

White/Novice Skills - Division 8, 10, 12, 14, And 18	
Standing/ Running Tumbling	<ul style="list-style-type: none"> All basic skills with hand support performed from a standing position are allowed. <i>Examples: forward rolls, backward rolls, handstands, front/back walkovers, cartwheels, Round-offs.</i> Connection of more than one of the above skills is allowed. <i>Examples: cartwheel/back walkover.</i> At least one hand must remain in contact with the floor during skill execution. Both feet must be on the performing surface at the initiation of any tumbling skill. No assisted tumbling allowed. Front and back handsprings, flips, and aerials are prohibited. Forward and/or backward rolls are permitted with poms or sign providing you do not roll on prop. One-handed cartwheel with pom is allowed providing you hold the pom in the hand that does not come in contact with the performing surface.
Partner Stunts	<ul style="list-style-type: none"> A spotter is required for each top person at prep level and above. Exception: Shoulder sits and T-lifts do not need a back spotter. Single leg stunts are only allowed at waist level. <i>Exception 1: prep level single leg stunts are allowed if the top person is braced by someone standing on the performance surface, the bracer must be a separate person other than the base(s) or spotter. The braced connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt. Exception 2: A walk up shoulder stand is legal if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.</i> Two leg prep level stunts and below are allowed. Stunts above prep level are not allowed. Twisting stunts and transitions are allowed up to ¼ twisting rotation by the top person in relation to the performing surface. <i>Clarification: a twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt an additional rotation.</i> All inversions and swing up stunts are prohibited. <u>Division 8 restrictions, no Superman stunts/vertical to horizontal face up or face down.</u>
Tosses	<ul style="list-style-type: none"> All tosses are prohibited. This includes sponge, also known as load in or squish tosses.
Pyramids	<ul style="list-style-type: none"> Pyramids must follow stunt and dismount rules. Two leg extended stunts must be braced on at least one side by a top person at prep level or below with hand-arm connection only. The connection must be made at or below prep level. Prep level top person must have both feet in bases' hands. Exception: shoulder sit, flat back, straddle lift or shoulder stands top person do not need both feet in hands. Prep level single leg stunts must be braced by at least one person at prep level or below with hand-arm connection only. The connection must be made prior to initiating the single leg prep level stunt. Bracers must have both feet in hands. Exception: shoulder sit, flat back, straddle lift or shoulder stand. No extended single leg stunts, no extended single base stunts. Hanging pyramids are prohibited.
Dismounts	<ul style="list-style-type: none"> Straight cradles from prep level may not exceed more than one quarter (1/4) twisting rotation. Division 8 restriction, straight cradle only, no twisting. Other positions during cradles are prohibited (i.e. toe touch, pike, tuck, etc.) No dismounts are allowed from extended stunts in pyramids. An extended stunt must be brought down to prep level or below before it can be dismounted. Cradles may not land in prone position (on stomach). Flyer/top person cannot hold signs while cradling. Cradle dismount to different bases is prohibited. Any inverted dismount, including double-based suspended rolls are prohibited.
Release Moves	<ul style="list-style-type: none"> No release moves are allowed other than those listed in the dismount section.