

HIGH-SCHOOL STUNTS

A. Spotters:

1. A spotter is required for each top person above prep level.

B. Stunt Levels:

1. Single leg extended stunts are allowed.

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

C. Twisting stunts and transitions:

1. Twisting stunts and transitions to prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface.

Clarification: 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 1-½ rotations. 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 athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

2. Twisting stunts and transitions to an extended position are allowed and must meet the following conditions:

- a. Extended skills up to ½ twist are allowed. Example: ½ up to extended single leg stunt is legal. Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds ½ 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 athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt, platform position or a liberty (body position variations are not allowed). Example: full up to immediate extended heel stretch is illegal, full up to extension is legal. Clarification: An extended platform position must be visibly held prior to hitting a single leg stunt other than a liberty. Clarification: Any additional turn performed by the bases 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 athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. During transitions, at least one base must remain in contact with the top person. Exception: See "Release Moves"

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. Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete; not the arms or legs. Example: A shoulder sit walking under a prep is illegal. 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.

G. Single based split catches are not allowed.

H. 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 single leg top person.

I. High-school Stunts- Release Moves

1. Release moves are allowed but must not exceed extended arm level.

Clarification: 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. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. 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.

4. Release moves must return to original bases. Clarification: An individual may not land on the performing surface without assistance. Exception: See High-school Dismount "C". Exception: Dismounting single based stunts with multiple top persons.

5. Release moves that land in extended position must originate from waist level or below and may not involve twisting or flipping.

6. Release moves initiating from an extended level may not twist.

7. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.

8. Release moves may not intentionally travel.

9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

10. Top persons in separate release moves may not come in contact with each other. Exception: Dismounting single based stunts with multiple top persons.

J. High-school Stunts- Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."

2. Downward inversions are allowed at prep level and must be assisted by at least three catchers, at least two of which are positioned to protect the head and shoulder area. Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed. Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.) Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area. Clarification 3: Downward inversions originating from below prep level do not require three bases.

Exception: Two leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.

Clarification 4: Two Leg Pancakes cannot stop or land inverted.

3. Downward inversions must maintain contact with an original base.

Exception: Side rotating downward inversions Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.

4. Downward inversions may not come in contact with each other.

K. Bases may not support any weight of a top person while that base is in a backbend or inverted position. Clarification: A person standing on the ground is not considered a top person.