

All Advanced and Intermediate College teams are required to follow AACCA College Rules. Intermediate teams have additional restrictions they must follow. Restrictions are as follows:

INTERMEDIATE COLLEGE DIVISION SKILL RESTRICTIONS

STUNTS & PYRAMIDS:

1. Released inversions into or from stunts are prohibited.
2. Released full twists to an extended position are prohibited.
3. Double twisting dismounts are prohibited.
4. Pyramids sustained over 2 persons high are prohibited.
5. Twisting stunts (i.e. full ups) are limited to ONE and a quarter ($1\frac{1}{4}$) twisting rotation.

Clarification: One and a half ($1\frac{1}{2}$) up and double ups are prohibited.

TOSSES:

1. Released flips from basket/sponge tosses are prohibited.
Clarification: Inverted Tosses are not allowed.
2. Twisting dismounts from basket/sponge tosses may not exceed 2 rotations.
Clarification: $1/4$ turn is allowed to set for the twist and will not be counted as part of the 2 rotations.
3. In non-flipping tosses, the top person is limited to $2\frac{1}{4}$ twisting rotations and three (3) total tricks (i.e. Kick double)

TUMBLING:

1. Standing back tucks or other standing flips, as well as standing tumbling passes that include back tucks or other flips are not permitted.
2. Running Tumbling passes that include Airborne flips are permitted (i.e.. Tucks, layouts, whips, etc.)
3. Twisting flips are not permitted in Standing or Running Tumbling.