

Legal vs Illegal – Roll up to Load, Prep, or Extended

Note: The legality issues with this skill can be completely avoided by simply having the back spot turn around to face the flyer. See [“Stunt Progression and Technique Clinic – AM Session”](#) at 1:24:17 for video example.

Roll-up to Extension Video – Legal

In this skill, the flyer typically does a front walkover landing with their legs over the bases shoulders and then transitions to new bases in either a load, prep, or extension. While the flyer is inverted the lowest point of support from the base is the shoulders, which is considered to be prep level. Therefore, 3-3-6(c) rules apply, which requires at least 2 people on the performance surface to be in a position to protect the head/neck of the flyer. The base is considered to be one of these people as they can adjust their position/angle to prevent the flyer from hitting their head on the ground. A second person then, must be in a position to also protect the flyer.

Legal Versions

Judges will be looking for 1 of the following to confirm there is a second person in a position to protect the head/neck of the flyer: An extra spotter within a step away from the flyer, a side base whose hands are on the upper thigh or upper body/back of the flyer, OR a side base's foot is behind the person basing the inversion.

Ex 1: Extra spotter within a step away from the flyer



Ex 2: A side base whose hands are on the upper thigh of the flyer



Ex 3: A side base whose hands are on the upper body/back of the flyer OR a side base's foot is behind the person basing the inversion.



Illegal Versions

Ex 1: Both hands of both side bases are on the foot of the flyer and the side bases back foot is level with the inversion bases foot. There is also no extra spotter.



Ex 2: One hand of both side bases are on the foot of the flyer, the other is on the lower calf and the side bases back foot is in front of the inversion bases foot. There is also no extra spotter.

