

## **FCDA 2023 - 2024 Recreational Performance Guidelines**

FCDA will use the United Scoring System for Recreational Programs for 2023 - 2024 with the modification to reflect the 2022 - 2023 Quantity Charts for both BUILDING and TUMBLING/JUMPS.

FCDA will follow these industry standard rules as stated below.

### **ALL LEVEL RULES (Levels 1-4)**

The All Level Rules are used with the Level Specific Rules, General Rules. The All Level Rules are the same for every Level from 1 to 4.

#### **All Level - General**

1. An individual may jump/rebound over another individual.
2. Drops such as: knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless there is weight bearing contact on the hands or feet, which helps break the impact of the drop. Shushunovas are allowed.

#### **All Level - General Tumbling**

1. All tumbling must originate from and land on the performing surface.
2. The tumbler may rebound from his/her feet into a stunt transition. When rebounding into a stunt transition, may not rebound to inverted or through an inverted position.
3. Tumbling over, under, (any body part) or through a stunt, individual, or prop is not allowed.
4. Tumbling while holding or in contact with any prop is not allowed.

#### **All Level - Stunts**

##### **A. All Level STUNTS - General**

1. Single based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions but may immediately pass through an extended position.

##### **B. All Level STUNTS - Release Moves**

1. Release moves:
  - a. Must return to original bases.
  - b. May not land on the performing surface without assistance.
  - c. May not intentionally travel.
  - d. May not land in an inverted position.
  - e. May not pass over, under or through other stunts, pyramids, individuals or props.
  - f. That land in a non-upright position must have:
    - (1) 3 catchers for a multi-based stunt.
    - (2) 2 catchers for a single-based stunt.

- g. The height of a release move is determined by:
  - (1) The highest point of the release
  - (2) The distance from the top person's hips to the extended arms of the bases (not the back spot)
- 2. Free flipping or assisted flipping stunts and transitions are not allowed.
- 3. Single based split catches are not allowed.

#### C. All Level STUNTS - Inversions

1. An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.

### **All Level - Pyramids**

#### A. All Level - Pyramids

- 1. Pyramids follow Stunts and Dismounts rules and are allowed up to 2 high.
- 2. Top person must receive primary support from a base. Exception: Release Moves
- 3. Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and required bracer(s).
- 4. Primary weight may not be borne at second level. Transitions must be continuous.
- 5. Required brace/connection must be made prior to the initiation of the skill.

### **All Level - Dismounts**

#### A. All Level - Dismounts

- 1. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
- 2. Cradles from single based stunts must have a spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
- 3. Cradles from multi-bases stunts must have two catchers and a spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle
- 4. All multi-based waist level cradles in which the bases begin underneath the top person's feet must follow toss rules.
- 5. Dismounts must return to original base(s). Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. An individual may not land on the performing surface from above waist level without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance. Exception: Dismounting single based stunts with multiple top persons.
- 6. No stunt, pyramid, individual, or, prop may move over or under a discount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals or props.
- 7. No free flipping or assisted flipping dismounts allowed.
- 8. Dismounts may not invert or land inverted

9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases. Exception: Dismounting single based stunts with multiple top persons.
11. Tension drops/rolls of any kind are not allowed.

## **All Level - Tosses**

### **A. All Level - Tosses (Levels 2-6, Youth - Senior)**

#### **1. Tosses must:**

- a. Have top person's feet(both) in/on hands of bases when the toss is initiated.
- b. Not have more than one top person.
- c. Have top person become free of all contact from bases, bracers and/or other top persons.
- d. Have at least 3 bases with a maximum 4. All bases having their feet on the performing surface.
- e. Have a base behind the top person during the toss and may assist the top person into the toss.
- f. Have a base positioned at the head and shoulder area of the top person for the cradle.
- g. Land in a cradle position caught by 3 original bases.
- h. Bases must remain stationary during the toss. No intentional traveling tosses. Exception: Bases may turn a  $\frac{1}{4}$  or a  $\frac{1}{2}$  for allowable skills with fractional twist. ie. Level 3 -  $1\frac{1}{4}$  twist basket.
- i. Include all multi-based waist level cradles in which the bases begin underneath the top person's feet and must follow toss rules.
- j. Not flip, invert or travel.
- k. Not have a stunt, pyramid, individual, or prop move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

## **LEVEL 1**

(These rules are level specific and in addition to the General Rules, All Level Rules)

### **Level 1 - TUMBLING**

#### **A. Standing / Running Tumbling:**

1. Skills must involve constant physical contact with the performing surface.
2. Allowed: Forward and backward rolls, front and back walkovers, backbends, handstands, cartwheels/block cartwheels,roundoffs. Not Allowed: Dive rolls, front and back handsprings
3. No tumbling is allowed in immediate combination after a round off or round off rebound. There must be a clear pause/stop of athlete momentum after the round off/rebound prior to the next tumbling skill.
4. Front and back handsprings are not allowed.

## Level 1 - STUNTS

### A. Spotters:

1. A spotter is required for all stunts at prep level and above.
2. A spotter is required for each top person in a floor stunt. The spotter may grab the top person's waist.
3. The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
4. Shoulder sits, T-Lifts, and stunts where the top person is only supported at the waist, do not require a spotter.

### B. Stunts - General

1. At least one base must remain in contact with the top person.
2. Not allowed: Leap frogs and leap frog variations
3. Single based stunts with multiple top persons are not allowed.
4. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
5. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

### C. Stunts - Levels

1. Single leg stunts are only allowed at waist level.
2. Prep level single leg stunts are allowed if:
  - a. The top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter.
  - b. The connection is hand/arm to hand/arm and made prior to initiating the single leg prep level stunt.
3. Walk up shoulder stands are allowed.
4. Stunts above prep level are not allowed. Exception: Two leg stunts may immediately pass through an extended position.

### D. Stunts - Twisting

1. Up to  $\frac{1}{4}$  twist allowed
2. Rebounding to a prone position ( $\frac{1}{2}$  twist to stomach) in a stunt is allowed.
3.  $\frac{1}{2}$  Wrap around stunts are allowed.
4. Up to a  $\frac{1}{2}$  twist is allowed if the top person starts and ends on performance surface and is only supported at the waist.

### E. Stunts - Release moves

1. Not allowed other than those allowed in Level 1 Dismounts

### F. Stunts - Inversions - Not allowed.

## Level 1 - PYRAMIDS

### A. Pyramids - General

1. Required brace/connection(s) must remain the same and stay connected throughout the entire transition.
2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
3. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

### B. Pyramids- Levels

1. Two leg extended stunts:
  - a. Must be braced to a top person at prep level or below with hand-arm connection.
  - b. Prep level top persons bracers must be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.
  - c. May not be connected to other extended stunts.
2. Prep level single leg stunts:
  - a. Must be braced by at least one person at prep level or below with hand-arm connection.
  - b. Prep level bracers must be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.
3. Extended single leg stunts are not allowed.

### C. Pyramids-Release Moves

1. Anytime a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules.

## Level 1 - DISMOUNTS

### A. Dismounts - General

1. 0 Twists (including  $\frac{1}{4}$  turns) allowed.
2. No dismounts are allowed from skills above prep level in pyramids.

### B. Dismounts to Cradles

1. Only basic straight cradles are allowed.
2. Sponge, Load In, Squish and Waist level cradles are not allowed.

### C. Dismounts to the Performance Surface

1. Only straight pop downs are allowed.

## Level 1 - TOSSES

A. No tosses allowed. This includes “sponge” (also known as load in or squish) tosses. All waist level cradles are illegal.

## **Level 2**

(These rules are level specific and in addition to the General Rules, All Level Rules)

### **Level 2 - TUMBLING**

#### A. Tumbling - General

1. Dive rolls are allowed. Exception: dive rolls performed in a swan/arched position or that involve twisting are not allowed.
2. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning. Back handspring step out > ½ turn = illegal
3. Flips and aerials are not allowed.
4. No twisting while airborne.

#### B. Tumbling - Standing Tumbling

1. Series front and back handsprings are not allowed.
2. Jump skills in immediate combination with handspring(s) are not allowed.

#### C. Tumbling - Running Tumbling

1. Series front and back handsprings are allowed.

### **Level 2 - STUNTS**

#### A. Spotters:

1. A spotter is required for each top person:
  - a. Above prep level.
  - b. In a floor stunt. The spotter may grab the top person’s waist.

#### B. Stunts -General

1. During transitions, at least one base must remain in contact with the top person.
2. Single based stunts with multiple top persons are not allowed.
3. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete; not the arms or legs.
4. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

#### C. Stunts - Levels

1. Single leg stunts above prep level are not allowed. Exception: Single leg stunts may immediately pass through an extended position.

#### D. Stunts - Twisting

1. Up to a ½ twist allowed. Exception: A single full twisting log/barrel roll is allowed but must:

- a. Start and end in a cradle position.
- b. Be assisted by a base.
- c. Not be assisted by another top person.
- d. Not include any other skill than the twist.

#### E. Stunts - Release Moves

1. No release moves allowed other than those allowed in Level 2 Dismounts and Tosses. Exception: A single full twisting log/barrel roll is allowed but must:

- a. Start and end in a cradle position.
- b. Have 2 catchers for single-based log rolls. Multi-based log rolls have 3 catchers.
- c. Return to original bases
- d. Not be assisted by another top person.
- e. Not include any skill other than the twist.

#### F. Stunts - Inversions

1. Transitions from ground level inversions to non-inverted positions are the only inversions allowed.

2. Inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.

### **Level 2 - PYRAMIDS**

#### A. Pyramids - General

1. Required brace/connection(s) must remain the same and stay connected throughout the entire transition.

2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.

3. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

4. Extended stunts may not connect to other extended stunts.

#### B. Pyramids - Levels

1. Extended single-leg stunts must:

- a. Be braced to a top person at prep level or below with hand-arm connection. b. Have prep level top persons bracers in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.

#### C. Pyramids - Release Moves

1. Anytime a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules.
2. Release moves may not be braced/connected to top persons above prep level.

## **Level 2 - DISMOUNTS**

### A. Dismounts to Cradles

1. Only basic straight cradles and  $\frac{1}{4}$  twist cradles are allowed.
2. Body positions (toe touch, pike, etc.) are not allowed.
3. Waist level cradles are not allowed in the Mini Division.

### B. Dismounts to the Performance Surface

1. Only straight pop downs are allowed.

## Level 2 - TOSSES

### A. Tosses

1. The only body position allowed is a straight ride (No exaggerated arch).
2. Arm variations such as a salute or blowing a kiss are allowed if the legs and body are in the straight ride position.
3. Tosses are not allowed in the Mini division. This includes "Sponge" tosses and waist level cradles.

## **LEVEL 3**

(These rules are level specific and in addition to the General Rules, All Level Rules)

## Level 3 - TUMBLING

### A. General Tumbling

1. Dive rolls are allowed. Exceptions: Dive rolls performed in a swan/arched position are not allowed.

### B. Standing Tumbling

1. Series front and back handsprings are allowed
2. Flips and connected jump-flips are not allowed.
3. No twisting while airborne.

### C. Running Tumbling

1. Flips:
  - a. Back Flips may only be performed:
    - (1) In tuck position (no additional skills)
    - (2) From a round off or round off back handspring(s)
2. Aerial cartwheels, running front tucks and  $\frac{3}{4}$  front flips are allowed.
  - a. No tumbling prior to front tuck except a front handspring.



3. No tumbling is allowed after a flip or an aerial cartwheel.
4. No twisting while airborne except aerial cartwheels.

### **Level 3 - STUNTS**

#### **A. Spotters**

1. A spotter is required for each top person above prep level.
2. Single based stunts with multiple top persons require a separate spotter for each top person.

#### **B. Stunts - General**

1. During transitions, at least one base must remain in contact with the top person.  
Exception: See Release Moves
2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
3. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

#### **C. Stunts - Levels**

1. Single leg extended stunts are allowed.
2. Extended single leg stunts may not brace or be braced by any other extended stunts.

#### **D. Stunts - Twisting**

1. Up to 1 twist allowed to prep level or below or if landing in an extended two-leg stunt.
2. Up to ½ twist if landing in an extended single-leg stunt.

#### **E. Stunts - Release Moves**

1. Release moves must:
  - a. Start at waist level or below.
  - b. Land at prep level or below.
2. Release moves must not:
  - a. Pass through or land inverted.
  - b. Release from inverted to non-inverted.
  - c. Pass above extended arm level of the bases (not the back spot). If distance is greater than the length of the top person's legs must follow Toss or Dismount rules
  - d. Come in contact with other top persons in separate release moves.
3. Release moves that land in a non-upright position must have:
  - a. 3 catchers for a multi-based stunt
  - b. 2 catchers for a single-based stunt.
4. Skills performed during the release move are restricted to:
  - a. A single skill/trick.
  - b. 0 twists.
5. Log/barrel rolls:

- a. Up to 1 twist.
  - b. Must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
  - c. Must have two catchers for single-based log rolls. Multi-based log rolls must have 3 catchers.
6. Helicopters are not allowed.

## F. Stunts-Inversions

### 1. Inversion Levels

- a. No inverted stunts above prep level.
- b. Multi-based suspended rolls must:
  - (1) Have both hands/arms of the top person connected to separate hands of the base(s)

### 2. Twisting Inversions

- a. Up to 1 twist to prep level and below.
- b. Up to a ½ twist to extended level.
- c. Multi-based suspended rolls exceeding a ½ twist must land in cradle.

### 3. Downward Inversions

- a. Downward inversions are allowed at waist level and must:
  - (1) have two bases in contact with the torso.
  - (2) Maintain contact with an original base.
  - (3) Allowed to immediately pass through prep level during the skill.
  - (4) Not come in contact with other downward inversions.

- b. Two leg “Pancake” stunts are not allowed.

## Level 3 - PYRAMIDS

### A. Pyramids - General

1. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete’s torso/head moving over or under the torso/head of another athlete; not the arms or legs.
2. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
3. Extended single leg stunts may not brace or be braced by any other extended stunts.

### B. Pyramids - Twisting

1. Twisting TO extended single-leg is allowed up to 1 twist
  - a. Must be connected to a bracer at prep level or below and a base.
  - b. The connection to the bracer must be hand/arm to hand/arm.
  - c. The connection to the bracer must remain the same and stay connected throughout the entire transition.

### C. Pyramids - Inversions

1. Must follow Stunt Inversion rules.

2. A top person may pass through an inverted position if:
  - a. Top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below.
  - b. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
  - c. The connection to the bracer must remain the same and stay connected throughout the entire transition.

#### D. Pyramids - Release Moves

Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performing surface and follow the dismount rules.

1. During a pyramid transition, a top person may pass above 2 persons high and perform:
  - a. Level 3 Stunt Release skills or Dismounts if:
    - (1) Connected to one bracer at prep level or below.
  - b. Up to 1 twist if:
    - (1) Connected to two bracers at prep level or below with arm/arm connections.
  - c. Non-Twisting/Non-Inverted Release Moves if:
    - (1) Connected to two different bracers at prep level or below.
    - (2) Connected to one bracer by hand/arm-to-hand/arm.
    - (3) Connected to a second bracer by hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee).
    - (4) Braced on two separate sides (i.e. right side-left side, left side -back side, etc.) by two different bracers.
    - (5) Braced on 2 of the 4 sides of the top person (front, back, right, left).
  - d. Non-Twisting/Non-Inverted Release moves to extended with 1 bracer:
    - (1) Must initiate from waist level or below.
    - (2) The connection to the bracer must be hand/arm.
2. Contact must be maintained with the same bracer(s) until contact is made with a base on the performing surface (This does not include the uniform or hair).
3. These release transitions may not involve changing bases.
4. These transitions must be caught by 2 catchers (minimum of one catcher and one spotter).
  - a. Both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
5. Release moves may not be braced/connected to top persons above prep level.
6. Pyramid transitions may not involve inversions while released from the bases.

### **Level 3 - DISMOUNTS**

#### A. Dismounts - General

1. Up to 1 trick allowed during a dismount from any one or two leg stunt.
2. Up to 1 1/4 twists are allowed from any two leg stunt.
3. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
4. Dismounts from an inverted position are not allowed

#### B. Dismounts to Cradle

1. Up to 1 1/4 twists are allowed from any two-leg stunts (does not include platform position).
2. Only basic straight cradles and 1/4 twist cradles are allowed from any single leg stunt.
3. When cradling single based stunts with multiple top persons:
  - a. 2 catchers must catch each top person.
  - b. Catchers and bases must be stationary prior to the initiation of the dismount.

#### C. Dismounts to the Performance Surface

1. Only straight pop downs from any single leg stunt allowed.
2. Only straight pop downs from any prep level or higher two-leg stunt allowed.
3. Up to one trick allowed from any waist level two-leg stunt allowed.

### **Level 3 - TOSSES**

#### A. Tosses

1. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 1/4 twisting rotation. The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.
2. During a twisting toss, no skill other than the twist is allowed.

### **Level 4**

#### **Level 4 - TUMBLING**

##### A. General Tumbling

1. Dive rolls are allowed: Exception: Dive rolls performed in a swan/arched position are not allowed.

##### B. Standing Tumbling

1. Up to 1 flipping allowed and:
  - a. 0 twists.
  - b. Must be performed in a tuck position (no additional skills). Exception: Aerial cartwheels and Onodis are allowed.
  - c. Standing flips and flips from a back handspring are allowed.
  - d. May not be connected to a jump.
2. No tumbling is allowed after a flip, aerial cartwheel or Onodi.

##### C. Running Tumbling

1. Up to 1 flipping and 0 twists allowed. Exception: Aerial cartwheels and Onodis are allowed.

## **Level 4 - Stunts**

### **A. Spotters**

1. A spotter is required for each top person above prep level.
2. Single based stunts with multiple top persons require a separate spotter for each top person.

### **B. Stunts- General**

1. During transitions, at least one base must remain in contact with the top person.  
Exception: See Release Moves
2. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.  
This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.  
Exception: An individual may move under a stunt, or a stunt may move over an individual.

### **C. Stunts - Levels**

1. Single leg extended stunts are allowed.
2. Extended single leg top persons may not connect to any other extended single leg top person.

### **D. Stunts - Twisting**

1. Up to 1½ twist allowed to prep level or below or if landing in an extended two-leg stunt.
2. Up to 1 twist if landing in an extended single-leg stunt.

### **E. Stunts - Release Moves**

1. Release moves must not:
  - a. Pass through or land inverted.
  - b. Pass above extended arm level of the bases (not the back spot)If distance is greater than the length of the top person's legs must follow Toss or Dismount rules
- c. Come in contact with other top persons in separate release moves.
2. Release moves that land extended must:
  - a. Start at prep level or below.
  - b. Not twist or flip.
3. Release moves from extended may not twist.
4. Release moves that land in a non-upright position must have:
  - a. 3 catchers for a multi-based stunt
  - b. 2 catchers for a single-based stunt.
5. Release moves from inverted to non-inverted must:
  - a. Be inverted at the bottom of the dip.

- b. Not twist.
  - c. Have a spot if landing at prep level or higher.
6. Helicopters are allowed with:
- a. Up to 180-degrees rotation
  - b. 0 Twists
  - c. Caught by 3 catchers, one of which is positioned at head and shoulder area of the top person.

#### F. Stunts-Inversions

- 1. Inversion Levels
  - a. Extended Inverted Stunts allowed.
- 2. Downward Inversions
  - a. Must have 3 catchers

Exception: Downward inversions that do not pass above waist level do not require 3 catchers.

- b. Two of the catchers must be in contact with the waist to shoulder region.
- c. Maintain contact with an original base.

Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so.

- d. Not come in contact with other downward inversions.
- e. (Removed)
- f. Downward Inversion:
  - (1) Must start at prep level or below
  - (2) Allowed to immediately pass through the extended position during the skill.
  - (3) May not stop or land inverted if passing above prep level.
- g. A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended)

### **Level 4 - PYRAMIDS**

#### A. Pyramids - General

- 1. No stunt or pyramid may move over or under another stunt, pyramid or prop. This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
- 2. A top person may not invert over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
- 3. An individual may move under a stunt, or a stunt may move over an individual.
- 4. Extended single leg stunts may not be braced by any other single leg extended stunts.

#### B. Pyramids - Twisting

- 1. Twisting to extended single-leg is allowed up to 1½ twists.
  - a. Must be connected to a bracer at prep level or below.
  - b. A connection to the bracer must remain throughout the entire transition.

### C. Pyramids-Inversions

1. Must follow L4 Stunt Inversion rules.

### D. Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high and perform:
  - a. Up to 1½ twists
  - b. Non-Inverted Release skills
  - c. Non-Inverted Release moves that change bases if:
    - (1) Catchers are not involved with any other skill or choreography when the transition is initiated.
2. Connected to one bracer at prep level or below.
3. Contact must be maintained with the same bracer(s) until contact is made with a base on the performing surface. (This does not include the uniform or hair).
4. A top person may travel over another top person while connected to that top person at prep level or below.
5. Must be caught by at least 2 catchers (minimum of one catcher and one spotter).
  - a. Both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced/connected to top persons above prep level.

### E. Pyramids - Release Moves w/Braced Inversions (including braced flips) Are allowed if:

1. Contact is maintained with two bracers at prep level or below.
2. Contact is maintained with the same bracers until contact is made with a base on the performing surface. (This does not include the uniform or hair).
3. Braced on 2 separate sides (i.e. right side-left side, left side -back side, etc.) by 2 different bracers.
4. Braced on 2 of the 4 sides of the top person (front, back, right, left).
5. Up to 1-¼ flipping rotations, 0 twists.
6. Not involving changing bases.
7. In continuous movement.
8. Caught by 3 catchers. Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.
  - a. All required catchers/spotters must be stationary
  - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
  - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated.
9. Not traveling downward while inverted.
10. Not in contact with other stunt/pyramid release moves.
11. Not braced/connected to top persons above prep level

## **Level 4 - DISMOUNTS**

### **A. Dismounts - General**

1. Up to 2 tricks allowed during a dismount.
2. Up to  $2\frac{1}{4}$  twists allowed from any two-leg stunt.
3. Up to  $1\frac{1}{4}$  twists allowed from a platform position.
4. Up to  $1\frac{1}{4}$  twists allowed from any single leg stunt.
5. Dismounts from an inverted position may not twist.

### **B. Dismounts to Cradles**

1. A cradle from a two-leg stunt that exceeds  $1\frac{1}{4}$  and up to  $2\frac{1}{4}$  twists, no skill other than the twist is allowed.
2. When cradling single based stunts with multiple top persons:
  - a. 2 catchers must catch each top person.
  - b. Catchers and bases must be stationary prior to the initiation of the dismount.

## **Level 4 - TOSSES**

### **A. Tosses**

1. Up to 2 tricks allowed.
2. Up to  $2\frac{1}{4}$  twists allowed.