

LEVEL 3 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.
- 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).

Running Tumbling

- Flips may be performed in tuck position only from a round off or round off back handspring entry. (Exception: aerial cartwheels and running tuck fronts are allowed). (The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walk-overs and Arabians).
- No tumbling is allowed after a tuck flip. (Exception: a forward or backward roll is allowed after a tuck flip —no tumbling allowed after forward or backward roll).
- 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 based split catches are prohibited.
- When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below when level rules allow.
- No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- Single-leg extended stunts are allowed.
- Twisting mounts and transitions are permitted up to one twist by the top person.
- During transitions, at least one base must remain in contact with the top person.
- No free 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.
- 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.
- Dismounts to the performing surface from stunts and pyramids must be assisted.
- No free flipping dismounts allowed.

- Tension drops/rolls of any kind are prohibited.
- Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.
- Single full twists are allowed from any two-legged stunts.

Release Moves

- No release moves allowed other than those permitted at Level 3 in "Dismounts" and "Tosses".

Inversions

- No inverted stunts above shoulder level. (Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed). The connection and support of the top person with the base(s) must be at shoulder level or below. (An arm-and-arm would be legal at this level).
- Inverted stunts may not travel downward.

Pyramids

- Pyramids must follow "Dismounts" rules and are allowed up to 2 high.
- 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).
- During pyramid transition, a top person may pass above 2 persons high only while in direct arm-to-arm contact with at least two top persons at prep level or below. These transitions may not involve changing bases.
- Pyramid transitions may not involve inversions while released from the bases.
- Top person must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below).

Tosses

- Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). Tosses are limited to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props
- Flipping or traveling tosses are not allowed.
- Up to 1 trick allowed during a toss. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch) Tosses may not exceed 1 twisting rotation.
- During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, ½ twist toe touches, etc... are not allowed).
- No inversions allowed.
- Other toss positions besides straight rides are allowed.
- Helicopter tosses are not allowed.