
2023 -2024
LEVEL 0 RULES
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LEVEL 0 GLOSSARY OF TERMS

A **top person** is an athlete that is being supported above the performance surface in a stunt or pyramid. Also known as 'flyer'.

A **base** is a person who is in direct weight bearing contact with the performance surface who provides support for another person. A person who provides support for a top person. The person(s) that holds, or lifts a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base may not support any weight of a top person while the base is in backbend or inverted position

A **bracer** is a person in direct physical contact with a top person, either from the floor or top person to top person that helps provide stability to the top person. This person is separate from a base or spotter. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A required bracer cannot pass through an inverted position during a transition.

Backbend (stunting): Athlete's body forms an arch, typically supported by the hands and feet with the abdomen facing upwards.

Backward Roll: A non-airborne tumbling skill where the athlete's body is rotated backwards through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Cartwheel: A tumbling skill where the athlete remains in contact with the performing surface, rotating sideways, where the hands make contact one at a time while the body inverts and lands one foot at a time in an upright position.

Catcher(s): Person(s) responsible for the safe landing of a top person during a stunt or dismount. All catchers must be attentive, must not be involved in other choreography, must not be involved in anything that could prevent them from catching, must make physical contact with the top person upon catching, and must be on the performing surface when the skill is initiated.

Chair: A prep level stunt in which the base(s) supports the ankle of the top person with one hand underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the top person.

Cradle: A dismount in which the top person is caught in a cradle position (top person lands in a "V"/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

Dismount: The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface. The only dismount that is allowed at Level 0 is a Cradle. Level 0 must not release to the performing surface. 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. Dismounts may not intentionally travel. Tension drops/rolls of any kind are not allowed. Dismounts must return to original base(s). Top persons may not be or come in contact with each other while released from bases. All multi-based waist level cradles in which the bases begin



underneath the top person's feet will be considered a toss, and therefore are not permitted at Level 0.

Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended and therefore not permitted at Level 0. Stunts where the base(s) arms are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs – However these stunts are also not permitted at Level 0. No stunts with extended arms are allowed at Level 0.

Flat Back: A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface. This is considered a two leg stunt.

Floor Stunt: Base lying on the performing surface on their back with their arm(s) extended. This is considered a waist level stunt.

Forward Roll: A non-airborne tumbling skill where the athlete's body is rotated forward through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Ground Level: On the performing surface.

Hand/Arm Connection: The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handstand: A skill that involves supporting the body in an inverted, vertical position by balancing on the hands where the arms of the athlete are extended straight by the head and ears.

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for building skills is the bottom of the dip from which the skill originates.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performing surface.

Jump Skill: A skill which involves a change in body position during a jump. i.e. toe touch, pike, etc. A "straight jump" with a turn does not make the jump a "jump skill". If a jump is included in a tumbling pass, the jump will break up the pass.

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level

Multi-based Stunt: A stunt having 2 or more bases not including the spotter.

Non-Inverted Position: A body position in which either of the conditions below are met: 1. The top person's shoulders are at or above their waist. 2. The top person's shoulders are below their waist and both feet are below their head.

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit. A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts).

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A prep level stunt with exception to the rule refers to stunts that are at 'prep level' but the height of the top person's body is flat or at half height, i.e., straddle sits and flatbacks but the arms are NOT extended. Exceptions to the rules are listed in the level appropriate skills lists.

A **Prep stunt** at Level 0 refers to a two leg stunt in which the top person is being held at shoulder level by the bases in an upright standing position. Prep stunts must be braced. Preps can be braced by a single arm. Must be performed with a bracer, a spotter, and two bases. The bracer must be an additional person to the Spotter and bases but can be in the air or on the ground with hand/hand or hand/arm connection. Prep stunts must be performed as a two-footed stunt. Prep libs/Prep single leg stunts are NOT allowed at Level 0.

A stunt is considered **below prep level** if at least one foot of the top person is at waist level, as determined by the height/positioning of the base (Exception: Chairs and shoulder sits are considered 'prep level' stunts however are exceptions of the rule for Level 0).

Clarification: A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead, although technically NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift. If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level. However, all 'Prep-level' stunts with extended arms, however the top person is placed are not permitted at Level 0.

Primary Support: Supporting a majority of the weight of the top person. Primary support cannot be given by the Spotter.

Prone: Flat body, face downward position. Prone transitions are not permitted at Level 0.

Prop: An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop. Props must be pre-approved by emailing Scoring@incrediblycoolevents.co.uk at least 4 weeks before the event you wish to compete.

Pyramid: Two or more connected stunts.

Round off: Similar to a cartwheel, except the athlete lands with two feet placed together on the performing surface instead of one foot at a time, facing the direction from which they started.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s). Shoulder stands are NOT allowed at Level 0.

Spotter: A person responsible for preventing injuries of a top person during a stunt or pyramid by protecting the head, neck, back and shoulder area. A spotter must be your own team members and trained in proper spotting techniques. Must be standing on the performing surface. Must be attentive to the stunt being performed and may not be involved in anything that could prevent them from spotting such as holding a sign or choreography. Must be able to touch the base of the stunt for LEVEL 0 – IS A DEVELOPMENT BY INCREDIBLY COOL EVENTS TO SUPPORT COACHES WITH THE DEVELOPMENT OF BEGINNER ATHLETES. IT IS DESIGNED AS A FOUNDATION FOR THE EXISTING LEVEL 1 COMPETITION RULES FRAMEWORK. ANY QUESTIONS CAN BE DIRECTED TO SCORING@INCREDIBLYCOOLEVENTS.CO.UK



which they are spotting. May not stand so their torso is under the stunt. May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles or does not have to touch the stunt at all. May not have both hands under the sole of the top person's foot/feet or under the hands of the bases. If the spotter's hand is under the top person's foot, it must be their front hand, and their back hand maybe placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. May not be both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. If there is only one person lifting a top person, regardless of hand placements, that person is considered a base and NOT a spotter.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a "Two Leg" stunt.

T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt. This stunt still requires a spotter at Level 0.

Transitional Stunt: Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface. No twisting, rotating or inverted transitions are permitted at Level 0.

Tumbling: Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface. When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting: An athlete performing a rotation around their body's vertical axis. (Vertical axis=head to toe axis). Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis and are not permitted at Level 0. Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axes will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface. Twisting in stunts is NOT permitted at Level 0. Once a non-twisting stunt is hit, and the top person shows a clear and definite stop, the stunt team MAY walk the stunt in rotation, ensure to make a clear stop after this rotation before the top person transitions to the ground or another skill. A new twisting transition begins with a dip by the bases and/or change in



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direction of the twisting rotation. No twisting at Level 0 – applies to stunt mounts, dismounts and transitional stunts.

Upright: A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s), i.e., star, liberty, v-sit.

V-Sit: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position. This is considered a two-leg stunt.

Vertical Axis (Twisting in Stunts or Tumbling): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered 'prep level' stunts, not waist level.

Waist Level Cradle: A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and therefore are NOT permitted at Level 0.

Walkover: A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by arching backwards similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands. Front and back walkovers are not permitted at Level 0.



GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS FOR LEVEL 0

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
3. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
4. Jewellery of any kind is prohibited (e.g., navel jewellery, tongue jewellery, earrings, necklaces, pins on uniforms, etc.) and must be removed. Rhinestones may not be adhered to the skin. Medical bracelets are allowed provided they are taped to the body.
5. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
6. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from Incredibly Cool Events Scoring Team, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect it will be considered a prop.
7. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, or tumbling.
8. On the level grid, all skills allowed at a particular level encompass all skills allowed in the preceding level. If a skill is not allowed in a particular level, it is also not allowed in the preceding level(s).
9. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
10. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.



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11. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. Routine performance time may not exceed 2:00.
12. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
13. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be “replaced” by another performer during the routine.
14. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in their mouth during the performance.
15. The minimum number of athletes to compete a Level 0 routine is 6 athletes.
16. There is no minimum age to compete in a Level 0 team.



LEVEL 0 RULES

Stunt 1: A spotter is required for EVERY top person. ALL stunts require a non-weight bearing spotter.

Stunt 2: A stunt cannot transition from a prep level stunt named as an exception into a braced prep stunt, Exception: In pyramids - Pyramid 2.

Stunt 3: Preps can be braced by a single arm. Must be performed with a bracer, a spotter, and two bases. The bracer must be an additional person but can be in the air or on the ground with hand/hand or hand/arm connection. Prep stunts must be performed as a two-footed stunt. Single leg prep stunts are NOT allowed at Level 0.

Stunt 4: Stunts must NOT pass above prep level.

Stunt 5: Stunts must NOT twist.

Stunt 6: Stunts must NOT release. Flyers must always be connected to a person on the ground.

Stunt 7: Only ground level inversions are allowed. The Inverted athlete must maintain contact with the performing surface.

Stunt 8: Cradle dismounts ARE allowed.

Stunt 9: Tosses are NOT allowed.

Stunt 10: Waist level Cradles are NOT allowed.

Stunt 11: Prone catches with no release are NOT allowed.

Stunts 12: Extended stunts are NOT allowed. Extended arm stunts are NOT allowed, regardless of body placement of bases or top person.

Stunts 13: Any lifting skills involving one person being assisted off the performance floor by another is considered a stunt and requires a spotter. This includes lifts where a person is held by the waist.

Pyramid 1: Prep stunts can be braced by a top person in any legal Level 0 stunts, providing the connection is made at the initiation of the prep stunt skill.

Pyramid 2: Any prep level stunts that are legally performed unbraced, following Level 0 rules, can transition to a prep level stunt, providing the stunt is braced throughout the entire transition by a hand/hand or hand/arm connection, without first returning to a below waist stance.

Pyramid 3: Preps can be braced by a single arm. Must be performed with a bracer, a spotter, and two bases. The bracer must be an additional person to the spotter and bases but can be in the air or on the ground with hand/hand or hand/arm connection. Prep stunts must be performed as a two footed stunt. Prep libs/prep single leg stunts are NOT allowed at Level 0.

Tumbling 1: Combinations of legal Level 0 skills are allowed.

Tumbling 2: Performing a backbend from standing and/or standing up from a back bend position is allowed.

Tumbling 3: Handstand forward rolls are NOT allowed.

Tumbling 4: Backward roll to Handstand is NOT allowed.



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Tumbling 5: Bridge/backbend kick overs are NOT allowed.

Tumbling 6: Forward and backward walkovers are NOT allowed.

Tumbling 7: Standing tumbling skills must originate from a standing or lunge position.

Tumbling 8: Running tumbling skills must originate from a running or hurdle entry.

Tumbling 9: Basic to Advanced Jumps can be performed.

Tumbling 10: Tumbling skills must involve constant physical contact with the performing surface.

Exception: Round offs.