

HIGH-SCHOOL DISMOUNTS

Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. 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.

D. Up to a 2-¼ twisting rotations allowed from all two leg stunts. Clarification: Twisting from a platform position may not exceed 1-¼ rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at High-School Stunts Twisting Stunts and Transitions only.

E. Up to a 1- ¼ twisting rotation allowed from all single leg stunts. Clarification: Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at High-School Stunts Twisting Stunts and Transitions only.

F. 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 prop.

G. During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts allowed.

I. Dismounts may not intentionally travel.

J. Top persons in dismounts may not come in contact with each other while released from the bases.

K. Tension drops/rolls of any kind are not allowed.

L. 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.

M. Dismounts from an inverted position may not twist.