

School Novice Performance Routine Rules and Restrictions

Standing Tumbling

- Limited to a single back handspring.
- Standing series and jumps connected immediately to a back handspring are not permitted.
- Flips and aerials are not permitted.

Running Tumbling

- Limited to back and front handspring series.
- Flips and aerials are not permitted.

Stunts

- Single leg stunts may not be held at or pass through the extended position. Extended liberties are not permitted.
- All release moves must land in a cradle.
- Inversions are allowed only in transitions from ground level inversions to a non-inverted position. No other inversions are permitted.
 - Example: A handstand on the ground to a non-inverted stunt, such as a shoulder sit, **IS** permitted.
 - Example: Starting in a cradle or prone position and transitioning to a handstand is **NOT** permitted.
- Twisting transitions are limited to a half (1/2) twist by the flyer.
 - Exceptions: Log/barrel rolls are permitted.

Pyramids

- Extended single leg stunts must be braced by at least one person at or below prep level.
 - Connection must be made prior to the execution of single leg extended stunt.
 - Connection must be made at or below prep level.
- Inversions in pyramids are not permitted with the exception of the inversions allowed under Novice stunts rules.
- Any time a flyer is released by the bases and braced by other flyers, no skill is permitted during transition and must in a cradle.
- Release moves in pyramids are not permitted with the exception of release moves under Novice stunts rules.

Dismounts

- Dismounts are limited to straight pop-downs, basic straight cradles, and a quarter (1/4) twist.

Tosses

- Straight ride tosses are the only permitted body position.

