

SCHOOL PERFORMANCE DIVISION RESTRICTIONS

Advanced, Intermediate, and Novice teams are required to follow AACCA School Rules.

Intermediate and Novice teams have additional restrictions they must follow. Restrictions are as follows:

ADVANCED DIVISION SKILL RESTRICTIONS

TOSES:

Elementary, Junior High, and Middle School teams may not perform tosses.

INTERMEDIATE DIVISION SKILL RESTRICTIONS

STANDING TUMBLING:

1. Non-airborne skills are allowed.
2. Standing handspring series and jump-handspring combinations are allowed.
3. Flipping skills with or without twisting are not allowed. (ex. Front or Back tucks/aerials/pikes/layouts/whips/arabians/fulls)

RUNNING TUMBLING:

1. Tumbling skills are allowed up to 1 flip and 0 twists.
Exception: Aerial cartwheels are allowed.
2. Flips may ONLY be performed in tuck position, and be preceded by a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring(s) are allowed.
 - a. Punch Fronts are not allowed
 - b. Cartwheel tucked flips and/or Cartwheel Back Handspring Tucks are not allowed.
 - c. No tumbling is allowed after a flip or an Aerial Cartwheel.

STUNTS:

1. Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.
2. Twisting transitions to, from, and at prep level may not exceed 1 twisting rotation.
3. Release moves must start below prep level and must be caught at prep level or below. Release may not be initiated if the top person is supported under both feet during the dip.
 - a. Release moves may not pass above extended arm level.
 - b. Release moves may not invert after release.
 - c. Release moves may not twist.

Exception: Barrel Roll that begins and ends in a cradle, flatback or prone position, and has up to 1 twisting rotation.

PYRAMIDS:

1. Extended one leg stunts may not be braced to another extended stunt.
2. During a pyramid transition, a top person may be released from the bases if the top person stays in direct contact with 2 different top persons at prep level or below. Bracers cannot hold onto the same limb of the flyer. Contact must be maintained with the same bracers throughout the entire transition. Contact must be made with a base(s) on the performing surface BEFORE contact with the bracer is lost.
 - a. The released top person may transition up to 1 twist providing the bracers are each holding onto a separate arm of the top person. The bracers must maintain the initial connection throughout the entire transition.
3. Braced rolls are allowed.
4. Braced flips are not allowed. A top person may not pass through an inverted position during a pyramid transition when released from bases.

DISMOUNTS:

1. Only straight pop downs, basic straight rides, and 1/4 turn cradles are allowed from any single leg stunt.
2. Up to 1 1/4 twists are allowed from any two leg stunt.

TOSES:

1. Up to 1 trick allowed during a toss.
2. Tosses may not exceed 1 twisting rotation.

Elementary, Junior High, and Middle School teams may not perform tosses.

NOVICE DIVISION SKILL RESTRICTIONS

STANDING TUMBLING:

1. Non-airborne skills are allowed.
2. Standing tumbling is limited to a standing single back handspring.
3. Standing handspring series and jump-handspring combinations are not allowed.
4. Flipping skills with or without twisting are not allowed. (Ex. Front or Back tucks/aerials/pikes/layouts/whips/arabians/fulls)

RUNNING TUMBLING:

1. Running tumbling is limited to front and back handspring series.
2. Flipping skills with or without twisting is not allowed. (Ex. Front or Back tucks/aerials/pikes/layouts/whips/arabians/fulls)

STUNTS:

1. Single leg stunts may not be held or pass through an extended position.
2. Twisting transitions are limited to a 1/2 twist by the top person.
Exception: Log Rolls/Barrel rolls are allowed with 1 twisting rotation only, and must start and end in a cradle.
3. All release moves must land in a cradle, and top person must maintain a straight/hollow body position during release.
4. The only inversions allowed are transitions from ground level inversions up to non-inverted positions. No other inversions are allowed.

PYRAMIDS:

1. Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing the single leg extended stunt, and must be made at prep level or below.
2. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.
 - a. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.
3. Inversions in pyramids are not allowed with the exception of the inversions allowed under Novice Stunts.

DISMOUNTS:

1. Only straight pop downs, basic straight cradles and 1/4 turn cradles are allowed.

TOSSES:

1. The only body position allowed is a straight ride.

Elementary, Junior High, and Middle School teams may not perform tosses.