

Surface Restriction Chart

Stunts, Tosses & Tumbling Skills with Restricted Surfaces

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

Props as Bases – Height & Dimension Chart

Rule	Restriction	Ht / Dim
3-10-6	Dance – Max height for <u>weight-bearing</u> surface of prop.	4'
2-10-4	Cheer - Max height for prop used as bases (i.e. cheer boxes)	3'
3-10-8a	Inverted position OK if one foot is in weight-bearing contact with prop at least 2' x 2'.	2' x 2'
3-10-8b	Inverted position OK if LYING on prop at least 1' wide and not more than 3' high.	1' x 3'
3-10-10	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.	3' x 3'
3-10-11	Width required for forward roll while on a prop.	1'
3-10-12	Head arching back - OK if on prop at least 2' x 2' <u>or</u> executing dancer grasps a secure portion of the prop	2' x 2'
3-10-13	Height of support surface if prop suspended between two people. Spotter required if executing dancer is standing.	Waist
3-10-14	Executing dancer is dancing or moving feet on stationary prop higher than 3' and less than 1' wide, a spotter is required. If prop moves (wheels or rounded surface), a spotter is required.	3' x 1'
3-12-4	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 base (prop) contact.	3'
3-12-5	Cradle dismounts from base (prop) are not permitted from above 3'	3'