Surface Restriction Chart

Stunts & Tumbling with Restricted Surfaces

ALLOWED ONLY ON MATS, GRASS OR RUBBERIZED TRACKS	RULE	ALLOWED ON ANY APPROPRIATE SURFACE
Tosses A. Basket, elevator and *similar* multi-base tosses.	2-7-2 2-7-3	**Tosses** A. All tosses not specifically limited to mats/grass/rubberized tracks. B. All quick tosses.
Cradles Only cradles from basket/elevator and similar tosses are restricted.	2-7-2 2-9-8	**Cradles** All twisting and non-twisting cradles which are not from basket/elevator tosses
Tumbling A. Airborne twisting tumbling *(except round-offs & aerial cartwheels).*	2-10-6	**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, pyramids, tosses and tumbling 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