive rolls are allowed. No twisting dive rolls. 2) Up to 1 flipping and 2 twists. 3) No twisting immediately out of a double twist. 4) A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Exception: Cartwheel, round off and standing single back handspring rewinds are allowed. No tumbling skills prior to the cartwheel, round-off or standing back handspring are permitted. 5) Tumbling over/under (any body part), or through a stunt, individuals, or prop, is not allowed. 6) Tumbling while holding or in contact with any prop is not allowed. |
| **STANDING TUMBLING** | 1. 1) Skills with more than 1 twist must be immediately preceded by a minimum of 1 backward traveling, non-twisting skill. |
| **STUNTS** | 1. A spotter is required 1) During one-arm stunts above prep level. Excludes cupies, liberties (with no body position variations). 2) When the load/transition involves a release move that exceeds 1 twist. A release move with an inverted position, landing at prep level or above. A free flip. 3) Inverted top person above prep level. 4) When the top person is released from above ground level to a one-arm stunt. 5) Single based stunts with multiple top persons require a separate spotter for each top person. 6) Coed style tosses to a new base-tossing base may become spotter. 2. Levels 1) Single leg extended stunts are allowed. 3. Twisting 1) up to 2 ¼ twists allowed. 4. 1) Release moves must return to original bases. Exception 1: Coed style tosses to a new base are allowed if: (1) Stunt is thrown by a single base (2) Caught by at least one base and an additional spotter. (3) The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (4) The original tossing base may become the spotter. Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter. 2) Release moves must not land inverted. Exception 1: Ground level handstand released to hand-to hand stunt with 0 twisting and 0 flipping. Exception 2: Release from prep level and below to prep level inverted position with 0 twisting and 0 flipping. Exceed 18 inches above extended arm level of the bases (not the back spot) (If distance is greater than the length of the top person’s legs plus an additional 18 inches then must follow toss or dismount rules.) Come in contact with other top persons in separate release moves. Exception: Single based stunts with multiple top persons. Intentionally travel (excludes coed style tosses to a new set of bases). Pass over, under or through other stunts, pyramids, individuals, or prop. Land on the performing surface without assistance from above waist level. 3) Helicopters are allowed with up to 180-degree rotation. Caught by 2 catchers, one of which is positioned at head and shoulder area of the top person. 4) Rewinds/Free flipping and assisted flipping stunts and transitions are allowed. 5) Rewinds/free flipping that originate from ground level up to ¼ flipping and 1 ¼ twist allowed. Cartwheel rewind, round off rewind, and standing single back handspring rewinds are allowed (1) No tumbling prior to the cartwheel, round off or standing back handspring. Toe pitch, leg pitch or similar type tosses are allowed in initiating free flipping skills. Requires 1 catcher and 1 spotter. 6) Free Flipping transitions that originate from a stunt Up to 1 ¼ flipping and ½ twist allowed. Must initiate from prep level only. Must initiate from prep level only. Must land in a cradle, horizontal position or to a standing position on the performing surface (if landing on the performing surface must follow dismount rules). One flipping rotation or less requires 2 catchers. 1/1/4 flipping rotation requires 3 catchers. 7) Single based split catches are not allowed. 5. Inversions 1) Inversion levels extended inverted stunts allowed. 2) Downward inversions maintain contact with an original base. Must have 2 catchers. Exception: A lowering of an extended inverted stunt to prep level, passing above prep level to prep level or from extended non-inverted to inverted stunt at prep level is allowed by a single base with a spotter. 3)An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person. |
| **PYRAMIDS** | 1. General 1) Must follow stunts A: Spotter Rules. Exception: One arm extended paper dolls require a spotter for each top person. 2) Allowed up to 2 ½ high. Exception: Tower pyramids are allowed. 2. 2 ½ high 1) Spotters must be a spotter in front and back for each person on the top level. Must be in a position and maintain visual contact the entire time the top person (2) is at the 2 ½ high level (s). May not be a primary support of the pyramid. May stand slightly to the side but must remain in a position to adequately spot the top person. Tower pyramids: (1) Must have a spotter who is not in contact with the pyramid in place behind the top person. A person assisting/touching the middle layer, does not fill this role. 2 ½ high pyramids with horizontal top persons (i.e., Flat back, prone and Swedish variations): (1) Spotters must be on 2 of the 4 sides (front, back, right, left) of the pyramid. Required spotters cannot be on foot/feet/leg side of the top person. 3. Inversions 1) Allowed up to 2 ½ high. 2) Downward inversions from above prep level must be assisted by 2 bases. The top person must maintain contact with a base or another top person. 4. Free flying mounts/transitions 1) May not significantly exceed the height of the intended skill. 2) May not pass over, under or through other stunts, pyramids, individuals, or prop. 3) May not land inverted. 4) That originates from ground level up to 1 flipping and 1 twist allowed. 0 flipping and 2 ¼ twist allowed. 5) That originate from above ground level up to 1 ¼ flipping and 0 twist allowed. Up to 0 flipping and 2 twists allowed. 5. Release moves 1) May pass above 2 ½ high. 2) May not pass over, under or through a prop. 3) May not land inverted. 4) If released from a second layer base and caught by a second layer base (i.e., tower pyramid tic-tocks) The base that throws must be the catcher. 5) From 2 ½ high up to 0 flipping and 1 twist allowed require 2 catchers. 6. Release moves with braced inversions (including braced flips) 1) Up to 1 ¼ flipping and 1 twist allowed. 2) Top person must maintain contact with 1 top person at prep level or below. 3) Must be caught by 2 catchers. Exception: Braced inversion to 2 ½ high pyramids may be caught by 1 person. Exception: Braced inversions that land upright at prep level or above, require 1 base and 1 spotter. 4) The required base/spotter must be stationary. Maintain visual contact with the top person throughout the entire transition. Not be involved with any other skill or choreography when the transition is initiated. |
| **DISMOUNTS** | 1. General 1) Dismounts must return to original base(s). Exception: Single based stunts with multiple top persons do not need to return to original base(s) 2) Dismounts may not pass over, under or through other stunts, pyramids, individuals, or prop. 3) Dismounts may not intentionally travel. 4) Top persons in dismounts may not come in contact with each other while released from the bases. 5) Tension drops/rolls of any kind are not allowed. 2. Dismounts to cradle 1) Up to 2 ¼ twist. 2) Single based if exceeds 1 ¼ twists must have a spotter with one hand-arm supporting the head and shoulder of the top person. 3) Single based with multiple top persons 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount 4) 1-arm stunts That exceeds 1 twist must have a spotter with one hand-arm supporting the head and shoulder of the top person. 5) Free flipping up to 1 ¼ flipping and ½ twist. Must originate from prep level. Must be caught by 2 catchers one of which is an original base. Back flipping must go to cradle. 3. Dismounts to the performance surface. 1) Up to 2 ¼ twist. 2) If exceeds 1 ¼ twists must have 2 catchers or 1 catcher and 1 spotter. 3) Must be assisted by either an original base and/or sotter. 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. 4) An individual may not land on the performing surface from above waist level without assistance. 5) Free flipping up to 1 flipping and 0 twists. Must originate from prep level. Must have a spotter. Front flipping only allowed. 4. 2 ½ high pyramid- Dismounts to cradle 1) Up to 2 ¼ twist must be caught by 2 catchers, one of which is stationary at the initiation of the cradle. 2) Up to ¾ front flipping and ½ twist must be caught by 2 catchers, one on each side of the top person. One catcher must be stationary at the initiation of the cradle. 5. 2 ½ high pyramid-dismount to the performance surface 1) Up to 1 ¼ twists. 2) Must have 2 catchers or 1 catcher and 1 spotter. 3) Must be assisted by either an original base and/or sotter. 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. 4) An individual may not land on the performing surface from above waist level without assistance. |
| **TOSSES** | 1. 1) Tosses must have at least 3 bases with a maximum of 4. Have a base behind the top person during the toss and may assist the top person into the toss. Exception: When tossing from one set of bases to another set of bases/catchers. Exception: Arabians in which the 3rd person would need to start in front to be in a position to catch the head and shoulder area of the top person during the cradle. Be performed from ground level. Land in a cradle position. Have a base positioned at the head and shoulder area of the top person for the cradle. Not be directed so that the bases must move to catch the top person. Have top person’s feet (both) in/on hands of bases when the toss is initiated. Up to 3 ½ twists. Not have a stunt, pyramid, individual, or prop move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props. Not have more than one top person. Have top person become free of all contact from bases, bracers and/or other top persons. 2) Flipping tosses up to 1 ¼ flipping and 2 additional skills allowed. (1) A tuck, pike or layout are not counted in the 2 additional skills. 3) Flyover tosses (top persons tossed to another set of bases) Up to 0 flipping and 1 ½ twists allowed. Up to ¾ front flips with 0 twists allowed. Bases: (1) Must be thrown by either 3 or 4 stationary bases. (2) Must be caught in a cradle by 3 stationary bases. (3) Must be stationary while tossing. Catchers (1) May not be involved in any other choreography. (2) Must have visual contact with top person when the toss is initiated. (3) Must maintain visual contact throughout the entire toss. |

***DCD & THE FINALE 2023-2024 HALF YEAR/PR TEAM LEVELS 1-3 GUIDELINES***

Routines do not exceed 2:00 minutes.

No tosses are allowed. Clarification: Includes sponge, load in or squish tosses. Clarification: All waist level cradles are illegal.

Half Year/Prep Divisions must perform 2 level appropriate jumps that are synchronized but do not have to be connected or include a variety.

DCD will continue to offer Levels 1-3 and add in the any new levels with our age divisions.

***DCD & THE FINALE 2023-2024 NOVICE GUIDELINES***

Novice teams will be considered Exhibition divisions with DCD.

Routine time limit is 1 minute 30 seconds.

Teams will not be scored just like exhibition but will be given comments from the judges on the school score sheet.

Novice teams will be given a participation gift at awards.

***DCD & THE FINALE 2023-2024 NOVICE COMPETING GUIDELINES***

Routine time limit is 1 minute 30 seconds. Teams will compete level 1 only. This division will be a combination of all Novice competing teams including all age divisions with highest percentage for placements. Division will have 1-3 and then a competition banner for placements 4 and below. The ONE does not offer competing novice but does allow novice. The Finale welcomes all novice teams including novice competing. Bids are not awarded to The Finale for this division.

***DCD & THE FINALE 2023-2024 EXHIBITION GUIDELINES***

Routine time limit is 2 minutes 30 seconds.

Teams will not be scored but will be given comments from the judges on the school score sheet.

Exhibition teams will be given a participation gift at awards.

***DCD & THE FINALE 2023-2024 NON-MOUNT GUIDELINES***

DCD will offer Non-Mount Divisions in all categories due to our current health pandemic. We are offering these divisions as we realize that some organizations may not be able to stunt to be ready for an event.

If you are not able to stunt, please circle on your registration form non-mount. You will be judged for your regular level tumbling and jumps. On your stunt score sheet stunts and tosses will be blocked out. You may mark your stunts, or you may make up the balance of your routine with all of the other elements. You will only compete against other non-mount teams in your appropriate age division. For Grand Champion scores will be based on the percentage of your score sheet as normal.

If on the day of competition, a competitor is registered under their normal division and level and a competitor is sick or has a fever, then please notify us and we will place you in a non-mount division.

If any other situations arise due to the health pandemic, please notify DCD staff so that we can safely take precautionary measures for the success of your program and athletes.

***DCD & THE FINALE 2023-2024 NON-TUMBLING GUIDELINES***

DCD will offer Non-Tumbling Divisions in all categories.

If you are not able to Tumble, please circle on your registration form non-tumbling. You will be judged for your regular level stunts and jumps. On your tumbling score sheet, standing and running tumbling will be blocked out. You may make up the balance of your routine with all of the other elements. You will only compete against other non-tumbling teams in your appropriate age division. For Grand Champion scores will be based on the percentage of your score sheet as normal.

***DCD & THE FINALE 2023-2024 VIRTUAL GUIDELINES-DCD IS NOT OFFERING VIRTUAL AT THIS TIME-THANK YOU.***

Submit unedited video to [info@diamondcheeranddance.com](mailto:info@diamondcheeranddance.com) by the appropriate deadline date. Indicate in the re: section the division, level, organization, and team.

Submit one video per e-mail.

You may use a video from another competition as long as you own the rights to it.

The video must be from the present season.

If you choose to video from your gym, we must be able to see the entire floor and team.

Uniforms are not necessary.

Follow the age divisions on the registration forms under the Registration Section on this website.

Follow the guidelines located under our Guidelines Section on this website: Routine Element Guidelines, Level Guidelines.

No releases/waivers are required for virtual events.

Submit rosters with birthdays. (If judges feel that there is a question of an age, you will be asked to produce proof of the age.) This is just like a live competition. Please make sure your roster count matches the video count.

Judges will be counting skills. Judges will be present just like a live competition. Judges will follow the schedule.

Scores will be calculated. We will e-mail the score sheets, scores, and placements as soon as the event is over. Awards will go out the week after the event.

AWARDS:

Every competitor will receive a championship medal regardless of placement.

Team awards.

Level Champion awards with bids to The Finale-April 30-May 1, 2021

Diamond award for each award ceremony

Grand Champion Cup (highest percentage of the entire competition)

Travel Award-We will calculate the distance from our office location.

Sportsmanship-When you register send a note what sportsmanship means to your gym or what you have done at an event and our staff will choose and present you with a plaque.

Individuals and solos-Cups and medals.

Once you receive your awards we would love for you to post pictures with your awards on our social media.

PRICING:

Competitors (Cheer &amp; Dance) $45.00

Cross overs $10.00

Novice and Exhibition $20.00

Individuals and solos $50.00

Processing fee $50.00 per organization