

OCSAA Level Guidelines

Level 1 Rules

LEVEL 1 STUNTS

- A. 1. A spotter is required for all stunts at shoulder level and above (exception: shoulder sits and straddle sits). (Example: suspended splits, flat-bodied positions, extension preps, etc). Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
2. Extended stunts are not allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position. Clarification: If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule. Taking the top person above the head of the bases would be illegal.
- B. Single leg stunts are only allowed below shoulder (prep) level. Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
- C. Twisting stunts and transitions are allowed up to $\frac{1}{4}$ twist by the top person.
- D. During transitions, all bases need to remain in contact with the stunt. Transitional stunts may not involve changing bases.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (example: shoulder sits walking under prep).
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. L1 Stunts - Release Moves
1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
 2. Release moves may not land in a prone position.
 3. Release moves must return to original bases.
 4. Helicopters are not allowed.
 5. A single full twisting log/barrel roll is not allowed.
 6. Release moves may not intentionally travel.
- K. L1 Stunts - Inversions
1. All inversions must maintain contact with the performance surface (Example: supported handstand).

LEVEL 1 PYRAMIDS

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

- B. Top person must receive primary support from a base.
- C. Two leg extended stunts
 1. Two leg extended stunts must be braced by at least two top persons at prep level or below with hand/arm connection only.
 2. The connection must be made at or below prep level.
- D. Single leg stunts at prep level
 1. Single leg stunts at prep level must be braced by at least two persons at prep level or below with hand/arm connection only.
 2. The connection must be made prior to executing single leg stunt and must be made at or below prep level.
- E. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual.

LEVEL 1 DISMOUNTS

- A. Cradles from single based stunts at prep level must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids at prep level must be assisted by an original base.
- D. Only straight pop downs and basic straight cradles are allowed
- E. Twisting dismounts (including 1/4 turns) are not allowed.
- F. No cradles are allowed from extended stunts in pyramids.
- G. No free flipping or assisted flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesome/cupies, 2 catchers must catch each top person.

LEVEL 1 TOSSES

- A. No tosses allowed.

LEVEL 2 RULES

Stunts 2

- A. A spotter is required for all extended stunts.
- B. Single based double awesomes/cupies require a separate spotter for each top person.
- C. Single leg stunts may not be held at or pass through an extended position. (Clarification: Passing through an extended position is illegal. If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, than it is a violation of this rule. Taking the top person above the head of the bases would be illegal.)
- D. During transitions, at least one base must remain in contact with the top person.
- E. Twisting mounts and transitions are permitted up to 1/2 twist by the top person.
- F. Single based split catches are prohibited.
- G. See Level 2 "Pyramids" for further restrictions and/or exceptions.
- H. No free flipping or assisted flipping mounts or transitional stunts allowed.
- I. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required.

Dismounts 2

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. Cradles are allowed from extended single leg stunts in pyramids.
- F. No free flipping or assisted flipping dismounts allowed.
- G. Tension drops/rolls of any kind are prohibited.
- H. Only straight pop downs, basic straight Cradles and quarter turns are allowed.
- I. Twist Cradles exceeding 1/4 turn are not allowed. All other positions (e.g. toe touch, pike, tuck, etc) are not allowed.

Release Moves 2

- A. No release moves allowed other than those permitted at Level 2 in "Dismounts" and "Tosses."
- B. Release moves may not land in a prone position.
- C. Helicopters are not allowed.
- D. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

Inversions 2

A. No inversions above ground level allowed. (Exception: Transitions from ground level inversions to non-inverted positions are allowed.) (Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is legal.)

Pyramids 2

- A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high with the following exceptions: Extended single-leg stunts 1) must be braced by two top persons at prep level or below and 2) the connection to the braces can be hand or foot and must be established at or below prep level. Prep level top persons must have both feet in bases hands. (Exception: shoulder sit, double base thigh stand or shoulder stand)
- B. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)
- C. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- D. Extended one-legged stunts may not brace or be braced by any other extended stunts.
- E. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- F. Cradles are allowed from extended single leg stunts in pyramids.

Tosses 2

- 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.
- 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 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 (i.e. No intentional traveling tosses).
- C. The only body positions allowed are straight rides. (Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position)
- D. During the straight body ride, the top person may use different arm variations such as a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- 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. All types of tosses (i.e. basket, squishy, scrunch and/or sponge) allowed. Exception: Helicopter tosses are not allowed.

LEVEL 3 RULES

Stunts 3

- A. A spotter is required for all extended stunts.
- B. Single based double awesomes/cupies require a separate spotter for each top person.
- C. Single based split catches are prohibited.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- E. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- F. Single leg extended stunts are allowed.
- G. Twisting mounts and transitions are permitted up to one twist by the top person.
- H. During transitions, at least one base must remain in contact with the top person.
- I. No free flipping mounts or transitional stunts allowed.

Dismounts 3

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are prohibited.
- G. Only straight pop downs, basic straight Cradles and quarter turns are allowed from any single leg stunt.
- H. Up to 1-1/4 full twists are allowed from any two legged stunts.
- I. Up to 1 trick allowed during a dismount from any two legged stunt.

Release Moves 3

- A. No release moves allowed other than those permitted at Level 3 in "Dismounts" and "Tosses."
- B. Release moves may not land in a prone position.
- C. Helicopters are not allowed.

Inversions 3

- A. No inverted stunts above shoulder level. (Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed) The connection and support of the top person with the base(s) must be at shoulder level or below. (An Arm-and-arm would be legal at this level.)

B. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base. (Clarification: The stunt may not pass through a level at prep level and then become inverted below prep level. [The momentum of force of the top person coming down is the primary safety concern.]])

Pyramids 3

A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

B. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep). Illegal: leap frog pyramids and wolf wall transitions.

C. Extended one-legged stunts may not brace or be braced by any other extended stunts.

D. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).

E. During pyramid transition, a top person may pass above 2 persons high only while in direct arm-to-arm contact with at least two top persons at prep level or below. These transitions may not involve changing bases. (Clarification: Arm-Arm/Hand-to-Hand connection must be made with EACH of the two supporting bracers. Top person must be braced arm-to-arm with EACH of the two bracers. Being braced by one side with both arms and the other side by hand-foot connection is NOT permitted. If top person is braced on each side with arm-to-arm connection and a THIRD bracer with hand-foot connection would be permitted.)

F. Pyramid transitions may not involve inversions while released from the bases.

G. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

Tosses 3

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.

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 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 (i.e. No intentional traveling tosses).

C. Flipping and traveling tosses are not allowed.

D. Up to 1 trick allowed during a toss. (Legal: toe-touch, ball out, pretty girl, etc.) (Illegal: Switch kick, pretty girl-kick, double toe-touch) Tosses may not exceed 1 twisting rotation.

E. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, ½ twist toe touches, etc. are not allowed)

F. 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.

G. No inversions allowed.

H. Other toss positions besides straight rides are allowed.

I. Helicopter tosses are not allowed

LEVEL 4 RULES

Stunts 4

- A. A spotter is required for all extended stunts.
- B. Single based split catches are prohibited.
- C. Single based double awesomes/cupies require a separate spotter for each top person.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- E. No free flipping mounts or transitional stunts allowed.
- F. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. Single leg extended stunts are allowed.
- H. Twisting mounts and transitions are permitted up to 1-1/2 twists by the top person.
- I. During transitions, at least one base must remain in contact with the top person.
Exception: See "Release Moves"

Dismounts 4

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are prohibited.
- G. Up to a 1-1/4 twisting rotation allowed from all single leg stunts.
- H. Up to a 2-1/4 twisting rotation allowed from all two legged stunts.
- I. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.

Release Moves 4

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed but must not exceed extended arm level (exception: Cradles). If the base(s) releases stunt, then it must come back to original base(s). (i.e. Tick-tocks are permitted.)
- B. Release moves may not land in a prone position.
- C. Helicopters are not allowed.

Inversions 4

- A. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
- B. Downward inversions are allowed at prep level or below and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain

contact with an original base. (Clarification: The stunt may not pass through a level above prep level and then become inverted at prep level. [The momentum of force of the top person coming down is the primary safety concern.]

Pyramids 4

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. No stunt or pyramid may move over or under another stunt or pyramid (e.g. shoulder sits walking under prep). Exception: Other pyramids where a top person travels over a leg or extremity (e.g. wolf wall transition) would be legal. Clarification: Leap frog pyramids are legal.
- C. Extended one-legged stunts may not brace or be braced by any other extended stunts.
- D. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- E. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Primary weight may not be borne at second level.
- F. Pyramid transitions may involve inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below and the top person that has been released from the bases stays in continuous movement.
- G. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations, may not travel downward while inverted, and may not involve changing bases.
- H. Non inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below.
- I. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

Tosses 4

- 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.
- 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 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 (i.e. No intentional traveling tosses). Exception: A ¼ turn is allowed by bases as in a kick full basket.
- C. 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.
- D. Up to 2 tricks allowed during a toss. (e.g. kick full, full up toe touch, etc.)
- E. Tosses may not exceed 2 twisting rotations.
- F. During a toss that exceeds 1-1/4 twisting rotations, no skill other than the twist is allowed. (e.g. kick doubles are not allowed)
- G. No flips or inversion are allowed.