

HIGH-SCHOOL TOSSES

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 with all bases having their feet on the performing surface 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. Example: No intentional traveling tosses. Exception: A $\frac{1}{2}$ turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

E. 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.

F. Up to 2 tricks allowed during a toss. Example: Kick full, full up toe touch.

G. During a toss that exceeds $1\frac{1}{2}$ twisting rotations, no skill other than the twist is allowed. Example: No kick double tosses.

H. Tosses may not exceed $2\frac{1}{4}$ twisting rotations.

I. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

J. Only a single top person is allowed during a toss.