

## HIGH-SCHOOL PYRAMIDS

A. Pyramids must follow High-school "Stunts" and "Dismounts" rules and are allowed up to 2 high. Exception: Twisting stunts and transitions to extended skills are allowed up to 1 ½ twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.

1. Single based or assisted single based EXTENDED stunts are allowed.

B. Top persons must receive primary support from a base. Exception: See High-school Pyramid Release Moves.

C. Extended single leg stunts may not brace or be braced by any other single leg extended stunts.

D. No stunt or pyramid may move over or under another separate stunt or pyramid. Clarification: A top person may not invert over or under the torso of another top person regardless if the stunt or pyramid is separate or not. Example: shoulder sits walking under a prep Exception 1: An individual may jump over another individual. Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

E. Any skill legal as a High-school Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required). Example 1: An extended pancake would be required to remain connected to two bracers.

### **F. High-school Pyramids -Release Moves**

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Contact must be maintained with the same bracer(s) throughout entire transition. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost. 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 high-school, the same skill is legal in High-School 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. Clarification: High-school 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 High-School Stunt Release Moves or High-School Dismounts. Clarification: Twisting stunts and transitions are allowed up to 1 ½ twists, if connected to at least one bracer at prep level or below.

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

3. Primary weight may not be borne at second level. Clarification: The transition must be continuous.

4. Non-inverted transitional pyramids may involve changing bases.
  - a. The top person must maintain physical contact with a person at prep level or below. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
  - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
  - a. Both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced/connected to top persons above prep level.

### **G. High-School Pyramids -Inversions**

1. Must follow High-School Stunt Inversions rules.

### **H. High-School Pyramids-Release Moves w/ Braced Inversions**

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout entire transition. Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracers is lost. Clarification: Braced flips 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.
2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.
  - a. All required catchers/spotters must be stationary
  - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
  - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

