

| STUNTING   | INVERSION<br>(Flyer Going upside down)   | PYRAMIDS  | BASKET TOSSES<br>SHOTGUN TOSSES  | TUMBLING   |
|--|--|---|--|--|
| <p>Extended stunts allowed</p> <p>Spotter required above prep level</p> <p>Spotter not required at/below prep level (Preps and Lower)</p> <p>Twisting stunts allowed<br/>Maximum 1 full twist</p> <p>Twisting transitions allowed<br/>Maximum 1 full twist</p> <p>Twisting dismounts allowed<br/>Maximum 1 and 1/4 full twist</p> <p>Release stunts allowed</p> <p>Twisting Releasing Stunts Allowed</p> | <p>Legal</p> <p>Must have head/neck/shoulder support<br/>Must have 2 bases and 1 back spot</p> <p>Twisting during inversion limited to 1/2 Twist</p> | <p>Brace connection needed<br/>(Connection is arm or leg)</p> <p>Brace needs to be at<br/>Shoulder height or below<br/>Example: Prep<br/>Example: Shoulder stand<br/>Example: Shoulder sit<br/>Example: Standing on ground</p> <p>Release stunts allowed<br/>Twisting stunts allowed<br/>Twisting release stunts allowed</p> <p>Inversions allowed<br/>Must have brace(s) for flipping</p> <p>Extensions/QP can brace eachother</p> <p>1 Leg extended stunts CANT brace other<br/>extended stunts</p> | <p>BASKET TOSSES ALLOWED</p> <p>SHOTGUN TOSSES ALLOWED<br/>Bases must toss flyer by holding feet</p> <p>Flyer may perform a single trick</p> <p>Legal Skills<br/>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>Legal Skills<br/>Forward Roll</p> <p>Backward Roll</p> <p>Cartwheel</p> <p>1 hand cartwheel</p> <p>Front/Back walkover</p> <p>Roundoff</p> <p>Aerial</p> <p>Front Handspring(s)</p> <p>Back Handspring(s)</p> <p>Tuck</p> <p>Layout</p> <p>Full</p> |