

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

<p>Standing/ Running Tumbling</p>	<ul style="list-style-type: none"> 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> No series back handsprings are allowed for standing tumbling. 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. Jumps connected to a back handspring are allowed. Series running tumbling is allowed. Flips/Tucks and aerials are prohibited. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning. Example: BHS step out > ½ turn is illegal
<p>Partner Stunts</p>	<ul style="list-style-type: none"> Two leg extended stunts are allowed. 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. 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> Inversions from the performing surface are allowed providing there is no release and they end on the performing surface without stalling. Example: double cartwheel, front/back suspended roll, handstand to shoulder sit. Inversions from a cradle or prone position are allowed. <i>Example: forward roll, front/back walkover out of cradle/prone position.</i> Inversions in partner stunts and downward inversion (i.e. forward/backward suspended rolls, foldovers/pancakes/waterfall inversion) are prohibited. The only inversions allowed must originate from the performance surface as stated above." Swing up stunts from the performance surface or thigh level stunts to prep is allowed 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.
<p>Tosses</p>	<ul style="list-style-type: none"> No tosses are permitted in Division 8. 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 in a toss is not considered a body position therefore can be combined with one of the skills listed.</i> No quick tosses.
<p>Pyramids</p>	<ul style="list-style-type: none"> Pyramids must follow stunt and dismount rules. 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 or bump down. Prep level top person must have both feet in bases' hands. Exception: shoulder sit, flat back, straddle lift or shoulder stand. In pyramid transitions, the flyer/top person must maintain contact with at least one base/back spotter/post at all times. Hanging pyramids are prohibited.
<p>Dismounts</p>	<ul style="list-style-type: none"> Straight cradle from extended 2-leg stunts, no twisting from extended stunts Cradle from prep level 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 prohibited. Division 8 restriction; ¼ twisting rotation from prep Cradle from single leg prep level stunt must not exceed 1 twisting rotation. Other positions during cradles are allowed (i.e. toe touch, pike, tuck, etc.) Cradles may not land in a prone position (on stomach).
<p>Release Moves</p>	<ul style="list-style-type: none"> 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>