

## **CCC Hard Rockin' Nationals School and Rec Team Rules**

### **Tumbling**

Tumbling over, under, or through a stunt, individual, or prop is not permitted.

Tumbling skills that exceed one flipping rotation and/or one twisting rotation are prohibited. ( No double backs or double fulls.)

All gymnastic stunts must originate from ground level. The person performing a gymnastic stunt may (without hip over head rotation) rebound from his/her feet into a cradle.

Tumbling with a prop is prohibited. (Example: Back Handsprings and Back Tucks with poms are illegal.

Spotted or assisted tumbling is prohibited. This includes toe and leg pitch flips. All tumbling must originate from and land on the performing surface.

Double cartwheels are prohibited.

### **Partner Stunts/Pyramids**

1. All partner stunts and pyramids are limited to two persons high. Two is defined as the base (supporting person) having at least one foot on the ground. All bases must have direct weight-bearing contact with the ground.
2. Single or double based stunts higher than shoulder level must have a continuous spotter for each person over shoulder height.  
The spotter must be positioned behind the stunt, and may help support the stunt, but may not be underneath the stunt or be a primary support for the stunt.
3. Partner stunts and pyramids utilizing a person (not standing on the ground) as a balance or brace, must clearly not be in a position of supporting 50% or more of the top person's weight.
4. The following extended stunts may brace each other: chair, double/triple base dead man lift, double/triple base straddle lift, torch, and extended stunts where both feet of the partner are in contact with a base, such as a single and double based extensions and single/double based cupies/awesomes.
- 5 . All roll-ups originating from the ground level into stunts or pyramids are permitted.
- 6 . Dismounts by top persons directly to the ground from a single or double based stunt and pyramids over shoulder stand level are permitted as long the top person is caught by the original base(s) plus one other person (spotter).
- 7 . Cradle dismounts from double based partner stunts or pyramids over shoulder stand level must use three catchers.
- 8 . Cradle dismounts from single based stunts or pyramids over shoulder stand level must use two catchers.
- 9 . Cradle dismounts from shoulder stand level or below and with out an added skill between the pop and the cradle, must use at least two catchers (one if the catcher is male), which may or may

not include the original bases.

10. Cradle dismounts with an added skill must use two catchers and a head and shoulder scoop.

11. Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder area of the top person (physical contact must be maintained with an original base). Catchers and bases must be stationary prior to the initiation of the dismount.

12. Suspended roll dismounts from shoulder stand level or lower are allowed. However, to be legal, the flyer must have hand-to-hand or arm-to-arm contact with the base(s) throughout the entire rotation and the bases must have both feet on the ground at all times.

13. A Spotter is required for all extended stunts.

a. An inattentive person is not considered a spotter. b. A spotter must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt. c. A spotter's torso cannot be under a stunt. d. A person is not considered a spotter if the hand position includes: - Grabbing the hand(s) of the base(s) beneath the top person's foot or - Grabbing the sole of the foot of the partner (exception: a spotter may grab the sole of the foot as long as the other hand is on the ankle).

14. Single based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head and shoulders of the top person.

15. Single based double cupies/awesomes are legal provided there is a separate spotter for each partner in the stunt. In order for this stunt to be legal, both feet of each partner must be in contact with the main base. (Single based double liberties and variations are illegal.)

16. A top person may pass through an inverted position only with direct, weight-bearing support on a base(s) that is in direct contact with the surface. (Suspended basket toss flips and inverted stunts where the top person's head and neck are at risk of injury are prohibited.) Top persons in an inverted position may not change directions or move in a downward direction. Slight dips (45 degrees or less) while in an inverted position will be allowed only if the bending of the base's knees in order to transition or dismount the inverted position creates the downward motion.

17. Hanging pyramids are allowed if and only they are upright and stationary. Each top person at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). (No moving or rotating diamond heads.)

18. Top persons in a suspended split must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface. Single-based split catches are prohibited.

19. Physical contact must always be maintained between the top person and the base(s) When the stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the top person to a new base. The top person must remain in an upright (vertical) position throughout the transition.

20. Tick Tocks are legal as long as they are braced.

21. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.

22. Stunts may not pop or sweep dismount to a prone, face down position.

23. Dismounts involving twisting rotations may not exceed two (2) rotations and must be cradled.

24. Tension drops/rolls are prohibited.

### **Tosses**

1. All basket tosses or any type of multi-based toss must be performed at ground. The top person may not be tossed to another set of bases. Regrabs are not permitted. The bases must remain stationary during the toss. (No traveling basket tosses.)

2. Basket tosses or any other legal tosses are not allowed to be thrown over people, stunts, or pyramids.

3. Basket tosses or any types of multi-based toss are limited to a total of four bases tossing the stunt. One base must be behind the top person during the toss and may assist the top person into the stunt. This base counts as one of the four.

4. Helicopter tosses are legal provided that the rotation in the horizontal plane is not greater than 180 degrees, the flyer does not twist, the flyer is face up and there are four bases who serve as both tossers and catchers. Once of these bases must be in position to support the head, neck and shoulder area.

5. Toss to prone or other flat bodied positions is prohibited (exception: logrolls are permitted).

6. Toss flips are not permitted. Please refer to the NFISA Spirit 2006– 2007 Rules book for any further questions.