

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
Rising Stars - Div 2 Pre-K, K, 1st, 2nd (3rd) <i>Participation Award</i>	One foot must remain on ground at all times	N/A	No	No	No	No	No	Basic	Basic	Basic
Rising Stars - Div 1 Pre-K, K, 1st, 2nd (3rd) <i>Participation Award</i>	Thigh stand variations (1 foot must remain at thigh level or lower at all times)	Basic	No	No	No	No	No	Basic	Basic + Round-offs	Basic
Shooting Stars - Div 2 2nd, 3rd, 4th (5th) <i>Awards top team(s)</i>	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times)	Basic	Yes	Yes	Yes	Yes - waist height or below	No	Intermediate	Basic & Intermediate	Basic & Intermediate
Shooting Stars - Div 1 2nd, 3rd, 4th (5th) <i>Awards top team(s)</i>	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - waist height or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic & Intermediate
Shining Stars - Div 2 4th, 5th, 6th, (7th) <i>Awards top team(s)</i>	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic, Intermediate, & Advanced
Shining Stars - Div 1 4th, 5th, 6th, (7th) <i>Awards top team(s)</i>	Basic 2-legged extension level stunts, Braced (Arm/Hand) one-legged extension stunts OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, & Advanced
Super Stars - Div 2 6th, 7th, 8th <i>Awards top team(s)</i>	Basic 2-legged extension level stunts, Braced (Arm/Hand) one-legged extension stunts OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, Advanced & Elite
Super Stars - Div 1 6th, 7th, 8th <i>Awards top team(s)</i>	Advanced stunts at extension level OR below	Basic, Intermediate Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, Advanced & Elite

Basket tosses & launches are NOT PERMITTED. Double twist dismounts are ILLEGAL.

	Dismounts	Spotter Requirements	Tumbling	Jumps
Basic	hand to hand, shrug, shove wrap, pencil down	Required on all stunts; spotters must have physical contact at all times.	rolls, cartwheels	pencil, tuck, spread eagle No connections
Intermediate	cradle	Required on all stunts except for thigh stands, shoulder sits, prep level V-sits, T-lifts, triple base Swedish Fall and triple based suspended splits	roundoff, back walkover, standing back hand spring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike No connections
Advanced	twist, pancake	N/A	running or connected back handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
Elite	N/A	N/A	standing back tuck, running back tuck or better	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 3 jumps