

# Intermediate Category!!!!

This category has been created to allow teams that have limited skills to compete on an even level with each other. **This division is not eligible for a state championship.**

## 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 5 POINT PENALTY PER CATEGORY FOR SKILLS PERFORMED OUT OF THE INTERMEDIATE DIVISION.
- ✓ National Federation rules apply. Please visit [www.nfhs.org](http://www.nfhs.org) for a Spirit Rules book.

## The following are the 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 BHS or RO series BHS- no tucks, or no hand flips
- **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 braced single leg stunts; Pyramids at or below prep level. Braced Forward or Backward Flips must land in a cradle or below prep level. No release transitions, ie. braced tick tocks, ball up or ball drops to back. **Bases/Back Spot must maintain constant contact with flyer.**
- **Stunts** include the following: Two leg Extensions, Extended Single leg (only liberty or arabesque body position allowed), Forward and backward suspended rolls to the floor only, Inverted Mounts into handstands must originate on the performance surface and transition to a stunt that is Prep level or below, 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, and also include other unique intermediate skill combinations at Prep level or below.
- **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.

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