A. 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.

B. GENERAL TUMBLING
1. All tumbling must originate and land on the performing surface.
2. A tumbler may rebound from his/her feet into a stunt transition.
   a. 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.
3. Tumbling over/under (any body part), or through a stunt, individual, or prop, is not allowed.
4. Tumbling while holding or in contact with any prop is not allowed.

C. STANDING / RUNNING TUMBLING
1. Skills must involve constant physical contact with the performing surface.
2. Forward/backward rolls (no dive rolls), cartwheels/block cartwheels, round offs, backbends, walkovers, handstands are allowed.
3. No tumbling is allowed in immediate combination after a round off or round off rebound.
4. Front and back handsprings are not allowed.

D. SPOTTERS
1. A spotter is required for each top person:
   a. Above prep level.
   b. In a floor stunt. The spotter may grab the top person's waist.

E. GENERAL STUNTS
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. During transitions, at least one base must remain in contact with the top person.
3. Single based stunts with multiple top persons are not allowed.
4. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. (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.
F. STUNTS – LEVELS
   1. Single leg stunts above prep level are not allowed.
      Exception: Single leg stunts may immediately pass through an extended position.

G. STUNTS – TWISTING
   1. Up to a 1/2 twist allowed.
      Exception: A single full twisting log/barrel roll is allowed but must:
      a. Start and end in a cradle position.
      b. Be assisted by a base.
      c. Not be assisted by another top person.
      d. Not include any other skill than the twist.

H. STUNTS – RELEASE MOVES
   1. Release moves:
      a. Must return to original bases
      b. May not land on the performing surface without assistance.
      c. May not intentionally travel.
      d. May not land in an inverted position.
      e. May not pass over, under or through other stunts, pyramids, individuals or props.
      f. That land in a non-upright position must have:
         (1) 3 catchers for a multi-based stunt.
         (2) 2 catchers for a single-based stunt.
      g. The height of a release move is determined by:
         (1) The highest point of the release
         (2) 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.
   3. Single based split catches are not allowed.
   4. No release moves allowed other than those allowed in NOVICE Dismounts and Tosses.
      Exception: A single full twisting log/barrel roll is allowed but must:
      a. Start and end in a cradle position.
      b. Have 2 catchers for single-based log rolls. Multi-based log rolls have 3 catchers.
      c. Return to original bases
      d. Not be assisted by another top person.
      e. Not include any skill other than the twist.

I. STUNTS – INVERSIONS
   1. An athlete in a backbend or inverted position on the performance surface may not be in contact with a top Person.
   2. Transitions from ground level inversions to non-inverted positions are the only inversions allowed.
   3. Inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.

J. 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.
6. Required brace/connection(s) must remain the same and stay connected throughout the entire transition.
7. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. *(This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.)*
8. 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.
9. Extended stunts may not connect to other extended stunts.

**K. PYRAMIDS – LEVELS**

1. Extended single-leg stunts must:
   a. Be braced to a top person at prep level or below with hand-arm connection.
   b. Have prep level top persons bracers in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases’ hands.

**L. PYRAMIDS – RELEASE MOVES**

1. Anytime 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.

**M. 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 area 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 intentionally travel.
9. 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.
10. Tension drops/rolls of any kind are not allowed.
N. DISMOUNTS to CRADLES
   1. Only basic straight cradles and 1⁄4 twist cradles are allowed.
   2. Body positions (toe touch, pike, etc.) are not allowed.

O. DISMOUNTS to the PERFORMANCE SURFACE
   1. Only straight pop downs are allowed.

P. TOSSES
   1. Tosses must:
      a. 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 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 in to 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 1⁄4 or a 1⁄2 for allowable skills with fractional twist.
      i. 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.