

School Intermediate Performance Rules and Restrictions

Standing Tumbling

- Flips are not permitted.
- Standing back tucks or back handspring backs are not permitted.

Running Tumbling

- Flips are only permitted to be performed in the TUCK position and must be performed from a round-off or a round-off back handspring.
- Skills performed with hand support prior to the round-off or round-off back handspring are permitted.
- Punch fronts are not permitted.
- Twisting is not permitted while airborne.
 - Exception: Aerial cartwheels are permitted.
- Tumbling after a tucked flip or aerial cartwheel is not permitted.
- Cartwheel-tucks and or cartwheel-back handspring tucks are not permitted.

Stunts

- Twisting transitions to and from an extended position are not permitted to exceed a half (1/2) twist.
- Twisting transitions to, from, and at prep level are not permitted to exceed one (1) twist.
- Release moves must start below prep level and must be caught at or below prep level.
- Release moves are not permitted to pass above extended arm level.

Pyramids

- Braced flips are not permitted.

Dismounts

- Dismounts from any single leg stunt are limited to straight pop downs, straight ride cradles, and a quarter (1/4) turn cradles.
- Dismounts from any two (2) leg stunt are limited to 1¼ twist.

Tosses

- Only one trick is permitted during tosses.
- Twisting rotations are limited to one (1) twist.

