



2015-2016 School RULES AND RESTRICTIONS

NOVICE SKILLS RESTRICTIONS

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks). **STUNTS:**

Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a

½ twist by the top person (full ups are not allowed). **Exception: Log Rolls/Barrell rolls are allowed.**

All release moves must land in a cradle. Inversions in stunts are not allowed. All inversions must maintain contact with the performance surface.

Exception: Transitions from ground level inversions to non-inverted positions are allowed. Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. **Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Exception: Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.**

DISMOUNTS: Only straight pop downs, basic straight cradles and ¼ turns are allowed. **TOSSES:** The only body position allowed is a straight ride.

INTERMEDIATE SKILLS RESTRICTIONS

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may only be performed in a tuck position. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip. Cartwheel back tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed ½ twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below. Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two leg stunt.

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the AACCA Safety Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard AACCA Safety Guidelines with no other skill restrictions.