



Rule Changes/Clarifications Released 12/14/15
Warnings will be assessed until 12/31/15
Deductions will be assessed beginning 1/1/16

General Rule #9: IMMINENT SAFETY CONCERN- RULE CHANGE

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.

GLOSSARY- DEFINITION ADJUSTMENT

Twisting Stunt: Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through the belly button **in a non upright position**). **Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twisting rotation, starts a new transition.**

GLOSSARY- DEFINITION ADJUSTMENT

Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). **This is considered a prep level stunt.**

GLOSSARY- DEFINITION ADJUSTMENT

Spotter:

-A person whose primary responsibility is to prevent injuries by protecting the head, **neck, back** and shoulder area of the top person during the performance of a stunt, pyramid or toss.

GLOSSARY- DEFINITION ADDITION- please check underlined addition for approval

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level, as determined by the height/positioning of the base. Examples of stunts that are also considered waist level: All 4s position based stunt, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

Level 1 Stunts C Exception 3 and Level 1 Stunts A1 Exception please see added wording in red for approval for Stunts A1

- **Stunts C- Exception 3:** Up to a 1/2 twist is allowed if the top person starts and ends on the performance surface and is only supported by the waist and does not require an additional spotter.
- **Stunts A1- Exception:** Shoulder sits/straddles, T-lifts and stunts with up to a 1/2 twist transition where the top person starts and ends on the performing surface and is only supported at the waist, do not require a spotter.

Level 5 Stunts- Release Moves G2 Clarification Exception

Exception: Front handspring up to an extended stunt may include up to a 1/2 twist.

Level 5 (Applicable in Y5, R5, Sr 5) - Stunt Inversions H2 clarification #2

Clarification: Downward inversions originating from prep level or below do not require three bases. If the stunt begins at prep level or below and becomes inverted above prep level it requires 3 bases. (The momentum of the top person coming down is the primary safety concern.)

Level 4 Pyramids- Release Moves F1 Clarification #2 now an Exception

Clarification #2 Exception: While a tic-tock from prep level or higher to an extended position (low to high and high to high) is illegal in stunts for L4, the same skill is legal in L4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.

Level 4 Pyramids- Release Moves F1 Clarification Addition

Clarification: Twisting stunts and transitions are allowed up to 1 1/2 twists, if connected to at least one bracer at prep level or below.

Level Y5 Pyramids- Release Moves C1 Clarification Addition

Clarification: Twisting stunts and transitions are allowed up to 2 1/4 twists, if connected to at least one bracer at prep level or below.

Level R5 Pyramids- Release Moves C1 Clarification Addition

Clarification: Twisting stunts and transitions are allowed up to 2 1/4 twists, if connected to at least one bracer at prep level or below.