

STUNTING	INVERSION (Flyer Going upside down)	PYRAMIDS	BASKET TOSSES SHOTGUN TOSSES	TUMBLING
<p>2 foot Extended stunts allowed 1 foot Extended stunts not allowed Exception: Liberty</p> <p>Spotter required above prep level (Extensions, Qp and Liberty stunts)</p> <p>Spotter not required at/below prep level (Preps and Lower)</p> <p>Twisting allowed with restrictions Twist up to stunt: 1/2 spin allowed Twist dismounts from prep: full twist allowed Twist dismounts from extended: not allowed</p> <p>No release stunts allowed Base(s) or Back must connect at all times Exception: Cradle Exception: Log Roll</p> <p>Split Stunt Flyer needs to connect with 2 people (Base/Back Spot)</p> <p>Flat back stunts Spotter needed if extended No spotter needed at shoulders</p>	<p>Legal for Level 2</p> <p>MUST BE DONE BELOW PREP LEVEL Must have head/neck/shoulder support Must have 2 bases and 1 back spot Exception: Suspended forward roll from prep</p> <p>Legal Skills Back walkover out of cradle</p> <p>Front roll out of cradle</p> <p>Roundoff into a load</p> <p>Front walkover into a load</p> <p>Back walkover into a load</p> <p>Back handspring into a load</p> <p>Front handspring into a load</p> <p>Suspended forward roll Must have hand support by two people</p> <p>Baja into a crade</p> <p>Baja from load to the ground</p>	<p>Brace connection needed (Connection is arm or leg)</p> <p>Brace needs to be at shoulder height or below Example: Prep Example: Shoulder stand Example: Shoulder sit Example: Standing on ground</p> <p>Release from bases allowed (Must be connected to brace(s) arm/arm Twisting stunts allowed Twisting release stunts NOT ALLOWED</p> <p>Inversions NOT ALLOWED NO front / back flips allowed</p> <p>Extended 2 foot stunts allowed Extended 1 foot stunts allowed</p> <p>Extended 1 foot stunts must connect with arm/arm contact EXCEPTION - LIBERTY/LIBERTY HITCH</p>	<p>BASKET TOSSES NOT ALLOWED AT LEVEL 2</p> <p>SHOTGUN TOSSES Allowed at Level 2 Bases must toss flyer by holding feet</p> <p>Flyer may perform a single trick</p> <p>Legal Skills Straight Ride</p> <p>Pretty Girl Toss</p> <p>Back arch</p> <p>Ball out</p> <p>Toe Touch</p> <p>Pike</p> <p>Kick</p> <p>Full Twist</p>	<p>Skills need to have arm support on ground</p> <p>Legal Skills Forward Roll Backward Roll Cartwheel 1 hand cartwheel Front walkover Back Walkover Roundoff Aerial Front Handspring(s) Back Handspring(s)</p>