

LEVEL 6 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

- Single based split catches are prohibited.
- Single based double awesomes/cupies require a separate spotter for each top person.
- Transitional stunts may involve changing bases.
- Twisting mounts and twisting transitions are limited to 2 twisting rotations by the top person.
- Rewinds must originate from ground level only and are limited to 1 flipping and 2 twisting rotations.

Dismounts

- Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person. Dismounts to the performing surface from stunts and pyramids must be assisted.
- 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.
- Tension drops/rolls of any kind are prohibited.
- Free flipping dismounts to the performance surface are prohibited.
- Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high. Cradles from 2-1/2 high pyramids are limited to 1 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).
- Free flipping skills are limited to 1 flipping and 0 twisting rotations.
- Flips into cradles from prep level require at least 2 catchers that are original bases.
- Flips that originate above prep level are prohibited. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders).

Release Moves

- Release moves are allowed.

Inversions

- Inverted stunts are limited to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
- Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with an original base.
- Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

- Braced flips are limited to 1 flipping and 1 twisting rotation.

Pyramids

- For 2-½ high pyramids, there must be a spotter in front and back for each person on the third level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid. These spotters (as well as all spotters for all levels) must be your own team's members.
- Braced flips are limited to 1 flipping and 1 twisting rotation.
- Pyramids are limited to 2-1/2 high.
- During a pyramid transition, a top person may pass above 2-1/2 persons high while in direct physical contact with at least one person at prep level or below.
- Free-flipping mounts must originate from ground level only and are limited to 1 flipping and 2 twisting rotations.
- No rewinds on to 2-1/2 high pyramids.

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.
- Non-flipping tosses may not exceed 3-1/4 twists.
- Flipping tosses are limited to 1 flipping rotation and 2 twists.
- 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.
- Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated. The toss is limited to 0 flipping and 1-1/2 twisting rotations. (Exception: ¼ front flips with no twists are allowed).