

## **Surface Restriction Chart**

### *Stunts, Tosses & Tumbling Skills with Restricted Surfaces*

<b>PERMITTED ONLY ON MATS / GRASS / RUBBER TRACKS</b>	<b>RULE</b>	<b>PERMITTED ON ANY APPROPRIATE SURFACE</b>
<b><u>Partner Stunts</u></b> <i>Cheer Only</i> A. A single base supports a top person with only one arm/hand. (This stunt is illegal for dance)	<b>2-4-7</b>	<b><u>Partner Stunts</u></b> <i>Cheer</i> A. All other partner stunts not specifically limited to mats, grass or rubber tracks.
<b><u>Tosses</u></b> <i>Cheer Only</i> Toss: Throwing motion; bases' hands under top's feet; starts below shoulder level. (Tosses are illegal for dance.)	<b>2-5-3</b>	<b><u>Release Stunts</u></b> <i>Cheer</i> Release Stunt: Top person becomes free of contact from all personnel on the performing surface.
<b><u>Cradle Dismounts</u></b> <i>Cheer Only</i> A. From Tosses (Tosses are illegal for dance.)	<b>2-5-3d</b>  <b>Dismount Rule 7 for Dance</b>	<b><u>Cradle Dismounts</u></b> <i>Cheer &amp; Dance</i> A. All cradles that are not from tosses.
<b><u>Tumbling</u></b> <i>Cheer &amp; Dance</i> A. Airborne twisting tumbling except for round-offs & aerial cartwheels.	<b>2-8-6</b> <b>3-8-6</b>	<b><u>Tumbling</u></b> <i>Cheer &amp; Dance</i> A. Non-airborne tumbling B. Non-twisting airborne tumbling C. Round-offs; aerial cartwheels

## **Props as Bases – Height & Dimension Chart**

<b>Rule</b>	<b>Restriction</b>	<b>Ht / Dim</b>
<b>3-10-6</b>	Dance – Max height for <u>weight-bearing</u> portion of prop.	<b>4'</b>
<b>2-10-4</b>	Cheer - Max height for prop used as bases (i.e., cheer boxes)	<b>3'</b>
<b>3-10-8a</b>	Inverted position OK if one foot is in weight-bearing contact with prop at least 2' x 2'.	<b>2' x 2'</b>
<b>3-10-8b</b>	Inverted position OK if LYING on prop at least 1' wide x no more than 3' high.	<b>1' x 3'</b>
<b>3-10-10</b>	If prop is higher than 3', executing dancer must maintain contact <u>except</u> if the performance area is at least 3' x 3' for each participant.	<b>3' x 3'</b>
<b>3-10-11</b>	Width required for forward roll while on a prop.	<b>1'</b>
<b>3-10-12</b>	Head arching back - OK if on prop at least 2' x 2' <u>or</u> executing dancer grasps a secure portion of the prop	<b>2' x 2'</b>
<b>3-10-13</b>	Height of support surface if prop suspended between two people. Spotter required if executing dancer is standing.	<b>Waist</b>
<b>3-10-14</b>	Executing dancer is dancing or moving feet on stationary prop higher than 3' and less than 1' wide, a spotter is required.	<b>3' x 1'</b>
<b>3-12-4</b>	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 base (prop) contact.	<b>3'</b>
<b>3-12-5</b>	Cradle dismounts from base (prop) are not permitted from above 3'	<b>3'</b>