

## Red/Intermediate Skills - Division 8, 10, 12, 14, And 18

<p>Standing/ Running Tumbling</p>	<ul style="list-style-type: none"> <li>All skills with hand support performed from a standing position are allowed. <i>Examples: forward rolls, backward rolls, handstands, front/back walkovers, cartwheels, Round-offs, front/back handsprings are allowed.</i></li> <li>Connection of more than one of the above skills is allowed. <i>Examples: cartwheel/back walkover or standing back handspring series.</i></li> <li>At least one hand must remain in contact with the floor during skill execution; both hands must remain in contact with the floor when performing front or back handsprings.</li> <li>Jumps connected to a back handspring are allowed.</li> <li>Series tumbling is allowed.</li> <li>Flips/Tucks and aerials are <b>prohibited</b>.</li> </ul>
<p>Partner Stunts</p>	<ul style="list-style-type: none"> <li>Two leg extended stunts are allowed.</li> <li>Single leg prep level stunts are allowed. Single leg extended stunts are prohibited, including a single leg show n' go that goes above prep level.</li> <li>Twisting during the load-in is limited to one half (1/2) twist. <i>A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt an additional rotation.</i></li> <li>360 sponge to sponge is allowed.</li> <li>Inversions from the performing surface are allowed providing there is no release, inversions from a cradle or prone position are allowed. <i>Example: forward roll, front/back walkover out of cradle/prone position.</i> Swing up stunts from the performance surface or thigh level stunts to prep is allowed.</li> <li>Inversions in partner stunts and downward inversions (with the exception of the double based forward/backward suspended roll) are <b>prohibited</b>, Pancake/fold over/waterfall, inversions are <b>prohibited</b>.</li> <li>Division 8 restrictions, no Superman stunts/vertical to horizontal face up or face down, no swing up stunts. No single base or assisted single base extended stunts.</li> </ul>
<p>Tosses</p>	<ul style="list-style-type: none"> <li>No tosses are permitted in Division 8.</li> <li>Sponge tosses and basket tosses are allowed with one skill in division 10, 12, 14, and 18. <i>Examples: toe touch, pike, tuck, pretty girl, twist. An arch is not considered a body position therefore can be combined with one of the skills listed.</i></li> <li>No quick tosses.</li> </ul>
<p>Pyramids</p>	<ul style="list-style-type: none"> <li>Pyramids must follow stunt and dismount rules.</li> <li>Single leg extended stunts are permitted as long as the top person is braced by at least one top person at prep level or below with hand-arm connection only. Braced connection must be made before extending above prep level and remain until no longer in a single leg extended stunt or the initiation of the cradle. Prep level top person must have both feet in bases' hands. Exception: shoulder sit, flat back, straddle lift or shoulder stand.</li> <li>In pyramid transitions, the flyer/top person must maintain contact with at least one base/back spotter/post at all times.</li> <li>Hanging pyramids are <b>prohibited</b>.</li> </ul>
<p>Dismounts</p>	<ul style="list-style-type: none"> <li>Cradles from prep and extended 2 leg stunts, must not exceed more than one and one quarter (1 1/4) twisting rotation. Twisting dismount from a single leg extended stunt in a pyramid is <b>prohibited</b>.</li> <li><b>Division 8 restrictions, ¼ twisting rotation from prep and straight cradle from extension.</b></li> <li>Cradle from single leg prep level stunts, must not exceed 1 twisting rotation.</li> <li>Other positions during cradles are allowed (i.e. toe touch, pike, tuck, etc.)</li> <li>Flyer/top person cannot hold signs while cradling.</li> <li>Cradles may not land in a prone position (on stomach).</li> </ul>
<p>Release Moves</p>	<ul style="list-style-type: none"> <li>No release moves are allowed other than those listed in the dismounts and tosses sections. One base/spotter/post must maintain contact with the flyer/top person at all times. <i>Exception: a single full twisting barrel/log roll is allowed if it starts and ends in a cradle position, half twisting barrel/log roll may start in prone and end in a face up cradle.</i></li> </ul>