

Red Division 8, 10, 12, 13, 15 and 18	
Standing Tumbling	<ul style="list-style-type: none"> All skills with hand support performed from a standing position are allowed. <i>For example: forward rolls, backward rolls, front walkovers, back walkovers, cartwheels, handstands, round offs and handsprings are allowed.</i> Connection of more than one of the above skills is allowed. <i>Ex: cartwheel/back walkover or standing back handspring series.</i> At least one hand must remain in contact with the floor during skill execution. (Exception: both hands must remain in contact with the floor when performing front or back handsprings). Flips and aerials are prohibited.
Running Tumbling	<ul style="list-style-type: none"> All skills with hand support are allowed. (All flips are prohibited) At least one hand must remain in contact with the floor during skill execution (exception: both hands must remain in contact with the floor when performing front or back handsprings). Series tumbling is allowed.
Stunts	<ul style="list-style-type: none"> Two leg extended stunts are allowed. One leg prep level stunts are allowed. (<i>Single leg extended stunts are prohibited</i>) *Twisting during the load-in is limited to one half (1/2) twist. Swing-up stunts are prohibited.
Tosses	<ul style="list-style-type: none"> No tosses are permitted in Division 8 Quick and Sponge tosses are allowed in Div. 10,12,13,15 and 18 age divisions. One skill Basket tosses are permitted in Div. 12, 13, 15 and 18 ONLY.
Pyramids	<ul style="list-style-type: none"> Pyramids must follow stunt and dismount rules. Single leg extended stunts are permitted as long as the flyer is braced, hand to hand/arm/foot on both sides. Braced connection must be made and remain before executing and completing skill. In pyramid transitions, the flyer (top) must maintain contact with at least one base at all times. Hanging and collapsible pyramids are prohibited.
Dismounts	<ul style="list-style-type: none"> Cradles from prep level one leg stunts and two leg extended stunts, may not exceed more than one and one quarter twisting rotation. <i>Other positions during cradles are allowed (i.e. arch, toe touch, pike, tuck, etc.)</i> Double based forward suspended rolls are permitted. Cradles may not land in prone position (on stomach).
Release Moves	<ul style="list-style-type: none"> No release moves are allowed other than those mentioned in the Dismounts and Tosses sections. One base or spotter must maintain contact with flyer. Exception: A single full twisting barrel (log) roll is allowed if it starts and ends in a cradle position.