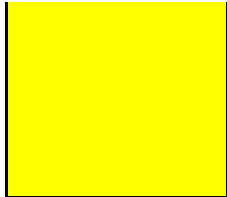


	General Tumbling	Tumbling	Stunts	Pyramids	Dismounts	Tosses
Limited Intermediate	<p>NO tumbling over/through/under a stunt/individual/prop.</p> <p>NO tumbling with props.</p> <p>NO assisted or connected tumbling.</p> <p>NO dive rolls in a swan/arched position.</p> <p>NO dive rolls that involve twisting.</p>	<p>Forward/backward rolls ALLOWED.</p> <p>Front & Back walkovers ALLOWED.</p> <p>Cartwheels and round offs ALLOWED.</p> <p>Back or front handsprings NOT allowed.</p>	<p>Single-leg stunts may not be held or pass through an extended position.</p> <p>Twisting mounts and transitions ALLOWED up to 1/2 twist.</p> <p>Free flipping and assisted flipping stunts/transitions NOT allowed.</p> <p>Log rolls are allowed and may only be assisted by a base.</p> <p>All inversions must maintain contact with performance surface.</p>	<p>Allowed up to 2 high.</p> <p>Extended single-leg stunts may not be braced by any other extended stunt.</p> <p>Extended single-leg stunts must be braced by at least ONE top person at prep level or below w/ hand/arm connection.</p>	<p>Only straight pop downs, basic straight cradles and 1/4 turns are ALLOWED.</p> <p>Twisting dismounts exceeding 1/4 turns are NOT allowed.</p> <p>Cradles from extended single-leg stunts are ALLOWED.</p>	<p>Up to 1 trick allowed in a toss (i.e. toe touch, ball out, etc.).</p> <p>Twisting tosses NOT allowed.</p>
Intermediate	<p>NO tumbling over/through/under a stunt/individual/prop.</p> <p>NO tumbling with props.</p> <p>NO assisted or connected tumbling.</p> <p>NO dive rolls in a swan/arched position.</p> <p>NO dive rolls that involve twisting.</p>	<p>NO flips or aerials.</p> <p>Series front and back handsprings are ALLOWED.</p> <p>Jump skills in immediate combination with handspring(s) are ALLOWED.</p> <p>Non-airborne skills must involve support of at least one hand when passing an inverted position.</p> <p>Airborne skills must involve support of BOTH hands when passing an inverted position.</p> <p>NO twisting while airborne.</p>	<p>Single-leg stunts may not be held or pass through an extended position.</p> <p>Twisting mounts and transitions ALLOWED up to 1/2 twist.</p> <p>Free flipping and assisted flipping stunts/transitions NOT allowed.</p> <p>Log rolls are allowed and may only be assisted by a base.</p> <p>All inversions must maintain contact with performance surface.</p>	<p>Allowed up to 2 high.</p> <p>Extended single-leg stunts may not be braced by any other extended stunt.</p> <p>Extended single-leg stunts must be braced by at least ONE top person at prep level or below w/ hand/arm connection.</p>	<p>Only straight pop downs, basic straight cradles and 1/4 turns are ALLOWED.</p> <p>Twisting dismounts exceeding 1/4 turns are NOT allowed.</p> <p>Cradles from extended single-leg stunts are ALLOWED.</p>	<p>Up to 1 trick allowed in a toss (i.e. toe touch, ball out, etc.).</p> <p>Twisting tosses NOT allowed.</p>

<p style="text-align: center;">Limited Advanced</p>	<p>NO tumbling over/through/under a stunt/individual/prop.</p>	<p>Forward/backward rolls ALLOWED.</p>	<p>Twisting mounts/transitions are ALLOWED up to 1 1/2 twists by top person.</p>	<p>Extended single leg stunts may not brace or be braced by any other extended stunts. Non-Inverted transitional pyramids may involve changing bases. Please see complete rules for stipulations. Pyramid transitions involving braced inversions are allowed up to 1 1/4 flipping rotations and 0 twisting rotations. Non-Inverted pyramid release moves must be caught by at least 2 people. Top person may pass above 2 persons high while in direct contact with at least one person at prep level or below during a transition.</p>	<p>Up to 2 1/4 twisting rotations allowed from all stunts.</p>	<p>Up to 3 tricks allowed during a toss. An arch is NOT considered a skill.</p>
	<p>NO tumbling with props.</p>	<p>Front & Back walkovers ALLOWED.</p>	<p>Release moves are ALLOWED but must NOT exceed extended arm level and may NOT land in a prone position.</p>	<p>Helicopters are ALLOWED. Please see complete rules for details.</p>		<p>Tosses may not exceed 2 1/2 twisting rotations.</p>
	<p>NO assisted or connected tumbling.</p>	<p>Cartwheels and round offs ALLOWED.</p>	<p>Helicopters are ALLOWED. Please see complete rules for details.</p>	<p>Downward inversions are ALLOWED at prep level or below. Please see complete rules for details.</p>		
	<p>NO dive rolls in a swan/arched position.</p>	<p>Back or front handsprings NOT allowed.</p>	<p>Extended inverted stunts are ALLOWED.</p>			
<p>NO dive rolls that involve twisting.</p>						
<p style="text-align: center;">Advanced</p>	<p>NO tumbling over/through/under a stunt/individual/prop.</p>	<p>Standing skills are ALLOWED up to 1 flipping and 1 twisting rotation.</p>	<p>Twisting mounts/transitions are ALLOWED up to 1 1/2 twists by top person.</p>	<p>Extended single leg stunts may not brace or be braced by any other extended stunts. Non-Inverted transitional pyramids may involve changing bases. Please see complete rules for stipulations. Pyramid transitions involving braced inversions are allowed up to 1 1/4 flipping rotations and 0 twisting rotations. Non-Inverted pyramid release moves must be caught by at least 2 people.</p>	<p>Up to 2 1/4 twisting rotations allowed from all stunts.</p>	<p>Up to 3 tricks allowed during a toss. An arch is NOT considered a skill.</p>
	<p>NO tumbling with props.</p>	<p>Running skills are ALLOWED up to 1 flipping and 1 twisting rotation.</p>	<p>Release moves are ALLOWED but must NOT exceed extended arm level and may NOT land in a prone position.</p>	<p>Helicopters are ALLOWED. Please see complete rules for details.</p>		<p>Tosses may not exceed 2 1/2 twisting rotations.</p>
	<p>NO assisted or connected tumbling.</p>		<p>Helicopters are ALLOWED. Please see complete rules for details.</p>	<p>Extended inverted stunts are ALLOWED.</p>		
	<p>NO dive rolls in a swan/arched position.</p>					



NO dive rolls that involve twisting.

Downward inversions are ALLOWED at prep level or below. Please see complete rules for details.

Top person may pass above 2 persons high while in direct contact with at least one person at prep level or below during a transition.