

Intermediate Category!!!!

This category has been created to allow teams that have limited skills to compete on an even level with each other.

Important points to consider:

- ✓ Your skills will be scored according to the Intermediate-Beginner scale on the category score sheets.
- ✓ Please be advised that the maximum score in stunting, standing and running tumbling and pyramids/tosses in the Intermediate Division will not be comparable to the maximum score in stunting, standing and running tumbling and pyramids/tosses in the General High School Division .
- ✓ If you perform skills that are out of level, they will not be scored or count toward your final score.
- ✓ YOU WILL BE GIVEN A 2.5 POINT PENALTY PER CATEGORY FOR SKILLS PERFORMED OUT OF THE INTERMEDIATE DIVISION.
- ✓ National Federation rules apply. Please visit www.nfhs.org for a Spirit Rules book.

The following are the only skills that will be permitted in this division:

- **Standing tumbling:** Forward/Backward Rolls, Front/Back Walkovers, Cartwheels, BHS- standing only-series BHS allowed
- **Running tumbling:** Cartwheel/Round off up to series back handsprings ONLY
No other flipping/twisting skills permitted, (ie. tuck, layout, x-out, full)
- **Tosses:** Non-twisting tosses limited to one skill (toe touch, pretty girl, pike, tuck arch) and straight rides
- **Pyramids:** Extended two-leg pyramids; Pyramids involving extended single leg stunts braced on at least one side by hand arm connection (multiple body positions allowed). Pyramids involving Braced rolls* and Braced Forward or Backward Flips must land in a cradle or below prep level. *EXCEPTION: Braced rolls where the back spot maintains constant contact with the flyer may continue through to an extended single leg stunt that is braced on both sides. Inverted stunts that go to Prep level or below. **No extended release transitions, ie. braced tick tocks, ball up or ball drops to back.**
- **Stunts** include the following: Two leg Extensions, Extended Single leg (only liberty or arabesque body position allowed), twisting transitions to and from an extended position may not exceed 1/2 twisting transition. Twisting transitions to, from or at Prep level may not exceed 1 twisting transition (Full up to Prep), Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level. Also, may include other unique intermediate skill combinations at Prep level or below.
- **Inversions:** Forward and backward suspended rolls, Inverted Mounts into handstands must originate on the performance surface and transition to a stunt that is below Prep level.
- **Dismounts:** Up to 1 and 1/4 twists are allowed from any two leg stunt. Only basic straight rides and 1/4 turns are allowed from any single leg stunt. No inverted exits from dismounts.

There will be no limits on jumps. All types of jumps are allowed in Intermediate.