

LEVEL 4 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

- Standing flips and flips from a back handspring entry are allowed.
- No jump skills are allowed in immediate combination with a standing flip (e.g. no toe touch back tucks, or pike jump front flips, etc - However, toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill).
- No consecutive flip-flip combinations are allowed (e.g. back tuck-back tuck, back tuck-punch front, etc).
- Skills are limited to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)

Running Tumbling

- Skills are limited to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)

Stunts

- A spotter is required for all extended stunts.
- Single based split catches are prohibited.
- Single based double awesomes/cupies require a separate spotter for each top person.
- 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 free flipping mounts or transitional stunts allowed.
- 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 1-1/2 twists by the top person.
- During transitions, at least one base must remain in contact with the top person. Exception: See "Release Moves"

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.

- Up to a 1-1/4 twisting rotations allowed from all single leg stunts.
- Up to a 2-1/4 twisting rotations allowed from all two legged stunts.
- During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.

Release Moves

- Release moves are allowed but must not exceed extended arm level. If the base(s) releases stunt, then it must come back to original base(s). (i.e. Tick-tocks are permitted.)

Inversions

- Extended inverted stunts allowed. Also, see “Stunts” and “Pyramids.”
- Inverted stunts may only travel downward motion from a non-extended position and must be assisted by at least two bases positioned at the head and shoulder area.

Pyramids

- 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 a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Primary weight may not be borne at second level.
- Pyramid transitions may involve inversions (including flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below.
- Braced inversions are limited to 1-1/4 flipping rotation, 0 twisting rotations and may not land in an inverted position.
- Braced inversions may not involve changing bases.
- Non-inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below.
- 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.
- Up to 2 tricks allowed during a toss (e.g. kick fulls, full up toe touch, etc.).
- Tosses may not exceed 2 twisting rotations.
- During a toss that exceeds 1-1/4 twisting rotations, no skill other than the twist is allowed. (e.g. kick doubles are not allowed).
- No flips or inversion are allowed.
- Helicopter tosses are not allowed