

	BLUE
Standing Tumbling	<ul style="list-style-type: none"> <li>All skills with hand support performed from a standing position are allowed.</li> <li>Connection of more than one of the above skills is allowed. <i>Ex: cartwheel/back walkover, or standing back handspring series.</i></li> <li>Flips are allowed but may not exceed 1 flipping rotation and 0 twisting rotations.</li> <li>Forward 3/4 flips to the seat and toe-pitch flips are <b>prohibited</b>.</li> </ul>
Running Tumbling	<ul style="list-style-type: none"> <li>All skills with hand support are allowed.</li> <li>Flips are allowed but may not exceed one flipping and one twisting rotation. Flips may <b>ONLY</b> be performed from a round off or round off back handspring entry.</li> <li>Flips may be performed in alternate positions (layout, x-out, pike, etc.).</li> <li>Aerial cartwheels and running front tucks are allowed.</li> <li>Tumbling after a flip is <b>prohibited</b>. <i>Exception: a forward or backward roll out of a flip for safety is permitted.</i></li> </ul>
Stunts	<ul style="list-style-type: none"> <li>Single leg extended stunts are allowed.</li> <li>Twisting during the load-in is limited to one full twist by the base(s) and/or flyer.</li> <li>Split stunts, and swing-up stunts are <b>prohibited</b>.</li> </ul>
Tosses	<ul style="list-style-type: none"> <li>Basket and sponge tosses are allowed.</li> <li>Tosses may not exceed two twisting rotations.</li> <li>Half (1/2) helicopter tosses are allowed.</li> <li>Flipping (front or back) and traveling tosses are <b>prohibited</b>.</li> </ul>
Pyramids	<ul style="list-style-type: none"> <li>Pyramids must follow stunt and dismount rules.</li> <li>Moving/walking pyramids are allowed.</li> <li>Hanging pyramids are allowed but must remain stationary.</li> <li>Collapsible pyramids are <b>prohibited</b>.</li> </ul>
Dismounts	<ul style="list-style-type: none"> <li>Cradles from all stunts are limited to two and one quarter (2 1/4) twists.</li> <li>Flips are <b>prohibited</b> (Exception: Double based suspended forward roll dismounts)</li> <li>Cradle dismounts to different bases that do not progress back to an upright/vertical position are <b>prohibited</b>.</li> </ul>
Release Moves	<ul style="list-style-type: none"> <li>Release moves are allowed but must not exceed more than eighteen inches above extended arm level (i.e. tic tocs would be allowed).</li> </ul>