

LEVEL 0	
TUMBLING	
A. GENERAL	May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position; NO tumbling over, under, or through a stunt, individual or prop; NO tumbling while holding/contact with prop.
B. STANDING	Skills must involve constant physical contact with the performing surface. Exception: Block Cartwheels and roundoffs are allowed. Forward and backward rolls are allowed. Cartwheels, roundoffs and handstands are allowed. Front and back walkovers are not allowed. Front and backhandsprings are not allowed.
C. RUNNING	No tumbling is allowed in immediate combination after a roundoff. If tumbling does occur after a roundoff, a clear and distinct pause must immediately follow a roundoff or roundoff rebound.
STUNTS	
A. SPOTTERS AND GENERAL	A spotter is required for each top person above ground level. No Stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual. Single base split catches are not allowed. Single Base stunts with multiple top persons are not allowed.
B. STUNT HEIGHT	Single leg, two legged stunts and all other stunts are only allowed at waist level if the top person is connected to another athlete directly standing on the performance surface which can be one of the bases or spotters. Stunts above waist level are not allowed and the top person can also not pass above waist level during stunts.
C. TWISTING	Twisting stunts and transitions are not allowed. (Clarification: Rebounding to a prone position ½ twist to stomach is allowed in Level 0).
D. RELEASE MOVES	During transitions at least one base must remain in contact with the top person. Exception: Leap frog variations are not allowed in Level 0. Stunt release moves are not allowed. (Helicopters and Log/Barrel rolls are not allowed).
E. REWINDS/FREE FLIPPING TRANSITIONS	Free flipping or assisted flipping stunts and transitions are not allowed.
F. INVERSIONS	Inversions are not allowed. All inverted athletes must remain in contact with the performance surface. A braced handstand on the performance surface is not considered a stunt and is therefore a legal inversion. Bases may not support any weight of a top a top person while that base is in a backbend or inverted position.
PYRAMIDS	
A. GENERAL	Pyramids must follow the Level 0 Stunt and Dismount rules. Top persons must always receive primary support from a base. Anytime a top person is released by the base(s) during a pyramid transition, the top person must dismount to the performance surface and can not cradle.
B. SPOTTERS	Must follow stunt spotter rules for Level 0
C. TRANSITIONS	Must follow the stunt rules for Level 0.
D. RELEASE MOVES	Must follow the stunt rules for Level 0 and are therefore not allowed.
E. INVERSIONS	Must follow the stunt rules for Level 0 and are therefore not allowed.
F. RELEASED BRACED INVERSIONS/ FLIPS	Must follow the stunt rules for Level 0 and are therefore not allowed.
DISMOUNTS	
A. GENERAL	See "Dismounts" in Glossary. Movements are only considered Dismounts if released to a cradle or released and assisted to the performance surface.

B. REQUIREMENTS	<p>Only straight pop downs are allowed.</p> <p>Clarification 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.</p> <p>Clarification 2: Straight drops or small hop offs with no additional skill(s) from waist level or below to the performance surface require assistance in Level 0.</p> <p>Clarification 3: An individual may not land on the performance surface from waist level without assistance.</p> <p>Waist level cradles are not allowed.</p> <p>Twisting dismounts are not allowed.</p> <p>No dismounts are allowed from skills above waist level in pyramids.</p> <p>No free flipping or assisted flipping dismounts are allowed.</p> <p>Top persons in dismounts may not come in contact with each other while released from the bases.</p> <p>Tension drops/rolls of any kind are not allowed.</p>
TOSSES	
A. GENERAL	<p>Tosses are not allowed.</p> <p>Clarification 1: This includes Sponge (Load in/Squish) tosses.</p> <p>Clarification 2: All waist level cradles are not allowed.</p>