

LEVEL 2 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 Tumbling

- No flips or aerials allowed.
- Series front and back handsprings are not allowed.
- No jump skills are allowed in immediate combination with a standing handspring (e.g. no toe touch back handsprings).
- No twisting while airborne. (Exception: Round offs)
- Airborne skills must involve hand support with both hands when passing through the inverted position.

Running Tumbling

- No flips or aerials allowed.
- Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- Series front and back handsprings are allowed.
- No twisting while airborne. (Exception: Round offs)

Stunts

- A spotter is required for all extended stunts.
- Single based double awesomes/cupies require a separate spotter for each top person.
- Single leg stunts may not be held at or pass through an extended position.
- Transitional stunts may not involve changing bases. (Clarification: Leap Frogs where the top person moves to a new set of bases is illegal).
- Twisting mounts and transitions are permitted up to 1/2 twist by the top person.
- Base(s) cannot turn while top is in upward or downward motion.
- Single based split catches are prohibited.
- See Level 2 "Pyramids" for further restrictions and/or exceptions.
- 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.
- When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- 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, basic straight cradles and quarter turns are allowed.
- Twist cradles exceeding 1/4 turn and all other positions (e.g. toe touch, pike, tuck, etc) are not allowed.

Release Moves

- No release moves allowed other than those permitted at Level 2 in "Dismounts" and "Tosses".

Inversion

- No inversions above ground level allowed. (Exception: Transitions from ground level inversions to non-inverted positions are allowed -- Example: Going from a handstand on the ground to a non-inverted stunt, such as a shoulder sit, is legal).

Pyramids

- Pyramids must follow "Stunts" and "Dismounts" rules and are allowed up to 2 high with the following exceptions: Extended single-leg stunts 1) must be braced by two top persons at prep level or below and 2) the connection to the braces can be hand or foot and must be established at or below prep level. Prep level top persons must have both feet in bases hands. (Exception: shoulder sit, double base thigh stand or shoulder stand).
- Top person must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below).
- No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- Extended one-legged stunts may not brace or be braced by any other extended stunts.
- Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).

Tosses

- The only body positions allowed are straight rides. (Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position)
- During the straight body ride, the top person may use different arm variations such as a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- All types of tosses (i.e. basket, squishy, scrunch and/or sponge) allowed.
- Helicopter tosses are not allowed.