



PRO LEVEL STUNT RULES 2026 - 2027

A. TIME LIMITS

All routines may be up to 1 minute long

B. SPOTTERS

A spotter is always required during the competition

C. STUNTS

All stunts at any level are allowed

C1. TWISTING

- Up to 3 twists allowed

C2. RELEASE MOVES

- **May land inverted** Up to 1 flip and 1 twist
- May land on the performance surface with assistance from the original base (contact with the top person must be made at prep level or above)
- May NOT travel intentionally
- **Flipping from the ground** is allowed with maximum 2 backwards rotations or 1 forward rotation; Up to 2 twists
- **Flipping from a stunt** is allowed with maximum 1 rotation and 1 twist; Landing in a **horizontal position** must have 2 catchers

C3. INVERSIONS

- Extended inverted stunts are allowed

C4. DOWNWARD INVERSIONS

- Originated/passing through extended level must have 2 catchers

D. DISMOUNTS

May NOT travel intentionally

D1. TO CRADLE

- Up to 3 twists allowed without flipping
- Up to 1 flip and 1 twist allowed
- Must have 2 catchers if exceeds 1 twist or if passing through an inverted position

D2. TO THE PERFORMANCE SURFACE

- Up to 2 twists allowed without flipping
- Up to 1 flip and ½ twist