

PCA Collegiate Level 6 Rules - PCACN 2018

Adapted from ICU Premier Division

GENERAL TUMBLING - PCA Collegiate Level 6

- A. All tumbling must originate from and land on the performing surface.
Exception 1: A tumbler may rebound from his/her feet into a stunt 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.
 - Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
- 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: Dive rolls that involve twisting are not allowed.

STANDING/RUNNING TUMBLING - PCA Collegiate Level 6

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.*
NOTE: Double Full Twists are permitted at PCA Nationals = Sprung Floor
- B. All Jump-flip combinations are permitted (though 'Jumps' are not a part of the tumbling score portion)

STUNTS - PCA Collegiate Level 6

- A. A spotter is required:
 - 1. During one- arm (1 arm) stunts above prep level, other than cupies or liberties.
Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 - 2. When the load/transition involves:
 - a. A release move with a twist greater than 360 degrees.
 - b. A release move with an inverted position landing at prep level or below.
 - c. A free flip.
 - 3. During stunts in which the top person is in an inverted position above prep level.
 - 4. When the top person is released from above ground level to a one-arm (1 arm) stunt.
- B. Stunt levels:
 - 1. Single leg (1 leg) extended stunts are allowed.
- C. Twisting stunts and transitions are allowed up to 2 1/4 twisting rotations by the top person in relation to the performance surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 1/4 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. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 1/4 twisting rotations. Exception 1: Rewinds to a cradle position are 1 1/4 flips. All rewinds caught below shoulder level must use 2 catchers. (*Example: a rewind that lands in a cradle position*)

E Single based split catches are not allowed.

F Single based stunts with multiple top persons require a separate spotter for each top person.

G STUNTS-Release Moves - PCA Collegiate Level 6

1. Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level.

Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss or a dismount, and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position.
3. Release moves must return to original bases. **Exception 1:** Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated. **Exception 2:** Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons. *Clarification: An individual may not land on the performing surface without assistance from above waist level.*
4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. See exception in #3 above.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.
Exception: Single based stunts with multiple top persons.

H. DIVISION STUNTS –Inversions - PCA Collegiate Level 6

1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

PYRAMIDS - PCA Collegiate Level 6

- A. Pyramids are allowed up to 2 1/2 high.
- B. For 2 1/2 high pyramids, there must be at least 2
 - a. spotters, one providing additional pyramid support, and both designated for each person who is above 2 persons high and whose primary support does not have at least 1 foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid

design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question. *Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.*

- C. Free-flying mounts originating from ground level may not originate in a handstand position, and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.
- D. **Pyramids-Release Moves - PCA Collegiate Level 6**
1. During a pyramid transition, a top person may pass above 2 1/2 high under the following conditions:
 - a. Anytime a pyramid release moved is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e. tower tick-tocks)
 - b. Free release moves from 2 1/2 high pyramids may not land in a prone or inverted position.

E Pyramids-Inversions - PCA Collegiate Level 6

1. Inverted stunts are allowed up to 2 1/2 persons high.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person

F Pyramids-Release Moves w/ Braced Inversions - PCA Collegiate Level 6

1. Braced flips are allowed up to up to 1 1/4 flipping and 1 twisting rotation.
2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
Exception: Braced inversions to 2 1/2 high pyramids may be caught by 1 person.
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated.
(The dip to throw of the top person is considered the initiation of the skill.)

G Free released moves from 2 1/2 high pyramids:

1. May not land in a prone or inverted position.
2. Are limited to 0 flipping and 1 twisting rotation.

H One arm (1 arm) extended Paper Dolls require a spotter for each top person.

DISMOUNTS - PCA Collegiate Level 6

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

- A. Single based cradles that exceed $1\frac{1}{4}$ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, must be assisted by an original base or spotter.
Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
 - a. *Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- C. Up to a $2\frac{1}{4}$ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from $2\frac{1}{2}$ high pyramids are allowed up to $1\frac{1}{2}$ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
 - a. Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
- D. Free released dismounts from $2\frac{1}{2}$ high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts to a cradle:
 - 1. Are allowed up to $1\frac{1}{4}$ flipping and $\frac{1}{2}$ twisting rotations (Arabians).
 - 2. Require at least 2 catchers, 1 of which is an original base.
 - 3. May not intentionally travel.
 - 4. Must originate from prep level or below. (May not originate from $2\frac{1}{2}$ pyramids.)
Exception: $\frac{3}{4}$ front flip to cradle may occur from a $2\frac{1}{2}$ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, $\frac{3}{4}$ front flip to cradle from $2\frac{1}{2}$ high may not twist.
- F. Free flipping dismounts to the **performing surface** are only allowed in front flipping rotation: *Clarification: Back-flipping dismounts must go to cradle.*
 - 1. Allowed up to 1 front flipping and 0 twisting rotations.
 - 2. Must return to an original base.
 - 3. Must have a spotter.
 - 4. May not intentionally travel.
 - 5. Must originate from prep level or below. (May not originate from $2\frac{1}{2}$ high pyramids.) pb28
- G. Tension drops/rolls of any kind are not allowed.
- H. 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 the dismount.
- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must return to original base(s). Exception: Single based stunts with multiple top persons do not need to return to original base(s).

- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

TOSSES - PCA Collegiate Level 6

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss. Exception 1: Fly away tosses that would go over the back person.
Exception 2: Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
- D. Flipping tosses are allowed up to 1 1/4 flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

Legal (Two Skills)

Tuck flip, X-Out, Full Twist
 Double Full-Twisting Layout
 Kick, Full-Twisting Layout
 Pike, Open, Double Full-Twist
 Arabian Front, Full-Twist

Illegal (Three Skills)

Tuck flip, X-Out, Double Full Twist
 Kick, Double Full Twisting Layout
 Kick, Full Twisting Layout, Kick
 Pike, Split. Double Full Twist
 Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1 1/2 twist is considered to be a legal skill.

- 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. Non-flipping tosses may not exceed 3 1/2 twists.
- G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 1/2 twisting rotations or 3/4 front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.
- I. Only a single top person is allowed during a basket toss.