



## School and Traditional Rec. Rules- MAX DIVISION

### Standing Tumbling

- All Tumbling skills MUST have hand contact with the performance floor.
- Multiple BHS series and Jump BHS are permitted.
- Flips and aerials are not permitted.

### Running Tumbling

- Limited to back and front handspring series.
- Flips and aerials are not permitted.

### Stunts

- A spotter is required for each top person above prep level.
- Single leg stunts may not be held at or pass through the extended position. Extended liberties are **NOT** permitted.
- Releases are not allowed except those in dismounts and tosses except a single twisting log/barrel roll.
- Inversions are allowed only in transitions from ground level inversions to a non-inverted position. No other inversions are permitted.
  - Example: A handstand on the ground to a non-inverted stunt, such as a shoulder sit, **IS** permitted.
  - Example: Starting in a cradle or prone position and transitioning to a handstand is **NOT** permitted.
- Twisting transitions are limited to a half (1/2) twist by the flyer.
  - Exceptions: Log/barrel rolls are permitted.

### Pyramids

- Extended stunts may not connect to other extended stunts.
- Extended single leg stunts must be braced by at least one person at or below prep level.
  - Connection must be made prior to the execution of a single leg extended stunt.
  - Connection must be made at or below prep level.
- Inversions in pyramids are not permitted with the exception of the inversions allowed under stunt rules.
- Any time a flyer is released by the bases and braced by other flyers, no skill is permitted during transition and must end in a cradle.
- Release moves in pyramids are not permitted with the exception of release moves under stunt rules.

### Dismounts

- Dismounts are limited to straight pop-downs, basic straight cradles, and a quarter (1/4) twist.

### Tosses - only allowed in the high school division

- Straight ride tosses are the only permitted body position.

**\*\*\*It is the responsibility of the school/organization to follow any additional rules set forth by their governing authority, state, district, school, etc.\*\*\* Routine limit 2 ½ minutes.**