



Parent Rules 2009/2010

Parent Team Rules

Parent Team General Tumbling (equivalent to Level 4 All-Star rules)

- A. All tumbling must originate from and land on the performing surface
 - *Exception: Tumbler may, without hi-over-dead rotation, rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.*
- B. Tumbling over, under or through a stunt, individual or prop is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed.
 - *Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.*
 - Dive rolls:
 - Dive rolls performed in a swan/arched position are not allowed.
 - Dive rolls that involve twisting are not allowed.

Parent Team Running Tumbling (equivalent to Level 4 All-Star rules)

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
 - *Exception: aerial cartwheel, Onodi*
- C. Consecutive flip-flip combinations are not allowed (ex. Back tuck-back tuck, back tuck-punch front, etc.)
- D. Jump skills are not allowed in immediate combination with a standing flip (ex. Toe touch back tucks, back tuck toe touches, pike jump front flips, etc.)
 - *Clarification: toe touch back handspring back tuck is allowed because the flip skill is not connected immediately after the jump skill.*

Parent Team Stunts (equivalent to Level 3 All-Star rules)

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
 - Twisting mounts and transitions are allowed up to one twist by the top person.
 - Full twisting transitions may land or originate from prep level or below only (ex. Full up to an extended stunt would not be allowed.)
 - *Clarification: ¾ up to an extended stunt or down from an extended stunt is allowed.*
 - Full twisting transitions to/from an extended stunt are not allowed.
- D. During transitions at least one base must remain in contact with the top person.
- E. Free flipping stunts and transitions are not allowed.
- F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual. (ex. Shoulder sit walks under a prep.)
- G. Prep level or above pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).



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- H. Single based split catches are not allowed.
- I. Single based double awesome/cupies require a separate spotter for each top person.

Parent Team Stunts – Release Moves

- A. No release moves allowed other than those allowed at Level 3 in “Dismounts” and “Tosses”
 - *Exceptions: Single based, coed style toss stunts to prep level are allowed.*
- B. Release moves may not land in a prone position.
- C. Release moves must return to original bases.
- D. Helicopters are not allowed.
- E. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
 - *Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex. No kick full twists)*
- F. Release moves may not intentionally travel.

Parent Team Stunts – Inversions

- A. No inverted stunts above shoulder level.
 - *Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.*
- B. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base.
 - *Clarification: 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.)*
 - *Clarification: Catchers must physically catch the top person at the head and shoulder area.*

Parent Team Pyramids (equivalent to Level 3 All-Star rules – see exceptions)

- A. Pyramids up to 2 high must follow Parent Team “Stunts” and “Dismounts” rules.
- B. Extended single leg stunts may not brace or be braced by any other extended stunts.
- C. No stunt, pyramid or individual may move over or under any other stunt, pyramid or individual (ex. Shoulder sits walking under prep)
 - *Clarification: Leap frog pyramids and wolf wall transitions are illegal.*

Parent Team Pyramids – Release Moves (only allowed for 2 high pyramids)

- A. 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.



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- B. Top person must remain in direct arm-to-arm contact with at least 2 different top persons at prep level or below.
 - *Clarification: Being braced on one side with both arms and the other side by hand-foot connection is not allowed.*
 - *Clarification: If a top person is brace on both sides with a arm-to-arm connection and a THIRD bracer with hand-foot connection, the skill would be legal.*
- C. These release transitions may not involve changing bases.
- D. These transitions be caught by at least 2 catchers.
 - Catchers must be stationary.
 - Catchers must maintain visual contact with the top person throughout the entire transition.

Parent Team Pyramids – Inversions (only allowed for 2 high pyramids)

- A. Must follow Parent Team “Stunt Inversion” rules

Parent Team Pyramids – Release Moves with Braced Inversions

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

Parent Team Pyramid Exceptions

- A. Pyramids up to 2 ½ high must follow these additional rules.
- B. For 2 ½ high pyramids there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2 ½ high level. Spotters may not be a primary support of the pyramid.
- C. Number of primary bases must be equal to or greater than then number of top persons.
- D. In any 2 ½ high pyramid no top person or secondary base may be held at extended level.
 - *Clarification: birdcage and Swedish fall pyramids are illegal.)*

Parent Team 2 ½ High Pyramid Mounts/Dismounts

- A. Tops at 2 ½ persons height may not free flight up to 2 ½ height and are limited to straight cradle only
 - *Clarification: no tricks or pop downs are allowed from 2 ½ height.*

Parent Team Dismounts (equivalent to Level 3 All-Star rules) – Does not apply to tops at 2 ½ height

- A. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have 2 catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.



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- C. Dismounts to the performing surface from stunts and pyramids at prep level and above must be assisted by an original base.
- D. Only straight pop down, basic straight cradles and quarter turns are allowed from any single leg stunt.
- E. Up to 1 $\frac{1}{4}$ twists are allowed from any 2 legged stunts.
- F. Up to 1 trick allowed during a dismount from any 2 legged stunt.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesome/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prop to the initiation of the dismount.

Parent Team Tosses (equivalent to Level 3 All-Star rules)

- A. 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.
- B. 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 (ie. No intentional traveling tosses.)
- C. Flipping, inverted or travelling tosses are not allowed.
- D. 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.
- E. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.
 - *Legal: toe-touch, ball out, pretty girl, etc.*
 - *Illegal: Switch kick, pretty girl kick, double toe-touch, etc.*
 - *Clarification: the `arch` does not count as a trick.*
 - *Exception: A ball X is allowed at this level.*
- F. During a twisting toss no skill other than the twist is allowed. (ex. Kick fulls, $\frac{1}{2}$ twist toe touches, etc. are not allowed.)