

Intermediate Collegiate Restrictions

All rules and guidelines not specified below are as written/allowed/limited according to 2017-18 AACCA Collegiate Rules.

Tumbling

1. Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted.
2. Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
3. Twisting flips are not permitted (includes running tumbling)

Tosses

1. Release Flips from basket/sponge/load tosses are prohibited
2. Twisting idismounts from basket/sponge tosses may not exceed 2 rotations ($\frac{1}{4}$ twist turn is allowed to set for the twist)

Stunts/Pyramids

1. Release inversions into or from stunts are prohibited.
2. Release full twists to an extended position are prohibited.
3. Double twisting dismounts are prohibited.
4. Pyramids sustained over 2 persons high are prohibited.
5. Twisting stunts (i.e. full-ups) are limited to ONE and a quarter ($1 \frac{1}{4}$) twisting rotation; one and a half ($1 \frac{1}{2}$) ups and double-ups are prohibited.

If you have any questions regarding Cheer Ltd rules, please contact Lori Wickham at Cheer Ltd 800.477.8868 or loriw@cheerltd.com.