

# The Jams 2010

## General Rules and Safety Regulations

### General Rules

1. Jewelry of any kind is prohibited. This includes earring, nose, tongue and belly button rings, necklaces and pins on uniforms.
2. Use of glitter is permitted.
3. Mascots may not participate in stunts, pyramids or tosses and may not serve as a spotter during the performance.
4. Only the following props are allowed: signs, poms, banners, flags and megaphones. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Electric signs are prohibited.
5. Routine time limit: 2 minutes and 30 seconds. All or part may be performed to music.

### General Safety

1. Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted.
2. Drops (knee, seat, thigh, front, back and split drops) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet in order to break the impact of the drop.
3. We will supply spotters. You may supply your own spotters if you wish. Note: There is a deduction for an additional spotter assisting a stunt or cradle.

### Tumbling

1. Tumbling over, under, or through a stunt, individual, or prop is not permitted. Exception: Forward or backward roll over a prop.
2. Tumbling "with" a prop is illegal. (Example: back handspring with poms is illegal.)
3. All tumbling must originate from and land on the performance surface.
4. Spotted, assisted, or connected tumbling is prohibited. (Example: toe pitches, double cartwheels and chorus line flips are illegal.)

### Partner Stunts/ Pyramids/Cradles

1. All stunts or pyramids are limited to two persons high.
2. A spotter is required for all extended stunts.
3. When tossing a flyer from one stunt to another, one of the initial main bases must stay in contact with the flyer at all times.
4. [Cradles](#) at prep level or above must have a total of 3 catchers. A back spot must be positioned at the head and shoulder area through the [cradle](#).

### Tosses (Basket and Squish)

1. Tosses must be performed from ground level and must land in a [cradle](#) position.
2. 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.
3. Flipping tosses are prohibited.
4. 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.

### Deductions

1. **2 Point** deduction per judge... if a parent spotter assists a stunt or cradle in any way. An additional spotter should come in contact with a stunt only if it is falling.
2. **10 Point** total deduction for time violation.
3. **5 Point** deduction per judge... for each general or safety rule violation.
4. There is NO out of bounds penalty.