

ORANGE BOWL BASIC RULES SHEET

(As of 202 -2)

GENERAL RULES & ROUTINE REQUIREMENTS:

1. All Skills allowed in a level will always include the previous level.
2. Any equipment used to enhance skills is not allowed.
3. The athletes that begin the routine on the floor must remain on the floor throughout the performance. You may not substitute athletes while competing.
4. Athletes are NOT allowed to have any form of jewelry on while performing. All jewelry must be removed and are not to be covered up. (Medical ID Tags are not included in this rule)
5. Once the first movement, first beat, or voice happens your routine time will begin. Time will end at the last movement, beat, or voice.
6. All athletes must have at least one foot or hand on the performance floor prior to the beginning of the routine. (For clarity: you may not start your routine in a stunt or sponge)

ALL LEVEL RULES

1. Athletes are not allowed to jump and/or rebound over another athlete at any point.
2. Knee, Seat, Front, Back and Split drops from a skill are NOT allowed unless there is support on the hands or feet.
3. All tumbling MUST start and end on the performance surface.
4. Athletes are prohibited from tumbling under or over another athlete and stunt.
5. Athletes are prohibited from holding or having contact with props while performing a tumbling skill.
6. Athletes cannot land or end in an inverted position.
7. Two (2) high structures are NOT allowed.
8. To be considered a Dismount the skill must end in a cradle position or end on the performance floor (which assistance from support athlete)
9. Cradles from single-based stunts must make sure a back spot is connected.
10. Flyers may not cradle with a prop in their hands.
11. Spotter is defined as any person who is not directly supporting the flyers' foot or ankle.

NOVICE

Novice Tumbling:

1. Please refer to the rubric for skills allowed.

Novice Stunts:

1. Spotter is required for each flyer at prep level one leg.
2. Spotter is required for each flyer in a floor stunt. Spotters are allowed to grab the flyers' waist.
3. The back spot can be considered the spotter if they are positioned to protect the flyers head, neck, and shoulders. Back spot should not be supporting the stunt but instead "spotting".
4. Shoulder sits do NOT require a spotter.
5. One base MUST always be in contact with the flyer.
6. Single based stunts with more than one flyer is not allowed.
7. Stunts may not travel under another stunt at any point.
8. Prep level single legs stunts are allowed as long as: Flyer is connected to another athlete standing on the performance floor. This athlete cannot be the base(s). Connection must be made before the single leg prep stunt is initiated. Connection would need to be hand/arm to hand/arm.
9. Maximum $\frac{1}{4}$ twist allowed.
10. Inversions are allowed at ground level ONLY.

Novice Pyramids:

1. Connection/brace is required and must remain throughout the entire transition.
2. A stunt, pyramid, or athlete cannot travel under or over another stunt or athlete.
3. Two leg extended stunts are allowed if connected on BOTH sides.

Novice Dismounts:

1. Twisting may not exceed $\frac{1}{4}$ turn.
2. Straight cradles ONLY (no twisting cradle variations)

Novice Tosses:

NO tosses are allowed in the Novice Division

Intermediate

Intermediate Tumbling:

1. Please see rubric for skills allowed

Intermediate Stunts:

1. One base at minimum must always remain in contact with the flyer during any transitions.
2. More than one flyer on a single-based stunt is prohibited.
3. No stunt may travel over or under another stunt.
4. Maximum of ½ twists is allowed
5. One FULL barrel roll is allowed. (This is the exception to the above)
6. Inversions can go from ground level to prep level or below.

Intermediate Pyramids:

1. Athlete must maintain connection through all transitions.
2. Extended one leg stunts are ALLOWED if braced on both sides.

Intermediate Tosses:

1. Straight Ride Tosses Only

ADVANCED

Advanced Tumbling:

1. Please see tumbling rubric for skills allowed

Advanced Stunts:

1. One base at minimum must remain in contact with the flyer during all transitions.
2. A stunt or athlete cannot travel over or under another stunt or athlete.
3. Single leg extended stunts are allowed.
4. Extended single leg stunts CANNOT be supported by another extended level stunt.
5. Maximum one (1) twist allowed.
6. Twisting transitions must start and end at prep level or below.
7. Skills performed during a release move are limited to one (1) skill/trick.
8. Helicopters are NOT allowed.
9. Inverted stunts above shoulder level are NOT allowed except for multi-base suspended rolls.
 - a. Suspended rolls are required to roll to cradle, load in position, or performance floor.
 - b. Suspended rolls are required to have BOTH flyers' hands connected to separate hands of the bases.
10. Downward inversions from BELOW prep level are allowed.
11. Maximum ½ twist to extended level stunt.

Advanced Pyramids:

1. Extended single leg stunts can NOT be supported/connected by other extended level stunts.
2. One FULL twist is allowed to extended position IF flyer is connected to a bracer at prep level or below prior to initiation of the skill.
3. Any Release moves are NOT to allowed to be supported/connected to flyer above prep level.
4. Inversions fully released from bases are NOT allowed.
5. Prep level and above dismounts that contain a skill (ex. Twist) MUST be caught in a cradle.
6. Straight cradle with a ¼ twist from 1 leg is allowed.

Advanced Tosses:

1. Maximum (1) skill is allowed and can ONLY be one of the three baskets listed on the rubric.

ELITE

Elite Tumbling:

1. Please refer to rubric for skills allowed.

Elite Stunts:

1. Single leg extended stunts are allowed.
2. Maximum 1 ½ twist is allowed.
3. Release moves that END in an EXTENDED position are NOT allowed to twist.
4. Downward Inversions are allowed ONLY from prep level.
5. Inversions may be released.

Elite Pyramid:

1. A stunt or pyramid cannot travel over or under another stunt, pyramid.
2. Connection to one athlete support at prep level or below.
3. Release moves MUST be a continuous motion.
4. Release moves must be braced by someone at prep level or below.
5. When releasing to a dismount all catchers and bases MUST be stationary.

Elite Tosses:

1. Maximum one (1) skill and one (1) twist.

OBYFA SCORING SYSTEM AS OF 2026-2027

Stunt Difficulty

0	Below	No level appropriate skills are incorporated
1.0-2.0	Low	1 skill is performed that is level appropriate in stunts
2.0-3.0	Mid	2 skills are performed that are level appropriate in stunts
3.0-4.0	High	Majority of the team perform 3 level appropriate skills in stunts
4.0-5.0	Elite	Majority of the team perform 3 level appropriate skills and 2 elite level appropriate skills in stunts

Pyramid Difficulty

0	Below	No level appropriate skills are incorporated
1.0-2.0	Low	1 level appropriate skill and one structure was performed
2.0-3.0	Mid	2 different level appropriate skills and two structures were performed
3.0-4.0	High	3 different level appropriate and 2 structures were performed
4.0-5.0	Elite	4 different level appropriate skills were performed and three structures

Quantity Chart

# of Athletes	# of Groups	# of Groups
	Majority	Most
8-11	1	1
12-15	1	2
16-21	2	3
22-25	3	4
26-31	4	5
32-36	5	6

Important information:

Stunt skills will only be counted if they show complete control through the entirety of the skill, this includes the dismount and entry. (Ex: If an elite skill is being performed and the group falls, that skill will not be counted towards difficulty)

Running Tumbling Difficulty

0	Below	No level appropriate skills are incorporated or synchronized in routine
1.0-2.0	Low	Less than MAJORITY performs a synchronized level appropriate pass/skill
2.0-3.0	Mid	MAJORITY performs a synchronized level appropriate pass/skill
3.0-4.0	High	MAJORITY performs 2 synchronized level appropriate passes/skills
4.0-5.0	Elite	MOST performs 2 or more synchronized level appropriate passes/skills

Standing Tumbling Difficulty

0	Below	No level appropriate skills are incorporated or synchronized in routine
1.0-2.0	Low	Less than MAJORITY performs a synchronized level appropriate pass/skill
2.0-3.0	Mid	MAJORITY performs a synchronized level appropriate pass/skill
3.0-4.0	High	MAJORITY performs 2 synchronized level appropriate passes/skills
4.0-5.0	Elite	MOST performs 2 or more synchronized level appropriate passes/skills

Jump Difficulty

0	Below	Skills performed do not meet level requirements
1.0-2.0	Low	MOST of the team performs 1 synchronized jump
2.0-3.0	Mid	MOST of the team performs 2 synchronized jumps
3.0-4.0	High	MOST of the team performs a variety of 2 connected synchronized jumps
4.0-5.0	Elite	MOST of the team performs a variety of 3 connected synchronized jumps

Tumbling Quantity Chart

# of Athletes on the team	Majority	Most
	# of passes	# of passes
8-11	5	6
12-15	6	7
16-21	8	10
22-25	10	13
26-31	14	17
32-36	15	18

Note:

The high range requires MAJORITY performs 2 synchronized level appropriate passes/skills to reach this range. The range is 3.0-4.0 if you only throw the minimum required you will score on the lower end of the range.

For a team of 10 athletes they would need to throw at least 5 passes to reach this.

Jump Quantity Chart

# of Athletes	Majority	Most
8-11	2	4
12-15	6	7
16-21	8	9
22-25	10	13
26-31	14	16
32-36	15	18

Novice	Intermediate	Advanced	Elite
Inversion Style	Inversion Style	Inversion Style	Inversion Style
- Inversion at ground level	- Inversion from ground level to below prep level - Inversion from ground level to prep level	- Inverted below prep level - Inverted at prep level - Downward Inversion from below prep level	- Released inversion to prep or below - Released inversion at prep to prep - Downward inversion from prep level - Extended inverted stunt
Release Style	Release Style	Release Style	Release Style
- Switch up to lib below prep level - Switch up to body position below prep level	- Switch up to lib prep level - Tic toc from prep lib to lib	- Release to prep level or below, 2/1 leg lib - Below prep level to below prep level tic toc - Below prep level to prep level tic toc	- Switch up to extended 1 leg stunt - Release to extended stunt - Lib to lib tic toc – high to low - Helicopter release move - Release to extended lib - Switch up to body position - Full twisting release to prep or below - Release from prep to prep
Twisting	Twisting	Twisting	Twisting
- ¼ twisting transition to below prep level - ¼ down to ground level	- ½ twisting to below prep level - ½ twisting to prep level - ¼ twisting to prep level 1 leg stunt - ¼ twisting to extended stunt	- Full up below prep level - Full up prep level - ¼ up to extended 1 leg - Full up to prep level lib - Prep level full around to 1 leg	- 1 ½ twisting to below prep - ¾ twisting to extended stunt - Full up to extended stunt - 1 ½ twist to prep level 2 leg stunt
Dismount Style	Dismount Style	Dismount Style	Dismount Style
- Step down - Straight cradle from prep	- Straight cradle from extension - Straight cradle from prep level body position - ¼ dismount from prep/extension	- Straight cradle from extended 1 leg - Full down from prep/extension - ¼ twisting dismount from extended 1 leg - Single skill cradle from 2 leg stunt (non-twisting)	- Full down from extended 1 leg stunt - Double down from prep/extension - Kick full twisting dismount
Other Stunts	Other Stunts	Other Stunts	Other Stunts
- Back stand - Prep level show & go - Straddle sit - Flat back - Extended straddle sit - Below prep level 1 leg stunt - Extended flat back - Prep level 1 leg stunt w/ bracer - Prep level to prone - Combination of 2 or more level appropriate skills - Shoulder sit - Chair	- Prone - Prep level 1 leg stunt - Extension - Barrel roll - Leap frog variation - ½ twist to prone - Combination of 2 or more level appropriate skills - Walk in prep level press extension - Straight ride tosses only	- Full twist to prone from prep level - Extended 1 leg stunt - Suspended front flip - Specialty suspended front flip (no twist) - Suspended twisting front flip - Combination of 2 or more level appropriate skills - Single based extended 1 leg stunt - Toss hands press extension	- Combination of 2 or more level appropriate skills

ELITE Level Appropriate - Tic toc below prep level (lib/body position to body position) - ¼ twisting transition to/from/at prep level - Prep level body position stunt w/bracer - ¼ twisting transition to prep level 1 leg stunt w/bracer	ELITE Level Appropriate - Inversion from ground level to extended - Tic toc prep level from lib/body position to body position - 1/2 twisting transition to extended stunt - 1/2 twisting inversion to extended stunt - ½ tic toc to prep level - ½ twisting inversion to prep 1 leg	ELITE Level Appropriate - Inversion to extended 1 leg stunt - Lib to extended body position tic toc - Release skill to prep level body position - Full up to prep level body position - ½ up to extended 1 leg - Full around at prep level body position - ½ twisting inversion to extended 1 leg - Toss Extension - Walk in Extension	ELITE Level Appropriate - Released inversion from below prep level to extended - Body position to body position tic toc high to low - Release to extended body position - 1 ½ twisting to prep level 1 leg stunt - Extended full around to extended stunt - Full twisting inversion to extended stunt - Full twisting release move to prep level 1 leg stunt - 1 ½ twisting release move to prep level 1 leg stunt
Tosses	Tosses	Tosses	Tosses
N/A	N/A	- Pike - Toe Touch - Straight Ride	- Ball full - Kick full NON-inverting tosses that include 1 body position and 1 twist,

Pyramid Rubric

Novice	Intermediate	Advanced	Elite
Inversion Style	Inversion Style	Inversion Style	Inversion Style
- Braced stunt skills (Meaning any stunt for Novice can also be done in pyramid while being braced by one or both sides)	- Braced stunt skills - Braced inversion from ground level to extended single leg	- Braced Stunt skills (Meaning any stunt for Advanced can also be done in pyramid while being braced by one or both sides)	- Braced stunt skills - Released braced inversions, braced on 2 sides
Release Style	Release Style	Release Style	Release Style
- Braced stunt skills - Braced switch up to prep level - Braced prep tic tocks	- Braced stunt skills - Braced switch up to extension single leg - Braced prep level to extension single leg tic tock	- Braced stunt skills - Release to extension 2 leg, arm braced on 2 sides - Release to extension single leg, braced on 2 sides	- Braced stunt skills - Release to extension position braced on 1 side - Braced releases that involve changing bases
Twisting	Twisting	Twisting	Twisting
- Braced stunt skills - Braced $\frac{1}{4}$ twist to/from prep level single or double leg	- Braced stunt skills - Braced $\frac{1}{2}$ twisting transition to/from extended single leg	- Braced stunt skills - Braced full up to extended 2 leg	- Braced stunt skills - Braced full up to extension 1 leg - Braced $1\frac{1}{2}$ twist to extension 2 leg
Dismount Style	Dismount Style	Dismount Style	Dismount Style
- Stunt skills - Cradle from prep level 1 leg stunt	- Stunt skills - Straight cradle from extension single leg position - $\frac{1}{4}$ cradle from extension single leg position	- Stunt skills (Refer back to your stunt rubric for appropriate skills)	- Stunt skills (Refer back to your stunt rubric for appropriate skills)
Other Stunts	Other Stunts	Other Stunts	Other Stunts
- Braced stunt skills - Braced combo of 2 or more level appropriate skills	- Braced stunt skills - Braced combo of 2 or more level appropriate skills	- Braced stunt skills - Braced combo of 2 or more level appropriate skills	- Braced stunt skills - Braced combo of 2 or more level appropriate skills

Running Tumbling

Novice	Intermediate	Advanced	Elite
All Skills are non-aerial, non-bounding (Inclusive to Variations) - • Cartwheel • Cartwheel-Backward Roll • Round Off (RO) • Front Walkover (FWO)/FWO Series • Cartwheel BWO • Cartwheel BWO Series • FWO-Cartwheel/Round off • FWO-CW-BWO/BWO Series • FWO-CW-BWO Switch Leg	Bounding (In addition to novice skills) • Cartwheel BHS • Round off BHS • Round off BHS series • Cartwheel BHS series • Round off BHS Step out • Flyspring • FWO FO BHS/BHS Series	Level appropriate aerial skills in addition to previous levels (inclusive to variations) • Round off Tuck • Side Aerial • Round off BHS Tuck • Round off BHS Series • FWO Aerial • FWO RO Tuck • FWO RO BHS Tuck • Flyspring RO to Tuck *Specification no skill can follow an airborne/aerial skill	Eligible skills in addition to all previous levels • Cartwheel Tuck • Round off Layout • Round off Onodi • Front Aerial • Round off BHS Layout • FWO RO to Layout • RO BHS Whip to Layout • Arabian through to Layout • RO BHS Full Twist • RO Full Twist • Barani • Front Aerial • Layout Step Out *Front Layouts are not allowed *No connection is allowed immediately following a layout

Only ADVANCED and ELITE levels are eligible to connect jumps to tumbling. All Skills executed are unassisted if it is to be counted as tumbling. Every skill within each level is not required to be demonstrated during routine.

Standing Tumbling

Novice	Intermediate	Advanced	Elite
• Forward Roll • Backward Roll • Handstand • Backbend Kick Over • Standing Backbend • Front Limber/Back Limber • Cartwheel • Valdez • Helicopters • Back Extension Roll	• BackHandspring • Back Handspring Step out • Back Extension Roll Step Out • Back walkover BHS • Back Extension Roll BHS • Valdez BHS • Valdez BHS Step Out • BWO Switch Leg BHS	• BHS series • BWO BHS Series • Jump BHS/ BHS Series • Jump BHS Jump BHS • BHS Step out BWO BHS Series	• Back Tuck • Onodi • BHS Series Tuck • Jump BHS Tuck • BWO Tuck • Cartwheel Tuck • Jump BHS Series Tuck