

All teams must follow AACCA Safety Guidelines with the additional division skill restrictions.

NOVICE RESTRICTIONS

STANDING TUMBLING: Standing Tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running Tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to 1/2 twist by the top person. *Exception* : Log Rolls/Barrel rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inverted positions to non-inverted positions. No other inversions are allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least 1 person at prep level or below. Connection must be made prior to executing a single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversions in pyramids are not allowed with the exception of the inversions allowed under Novice Stunts. Release

DISMOUNTS: Only straight pop downs, basic straight cradles, and 1/4 turns are allowed.

TOSSES: The only body position allowed is a straight ride.

INTERMEDIATE RESTRICTIONS

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. (*Exception*: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or aerial cartwheel. Cartwheel tucked flips and/or cartwheel-back handspring-tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed 1/2 twisting transition. Twisting transitions to, from, and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and 1/4 turn are allowed from any single leg stunt. Up to 1 1/4 twists are allowed from any two leg stunt.

TOSSES: Up to 1 trick is allowed during a toss. Tosses may not exceed 1 twisting rotation.

ELEMENTARY / JR HIGH / MIDDLE SCHOOL

Restrictions are listed in the AACCA Safety Guidelines

ADVANCED

Advanced teams will follow the standard AACCA Safety Guidelines with no other skill restrictions.