

Surface Restriction Chart

Stunts & Tumbling with Restricted Surfaces

ALLOWED ONLY ON MATS, GRASS OR RUBBERIZED TRACKS	RULE	ALLOWED ON ANY APPROPRIATE SURFACE
Tosses/Release Stunts A. All tosses (Defined as upward throwing motion with base(s) hands under top's feet.	2-7-3 2-7-6,7 2-7-4	Tosses/Release Stunts A. All release stunts that are not considered tosses (helicopters, etc.) B. All quick tosses.
Cradles All cradles that are dismounts from tosses.	2-7-2 2-9-8	Cradles Other twisting or non-twisting cradles that are not from tosses
Tumbling A. Airborne twisting tumbling (except round-offs & aerial cartwheels).	2-10-6 3-5-6	Tumbling A. All non-airborne tumbling B. Non-twisting airborne tumbling C. Round-offs; aerial cartwheels.
Partner Stunts A. Single base supports top person with one hand	2-6-12	Partner Stunts A. All other partner stunts not specifically limited to mats, grass or rubberized tracks.

Props as Bases – Height/Dimension Chart

Height & Dimension Restrictions for Props Used as Bases

Ht / Dim	Restriction	Rule
5'	Maximum height for <u>weight-bearing</u> portion of prop	3-2-2
3'	Dismounts to performing surface from higher than 3' must have assisted landing	3-4-2
3'	No skill without hand-to hand/prop contact from prop higher than 3' during dismount to the performing surface	3-4-6
3' x 3'	If prop is higher than 3', top person must maintain contact EXCEPT if the performance area is at least 3' x 3' for each participant.	3-2-5
3' x 1'	Spotter required when a top person is dancing or moving feet on stationary prop higher than 3' and less than 1' wide	3-2-9
2' x 2'	Head arch back - OK if on prop at least 2' x 2' <u>or</u> top person grasps a secure portion of the prop	3-2-7
2' x 2'	Inverted position OK if STANDING (one foot in wt bearing contact) on prop at least 2' x 2'	3-2-1 a
1' x 3'	Inverted position OK if LYING on prop at least 1' wide x no more than 3' high	3-2-1 b
1'	Width required for forward roll while on a prop	3-2-6
Waist	Height of support surface if prop suspended between two people	3-2-8