

	White - Division 8, 10, 12, 13 and 15
Standing Tumbling	<ul style="list-style-type: none"> All basic skills with hand support performed from a standing position are allowed. <i>Ex: forward rolls, backward rolls, front walkovers, back walkovers, cartwheels, round-offs, handstands.</i> Connection of more than one of the above skills is allowed. <i>Ex: cartwheel/back walkover</i> At least one hand must remain in contact with the floor during skill execution. Front and back handsprings, flips and aerials are prohibited.
Running Tumbling	<ul style="list-style-type: none"> All basic skills with hand support are allowed. (see above) Front and back handsprings, flips and aerials are prohibited. At least one hand must remain in contact with the floor during skill execution. Series tumbling is allowed.
Stunts	<ul style="list-style-type: none"> Two leg prep stunts and below are allowed. No extended stunts are permitted. One leg thigh stand stunts are allowed. (<i>Single leg prep and all extended stunts are prohibited</i>) *Twisting during the load-in is limited to one quarter (1/4) twist. All inversions and Swing-up stunts are prohibited.
Tosses	<ul style="list-style-type: none"> All tosses are prohibited. (i.e. quick toss, sponge toss and basket toss)
Pyramids	<ul style="list-style-type: none"> Pyramids must follow stunt and dismount rules. A two leg extended stunt is permitted as long as flyer is braced hand to hand/arm on both sides. Hand to hand/arm bracing must be connected before executing skill. A one leg prep stunt is permitted as long as flyer is braced hand to hand/arm on both sides. Braced connection must be made and stay 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"> Straight cradles from prep level may not exceed more than one quarter (1/4) twisting rotation. <i>*Other positions during cradles are prohibited (i.e. arch, toe touch, pike, tuck, etc.)</i> Any inverted dismount, including double based suspended forward rolls, are prohibited. Cradles may not land in prone position (on stomach). Cradle dismounts to different bases are prohibited.
Release Moves	<ul style="list-style-type: none"> No release moves are allowed other than those mentioned in the dismount sections. Barrell or log rolls are prohibited.