

2023-2024

NOVICE SKILL RESTRICTIONS

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

STANDING TUMBLING:

- Limited to a single standing back handspring.
- Connected rolls and walkovers to a single back handspring are not permitted.
- Standing back handspring series and jump/back handspring combinations are not permitted.

RUNNING TUMBLING:

- Running tumbling is limited to front and back handsprings.
- Flips and ariels are not permitted (no tucks).

STUNTS:

- Single leg stunts are only permitted at prep level or below.
- Extended liberties are not permitted.
- Twisting Transitions are limited to a ½ twist by the top person. Exception: Log or Barrel rolls are permitted.
- All release moves must land in a cradle.
- Released switch ups are not permitted.
- The only inversions permitted are transitions from ground level to non-inverted positions. No other inversions are permitted.
Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is permitted.
Example: Going from a cradle to a handstand or from a prone position to a forward roll is not permitted.

PYRAMIDS:

- Extended one leg stunts must be braced with a hand/arm connection by at least one person at prep level or below.
- The connection must be made prior to executing single leg extended stunt.
- Extended stunts may not brace another extended stunt.
Example: Braced extensions.
- Any time a top person is released by the bases and braced by other top persons, they are not permitted to any skill during transition and must land in a cradle.
- Inversions in pyramids are not permitted except for inversions permitted under Novice Stunts.
- Release moves in pyramids are not permitted except for the release moves permitted under Novice Stunts.

DISMOUNTS:

- Only straight pop downs, basic straight cradles, and ½ turning dismounts are permitted. (See definition of dismount in NFHS rulebook).

TOSSES:

- The only body position permitted is a straight ride.