

LEVEL 1 RULES

General Tumbling

- All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed).
- Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal).
- Tumbling while holding or in contact with any prop is prohibited.
- Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal).
- Dive rolls performed in a swan or layout position are prohibited.

Standing/Running Tumbling

- Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels/round offs)
- Forward and backward rolls, front and back walkovers, and handstands are allowed.
- Cartwheels and round offs are allowed.
- Front and back handsprings, and dive rolls are not allowed.

Stunts

- No extended stunts allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position.
- During a transitional stunt, if the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers are required. Physical contact must be maintained with the original base(s).
- No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- Single based split catches are prohibited.
- Single leg stunts are allowed below shoulder (prep) level.
- Transitional stunts may not involve changing bases.
- Twisting mounts are not allowed.
- Base(s) cannot turn while top person is in upward or downward motion.
- No free flipping or assisted flipping mounts or transitional stunts allowed.

Dismounts

- Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- Dismounts to the performing surface from stunts and pyramids must be assisted.
- No free flipping or assisted flipping dismounts allowed.
- Tension drops/rolls of any kind are prohibited.
- Only straight pop downs and basic straight cradles are allowed.
- 1/4 turns are not allowed.
- No cradles are allowed from extended stunts in pyramids.

Release Moves

- No release moves allowed other than those permitted in Level 1 "Stunts" and "Dismounts".

Inversions

- No inversions allowed.

Pyramids

- Pyramids must follow partner "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- Top persons in two leg extended stunts must be braced by at least two top persons at prep level with hand/arm connection. The connection must be made at or below prep level.
- One leg stunts at prep level must be braced by at least two top persons at prep level or lower with hand/arm connection only. The connection must be made prior to executing single leg stunt & must be made at or below prep level.
- No cradles are allowed from extended stunts in pyramids.

Tosses

- No basket, sponge/squishy/scrunch tosses allowed.
- Helicopter tosses are not allowed.