

2023-2024

INTERMEDIATE SKILL RESTRICTIONS

Intermediate teams will follow the standard in the 2023-2024 NFHS Spirit Rules Book in ADDITION to the following skill restrictions.

STANDING TUMBLING:

- Flips are not permitted.
- No standing back tucks or back handspring back tucks are permitted.

RUNNING TUMBLING:

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

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 at prep level or above are not permitted.
- Released switch ups are allowed if caught at prep level or below, they do not $\frac{1}{4}$ twist, and they do not pass above extended arm level. Ball ups or other two feet release moves from below prep level are not permitted as these skills must follow toss rules.
- Inversions may not pass through an extended position. Example: Pancake /Fold Over.
- Twisting inversions are not permitted. Example: Suspended roll with a full twist.

PYRAMIDS:

- Braced flips are not permitted.
- Extended single leg skills may not be connected.
- Pyramid transitions may not release and twist.
- All other pyramid skills must follow stunt rules unless braced from initiation of skill with a hand/arm connection.

DISMOUNTS:

- Only straight pop downs, basic straight rides, and $\frac{1}{4}$ turns are permitted from any single let stunt. Up to $\frac{1}{4}$ twists are permitted from any two-leg stunt.

TOSSES:

- Up to 1 trick permitted during a toss. Tosses may not exceed 1 twisting rotation.