

STUNTING	INVERSION (Flyer Going upside down)	PYRAMIDS	BASKET TOSSES SHOTGUN TOSSES	TUMBLING
<p>No extended stunts</p> <p>Spotter required at prep level (Prep and 1 leg stunts)</p> <p>Spotter not required below prep level (Thigh stand and stunts on thigh)</p> <p>No twisting allowed (Twist up / down stunts twist dismounts) EXCEPTION 1/4 Twist</p> <p>Cradle allowed (Need 2 bases and 1 back spot)</p> <p>No release stunts allowed Bases 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>NOT ALLOWED AT LEVEL 1</p>	<p>Brace connection needed (Connection is arms only)</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>No release skills allowed Flyers must connect at all times Exception: Non Extended Stunts Exception: Cradle Exception: Log Roll</p> <p>Extended 2 foot stunt allowed Example: Extension Example: QP</p> <p>Connection for extended stunt MUST Connect at shoulder level or below</p>	<p>NOT ALLOWED AT LEVEL 1</p>	<p>Skills need to have arm support on ground</p> <p>Legal Skills Forward Roll</p> <p>Backward Roll</p> <p>Cartwheel</p> <p>1 hand cartwheel</p> <p>Front walkover</p> <p>Back Walkover</p> <p>Roundoff</p>