

Surface Restriction Chart

Stunts, Tosses & Tumbling Skills with Restricted Surfaces

PERMITTED ONLY ON MATS / GRASS / RUBBER TRACKS	RULE	PERMITTED ON ANY APPROPRIATE SURFACE
Partner Stunts <i>Cheer Only</i> A. A single base supports a top person with only one hand. <i>(This stunt is illegal for dance)</i>	3-4-11	Partner Stunts <i>Cheer & Dance</i> A. All other partner stunts not specifically limited to mats, grass or rubber tracks.
Tosses <i>Cheer Only</i> <i>Toss: Throwing motion; bases' hands under top's feet; starts below prep level.</i> <i>(Tosses are illegal for dance.)</i>	3-5-3	Release Stunts <i>Cheer & Dance</i> <i>Release Stunt: Top person becomes free of contact from all personnel on the performing surface.</i>
Cradle Dismounts <i>Cheer Only</i> A. From Tosses <i>(Tosses are illegal for dance.)</i>	3-7-9 4-7-7	Cradle Dismounts <i>Cheer & Dance</i> A. All cradles that are not from tosses. <i>(Twisting cradles are illegal for dance.)</i>
Tumbling <i>Cheer & Dance</i> A. Airborne twisting tumbling <i>except for round-offs & aerial cartwheels.</i>	3-8-6 4-8-6	Tumbling <i>Cheer & Dance</i> A. Non-airborne tumbling B. Non-twisting airborne tumbling C. Round-offs; aerial cartwheels

Dance – Props as Bases – Height & Dimension Chart

*Restrictions for Props Used as Bases in Dance/Drill/Pom
(See Rule 3-10 for cheer restrictions.)*

Rule	Restriction	Ht / Dim
4-10-1	Dance/Drill – Max height for weight-bearing portion of prop.	5'
3-10-1	Cheer - Max height for prop used as bases (i.e., cheer boxes)	3'
4-10-3a	Inverted position OK if one foot is in weight-bearing contact with prop at least 2' x 2'.	2' x 2'
4-10-3b	Inverted position OK if LYING on prop at least 1' wide x no more than 3' high.	1' x 3'
4-10-5	If prop is higher than 3', top person must maintain contact <u>except</u> if the performance area is at least 3' x 3' for each participant.	3' x 3'
4-10-6	Width required for forward roll while on a prop.	1'
4-10-7	Head arch back - OK if on prop at least 2' x 2' <u>or</u> top person grasps a secure portion of the prop	2' x 2'
4-10-8	Height of support surface if prop suspended between two people.	Waist
4-10-9	Top person is dancing or moving feet on stationary prop higher than 3' and less than 1' wide, a spotter is required.	3' x 1'
4-12-4	Dismounts to performing surface from higher than 3' must have assisted landing. No skill from prop higher than 3' without hand-to-hand or hand to prop contact.	3'