

Austrian Rulebook



Competition Season 2018-2019

valid from September 2018 to July 2019

Addendum (Level 5+)

Safety Rules Level 5+

LEVEL 5+ GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the divisions Beginner – Elite. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
 Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

LEVEL 5+ STANDING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

LEVEL 5+ RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

LEVEL 5+ STUNTS

- A. A spotter is required for each top above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions are allowed up to 2 ¼ 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 2 ¼ 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.
- D.** Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping rotation. Rewinds including a flipping and twisting rotation are not allowed. Free Rewinds that are thrown by only two bases need an additional spotter. Rewind-Tumbling combinations are not allowed.
 Exception 1: Rewinds to a cradle position 1 ¼ flips (are allowed). All rewinds caught below shoulder level must use 2 catchers (Example: a rewind that lands in a cradle position).
Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.
Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.
- E.** Assisted flipping stunts and transitions are limited to a ¾ twisting and one flipping rotation.
- F. Single based split catches are not allowed.
- G. Single based stunts with multiple top persons require a separate spotter for each top person.

H. LEVEL 5+ Stunts- Release Moves

1. Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level.

Clarification: If the release move exceeds more than 18 inches / 46 centimeters above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" 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 plus an additional 18 inches (46 centimeters), 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.
3. Release skills that land in a non-upright position must have three catchers for a multi-based stunt and two 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 1: See Dismounts "C".

Exception 2: Dismounting single based stunts with multiple top persons.

5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
8. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

I. LEVEL 5+ Stunts – Inversions

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 2: Downward inversions originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)

Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

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

Exception: The original base may lose contact with the top person when it becomes necessary to do so.

Example: Cartwheel-style transition dismounts.

4. Downward inversions from above prep level:
 - a. May not stop in an inverted position.

Example: a cartwheel roll off would be legal because the top person is landing on their feet.

Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

- b. May not land on or touch the ground while inverted.

Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.

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

- i. 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.

LEVEL 5+ PYRAMIDS

- A.** Pyramids are allowed up to 2 ½ high.
- B.** For 2 ½ high pyramids, there must be at least 2 spotters, one providing additional pyramid support, and both designated for each person who is above two persons high and whose primary support does not have at least one foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.

Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.

- C.** Free-flying mounts originating from ground level may not originate in a handstand position. Free-flying mounts are allowed. Everything from 1 flipping and 1 twisting rotation, the top needs to have a hand-arm-connection with at least 1 other person (bracer). The rotation is limited to a maximum of 1 flipping and 1 twisting rotation.

Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.

- D.** Single-leg body positions from the top are limited to liberties and heelstretches.

Clarification: Scale, Arabesque, Bow & Arrow or other single-leg body positions are not allowed.

E. LEVEL 5+ Pyramids – Release Moves

Release moves in pyramids are not allowed.

F. LEVEL 5+ Pyramids – Inversions

Inversions in pyramids are not allowed.

- G.** One arm (1 arm) extended Paper Dolls require a spotter for each top person.

LEVEL 5+ DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A.** Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B.** Dismounts including a combination from flipping and twisting rotations from stunts and pyramids are not allowed.
- C.** Dismounts to the performing surface must be assisted by an original base or spotter.
Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D.** Pyramid dismounts including up to a ¾ flipping rotation, need to have a hand-arm-connection to at least one more person and need to be held until the cradle position has been reached. Flipping rotations need at least 3 catchers and are not allowed to move purposely. Rewinded flipping rotations from stunts or pyramids are not allowed.
- E.** Dismounts including a flipping rotation on to the ground are not allowed.
- F.** Tension drops/rolls of any kind are not allowed.
- G.** When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- H.** Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand-arm supporting the head and shoulder of the top person.
- I.** Dismounts may not pass over, under or through other stunts, pyramids or individuals.

- J. Dismounts must return to original base(s).
Exception: Single based stunts with multiple top persons do not need to return to original base(s).
- K. Dismounts may not intentionally travel.
- L. Top persons in dismounts may not come in contact with each other while released from the bases.
- M. Dismounts from an inverted position may not twist.

LEVEL 5+ 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.
Exception 1: Fly away tosses that would go over the back person.
Exception 2: Arabians in which the 3rd person would need to start in front to be in a position to catch the cradle.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases, one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- D. Flipping tosses are allowed up to 1 ¼ flipping rotation. When including a flipping rotation, a twisting one in the same skill set is not allowed.
Legal Flipping Rotations: Backtuck, Pike Tuck, Layout, X-Out, Step Out
- 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. Non-flipping tosses may not exceed 2 ½ twisting rotations.
- G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and ½ twisting rotations. The bases involved in the toss must be stationary while tossing.
- H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- I. Only a single top person is allowed during a basket toss.