

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
Rising Stars - Div 2 Pre-K, K, 1st, 2nd (3rd) Participation Award	One foot must remain on ground at all times	N/A	No	No	No	No	No	Basic	Basic	Basic
Rising Stars - Div 1 Pre-K, K, 1st, 2nd (3rd) Participation Award	Thigh stand variations (1 foot must remain at thigh level or lower at all times)	Basic	No	No	No	No	No	Basic	Basic	Basic
Shooting Stars - Div 2 2nd, 3rd, 4th (5th) Participation Award	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times)	Basic	Yes	Yes	Yes	Yes - waist height or below	No	Intermediate	Basic & Intermediate	Basic & Intermediate
Shooting Stars - Div 1 2nd, 3rd, 4th (5th) Participation Award	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - waist height or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic & Intermediate
Shining Stars - Div 2 4th, 5th, 6th, (7th) Awards top team(s)	Prep level stunts (including one legged stunts) allowed. (1 foot must remain at prep level or lower at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic, Intermediate, & Advanced
Shining Stars - Div 1 4th, 5th, 6th, (7th) Awards top team(s)	Basic 2-legged extension level stunts OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, & Advanced
Super Stars - Div 2 6th, 7th, 8th Awards top team(s)	Basic 2-legged extension level stunts OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, Advanced & Elite
Super Stars - Div 1 6th, 7th, 8th Awards top team(s)	Advanced stunts at extension level OR below	Basic, Intermediate Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, Advanced & Elite

Basket tosses & launches are NOT PERMITTED. Double twist dismounts are ILLEGAL.

NORTHERN STARS Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Requirements	Tumbling Allowed	Jumps Allowed
<p>Northern Stars Mixed K-5</p> <p>Awards top team(s)</p>	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times). Braced prep level one legged stunts are permitted.	Basic & Intermediate	No	No	No	Yes - waist height or below	No	Intermediate	Basic & Intermediate	Basic & Intermediate
<p>Northern Stars Mixed 3-8 Division II</p> <p>Awards top team(s)</p>	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times). Braced prep level one legged stunts are permitted.	Basic & Intermediate	Yes	Yes	Yes	Yes - waist height or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic & Intermediate
<p>Northern Stars Mixed 3-8 Division I</p> <p>Awards top team(s)</p>	Basic 2-legged extension level stunts OR below	Basic, Intermediate (Advanced allowed at prep level only)	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, & Advanced

Basket tosses & launches are NOT PERMITTED. Double twist dismounts are ILLEGAL.

NOTE: Must have representation of at least three (3) of the six (6) grades on your team in order to compete in this division. This division is for the small schools who need to take athletes from multiple grades in order to field a team.

Changes
Rising now has 2 divisions
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2021 = thigh stand variations only, now can go up to prep level
2021 = basic dismounts only, now can do intermediate dismounts. 1-leg stunts at prep no longer need to be braced.
2022 = no longer need to brace 1 leg stunts
2022 = can now do advanced dismounts at extension level AND no longer need to brace at extension level
2022 = can now do advanced dismounts at extension level AND no longer need to brace at extension level
N/A

New

New

New