

## LEVEL 5 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 allowed.

### Standing/Running Tumbling

- Skills are limited to 1 flipping and 2 twisting rotations

### Stunts

- A spotter is required for all extended stunts.
- 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.
- Single based double awesomes/cupies require a separate spotter for each top person.
- Transitional stunts may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below.
- Twisting mounts and twisting transitions are permitted up to 2 twisting rotations by 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.
- Up to a 2-1/4 twisting rotations allowed from all stunts.

### Release Moves

- Release moves are allowed but must not exceed more than eighteen inches above 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 travel downward from an extended position if assisted by at least 2 bases at the head and shoulder area.

## Pyramids

- 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).
- Pyramid transitions may involve inversions (including flips) while released from the bases if contact is maintained with at least 1 person at prep level or below.
- Braced inversions are limited to 1-¼ flipping rotation, 1 twisting rotation and may not land in an inverted position. Braced inversions that maintain contact with only 1 top person at prep level or below may not twist and may not change bases.
- Non-inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with a person 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 2-1/4 twisting rotations allowed.
- No flipping rotations allowed.
- Helicopters are limited to a 180-degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.