



**2022-2023  
MIDDLE SCHOOL  
GUIDELINES**

---

**TABLE OF CONTENTS:**

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS	2
GENERAL TUMBLING	3
STANDING TUMBLING	3
RUNNING TUMBLING	3
STUNTS	4
PYRAMIDS	4
DISMOUNTS	4
RELEASE MOVES	
1. Stunt Release Moves	6
2. Pyramid Release Moves	6
INVERSIONS	
3. Stunt Inversions	6
4. Pyramid Inversions	6
5. Pyramids-Release Moves with braced inversions	6
TOSSES	6

## GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be under a qualified director/coach's supervision during all events.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
4. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
5. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
6. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
7. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from FCDA, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
8. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
9. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed. Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
10. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. All Star Prep routines shall not exceed 2:00.
11. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
12. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be replaced by another performer during a routine.
13. An athlete must not have anything in her/his mouth during practice and/or performance.



## **2022-2023 Middle School GUIDELINES**

### **GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing surface. A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed. Exceptions: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
5. If a jump skill is included in a tumbling pass, the jump will break up the pass. Example: If an athlete were to do a round-off toe touch-back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for.

### **STANDING TUMBLING**

1. Flips are not allowed. Jumps connected to  $\frac{3}{4}$  front flips are also not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne with the exception of round offs.

### **RUNNING TUMBLING**

1. Back Flips may only be performed in tuck position only from a round off or round off back handspring(s). The following tumbling skills are examples of skills not allowed: x-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
2. Other skills with hand support prior to the round off or round off back handspring are allowed. Front handsprings and front walkover through to round off back handspring back tucks are legal.
3. Cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed.
4. Aerial cartwheels running tuck fronts, and  $\frac{3}{4}$  front flips are allowed. Clarification: A front handspring (or any other tumbling skill) into a front tuck is not legal.
5. No tumbling is allowed after a flip or an aerial cartwheel. If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is needed to create a new tumbling pass.
6. No twisting while airborne. Exception: Round offs and aerial cartwheels are allowed.

### **STUNTS**

1. A spotter is required for each top person above prep level.
2. Single leg extended stunts are allowed. Single base or assisted single base extended stunts are not allowed in Youth divisions.
3. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the persons show a

definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

4. Full twisting transitions may land or originate from prep level or below only. No full ups to an extended position.
5. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotation.
6. During transitions, at least one base must remain in contact with the top person. Exception: See Release Moves.
7. Free flipping stunts and transitions are not allowed.
8. No stunt, pyramid or individual may move over or under another stunt, pyramid or individual. This pertains to a person's torso moving over or under the torso of another person; not the arms or legs. Shoulder sits walking under prep is not legal. Exception: An individual may jump over another individual.
9. Single based split catches are not allowed.
10. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person

## **PYRAMIDS**

1. Pyramids must follow "Stunts" and "Dismounts" rules and are allowed up to 2 high. Single base or assisted single base extended stunts are not allowed in youth divisions.
2. Top persons must receive primary support from a base. Exception: See Pyramid Release Moves.
3. Extended single leg stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual. A Top person may not pass over or under the torso of another top person regardless if the stunt or pyramid is separate or not. Example: shoulder sits walking under prep.
5. Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and two bracers. Exception: Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least one bracer at prep level or below and at least one base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill hand/arm does not include shoulder.

## **DISMOUNTS**

**Movements are only considered a dismount if released to a cradle or released and assisted to the performing surface**

1. Cradles from single based stunts at prep level must have a separate spotter with at least one hand/arm supporting waist to shoulder area to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts at prep level must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder area to protect the head and shoulder area through the cradle.
3. Dismounts must return to original base(s). Exception: Dismounts to the performing surface must be assisted by either an original base and/ or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.
4. Only straight pop downs, basic straight cradles and quarter turns cradles are allowed from any single leg stunt.
5. Up to 1 1/4 twists are allowed from any two leg or single leg extended stunts. Clarification: Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at level 4 stunts twisting stunts and transitions only.
6. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
7. Up to 1 trick allowed during a dismount from any one or two leg stunt.
8. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
9. No free flipping dismounts allowed.

10. Dismounts must return to original base(s)
11. Dismounts may not intentionally travel.
12. Top persons in dismounts may not come in contact with each other while released from the bases.
13. Tension drops/rolls of any kind are not allowed.
14. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
15. Dismounts from an inverted position are not allowed

## RELEASE MOVES

### Stunt Release Moves:

1. Release moves are allowed but must not pass above extended arm level. If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "toss and/or dismount rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "toss" or "dismount" rules.
2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.
3. Release moves must start at waist level or below and must be caught at prep level or below.
4. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single-based stunt.
5. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill. Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. flat back or prone. Single-based log rolls must have 2 catchers multi-based log rolls must have 3 catchers
6. Release moves must return to original bases. An individual may not land on the performing surface without assistance. Exception: See Dismount rules. Exception: Dismounting single-based stunts with multiple top persons.
7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals or props.
10. Top persons in separate release moves may not come in contact with each other. Exception: Dismount single based stunts with multiple top persons.

### Pyramid Release Moves:

1. Any skill legal as Pyramid Release Move is also legal if it remains connected to a base and two bracers. Any time a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the dismount rules.
2. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below. Contact must be maintained with the same bracers throughout the entire transition. Twisting stunts and transitions are allowed up to 1 twist, if connected to at least two bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. Pyramid Release Moves may incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under stunt release moves or level dismounts.
3. Top person must remain in direct contact with at least two different top persons at prep level or below. One of these contacts must be hand/arm-to-hand/arm. The second contact may be either hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee). Clarification: Pyramid Release Moves must be braced on two separate sides (i.e. right side-left side, left side-back side, etc.) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body. Clarification: Contact must be made with a base on the performing surface before contact with the bracer(s) is lost.
4. Primary weight may not be borne at second level. The transition must be continuous.
5. These release transitions may not involve changing bases.
6. These transitions must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary. Both catchers must maintain visual contact with the top person throughout the entire transition.
7. Release moves may not be braced/connected to top person above prep level.

## INVERSIONS

### Stunt Inversions:

1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below. Exception: Multi base suspended forward roll dismounts to a cradle or the performing surface are allowed. Multi base suspended forward rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
2. Inversions are limited to a  $\frac{1}{2}$  twisting rotation. Exception: Multi base suspended forward roll may twist up to a full twisting rotation. Forward Suspended Roll exceeding  $\frac{1}{2}$  twist must land in cradle. Exception: IN a multi based suspended backward roll, the top person may not twist.
3. Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers positioned at the Waist to shoulder area to protect the head and shoulder area. Top person must maintain contact with an original base. 1. The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern). 2. Catchers must make contact with the waist to shoulder area to protect the head and shoulder area. Two leg pancake stunts are not allowed.
4. Downward inversions may not come in contact with each other.
5. Bases may not support any weight of a top person while that base is in a backbend or inverted position. A person standing on the ground is not considered a top person.

### Pyramid Inversions:

1. Must follow stunt inversions rules
2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below. A flat back split which rolls to a load I position would be legal even if the base extends their arms during the inversion skill. A flat back split which rolls to an extended position would not be legal because it did not first land in a position below extended level.

### Pyramids-Release Moves with braced inversions:

Pyramid transitions may not involve inversions while released from the bases.

## TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
3. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Up to 1 trick allowed during a toss. Twisting tosses may not exceed  $1\frac{1}{4}$  twisting rotation. (Legal: toe touch, ball out, pretty girl) (Illegal: Switch kick, pretty girl-kick, double toe-touch) The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.
7. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls,  $\frac{1}{2}$  twist toe touches are not allowed)
8. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
9. Only a single top person is allowed during a toss.