

GENERAL TUMBLING		
<p>All tumbling must originate from and land on the performing surface. 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 Level 5. A clear separation from the tumbling to the 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.</p>	<p>All tumbling must originate from and land on the performing surface. 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 Level 6. A clear separation from the tumbling to the 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.</p>	<p>All tumbling must originate from and land on the performing surface. Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.</p>
STUNTS		
<p>A spotter is required for each top person above prep level.</p>	<p>A spotter is required for each top person above prep level.</p>	<p>A spotter is required:</p> <ol style="list-style-type: none"> 1. During one-arm stunts above prep level other than cupies or liberties. 2. When the load/transition involves: <ol style="list-style-type: none"> a. A release move with a twist greater than 360 degrees. b. A release move with an inverted position landing at prep level or below. c. A free flip. 3. During stunts in which the top person is in an inverted position above prep level. 4. When the top person is released from above ground level to a one-arm stunt.
<p>Free flipping stunts and transitions are not allowed.</p>	<p>Rewinds are allowed. 1 flipping and 0 twisting rotation. Round off rewinds and standing single back handspring rewinds are not allowed.</p>	<p>Rewinds are allowed. 1 flipping and 1-¼ twisting rotations. Round off rewinds and standing single back handspring rewinds are allowed.</p>
<p>L5 Stunts-Release Moves 1. May not land in an inverted</p>	<p>L6 Stunts-Release Moves 1. May not land in an inverted</p>	<p>L7 Stunts-Release Moves 1. May not land in an inverted</p>

<p>position. Inverted to non-inverted may not twist. Exception: Front handspring up to ½ twist. Inverted to non-inverted positions landing at prep level or higher must have a spot.</p> <p>2. Must return to original bases.</p> <p>3. Release Skills that land non-upright must have 3 catchers for a multi-based stunt and 2 catchers for a single-based stunt.</p>	<p>position. Inverted to non-inverted landing at prep level or higher must have a spot.</p> <p>2. Must return to original bases.</p>	<p>position.</p> <p>2. Must return to original bases. Exception: Coed style tosses.</p>
<p>L5 Stunts-Inversions</p> <p>1. Downward inversions are allowed from above prep level must be assisted by at least 3 catchers.</p> <p>2. Downward inversions from above prep level:</p> <p>a. May not stop inverted.</p> <p>b. May not land on or touch the ground while inverted.</p>	<p>L6 Stunts-Inversions</p> <p>1. Downward inversions from above prep level must be assisted by at least 2 catchers.</p> <p>2. Downward inversions from above prep level:</p> <p>a. May not stop inverted.</p> <p>b. May not land on or touch the ground while inverted.</p>	<p>L7 Stunts-Inversions</p> <p>1. Downward inversions from above prep level must be assisted by at least 2 catchers.</p>
<p>PYRAMIDS</p>		
<p>Must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.</p>	<p>Must follow Level 6 "Stunts" and "Dismounts" rules and are allowed up to 2-½ high.</p>	<p>Are allowed up to 2-½ high.</p>
<p>(No free-flying mounts)</p>	<p>Free-flying mounts may not originate in a handstand position and are allowed up to 0 flipping and 1 twisting rotation.</p>	<p>Free-flying mounts originating from ground level may not originate in a handstand position and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations. Free-flying mounts originating from above ground level are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.</p>
<p>L5 Pyramids-Release Moves</p> <p>1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below.</p> <p>2. Non-inverted pyramid release</p>	<p>L6 Pyramids-Release Moves</p> <p>1. Release Moves during a transition are not allowed in 2-½ high pyramids.</p>	<p>L7 Pyramids-Release Moves</p> <p>1. During a pyramid transition, a top person may pass above 2-½ high under the following conditions:</p> <p>a. Second layer base catching the top person must also be</p>

<p>moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter):</p> <ol style="list-style-type: none"> Non-inverted transitional pyramids may involve changing bases. When changing bases: Release moves may not be braced/connected to top persons above prep level. 		<p>the second layer base releasing that top person</p> <ol style="list-style-type: none"> May not land in a prone or inverted position.
<p>L5 Pyramids-Inversions</p> <ol style="list-style-type: none"> Must follow L5 Stunt Inversions rules. 	<p>L6 Pyramids-Inversions</p> <ol style="list-style-type: none"> Up to 2-½ persons high. Downward inversions from above prep level must be assisted by at least 2 bases. 	<p>L7 Pyramids-Inversions</p> <ol style="list-style-type: none"> Up to 2 ½ persons high. Downward inversions from above prep level must be assisted by at least 2 bases.
<p>L5 Pyramids - Release Moves w/ Braced Inversions</p> <ol style="list-style-type: none"> Braced flips are allowed up to 1-¼ flipping and ½ twisting rotations or ¾ flipping and 1 twisting Braced flips are allowed if contact is maintained with at least 1 persons at prep level or below, needs 3 catchers. Braced flips that land in an upright position at prep level or above require 1 catcher and 2 spotters. Braced inversions (including braced flips) may not travel downward while inverted. Braced flips may not come in contact with other stunt/pyramid release moves. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level. 	<p>L6 Pyramids - Release Moves w/ Braced Inversions</p> <ol style="list-style-type: none"> Braced flips are allowed up to 1-¼ flipping and 0 twisting rotation. Braced flips are allowed if contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers. Exception: Braced inversion to 2-½ high pyramids may be caught by 1 person. Braced flips that land in an upright position at prep level or above require 1 base and 1 additional spotter under the following conditions. 	<p>L7 Pyramids - Release Moves w/ Braced Inversions</p> <ol style="list-style-type: none"> Braced flips are allowed up to 1-¼ flipping and 1 twisting rotation. Braced flips are allowed if contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers. Exception: Braced inversion to 2 ½ high pyramids may be caught by 1 person. Braced flips that land in an upright position at prep level or above require 1 base and 1 additional spotter under the following conditions.
	<p>Free released moves from 2-½ high pyramids are not allowed.</p>	<p>Free released moves from 2-½ high pyramids</p> <ol style="list-style-type: none"> May not land in a prone or inverted position. Up to 0 flipping and 1 twisting
		<p>One arm extended Paper Dolls require a spotter for each top person</p>

DISMOUNTS		
Cradles from single based stunts must have a separate spotter.	Cradles from single based stunts must have a separate spotter.	Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle.
Cradles from multi-based stunts must have 2 catchers and a separate spotter.	Cradles from multi-based stunts must have 2 catchers and a separate spotter.	
Up to a 2-¼ twists are allowed from all stunts.	Up to 2-¼ twists are allowed from all stunts. Cradles from 2-½ high pyramids are allowed up to 1 twist and require 2 catchers.	Up to a 2 ¼ twists are allowed from all stunts and pyramids 2 high and require 2 catchers. Cradles from 2-½ high pyramids are allowed up to 1-½ twist and require 2 catchers. Tower pyramids may perform 2 twists from a forward facing stunt.
No free flipping dismounts allowed.	Free flipping dismounts to a cradle: 1. Are allowed up to 1-¼ flipping and 0 twisting rotations.	Free flipping dismount to a cradle: 1. Are allowed up to 1 ¼ flipping and ½ twisting rotations. 2. Require at least 2 catchers , one of which is an original base.
	Free flipping dismounts to the performing surface are not allowed.	Free flipping dismounts to the performing surface are only allowed in front flipping rotation: Clarification: Back flipping dismounts must go to cradle. 1. Allowed up to 1 front flipping and 0 twisting rotations. 2. Must return to an original base. 3. Must have a spotter. 4. May not intentionally travel. 5. Must originate from prep level or below. (May not originate from 2 ½ high pyramid.)
		Cradles from 1 arm stunt that involve a twist must have a spotter.
TOSSES		
Maximum of 4 tossing bases..	Maximum of 4 tossing bases.	Maximum of 4 tossing bases. Exception 1: Fly away tosses Exception 2: Arabians

Top person must be caught in a cradle position by at least 3 original bases.	Top person must be caught in a cradle position by at least 3 original bases.	Top person must be caught in a cradle position by at least 3 bases.
Flipping, inverted or traveling tosses are not allowed .	Flipping tosses are allowed up to 1-¼ flipping and 0 twisting rotation. One additional skill is allowed . A tuck, pike or layout are not counted in the additional skill.	Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills . A tuck, pike or lay out are not counted in the 2 additional skills.
Non-flipping tosses may not exceed 2-½ twists .	Non-flipping tosses may not exceed 2-½ twists .	Non-flipping tosses may not exceed 3 ½ twists .
		Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists .