

LEVEL 1 RESTRICTED RULES

LEVEL 1 RESTRICTED GENERAL RULES

- A. Competition routines shall not exceed 2:00 minutes.

LEVEL 1 RESTRICTED GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
 Clarification: Tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
 Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1 Restricted-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in Level 1 Restricted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 1 RESTRICTED STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface.
Exception: Block cartwheels and round offs are allowed.
Exception: Walking handstands are allowed.
- B. Forward and backward rolls and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. **No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off a clear and distinct stop must immediately follow a round off or round off rebound.**
- E. Front and back handsprings, walkovers or bridge kick overs and standing up from a bridge are not allowed.
Clarification: the performer must return to the performing surface prior to standing up. E.g sitting or turning into crouch position.
- F. Bridges from a handstand, back bend to bridge and push up to bridge from the ground are allowed.

LEVEL 1 RESTRICTED STUNTS

- A. A spotter is required for each top person at waist level.
Exception: T- Lifts, stunts where the primary base/s are kneeling with both knees on the performing surface and stunts where the top person is only supported by the waist do not require a spotter.
Clarification: Waist level Lib, Thighstand lib, 4s position based stunts, and a nugget-based stunt are examples of waist level stunts and require a Spotter.
- B. Stunt Levels
1. Stunts above waist level are not allowed.
Clarification: Chair, Shoulder Sit and Flatback are all Prep level stunts.
Exception: Stunts may pass above waist level but not exceed prep level.
Exception: T lift and V-sit are allowed. (The center base in a v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person).
- C. Twisting mounts and transitions are only allowed up to a 1/4 twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1/4 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation.
Exception 1: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in Level 1R.
Exception 2: 1/2 Wrap around stunts are legal in Level 1R.

Exception 3: Up to a 1/2 twist is allowed if the top person starts and ends on performance surface and is only supported at the waist and does not require an additional spotter.

- D. During transitions, at least one base must remain in contact with the top person. Exception: Leap frogs and leap frog variations are not allowed in L1R.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs.

Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under prep is illegal.

Exception: An individual may jump over another individual.

- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.
- I. LR1 Stunts-Release Moves
 1. Release moves are not allowed other than those allowed at Level 1 Restricted in "Dismounts".
 2. Release moves may not land in a prone or inverted position.
 3. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.
 4. Helicopters are not allowed.
 5. A single full twisting log/barrel roll is not allowed.
 6. Release moves may not intentionally travel.
 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. L1R Stunts-Inversions

1. Inversions are not allowed.

Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling L1R tumbling rules).

Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position. Clarification: A person standing on the ground is not considered a top person.

LEVEL 1 RESTRICTED PYRAMIDS

- A. Pyramids must follow Level 1R "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top person must receive primary support from a base.

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must dismount to the performing surface and must follow the L1R dismount rules.

C. Two leg Prep stunts:

1. Must be braced by a **top person** at waist level or below with hand-arm connection only. The connection must be made at or below waist level.
2. Prep stunts may not brace or be braced by other prep level stunts.
3. The connection must be made prior to **initiating** the two leg prep level stunt.
4. Waist level bracers must have both feet in bases' hands.

Exception: A brace standing in a thigh stand, Baby lib, thigh stand lib do not need both feet in bases' hands.

D. Single Leg Stunts

1. Prep level single leg stunts are not allowed.

- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is illegal.

LEVEL 1 RESTRICTED DISMOUNTS

Note: Movements are only considered "Dismounts" if released and assisted to the performing surface.

- A. Cradles are not allowed.

Clarification: All waist level cradles are illegal.

- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- C. **Only straight pop downs are allowed.**
- D. Twisting dismounts (including 1/4 turns) are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. No dismounts are allowed from stunts at p` rep level in pyramids.
Clarification: A Prep stunt in a pyramid must be brought down to waist level or below before it can be dismounted.
- G. No free flipping or assisted flipping dismounts allowed.
- H. Dismounts must return to original base(s).
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

LEVEL 1 RESTRICTED TOSSES

- A. No tosses allowed.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.

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