

PCA Collegiate Intermediate Division Rules - PCACN 2018

Adapted from ICU Advanced Division

ADVANCED DIVISION = PCA Collegiate Intermediate Division

GENERAL TUMBLING - PCA Collegiate Intermediate

- A All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
- C Tumbling while holding or in contact with any prop is not allowed.
- D Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.
- E Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in Advanced/L4 performs a round-off - toe touch - back handspring - whip- layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced/L4 Standing Tumbling regulations.

STANDING TUMBLING - PCA Collegiate Intermediate

- A Standing flips and flips from a back handspring entry are allowed.
- B Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.
- C Consecutive flip-flip combinations are not allowed.
Example: Back tuck – back tuck, back tuck – punch front are not allowed.
- D **At PCA Nationals** Jump skills **are permitted** in immediate combination with a standing flip. **Example 1:** Toe touch back tucks, back tuck toe touches, pike jump front flips **are allowed**. **Example 2:** Jumps connected to $\frac{3}{4}$ front flips are also allowed.
PCA Nationals = Sprung Floor

RUNNING TUMBLING - PCA Collegiate Intermediate

- A. Skills are allowed up to 1 flipping and **1 twisting rotations.***
NOTE: Single Full Twists are permitted at PCA Nationals = Sprung Floor

Exception: Aerial cartwheels and Onodis are allowed.

STUNTS - PCA Collegiate Intermediate

- A A spotter is required for each top above prep level.
- B Single leg extended stunts are allowed.
- C Twisting stunts and transitions to prep level are allowed up to 1 1/2 twisting rotations by the top person in relation to the performing surface. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1 1/2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*
- D Twisting stunts and transitions to an extended position are allowed under the following conditions:
 - 1. Extended skills up to a 1/2 twist are allowed.
Example: A 1/2 up to extended single leg stunt is allowed.
Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1/2 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - 2. Extended skills exceeding a 1/2 twist but not exceeding 1 twist must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).
Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed. Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.
Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
- E During transitions, at least 1 base must remain in contact with the top person.
Exception: See "Release Moves".
- F Free flipping mounts and transitions are not allowed.
- G No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt or a stunt may move over an individual.
- H Single based split catches are not allowed.

- I Single based stunts with multiple top persons require a separate spotter for each top person. Extended single top persons may not connect to any other extended single leg top person.

J STUNTS-Release Moves - PCA Collegiate Intermediate

1. Release moves are allowed but must not exceed extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Release moved from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
4. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Advanced Division Dismount "C".
Exception: Dismounting single based stunts with multiple top persons.
5. Release moves that land in an extended position must originate from waist level or below and may no involve twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

K. STUNTS-Inversions - PCA Collegiate Intermediate

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.) Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person. Clarification 3:

Downward inversions originating from below prep level do not require three (3) bases.
Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.

Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position. (pb19)

3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions. Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come into contact with each other.

- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

PYRAMIDS - PCA Collegiate Intermediate

- A Pyramids must follow Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting mounts and transitions to extended skills are allowed up to 1 1/2 twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
- B Top persons must receive primary support from a base.
Exception: See "Advanced Pyramid Release Moves"
- C Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
- D No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate of not.
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt or a stunt may move over an individual.
- E Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).
Example: An extended Pancake would be required to remain connected to 2 bracers.

F. PYRAMIDS - Release Moves - PCA Collegiate Intermediate

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Exception: While a tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Advanced Division "Stunts", the same skill is allowed in Advanced Division "Pyramid Release

Moves” if the skill is braced by at least 1 person at prep level or below. The top person performing the tic-tock must be braced the entire time during the release from the bases.

Clarification 2: Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced Division “Stunt Release Moves” or “Dismounts” criteria.

Clarification 3: Twisting stunts and transitions are allowed up to 1 1/2 twists if connected to at least 1 bracer at prep level or below.

- 2 In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
- 3 Primary weight may not be borne at the 2nd level.
Clarification: The transition must be continuous.
- 4 Non-inverted transitional pyramids may involve changing bases under the following conditions:
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost. (pb20)
 - b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).
- 5 Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - a Both catchers must be stationary.
 - b Both catchers must maintain visual contact with the top person throughout the entire transition.
- 6 Release moves may not be braced / connected to the top persons above prep level.

G. **Pyramids-Inversions - PCA Collegiate Intermediate**

1. Must follow Advanced Division Stunt Inversions rules.

H. **Pyramids-Release Moves w/ braced inversions - PCA Collegiate Intermediate**

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition. *Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
Clarification 2: Braced flips must be braced on 2 separate sides (i.e. right side - left side, left side- back side, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right or left) of their body.
2. Braced inversions (including braced flips) are allowed up to 1 1/4 flipping rotations and 0 twisting rotations.

3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
 - A All required catchers/spotters must be stationary.
 - B All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - C The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

DISMOUNTS - PCA Collegiate Intermediate

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C Dismounts must return to the original base(s). Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D Up to a 2 1/4 twisting rotations are allowed from all 2- leg stunts. *(pb21)*
Clarification: Twisting from a platform position may not exceed 1 1/4 rotations. A Platform ('Block'/'Target') is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.
- E Up to a 1 1/4 twisting rotations are allowed from all single leg (1 leg) stunts.
Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.
- F No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G During a cradle that exceeds 1 1/4 twists, no skill other than the twist is allowed.
- H No free flipping dismounts allowed.
- I Dismounts may not intentionally travel.

- J Top persons in dismounts may not come in contact with each other while released from the bases.
- K Tension drops/rolls of any kind are not allowed.
- L When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- M Dismounts from an inverted position may not twist.

TOSSES - PCA Collegiate Intermediate

- A Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
- B Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses. Exception: A 1/2 turn is allowed by bases as in a kick full basket.
- C The top person in a toss must have both feet in / on the hands of the bases when the toss is initiated.
- D Flipping, inverted or traveling tosses are not allowed.
- E No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F Up to 2 tricks are allowed during a toss.
Example: Kick full, full up toe touch.
- G During a toss that exceeds 1 1/2 twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.
- H Tosses may not exceed 2 1/4 twisting rotations.
- I Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- J Only a single top person is allowed during a toss. *(p22 End Adv/Intermed Collegiate)*