

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 your scores will be lower than usual.
- ✓ 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 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
- Running tumbling: Cartwheel, Round off, Running Front Walkover
- Tosses: Non-twisting tosses (toe touch, pike, etc.) and straight rides
- Pyramids: Extended two-leg pyramids; Pyramids involving braced single leg stunts; No release transitions. Pyramids at or below prep level
- Stunts include the following:

Beginner Stunting Skills include:

Extension Prep

Single Leg Variations Below Prep Level

Straight Ride Dismounts

Intermediate Stunting Skills include:

Two Legged Extensions

Single Leg at Prep Level

Single twist from Two Legged Stunt at Prep Level or Below

Show and Go

Other Unique Intermediate Skill Combo-Variations at
or Below Prep Level

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

Please contact Donna Maher if you have any questions concerning this division.