

LEVEL 0 LEVEL APPROPRIATE SKILLS LIST



EXAMPLES OF STUNTS	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
Inversion to Ground Level	Must originate from standing or a lunge position.	Must have a running or hurdle entry.	Straight Jump
Thigh Stand			Tuck Jump
Straddle Sit at Prep level*	Forward / Backward Roll	Cartwheel	Star Jump
Split lift at Prep level*			Roundoff
Flat-back at Prep level*	Handstand		Toe Touch
Shoulder sit*	Back Bend		Hurdler
Prep braced from ground* (See Level 0 prep rule in Pyramids)	Cartwheel		Herkie
L-stand, nugget and kneeling stunts			Pike
Single leg below prep level			
*(1) Tick Tock (with no release) below prep level			
<hr/> *are exceptions to the rule *(1)ELITE level appropriate			

**LEVEL 0 – IS A DEVELOPMENT BY INCREDIBLY COOL EVENTS TO SUPPORT COACHES WITH THE DEVELOPMENT OF BEGINNER ATHLETES. ITS IS DESIGNED AS A FOUNDATION FOR THE EXISTING USASF LEVEL 1 COMPETITION RULES FRAMEWORK. ANY QUESTIONS CAN BE DIRECTED TO SCORING@INCREDIBLYCOOLEVENTS.CO.UK

LEVEL 0 RULES

Level 0 follows USASF LEVEL 1 RULES with these additional skills caps. Level 1 USASF Rules still apply in addition to these Level 0 rules.

Level 0 Glossary

Prep Level is when the lowest connection between the base (s) and the top person is above waist level and below extended level.

A **prep level stunt with exception to the rule** refers to stunts that are at 'prep level' but the height of the top person's body is flat or at half height, i.e staddle sits and flatbacks. Exceptions to the rules are listed in the level appropriate skills lists.

A **Prep stunt** at level 0 refers to a two leg stunt in which the top person is being held at shoulder level by the bases in an upright standing position.

A stunt is considered **below prep level** if at least one foot of the top person is at waist level, as determined by the height/positioning of the base (Exception: Chairs and shoulder sits are considered prep stunts however are exceptions of the rule for level 0).

A **top person** is an athlete that is being supported above the performance surface in a stunt, pyramid or toss.

A **base** is a person who is in direct weight bearing contact with the performance surface who provides support for another person.

A **bracer** is a person in direct contact with a top person that helps provide stability to the top person. This person is separate from a base or spotter.

Level 0 Rules

Stunt 1: A spotter is required for every top person. ALL stunts require a non-weight bearing spotter.

Stunt 2: A stunt cannot transition from a prep level stunt named as an exception into a braced prep stunt

Stunt 3: Preps can be braced by a single arm. Must be performed with a Spotter, and two bases. The bracer must be an additional person but can be in the air or on the ground with hand/hand or hand/arm connection.

Stunt 4: Stunts must not pass above prep level.

Stunt 5: Stunts must not twist.

Stunt 6: Stunts must not release. Flyers must always be connected to a person on the ground.

Stunt 7: Only ground level inversions are allowed.

Stunt 8: Cradles dismounts and tosses are not allowed.

Stunt 9: Prone catches with no release are allowed.

Stunts 10: Extended stunts are not allowed.

Pyramid 1: Preps can be braced by a top person in any legal level 0 stunts, providing the connection is made at the initiation of the prep skill.

Pyramid 2: Any prep level stunts that are legally performed unbraced, following level 0 rules, can transition to a prep level stunt, providing the stunt is braced throughout the entire transition by a hand/hand or hand/arm connection, without first returning to a below waist stance.

Pyramid 2: Preps can be braced by a single arm. Must be performed with a Spotter, and two bases. The bracer must be an additional person but can be in the air or on the ground with hand/hand or hand/arm connection.

Tumbling 1: Combinations of skills are allowed.

Tumbling 2: Performing a backbend from standing and/or standing up from a back bend position is allowed.

Tumbling 3: Handstand forward rolls are not allowed.

Tumbling 4: Backward roll to Handstand is not allowed.

Tumbling 5: Bridge/backbend kick overs are not allowed.

Tumbling 6: Forward and backward walkovers are not allowed.

Tumbling 7: Standing tumbling skills must originate from a standing or lunge position.

Tumbling 8: Running tumbling skills must originate from a running or hurdle entry.

Tumbling 9: Basic to Advanced Jumps can be performed.

Tumbling 10: Tumbling skills must involve constant physical contact with the performing surface. Exception: Roundoffs.