

# Summary of the 2015-16 AACCA School Rules Changes

## Partner Stunts:

C.12.c) Single-base low-to-high tick tocks are now allowed in addition to multi-base. Last year the wording included “multi-based” so single base skills could not low to high tick tock. That wording has been removed

C.20) The “mission impossible” position is not allowed in a stunt. The specific wording is that a top person must not be in a face down suspended position between bases in which the top person’s torso is suspended below the arms and legs. This would be a stunt where 4 bases would be used (one on each limb) and most of the time the top is “dropped” to this position from a prep level height.

## Inversions:

D.3) Added rules regarding braced inversions that do not flip or roll, such as an inversion at shoulders that is braced and then transitions to another skill. These skills are looked at just like any other braced skill.

- They only require one bracer, since the head does not pass under the hips like in a flip or roll.
- If the inversion is released, the bracer(s) must have a spotter (unless they are a shoulder sit or thigh stand.)
- If not released, the bracer does not require a spotter. (same logic used for a regular pyramid transition or released pyramid transition)

D.4) Braced flip changes:

- The phrase “front and back” was removed, which will now allow sideways braced flips.
- Braced flips may now perform up to ½ twist, like an Arabian.
- Revised wording to show that the bracers must be in double base preps with spotters.

D.5) The wording for inverted stunts has been revised to make it easier to determine when one or two spotters are required. Instead of using the term “downward”, the determining factor will be the height of the base of support. In reality, virtually nothing changes from last year, but the difference in interpretation of when there is downward momentum will no longer be an issue.

- If the base of support remains below prep level, only one person is required to assist the top person.
- If the base of support begins at or passes through prep level, there must be two people assisting the top person. Note that this wording still does not allow foldover stunts, such as Pancakes or Waterfalls, to begin from a static extended position.

D.6 exception) Top persons in inversions that begin on the ground and go to a non-inverted position can hold props such as a sign.

## Pyramids:

E.7.a) In Released Pyramid Transitions, the skill before and after the release must be legal. So this rule now allows some types of release pyramid visuals to only have two athletes under the top...it depends on what skill the top started in and what skill the top ended in. EX: Single base liberty (with a spot) drops to a flatback (both athletes support the flatback) and then pops back to a single base liberty with a spot. This is now legal where last year it would have needed a 3<sup>rd</sup> athlete under the top.

## Tumbling and Jumps:

G.9) A participant may land in a pushup position from the handstand phase of a back handspring. The wording restricting them was removed from this rule.