

	Red
Standing Tumbling	<ul style="list-style-type: none"> <li>All skills with hand support performed from a standing position are allowed. <i>For example: front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, round offs and handsprings are allowed.</i></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>At least one hand must remain in contact with the floor during skill execution. (Exception: both hands must remain in contact with the floor when performing front or back handsprings).</li> <li>Flips and aerials are <b>prohibited</b>.</li> </ul>
Running Tumbling	<ul style="list-style-type: none"> <li>All skills with hand support are allowed. (All flips are <b>prohibited</b>)</li> <li>At least one hand must remain in contact with the floor during skill execution (exception: both hands must remain in contact with the floor when performing front or back handsprings).</li> <li>Series tumbling is allowed.</li> </ul>
Stunts	<ul style="list-style-type: none"> <li>Two leg extended stunts are allowed.</li> <li>One leg prep level stunts are allowed. (<i>Single leg extended stunts are <b>prohibited</b></i>)</li> <li>Twisting during the load-in is limited to one half (1/2) twist by the flyer only (base cannot turn during the load-in).</li> <li>Split stunts and swing-up stunts are <b>prohibited</b>.</li> </ul>
Tosses	<ul style="list-style-type: none"> <li>Tosses are prohibited.</li> </ul>
Pyramids	<ul style="list-style-type: none"> <li>Pyramids must follow stunt and dismount rules. (<i>Single leg extended stunts are <b>prohibited</b></i>)</li> <li>In pyramid transitions, the flyer (top) must maintain contact with at least one base at all times.</li> <li>Hanging and collapsible pyramids are <b>prohibited</b>.</li> </ul>
Dismounts	<ul style="list-style-type: none"> <li>Cradles from prep level one leg stunts and two leg extended stunts, may not exceed more than one and one quarter twisting rotation. <i>Other positions during cradles are allowed (i.e. arch, toe touch, pike, tuck, etc.)</i></li> <li>Any inverted dismount, including double based suspended forward rolls, are <b>prohibited</b>.</li> <li>Cradles may not land in prone position (on stomach).</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>No release moves are allowed other than those mentioned in the Dismounts and Tosses sections. (<i>No up and down release transitions that are braced by prep level or below stunts are allowed</i>)</li> <li>Exception: A single full twisting barrel (log) roll is allowed if it starts and ends in a cradle position.</li> </ul>