



Quick Glance Rules Document

This document does not replace the official rules document.

It is a quick glance guide to see progression of skills by level.

Please refer to the glossary in the official rules document for definitions of terms used in this document.

Tumbling

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

LEVEL 6

All levels:

An athlete may jump over an individual. They may rebound into a stunt but may not rebound to an inverted position or travel through an inverted position.

Tumbling OVER or UNDER an individual or stunt is NOT allowed. Tumbling over a prop or while holding a prop is not allowed.

Maximum of 1 flip is allowed if flips are permitted at the level (No double back/front flips for any level)

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| <ul style="list-style-type: none"> No dive rolls allowed ½ twist rebound to prone is allowed. | <ul style="list-style-type: none"> Arched dive rolls - NOT allowed Swan dive rolls - NOT allowed Twisting dive rolls - NOT Allowed | <ul style="list-style-type: none"> Twisting dive rolls - NOT allowed |
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STANDING TUMBLING

- Constant physical contact with the performing surface is required for all skills. Examples: - Forward rolls - Backward rolls - Handstand - Walkovers	- Single back handspring allowed. - Jumps are not allowed to be connected to handsprings. - No twisting or turning is allowed if tumbling after a back handspring stepout. Examples: - Back walkover - back handspring - Back handspring - forward roll	- Connected/Series of handsprings are allowed. - Jumps can be connected to handsprings. - Non-hand supported skills are NOT allowed (flips)	- Standing tucks allowed. - Tucks connected to handspring(s) are allowed. - Tumbling out of a tuck is NOT allowed. - Must be in a tuck shape.	- Jumps can be connected to flips. - All non-twisting flips are allowed. Examples: - Handspring – Layout - Handspring - whip - handspring - layout stepout	- Single and double fulls are allowed. - If more than one twist, there must be 2 non-twisting, backward traveling skills prior to the twist, and one of those must be a handspring. - No twisting is allowed before/after a double twisting skill.
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RUNNING TUMBLING

- Constant physical contact with the performing surface is required for all skills. - Round offs are allowed. - Block cartwheels are allowed. Examples: - Cartwheel - Round off - Front/Back walkovers	- Series back/front handspring(s) are allowed. - No twisting or turning is allowed if tumbling after a back handspring stepout.	- Aerial cartwheels - Front tucks ¾ front flip - Back flips are allowed in tuck shape only, and must be preceded by a round off/round off back handspring(s). - Tumbling out of a flip or aerial is NOT allowed. - Front handspring is the only skill allowed prior to a front tuck.	- Aerial front walkover - All single flips are allowed regardless of body shape. (Layout, Xout, Stepout, etc) - Flips can be connected (Whip-Whip-Layout Stepout) - No twisting is allowed in flips - Onodis are allowed	- Up to 1 (one) twist is allowed. - Back twisting skills must be immediately connected to a round off or round off back handspring. - No tumbling out of a full twisting skill. - Front twisting skills do not require a skill preceding the twisting skill. - Front handspring is the only skill allowed prior to front twiting.	- Up to 2 (two) twists allowed. - No twisting is allowed before/after a double twisting skill.
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Stunts

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

LEVEL 6

Spotter

- Required for stunts at prep level or above and floor stunts.
- Exceptions: shoulder sits & stunts supported ONLY at the waist.

- Required for extended stunts and floor stunts.

Required for each flyer in an extended stunts.

(One (1) person can not fulfill the spotter role for more than one (1) flyer.)

STUNT HEIGHT - YOUTH AGE AND BELOW ARE NOT ALLOWED TO PERFORM SINGLE BASED EXTENDED STUNTS (MAY PASS THROUGH IF ALLOWED)

- One (1) and Two (2) leg stunts are allowed at waist level.
- Two (2) leg stunts are allowed at prep level and can pass through extended level.
- One (1) leg stunts allowed at prep level with hand/arm support prior to initiation of the stunt. (not the spotter)
- Walk up shoulder stands allowed.

- One (1) and Two (2) leg stunts are allowed up to prep level and are allowed to pass through extended level.
- Two (2) leg stunts are allowed at extended level.

One (1) and Two (2) leg stunts are allowed up to extended level.

STUNT TRANSITIONS

- Contact must be maintained between a flyer and at least one base.
- Leapfrogs and leapfrog variations are NOT allowed.

- Contact must be maintained between a flyer and at least one base.

- Contact must be maintained between a flyer and at least one base unless legal as a release move for this level.

- Refer to release skills section of document

TWISTING TRANSITIONS

- No more than ¼ twist is allowed.
- Exception:
 - Rebound ½ twist to prone
 - Wrap around stunts
 - Up to ½ twist allowed if the stunt is ONLY supported at the waist and starts and stops on the floor.

- No more than ½ twist is allowed.
- Exception:
 - (Log/Barrel Roll) One full twist is allowed if it starts and ends in a cradle position. (no other skills allowed in the twist)

- One (1) leg stunts can perform up to ½ twist TO extended level.
- Two (2) leg stunts can perform up to 1 full twist to extended level.
- One (1) and Two (2) leg stunts can perform up to 1 full twist to prep level or below.

- One (1) leg stunts can perform up to 1 twist TO extended level.
- Two (2) leg stunts can perform up to 1½ twist to extended level.
- One (1) and Two (2) leg stunts can perform up to 1½ twist to prep level or below.

- One (1) leg stunts can perform up to 1½ TO extended level.
- Two (2) leg stunts can perform up to 2 twist to extended level.
- One (1) and Two (2) leg stunts can perform up to 2 twist to prep level or below.

- One (1) and Two (2) leg stunts can perform up to 2¼ twist to extended level or below.

STUNTS

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

LEVEL 6

RELEASE MOVES

3 Catchers are required for multi-based release skill. 2 Catchers are required for single base release skill that land non-upright. Must not travel or land inverted. Can not come in contact with other flyers. Must return to at least one original base. No free flipping (exception for rewinds in Level 6)

- No release moves allowed other than dismounts to cradle or performing surface.

- No release moves allowed other than dismounts.
- Exception: Log/Barrel Rolls can include one full twist that starts and ends in a cradle position. (no other skills allowed in the twist)

- Must start at waist level or below and land at prep level or below.
- 1 non twisting skill/trick is allowed.
- Exception: Log/Barrel Rolls are allowed and can land prone, flatback, or in a cradle.
- No helicopters allowed. Cannot exceed extended arm level of the bases. Cannot involve inversions.

- Must start at prep level or below if landing at extended level.
- Maximum 2 skills allowed. Helicopters up to 180 degrees with 0 twists are allowed.
- Inverted to non-inverted skills are not allowed to twist and required a spotter if landing above waist level.
- No twisting is allowed for release moves that start/finish at extended level.
- Can not pass through an inverted position.

- Helicopters up to 180 degrees are allowed.
- Inverted to non-inverted skills are not allowed to twist and required a spotter if landing above waist level.
- Can not pass through an inverted position.

- Helicopters up to 180 degrees are allowed.
- Inverted to non-inverted skills allow ½ twist and required a spotter if landing above waist level.
- Can not pass through an inverted position.
- Exception: Senior and Open Level 6 divisions allow rewinds with 0 twists.
- Additional restrictions listed on official rules document.

INVERSIONS

Bases/Spotters in a backbend or inverted position are NOT allowed to be in contact with a flyer.

- No stunt inversions are allowed.

- Inversions from ground level can transition directly to a non-inverted position.

- Inversions at prep level and below are allowed.
- Suspended rolls that include more than ½ twist must land in a cradle.

Inversions at extended level are allowed.

DOWNWARD INVERSIONS

NOT allowed to touch other downward inversions. Must be connected to an original base unless it is necessary to lose contact for the transition (cartwheel-style transition)

- No downward inversions allowed

- Allowed at waist level and can pass through prep level.
- Must have 2 catchers in contact with the torso of the flyer.
- Pancake style stunts are not allowed.

- Allowed at prep level or below and may pass through extended level.
- Must have 3 catchers if at prep level or above and 2 of those catchers must be in contact with the waist to shoulder region of the flyer.

- Allowed from extended level or below.
- Must have three (3) catchers if starting at or passing through extended level, and two (2) of those catchers must be in contact with the waist to shoulder region of the flyer.

OVER/UNDER RULE

This rule refers to a stunt or athlete passing over or under a separate stunt, athlete, or prop. If the person is connected to that stunt or athlete, it is not referring to this rule.

PYRAMIDS

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

LEVEL 6

GENERAL RULES FOR ALL PYRAMIDS

Unless stated as a rule, the skills in pyramids must follow stunt and dismount rules. They are allowed up to 2 high, and must be in contact with a base unless it is legal as a released transition. No release move can come into contact with another release move. Required catchers must be stationary and maintain visual contact with the flyer throughout the transition. The required catchers cannot be involved in choreography or any other skill when the transition initiates. Primary weight can not be held at the second level (must be continuous transition)

STRUCTURES

Single based extended stunts are not allowed in Tiny, Mini, or Youth divisions. Required bracer(s) must be connected to the flyer prior to the initiation of the skill and remain connected throughout the skill.

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| <ul style="list-style-type: none"> Two (2) leg extended stunts are allowed if connected to a bracer at prep level or below with hand/arm connection. One (1) leg prep level stunts are allowed if connected to a bracer at prep level or below with hand/arm connection. Prep level bracers must be a two (2) leg stunt, shoulder sit, flat back, or straddle lift. Extended stunts cannot be connected to other extended stunts. | <ul style="list-style-type: none"> One (1) leg extended stunts are allowed if connected to a bracer at prep level or below with a hand/arm connection. Prep level bracers must be in a two (2) leg stunt, shoulder sit, flat back, or straddle lift. Extended stunts cannot be connected to other extended stunts. | <ul style="list-style-type: none"> One (1) leg extended stunts cannot be connected to any other extended stunt. | <ul style="list-style-type: none"> One (1) leg extended stunts can be connected to two (2) leg extended stunts. | <ul style="list-style-type: none"> One (1) leg extended stunts can be connected to one (1) leg extended stunts. |
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NON-RELEASED TRANSITIONS

Required bracer must be connected prior to the initiation of the skill and remain connected throughout the skill. Bases in a backbend or inverted position can not touch a flyer.

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| <ul style="list-style-type: none"> Twisting <ul style="list-style-type: none"> Up to ¼ twist allowed Inversions: <ul style="list-style-type: none"> Must follow stunt rules - no inversions allowed. | <ul style="list-style-type: none"> Twisting <ul style="list-style-type: none"> Up to ½ twist allowed Inversions: <ul style="list-style-type: none"> Must follow stunt rules - no inversions allowed. Log/Barrel rolls are not allowed to connect to another flyer. | <ul style="list-style-type: none"> Twisting <ul style="list-style-type: none"> Up to one (1) twist is allowed. If going to one (1) leg extended stunt, there must be a hand/arm connection that does not change in the transition. Inversions: <ul style="list-style-type: none"> Follows stunt rules May pass through an inverted position IF the transition starts and ends at prep level or below and maintains contact with the bracer and base for the ENTIRE transition. | <ul style="list-style-type: none"> Twisting <ul style="list-style-type: none"> Up to 1 ½ twist allowed. If exceeding one (1) full twist to an extended single leg stunt, the flyer must be connected to a bracer at prep level or below. Inversions: <ul style="list-style-type: none"> Must follow stunt rules | <ul style="list-style-type: none"> Twisting <ul style="list-style-type: none"> Up to 2 twist allowed If exceeding one and a half (1 ½) full twist to an extended single leg stunt, the flyer must be connected to a bracer at prep level or below. Inversions: <ul style="list-style-type: none"> Must follow stunt rules | <ul style="list-style-type: none"> Twisting <ul style="list-style-type: none"> Up to 2 ¼ twist allowed Inversions: <ul style="list-style-type: none"> Must follow stunt rules |
|--|---|---|--|--|---|

PYRAMIDS

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

LEVEL 6

RELEASED TRANSITIONS

Contact must be maintained with the same required bracer(s) throughout the transition from the time the base releases the flyer until the flyer is in contact with base(s) on the performing surface. If more than one bracer is required for the transition, they must be on two (2) different sides of the body. Bracers must be at prep level or below.

- Dismounts are the only release move allowed in pyramids.

- Dismounts and tosses are the only release move allowed in pyramids.
- Log/Barrel rolls are not allowed to connect to another flyer.

- Non-inverted:
 - If connected to 1 bracer
 - follows stunt release rules
 - can end at extended level if initiated at wasit level or below
 - If connected to 2 bracers
 - one bracer must be hand/arm
 - other bracer can be hand/arm or hand leg/foot
 - 2 catchers are required
- Twisting
 - Up to one (1) twist is allowed if there are two (2) bracers with hand/arm contact
- Braced Inversions
 - Not allowed

- Non-inverted
 - 2 catchers are required
- Twisting
 - Up to one and a half (1 ½) twist is allowed with minimum 2 catchers.
- Braced Inversions/Flips
 - 2 bracers are required
 - Up to 1 ¼ flip with Zero (0) twists
 - Three (3) stationary catchers are required, and this skill cannot change bases.
- Braced inversions that are legal as a stunt release transition may be performed with one (1) bracer.

- Non-inverted
 - Minimum of 2 catchers
- Twisting
 - Up to 2 twists
 - Minimum of 2 catchers
- Braced Inversions/Flips
 - Up to 1 ¼ flip with zero (0) twists
 - Three (3) stationary catchers are required. If landing upright 1 catcher and 2 spotters is allowed.

- Non-inverted
 - Minimum of 2 catchers
- Twisting
 - Up to 2 ¼ twists
- Braced Inversions/Flips
 - Up to 1 ¼ flips and ½ twist is allowed
 - Up to ¾ flip and 1 full twist is allowed.
 - Three (3) stationary catchers are required. If landing upright 1 catcher and 2 spotters is allowed.

OVER/UNDER RULE

This rule refers to a stunt or athlete passing over or under a separate stunt, athlete, or prop. If the person is connected to that stunt or athlete, it is not referring to this rule.

- Arms and Legs allowed.
- Flyer can not pass over/under the torso of another flyer.

- Arms and Legs allowed.
- Flyer cannot invert over/under the torso of another flyer.

No Restrictions

No Restrictions

DISMOUNTS

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

LEVEL 6

ALL LEVELS DISMOUNTS

Dismounts are fully released skills that land on the floor or in a cradle. (Prone is NOT a dismount)

- Single base cradles require a spotter in position to protect the head/shoulder to waist area of the flyer.
- Multi-based cradles require two (2) catchers and a spotter in position to protect the head/shoulder to waist area of the flyer.
- Cradles involving more one (1) flyer, from a single base, require 2 stationary catchers for each flyer.
- Dismounts to the performing surface require an original base/spotter to assist the flyer to the floor unless it is a straight drop/small hop off without any additional skills being performed. **This is ONLY allowed from waist level stunts.**
- Dismounts must return to at least one original base unless more than one flyer is dismounting from a single base stunt.
- No flipping or passing through an inverted position is allowed in dismounts. (includes landing inverted)
- No intentional traveling is allowed.
- No athlete or prop may move over or under a dismount.
- Tension rolls/drops are not allowed.

DISMOUNTS BY LEVEL

- Only straight pop downs and basic straight cradles are allowed.
- No exaggerated arches allowed
- No waist level cradles allowed
- No cradles allowed from above prep level in pyramids.

- Only straight pop downs and ¼ twisting cradles are allowed.
- No waist level cradles allowed for Mini Divisions.

- Up to 1 ¼ twists allowed from two (2) leg stunts to cradle.
- Up to ¼ twist to cradle allowed from one (1) leg stunts.
- 1 skill from two (2) leg stunts are allowed.
- All dismounts above waist level that involve a trick must land in a cradle.
- No dismounts from an inverted position are allowed.

- Up to 2 ¼ twist allowed from two (2) leg stunts to cradle
- Up to 1 ¼ twist allowed from one (1) leg stunts to cradle
- Up to 2 skills are allowed. (Kick full)
- Dismounts from an inverted position are not allowed to twist.

- Up to 2 ¼ twist allowed. Maximum of 3 skills allowed.
- If more than 1 ½ twist is performed, no other skill is allowed besides the twist.
- Dismounts from an inverted position are not allowed to twist.

- Up to 2 ¼ twists are allowed.
- Dismounts from an inverted position are not allowed to exceed ½ twist.

TOSSES

All tosses have a minimum of 3 and maximum of 4 tossing bases, 1 must be behind the flyer in position to protect the head/shoulder to waist area of the flyer. All tosses must have only 1 flyer that cannot be in contact with another toss. Must be caught in a cradle by 3 of the original bases. No inversions or traveling is allowed.

- Not allowed.
- No waist level cradles allowed.

- Straight ride ONLY
- No exaggerated arch allowed
- Not allowed in Mini Divisions

- 1 ¼ twist - no other skill allowed if twisting
- 1 skill (Exception Ball-X)
- Arch does not count as a skill.

- 2 ¼ twist allowed.
- Maximum of 2 skills.
- Arch does not count as a skill.

- 2 ½ twists are allowed.
- Maximum of 3 skills allowed.
- If more than 1 ½ twist is performed, no other skills is allowed besides the twist.

- 2 ½ twist allowed.

ADVANCED DIVISION

DIFFERENCES FROM ELITE RULES

- Time limit is 2:00
- Tosses are not allowed.
- Waist level cradles are considered tosses.
- Waist level cradles in pyramids are not allowed.

FOUNDATION DIVISIONS

DIFFERENCES FROM ELITE RULES

- Time limit is 1:30
- Tosses are not allowed.
- Waist level cradles are considered tosses.
- Waist level cradles in pyramids are not allowed.

TUMBLING

Tiny Novice - Only two (2) skills are allowed. Forward rolls and cartwheels. Handstands, backbends/bridges, etc are NOT allowed.

STUNTS

LEVEL 1

- One (1) leg stunts are not allowed above waist level as a stunt.
- One (1) leg stunts can be performed in a pyramid with hand/arm connection to the bracer.
- Two (2) leg stunts are not allowed to exceed prep level.
- Only ¼ twisting stunts/transitions are allowed.
- No transitions to prone are allowed
- Straight pop down to the floor is not allowed.
- **Tiny Novice ONLY - No stunts or pyramids are allowed. If an athlete is being touched while they are not on the performing surface, then they are in a stunt and not allowed for the Tiny Novice division.**

LEVEL 2

- One (1) leg stunts are not allowed to pass above prep level.
- Log/barrel rolls are not allowed.

LEVEL 3

- No twisting is allowed to or from extended one (1) prep leg stunts.
- Full twisting transitions to/from extended two (2) leg stunts are prohibited.
- Multi base suspended rolls are not allowed to twist.