

Blue/Advanced Skills - Division 10, 12, 14, AND 18

<p>Standing/ Running Tumbling</p>	<ul style="list-style-type: none"> All skills with hand support performed from a standing position are allowed. <i>Examples: forward rolls, backward rolls, handstands, front/back walkovers, cartwheels, Round-offs, front/back handsprings are allowed.</i> Connection of more than one of the above skills is allowed. <i>Examples: cartwheel/back walkover, standing back handspring series, or cartwheel tuck.</i> Flips/Tucks are allowed but may not exceed 1 flipping rotation or 1 twisting rotation. Flips/Tucks may be performed in layout, x-out, pike, etc. Jumps connected to a back tuck are allowed. Aerial cartwheels and running front tucks are allowed Tumbling after a flip is prohibited. Except a forward or backward roll out of a flip for safety reasons. At least one step into the next tumbling skill must be included to separate the two passes. A step out from a roll would not separate two passes. Example: a punch front, forward roll step-out would require an additional step or hurdle prior to the start of another pass. However, if the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass Forward ¾ flips to the seat and toe pitch flips are prohibited.
<p>Partner Stunts</p>	<ul style="list-style-type: none"> Single leg extended stunts are allowed. Twisting during the load-in is limited to one and one half (1 ½) twist load in to prep, and one (1) full twist to extension. Swing up stunts are allowed. All inverted skills are allowed.
<p>Tosses</p>	<ul style="list-style-type: none"> Basket, sponge, and quick tosses are allowed. Tosses may not exceed one and one quarter (1¼) twisting rotations. Helicopter tosses are allowed (180 degrees). Flipping front or back and traveling tosses are prohibited.
<p>Pyramids</p>	<ul style="list-style-type: none"> Pyramids must follow stunt and dismount rules. Flyer may flip 1¼ rotations or ½ twist in a pyramid as long as the flyer is braced on 2 separate sides by 2 separate bracers, with hand to hand/arm connection. Flip may land in a loading position, stunt, or cradle, or assist the flyer/top person to the performing surface. Single leg extended stunts may brace other extended stunts including single leg extended stunts, with hand to hand connection only. Non-inverted transitional pyramids may involve changing bases. Hanging pyramids are prohibited.
<p>Dismounts</p>	<ul style="list-style-type: none"> Cradle from all single leg stunts are limited to one and one quarter (1¼) twist. Cradles from all two leg stunts are limited to two and one quarter (2¼) twist. Prone cradles are allowed. Flips are prohibited. Except a double based suspended roll.
<p>Release Moves</p>	<ul style="list-style-type: none"> Release moves are allowed but must not exceed more than eighteen inches above extended arm level. <i>Examples: Tick Tock, switch tock, express up.</i>