

### Intermediate Skill Restrictions

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

**STANDING TUMBLING:** Flips are not allowed. No standing back tucks or back handspring back tucks.

**RUNNING TUMBLING:** Flips may ONLY be performed in tuck position only and from a round off or round off back hand spring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. (Exception: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

**STUNTS:** Twisting transitions to and from an extended position may not exceed  $\frac{1}{2}$  twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

**PYRAMIDS:** Braced flips are not allowed.

**DISMOUNTS:** Only straight pop downs, basic straight rides, and  $\frac{1}{4}$  turns are allowed from any single leg stunt. Up to  $1\frac{1}{4}$  twists are allowed from any two leg stunt. **TOSSES:** Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.