



2020 CHEERRULES AND SAFETY GUIDELINES

Table of contents

General Rules	1
Cheer Off	4
Skill Level Classifications	9
Safety Guidelines	10
Cheer Off Position Duties	14
Cheer Off Judging Scale	15
Glossary	18

GENERAL RULES

1. All cheer squads will follow the age division of M.F.F.C.C. Football.
2. General Rules and Regulations: All cheer squads will follow M.F.F.C.C.'S Football and Cheer Rules. League Cheer Coordinators and/or their representative are required to attend MFFCC's monthly Conference Meeting. Reminder, there will be a \$35.00 'NOSHOW' fee assessed for unrepresented teams at the monthly Conference meetings. See MFFCC #14. M.F.F.C.C. reserves the right to make addendum to these rules as necessary.
3. All I.D. manuals will be checked and stamped at/or prior to Jamboree by the by the District VP of Cheer. A Cheer Squad Declaration and an M.F.F.C.C. squad roster will be submitted online prior to Jamboree and will be officiated at Jamboree check-in. Any changes torosters will need to be submitted at Jamboree at which time they will be stamped and closed. **NO additional cheerleaders can be added after the jamboree** unless approved by The Executive Board (as per the M.F.F.C.C. Football and Cheer Rules).

ID manuals will be put in the following order.

- a) Team Roster (10 to 15 copies per book)
 - b) Copy of all coaches' certifications as of 2020
 - c) 2020 Conference General Rules
 - d) 2020 Cheer Rules and Safety Guidelines
 - e) League proof of insurance
 - f) Each cheerleader's forms in alphabetical order:
 - a. Player Identification/Medical Release form (notarized)
 - b. Copy of Birth Certificate (date of birth highlighted)
 - c. Copy of physical (date of physical highlighted)
4. Squads will be classified by skill level and age. See M.F.F.C.C. general rules for age levels.
 - Level 1 - Beginner
 - Level 2 – Intermediate**FLAG CAN ONLY COMPETE IN LEVEL 1.**

The number per squad for each classification will be determined after all squads have been declared. MFFCC reserves the right to adjust division sizes and combine divisions as needed to accommodate Cheer-Off needs.
 5. Cheer Declarations – Cheer declarations and cheer rosters are required to be submitted by each league Cheer Coordinator prior to Jamboree. Any adjustments and/or updates need to be completed each time a change in your squad's status occurs and is subject to Executive Board approval. Final updates and changes for Cheer-Off are required to be submitted no later than the Friday before the last MFFCC monthly meeting prior to the Cheer-Off. District VPs and Coordinators will be notified of any date changes.
 6. Cheerleaders are allowed to move up one age year (example: from 7 to 8), they are not allowed to skip a division (example: from Mighty Mite to Juniors). To further clarify, for a cheerleader to move to another level, they would have to be in the last year for their age group. (Example: an 8 year-old may be allowed to move up to the Pee Wee Level). This is case by case

basis and subject to first review by the Cheer Coordinator, District Cheer V.P. and Executive Board. In the case a division is not created due to not having a football team in that division the younger cheerleaders may be moved to the next division in order to meet the six games' requirement for Cheer-Off. They will be required to perform at Cheer-Offs in their original age division. Going forward, in all other cases where a cheerleader was moved up for the season (i.e. merging of squads, limited coaches, etc.), then the following season, that cheerleader cannot go back down. As stated in the General Rules, participants can be added to a roster up until the 4th game as they will need to participate in the next 6 games for eligibility purposes. Please Note: All adjustments to the rosters are subject to Executive Board review and approval.

7. Mascots (3 years old): Two (2) mascots are allowed per league and are not required to participate in Cheer-Off; they can only be registered in the Flag Division. If they do participate in the Cheer-Off they will be judged as a part of the routine.

8. All Cheer squads will be required to participate in all M.F.F.C.C. games in which they are to be fully dressed. In the event that there are no cheerleaders for a particular division, this must be reported to the presiding District VP of cheer. It is the responsibility of the cheercoordinators from each team to communicate prior to the games as well.

9. All Cheer squads are required to check in at each game with I.D. Manuals. As updated in the MFFCC General Rules, only Presidents/Vice Presidents, Commissioners and Cheer Coordinators are permitted to conduct book check. In the even neither of these parties are available, a Head Coach plus one additional badge holder may conduct book checkbook **CHECK BY TEAM MOMS/TEAM DADS IS STRICTLY PROHIBITED.**

10. Coaches: Head Coaches and Assistant Coaches must be 18 years or older, squads will consist of one head coach, the maximum of two assistant coaches and the maximum of two junior assistant coaches. A junior assistant can be any high school age minor 15-17, with Cheer experience, where their knowledge will help benefit the squad. Junior assistants will be under the direction of the head coach and/or an assistant coach at all times. Junior assistants are exempt from background checks.

11. Cheer squads should be placed under the direction of a qualified and knowledgeable coach. All Head Coaches, Assistant Coaches, Junior Assistants and Team Moms/Dads are required to be certified by MFFCC regulations.

12. Dress Code: At all games and MFFCC events, coaches are required to wear their league's coach's shirt, appropriate shorts/skorts that measure down to their mid-thighs. Coach's shirts are required to be an appropriate style as to not be too revealing and/or inappropriate for youth league participation. All levels of coaches are required to be in appropriate team gear/shirts (i.e. Junior Assistants cannot dress in cheer uniforms).

13. Coaches should recognize a squad's ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talent, overall, and individuals should not be pressed to perform activities until safely perfected.

14. Practice – The first two weeks of practice will consist of conditioning only, no stunting or gymnastics. At all practices, girls' hair is required to be up off the shoulders and face. A good support cheer shoe is required for all flyers for stunting.
15. ID Manuals – ID Manuals for each squad are required to be at all practices, games and events.
16. The home Cheer Coordinator or representative is required to be at all home games. The home Cheer Coordinator is responsible for making sure that the ten-minute half time is provided.
17. Book Check-in – Check-in will take place during the half time of the previous game or at an agreed time between both leagues. Check-in will be completed by a Cheer coach or coordinator; if neither is available a football commissioner will be utilized.
18. Warm up – Cheer squads must warm up in the area outside of the cheer box. There should be only one Cheer squad on the sidelines during the course of any game. Cheerleaders and Cheer coaches must remain in the cheer box at all times during the course of the game.
19. Half Time – Each Cheer squad will have a maximum of five (5) minutes during Half Time to perform a routine. Half Time should not EXCEED ten (10) minutes. Each squad will be required to do a Half Time routine with the visiting team going first and then the home team will perform. Should there be a special event (i.e. Homecoming, Parent Day, etc.), the home Cheer Coordinator must communicate with the visiting Cheer Coordinator no later than the Thursday prior to the scheduled game to advise of changes that may affect half time.
20. Coaches and the Sidelines – Cheer coaches from each team are required to line up the Cheer squad. No more than three rows of cheerleaders are to be on the sideline. Coaches and cheerleaders on the sideline can move up to the ten (10) yard line at either end of the field to cheer. Cheerleaders are not allowed on the sidelines or field area at any time other than the time of her squads scheduled time. **(Cheerleaders are only authorized to be on the field and to cheer during the division game they were certified in at Jamboree)**
21. Fluids and Snacks – Each coach can bring water and/or Gatorade and a snack (healthy snacks) for half-time for their prospective squads.
22. Forfeit Fees – All Cheer squads will be required to participate in all M.F.F.C.C. games; any squad that fails to attend a scheduled game will result in an automatic forfeit fee fine of \$100.00 for that team. All Cheer squads will be required to participate in all M.F.F.C.C. Cheer-Off, play-offs, and super-bowl games that their team is participating in; any squad that fails to attend will result in an automatic forfeit fee of \$100.00.
23. Sportsmanship – All teams must shake hands after each game is completed in a sportsman like manner or the head coach will be suspended for one game. Any improper conduct by a coach at a game site shall be grounds for suspension by the Federation Commissioner.

CHEER-OFF

1. All Cheer squads are required to wear uniforms in the Cheer-Off Competition. A Cheer uniform will consist of a shell top, a skirt, bloomers and Cheer shoes. Any additional accessories will be up to the leagues discretion. **THIS RULE IS STRICTLY ENFORCED.** All squads must adhere to this requirement or face disqualification.
2. All cheerleaders are required to participate in a minimum of six (6) M.F.F.C.C. games to participate in the Cheer-Off. Prior to competition, Cheer District VPs will conduct an additional book check; likewise, there will be a check at competition.
3. The Conference Cheer Coordinator(s) & Executive Board shall have the power to enforce the rules and regulations for Cheer-Off.
4. All squads are required to participate in Cheer-Offs, regardless of their ability. The Cheer Squad Declaration and M.F.F.C.C. rosters turned in at the beginning of the year will be used to determine squads per league participation by division and size. Any changes to Squad Declarations need to be submitted no later than the Friday (@ 5:00 pm) before the last MFFCC monthly meeting prior to the Cheer-Off Competition. No changes to squad's classifications will be made after this time. I.D. Manuals will be checked and signed at check-in. A cheerleader may not be moved from one squad to another; they are required to remain where they were originally certified for at the start of the season. Any deviations from this schedule are subject to Executive Board approval; sufficient notification will be provided to the leagues prior to competition.
5. The order of league performance will be determined at a prior Conference Cheer Coordinators meeting established by number draw.
6. Squads will be classified by skill level and age. See M.F.F.C.C. general rules for age levels. Trophies will be issued accordingly for each division, level and size. The number of places per division will be determined by the number of squads competing in each division once the performance schedule is complete.
7. Coaches Check-in will be from 7:00am until 9:00am. All coaches from each squad will each need to check in together with their squad's book, squad roster and their coaches ID to obtain their coaches arm band. Coaches arm bands will not be issued out without the coach present and once a squad receives their arm bands no addition arm bands will be issued for that squad. No coaches arm bands will be issued out after 9:00 am.
8. Check-In – Squads will line up with their coach at their scheduled time for check-in and will not be allowed to check in early. At such time I.D. Manuals will be checked, head coach will fill out Score Sheet, one for each judge (3) and a Deductions sheet (1) for their squad. Squads will then proceed to pictures, warm-up (stretching and practice stunts and routine without music) and perform as per the M.F.F.C.C. Cheer-Off schedule. The Conference Cheer Coordinator shall review all late arrivals on an individual basis.

9. Rules Review – Judges will be supplied and requested to review the MFFCC Cheer Rules and Regulations prior to Cheer-Off. The rules will be reviewed with all participating judges to ensure they have familiarized themselves with the MFFCC Cheer Rules and Regulations.

10. **Cheer-Off Schedule** (subject to change):

- Gates open at 7:00 am
- Coaches Check-in
- Squad Check-In
- MFFCC Competition Officials' meetings:
 - Review MFFCC Cheer rules with Coordinators and Judges
 - Review assignments and responsibilities and answer any questions
- Opening Ceremony
- Performances start and continue as per the Cheer-Off Schedule
- Intermission (lunch) and breaks as per the Cheer-Off Schedule
- At conclusion of performances, if needed, a meeting with all leagues' CheerCoordinator or representative of, will meet to review any protests from coaches
- Squads will line up behind their respective coach and team member
- Awards Ceremony

11. **Cheer and Dance Routine** – The following general rules and regulations apply:

- a) Cheer and Dance routines are to be choreographed to the discretion of the coach. All dance routines must be an original creation. Using exact routines from a professional video and/or choreographer is prohibited, an automatic disqualification. Obtaining ideas, stunts and/or moves and incorporating them into your own creation is allowed.
- b) The routine should consist of cheers, chants, jumps, stunts and dance.
- c) No inappropriate moves should be used; a 5 point deduction will be assessed per each inappropriate move; per cheerleader.
- d) Inappropriate language will result in an automatic disqualification for that squad.
- e) Illegal stunts will be assessed a 10 point deduction per stunt.
- f) No opposing team's name shall be used.
- g) Crowd response cheers shall be allowed but noisemakers will not.
- h) All hair must be worn completely off the shoulders. Hair devices should be secured as to not fall out during performance.
- i) Absolutely no jewelry is allowed.
- j) Props and accessories are allowed, accessories and/or props that could fall off or that

could be a potential safety issue are not allowed during any jumps, tumbling and/or stunts. **ACCEPTABLE PROPS ARE: pom-poms, signs, megaphones and flags**

- k) Each team must bring at least two copies of music in CD form. If approved by the DJ, other forms may be accepted (email, flash drive, music players, etc.).**
- l) All introductions are timed and considered part of the routine (tumbling, chants, spiring during entrances).
- m) Time will start with the first word or movement. Time limits will be a minimum of 2 minutes and a maximum of two and half (2½) minutes, to include thirty seconds (30) minimum of dance and thirty seconds (30) minimum of cheer. A five (5) point penalty shall be assessed for under the minimum time and for every five (5) seconds intervals over the time limit. A five (5) point penalty shall be assessed for any under minimum dance and cheer limit. Time will stop with the last motion, sound or word.
- n) There will be a clearly mark cheer zone. A 2-point deduction will be taken off each time you step outside (out of bounds) the box while performing the routine.
- o) There will be a clearly mark area for coaches. One coach from each team will be allowed to stay in this area during routine.
- p) One coach is required to be at the DJ's table, prior to the squad's performance time to provide and monitor their music.
- q) With the exception of the Flag division, helping or prompting from any official person or parent (i.e.... no signals and/or signs) from the sidelines will result in a disqualification.
- r) Teams will be able to restart only if there is a major injury or malfunction of the music systems.
- s) Time will stop after the last motion, sound or word.
- t) All cheerleaders will sit with their team and show spirit. Remember to be good sports and have fun.

12. **Judges** – Only certified Cheer judges will be selected and approved by the Conference Cheer Coordinator. A total of three (3) will be used for scoring each performance; two judges will be used for deductions/violations. At least one judge, if possible, should speak/understand Spanish (for Spanish music monitoring). The judges shall sit in an elevated position and if at all possible, arranged in such a way, as to allow privacy for scoring. The two assessing deductions shall sit on the field. Judges decisions shall be final.

13. **Rules for Judging** – A combination of individual judges’ scores minus any deductions shall determine the winners. Please refer to the “Cheer Off Judging Scale” for further clarification.
14. **Timing** – There will be one person assigned for timing. The entire routine, cheer and dance segments will be timed using a Control Company Triple Timer. All times will be documented on the MFFCC Cheer-Off Time Sheet. Any over or under time limits will be assessed the appropriate deduction points. At the completion of each division the Time Sheet will be forward to the Documenter (via runner) for documentation.
15. There will be two MFFCC Board Members assigned to each review (for incomplete scores) and calculate the judge’s scores and forward them (via runner) to the Documenter for documentation.
16. There will be one MFFCC Board Member assigned to document each judge’s scores, total them, document any deductions, and calculate the final score.
17. Mascots shall be designated by a ribbon or band and shall not be judged, except if performing as their own squad. Mascots can only be registered in the Flag Division. Penalties will be assessed if Mascots are used in stunts (10 points).
18. RED tag/band will be issued for medical reasons. Only two (2) red tags will be issued to each team. Additional red tag/band will be given only at the discretion of the M.F.F.C.C. Cheer Coordinator.
19. In case of a tie: All ties will be broken by using the “Overall Execution/Impression” sections of each score sheet.
20. Deduction score sheets will be given out to the Head Coach at the conclusion of each division routines for review. It will be the responsibility of the Head Coach to make contact at the Documenter’s table to obtain their deduction sheet. Score sheets will be given out at the conclusion of Cheer-Off to each leagues Cheer Coordinator in a sealed manila envelope.
21. Protests must be submitted to the Conference Cheer Coordinator prior to or at the all leagues Cheer Coordinator meeting at the conclusion of the performances.

The following guidelines must be followed in order to protest:

- a) It shall be the responsibility of the protesting organization to furnish evidence of the protested violation.
- b) If necessary, the coaches and assistant coaches involved shall be notified of the pending protest and the reason immediately following the contested situation.

c) In a timely fashion, upon receipt of a protest, the Conference Cheer Coordinator shall schedule a hearing to consider the protest. The protest will be considered immediately prior to the award's presentation. At the protest hearing both sides will be allowed to state their case and present evidence and witnesses. The Cheerleader trustees will be allowed to question witnesses. Upon conclusion of the testimony, the Cheerleader Trustees will meet in closed session to discuss the protest and to vote. A two-thirds (2/3) majority vote of all Cheerleader Trustees is required to approve a protest. All parties involved will be notified immediately of the decision.

22. All squads and coaches must show good sportsmanship and conduct. Conduct of participants, who determined to be un-sportsmanlike or detrimental to the cheerleader's opportunity to cheer or to the Conference or a member thereof, may subject their team to disciplinary action. There will be a two (2) point deduction for each offense. Such conduct by participants, before or after, or during the event, may also subject their organization to disciplinary action by the Conference. M.F.F.C.C. Trustees and their organization are responsible for controlling the conduct of spectators and participants and have the authority to request the departure from the premises of any individual whose conduct is detrimental to peace and good order. Continued misconduct will result in a disqualification of the squad.

23. The first-place winners will be invited to perform their winning routine at the corresponding MFFCC Super Bowl half time if they so desire. If the winners decline, the Cheer V.P.'s will reach out to runners-up.

SKILL LEVEL CLASSIFICATIONS

		Additional Info
Cheer Requirements	<p>Minimum: 30 seconds</p> <ul style="list-style-type: none"> No conference affiliated team name/mascot should be used in cheer No inappropriate movements 	<p>Spotters are available upon request but will not take the floor unless requested. No one other than the elected spotters and the participants can be on the mat while a team is performing.</p> <p>All teams are required to perform in a uniform. Several variations of a uniform exist. Connect with your VP to ensure your team is in compliance.</p> <p>Flag is the only level that allows for coaches to assist their team with setting up props, motion demonstration and/or the initial formation</p> <ul style="list-style-type: none"> Coaches/Staff cannot be on performing surface during performance Coaches/Staff must kneel or be in seated position and at least 3 ft. from performance surface and 3 ft from the judges' area. Limited to 2 coaches/staff members
Music Requirements	<p>Minimum: 1 minute Music can be segmented as long all sections total a minute</p> <ul style="list-style-type: none"> No inappropriate lyrics or content 	
Overall Routine Expectations	<p>A combination of transitions, jump sequences, stunting, tumbling, cheer and dance</p> <p>Crowd engagement is encouraged, but not required</p> <p>Routine should not exceed 2 minutes and 30 seconds</p> <p>Props are limited to: Poms, Signs, Megaphones and Flags. Connect with your VP for questions regarding other props</p>	
Unforeseen Circumstances	<p>If a music interruption occurs, be it an error on the coach's or DJ's end, the team can restart the portion of their routine associated with the music. If the team has executed at least 20 seconds with music, all judging marks up to that point will remain and new judging marks will be made from the 20 second marker on.</p> <p>If the team continues without music, they will not be granted an opportunity to perform at a later time unless permitted by the Cheer VP and judging panel. The head coach must signal the participants to stop within 15 seconds of the music interruption.</p> <p>If a participant is injured while performing, that team will be allowed to stop and perform at a later time.</p> <p>If a participant is injured within 1-hour of your team's check-in time, the head coach must notify their VP who will then notify the applicable parties. That team will be given an option to compete at their regularly scheduled time or at the end of the division following.</p>	<p>Music must be available in two forms: CD Thumb Drive Mobile Device</p> <p><i>If using mobile device; It is your responsibility to make sure the necessary porting/connectivity equipment is accessible for the DJ</i></p>
Music		
Injury		

<p><i>*example depicted below by number associated w/ rule</i></p> <p><i>Red text indicates exceptions</i></p>	<h2 style="text-align: center;">LEVEL I</h2>	<h2 style="text-align: center;">LEVEL II</h2> <p style="text-align: center; color: red;">FLAG TEAMS CANNOT ENTER LEVEL</p>
<h3>Tumbling</h3>	<p>All non-airborne tumbling is permissible: Contact to performing surface must be maintained throughout tumble</p> <p>With the exception of a backwards roll, backwards tumbling is not permitted</p> <p>Series connection limited to one (1)</p> <p>Flag level CAN execute the following due to their inability to compete in Level 1</p> <ul style="list-style-type: none"> ▪ Running Tumbling ▪ Backwards Tumbling (limited to back walkovers/kickovers and back-handsprings) ▪ Back-handspring series limited to one connection (2) 	<p>Standing backwards tumbling is limited to skill levels equivalent to back tuck and under (see examples below) – can be performed in series</p> <p>Absolutely no tumbling with a twisting skill is to be executed (1)</p>
<h3>Tumbling Examples</h3>	<p>Forward/Backward Rolls Cartwheel Round-off Front-handsprings are prohibited</p> <ol style="list-style-type: none"> 1. Cartwheel-Round-off, Front Walkover-Round-off (not limited to examples displayed) 2. Round-off back-handspring, Cartwheel back-walkover 	<p>Back walkover/Kickover Front/Back-handspring Back-Tuck Aerial</p> <p>1. Prohibited: Full, Punch Front, X-Out, Lay out, Whip, Front Tuck</p>
<h3>Tumbling Deductions</h3>	<p><i>Executing illegal tumble results in a 2 to 5-point deduction. See Deduction Sheet for specific details.</i></p>	<p><i>Executing illegal tumble results in a 5-point deduction. See Deduction Sheet for specific details.</i></p>
<h3>Stunt Skills</h3>	<ul style="list-style-type: none"> • No stunt should exceed Prep Level unless braced by another stunt group at prep level (see pyramids) • At least one base and a spot are required at prep level • Contact with both top person's feet must be maintained at prep level and above when permissible • No rotations or twisting skills should be executed • NO RELEASE MOVES • NO INVERSIONS <p>Flyers cannot pass over, under or through other stunt groups.</p>	<ul style="list-style-type: none"> • At least one base or Back Spot must maintain contact with top person throughout transition(s) unless exception specified • Release moves are permissible for PW, Jr. and Sr. Divisions only (See single stunt groups) • All Inversions on PW, Jr. and Sr. level require at least one brace. The brace can be a base or back-spot as long as the group consists of 2 bases and a back-spot • MM INVERSIONS require a dual brace. <p>Flyers cannot pass over, under or through other stunt groups.</p>
<h3>Loading</h3>	<ul style="list-style-type: none"> • Top person can step in or jump into loading position • No twisting skill can be executed • Props cannot be used 	<ul style="list-style-type: none"> • Limited to one rotation • All tumbling skills require landing with one foot on performance surface before loading into stunt • Props cannot be used
<h3>Dismounting</h3>	<ul style="list-style-type: none"> • Straight cradles ONLY • No inverted dismounts • Cradle from full cannot be • Props cannot be used 	<ul style="list-style-type: none"> • Limited to one rotation • Suspended Rolls must land in a position where the top person does not land on performing surface. • No twisting skill can be executed in a dismount that is accompanied with a forward or backwards rotation • Props cannot be used

<p>Loading Examples</p> <p>Dismounting Examples</p>	<p>Step In Jump In Flyer cannot start in cradle position then transition to a squish to load for stunt.</p> <p>Walk Down Bump Down Straight-ride cradle</p>	<p>Full Up Half Up Cradle pop up Examples under Level 1</p> <p>Full Down Suspended Rolls Pancake – Can only be done at prep level Examples under Level 1</p>
<p>Single Stunt Groups</p>	<p>BASKET TOSSES ARE PROHIBITED</p> <ul style="list-style-type: none"> • Stunts at prep level cannot travel once built • Travelling is permissible while in loading position • 1-legged stunts are permissible below prep level (1) 	<ul style="list-style-type: none"> • V-sit (teddy bear) extensions require a back spot used for spotting purposes ONLY. • Release moves can only be executed in stunt groups with 2 bases and a back-spot. The top person must be released at waist level (or below), caught at prep level (or below) and return to original bases <p>Basket Tosses:</p> <ul style="list-style-type: none"> ▪ NO FLIPPING ▪ Limited to one trick per toss ▪ 2 bases and a back-spot are required
<p>Pyramids</p>	<ul style="list-style-type: none"> • Stunts can exceed prep level if braced by another stunt group at prep level • Brace/connection must be made immediately once extended, but not during/after transition • Brace/connection must be disconnected before flyers are dismounted to performance surface 	<ul style="list-style-type: none"> • Top person cannot hold majority of weight while being used as a brace • A top person cannot be used as a base • Brace/connection must be disconnected before flyers are dismounted to performance surface
<p>Stunt Examples</p>	<p>Shoulder Sit Thigh stand Prep V-sit (teddy bear) at prep level</p> <p>1. Heel Stretch in thigh-stand</p> <p>Thigh stand-shoulder sit-prep connection</p>	<p>Full/Extension Liberty, Heel Stretch, Arabesque, Needle, Scorpion, Hitch (not limited to examples) Tic-Tocks (No twisting skill allowed) Leap Frog Barrel Roll – Contact does not have to be made while executed</p>
<p>Stunting Deductions</p>	<p>Deductions will be assessed for safety violations at the discretion of the head judge.</p> <p>Bobbles may or may not result in a safety deduction but could ultimately affect the overall score.</p>	<p>Deductions will be assessed for safety violations at the discretion of the head judge.</p> <p>Bobbles may or may not result in a safety deduction but could ultimately affect the overall score.</p>

1. A structured stretching exercise and flexibility routine should precede and follow all practice sessions, games and other activities.
2. All squads should adopt a comprehensive conditioning and strength building program.
3. All cheerleaders need to receive proper training before attempting any form of Cheer gymnastics (tumbling, partner stunts, pyramids and jumps).
4. Appropriate spotting should be used until all performers demonstrate mastery of the skill. A front spotter should be used (while learning) until the performers have mastered the skill.
5. All pyramids and partner stunts are limited to 2 ½ persons high; “Two High” is defined as base(s) having direct weight bearing contact with the ground, extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.
6. Flag is limited to 1 ½ persons high therefore they cannot exceed prep level. Basket tosses are above prep level and are prohibited. Level 1 and 2 participants are prohibited from performing any elevated forward or backwards suspended rolls (inverted head blow waist).
7. The top person in any partner stunt, pyramid, or transition may not be in an inverted (head below the waist) position, with the exception of a double base suspended forward roll and the following rule.
8. The top person in a stunt may begin in an inverted position on the performing surface and be loaded into a non-inverted position shoulder height or below provided that they have constant contact with a base or spotter until they are in the non-inverted position. A base or additional spotter if necessary must be in a position to protect the head, neck and shoulder area of the top person.
9. Forward suspended rolls are permitted provided the top person begins from the performing surface or from a stunt shoulder height or below and the top person maintains continuous hand-to-hand contact with two bases or two posts who control the top person’s dismount to the performing surface, cradle or is no longer inverted.
10. Backward suspended rolls are permitted only from the performing surface provided the top person maintains continuous hand to-hand/arm contact with two bases/posts, which control the top person back to the performing surface.
11. A top person may be moved from a weight-bearing, inverted position on the performing surface to a non-inverted position at any height provided both the following conditions are met: At least one base or spotter protects the head/neck/shoulder area of the top person. This base or spotter must maintain contact with the top person until he/she is no longer inverted.

12. A top person may be inverted in partner stunts in which the base of support remains below shoulder level provided both the following conditions are met: At least one base or spotter protects the head/neck/shoulder area of the top person. This base or spotter must maintain contact with the top person until he/she is no longer inverted. During a downward inversion, two original bases or one original base and a spotter maintain contact with the top person in a position to protect his/her head, neck and shoulder area. This contact must be maintained until the top person's hands are on the performing surface or he/she is no longer inverted.
13. A braced forward or backward flip in a pyramid is allowed provided all of the following conditions are met: The top person maintains continuous hand-to-hand/arm contact with a separate bracer on each side. The bracers must be in double based shoulder stands or elevatorpreps (no single base, shoulder sit or thigh stand bracers). Each bracer has a separate spotter. The top person has at least two bases and a separate spotter. The bases remain stationary except as necessary for safety adjustments. The top person ends in a loading position, stunt or cradle. The top person does not perform more than one and one quarter ($1 \frac{1}{4}$) flipping rotations. The top person does not twist.
14. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person and the fourth base may support under the legs or make contact with the hands of the top person. Top person must have hand contact with bases during transition.
15. Partner stunts/pyramids higher than shoulder stand level must have a continuous back spotter for each person over shoulder stand level. Spotters are considered part of the squad. For single-based extended stunts, the spotter may hold at the ankle of the top person and /or the wrist of the base. If the spotter is supporting under the sole of the foot in any way, they are considered to be a base and the stunt would require an additional spotter.
16. When one person is bracing another (including overlapping arms), one of the individuals must be at shoulder height or below. Exception; extensions may brace other extensions.
17. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, the brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
18. Basket tosses, toe pitch tosses, or similar tosses are limited to no more than 4 tossers, including the person who may set or load in the flyer. The flyer must be dismounted to a cradle position by two of the original bases. Plus, an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person.
19. Participants may not pass over, under or through other participants from tosses.
20. Tosses cannot land in a loading position for another stunt or toss, nor can they significantly exceed the height of the intended stunt.
21. Basket tosses, elevator tosses, and similar multi-base tosses are prohibited on surfaces other than a mat, grass or rubberized track.

22. Partner stunts and pyramids may not pass over, under or through other partner's stunts or pyramids.
23. Cradle dismounts from double base partner stunts that are over shoulder stand level must use three catchers (two original bases and back spot). Cradle dismounts from single base partner stunts that are over shoulder stand level must use at least two or more catchers.
24. Cradle dismounts that involve a jump, twist or other gymnastic skill require a spotter in addition to the original bases. Double downs are permissible in **Level 3 ONLY** with the original two bases and back spotter.
25. All backward dismounts from partner stunts or pyramids must use three catchers. The execution of any gymnastic skill (jump, twist, etc.) during this dismount is prohibited.
26. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed).
27. The following are prohibited: vaults, free falling flips or swan dives from any type of toss, partner stunt or pyramid; transitional stunts and pyramids, twists greater than one rotation, knee drops, tension rolls and tension drops, connected tumbling, D-Birds, scoopers, helicopter tosses, and single base split catches. *******Flag and MiteyMites are prohibited from executing any dead man stunts*******

CHEER-OFF POSITION DUTIES

Calculators: Calculators will review score sheet for completion (missing scores and consistency), if any are incomplete they are to be sent back to the judge. Each calculator will add each sheet and document the total they receive at the bottom of the sheet along with their initials and pass it to the other calculator to complete the same. Forward all score sheets to the Documenter for documentation.

Check In: Check-In will check in each squad as scheduled, make documentation on the Declaration form, check and document any uniform violations. Have the Head Coach fill out a Score Sheet, enough for each judge (3), and a Deductions sheet for their squad and forward them to the judges table via the Runner.

Deductions: Those deducting will be selected by the MFFCC Cheer Coordinator. Those deducting will sit on a corner observing for out of bounds violations, inappropriate moves and guideline violations. Forward all deduction sheets to the Documenter for documentation.

Documenter: The Documenter will review the score sheet for completion; log each judge's total score. Subtotal scores for each squad, document and deduct any penalty points. Document the final score then return all forms, after each division completion to the MFFCC Cheer Coordinator.

Judges: Judges used for scoring will be Certified Cheer Judges. Three each will be assigned to judge the divisions for competition.

Monitors: Monitors will monitor the schedule line at the warm-up/practice location, performance line up and performance entry to keep the line flowing as scheduled.

Runner: The runner will be responsible for picking up the filled-out score sheets from the Check-in table and taking them to the judges table, picking up completed score sheets and taking them to the Calculators, picking up the calculated sheets and taking them to the Documenter for documentation. Once all forms are completed they will be given to the MFFCC Cheer Coordinator for review.

Timer: The Timer will time each squads cheer and dance segments and the entire routine time. At the end of each division's performance the Time Sheet will be forward to the Documenter for documentation of any violations.

CHEER-OFF JUDGING SCALE

CHEER

Range of Scores

Skill

1 - 3 points

Basic-Beginner motions, executed at a slow pace, low level of technique, minimal variety of motions

4 - 7 points

Intermediate motions, average pace, average to good level of technique and variety, moderate variety of motions, majority of members together

8 - 10 points

Advance motions, fast pace, strong level of technique, difficult strong use of motions, sharp and precise motions, majority of members together

JUMPS AND TUMBLING

Range of Scores

Skill

1 - 3 points

Basic-Beginner jumps and/or tumbling skills, executed with low level of technique, minimal variety (examples: spread eagle, tuck, forward rolls, cartwheels, handstand)

4 - 7 points

Intermediate jumps and/or tumbling skills, executed with sub-standard techniques and perfection, moderate variety and height (examples: toe touches, herkies, hurdlers, combinations performed with prep in between, front and back walkovers, round-offs)

8 - 10 points

Advance jumps and/or tumbling skills, executed with high level of techniques and perfection, strong execution, variety and height (examples: pikes, double nines, combinations performed with no prep in between, round-off back tuck, standing back tucks, front handsprings, multiple in a series)

STUNTS AND PYRAMIDS

Range of Scores

Skill (single (1) performers cannot be scored in this category)

1 - 3 points

Basic-Beginners stunts and/or pyramids, executed at prep level or below, 1 1/2 high (examples: pony/mount sit, L or V sit, double base thigh stand)

4 - 7 points

Intermediate stunts and/or pyramids, executed at prep level, 1 1/2 high (examples: shoulder sit, prep level straddle sit, single or double based thigh stand (liberty, heal stretch, bow and arrow), basic basket toss, straight pop down dismounts and basic straight cradles, bases stationary at all times)

8 - 10 points	Advance stunts and/or pyramids, executed at prep level (combinations) or full extension 2 - 2 1/2 high, basket tosses (including a gymnastic move or other motion), liberties, arabesque, awesome, chair (any variation), show and go (any variation),
---------------	--

DANCE*(Dance Portion of Cheer Routine only; See Dance Rules & Guidelines for Dance Teams)*

Range of Scores	Skill
1 - 3 points	Basic motions/ dance preformed at a slow pace and or executed with poor technique.
4 - 7 points	Intermediate motions / dance preformed with good technique.
8 - 10 points	Advanced motions/ dance performed with strong technique.

SPIRIT/ EXPRESSION/PROJECTION

Range of Score	Skill
1 - 3 points	Minimal smiles, little or no spirit (appealing to the audience), little or no facial expressions, soft voice.
4 - 7 points	Enthusiasm, majority of smiles, some spirit (appealing to the audience), majority of member's continuous facial expressions, average voice.
8 - 10 points	High energy, full squad participation in spirit, facial expressions and loud strong projected voices.

FORMATIONS/ SPACING/USE OF FLOOR

Range of Score	Skill (single (1) performers cannot be scored in this category)
1 - 3 points	Formations not aligned, spacing uneven between girls, little or no formation change or variety. Floor placement poor (hard for visual effect).
4 - 7 points	Majority of formations aligned, spacing average between girls, some formation change and some variety. Floor placement average (acceptable visual effect).
8 - 10 points	Formations aligned, spacing even, creative formation changes and variety. Above average floor placement (great visual effect).

TRANSITIONS/ FLOW OF ROUTINE

Range of Score	Skill
1 - 3 points	Poor transition/flow from one segment to the next.

4 - 7 points	Average transition/flow from one segment to the next.
8 - 10 points	Advance transition/flow from one segment to the next.

CREATIVITY OF CHOREOGRAPHY/MUSIC

Range of Score	Skill
1 - 3 points	Little or no variety of moves, choreography poor or not music based.
4 - 7 points	Average variety of moves, choreography average and relates to music.
8 - 10 points	Great variety of moves, advanced choreography that compliments music.

OVERALL EXECUTION/IMPRESSION

Range of Score	Skill
1 - 3 points	Poor execution of routine, several mistakes and bobbles. Boring, no variety, repetitive.
4 - 7 points	Average execution of routine, some mistakes, some variety.
8 - 10 points	Advance execution of routine. Exciting, flashy routine, great variety, impressive.

TEAM PRECISION

Range of Score	Skill (single (1) performers cannot be scored in this category)
1 - 3 points	Poor execution of moves, motions and timing, not together or precise. Basic moves and motions.
4 - 7 points	Average execution of moves, motions and timing, majority of members together and precise. Intermediate moves and motions.
8 - 10 points	Above average execution of moves, motions and timing. All members together and precise. Advanced moves and motions.

GLOSSARY

Airborne/Aerial: To be free of contact with a person or the performing surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

Assisted-Flipping Mount: An entrance skill into a stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See “Suspended Flip”, “Braced Flip”)

Assisted Tumbling: Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented “stunts”.

Awesome: An extended stunt where a top person has both feet together in the hand(s) of the base(s). Also referred to as a "Cupie."

Back Handspring: The gymnast throws him/herself into a back flip and uses her hands to continue the rotation and end on his/her feet.

Back Spot: The person in the back of stunt mainly responsible for protecting the head and shoulder area of a top person. Required for all cradle dismounts.

Back Tuck: A back flip where the gymnast tucks up into a ball in order to have a faster reverse spin and land on his/her feet.

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.

Barrel Roll: See “Log Roll”.

Base: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds lifts or tosses a top person into a stunt. (New bases – bases previously not in direct contact with the top person of a stunts)

Basket Toss: A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.

Bench: A mount with two bases, a spotter, and a flyer where the two bases hold up the flyer at chest level using only arms.

Bench Cheer: A cheer performed from the designated cheering area during a game. Generally used to get the crowd going or encourage the team playing.

Block: A gymnastic term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

Block Cartwheel: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Bracer: A top person that provides stability for another top person.

Braced Flip: A pyramid in which a top person performs a hip-over-head rotation while in constant physical contact with a bracer (another top person).

Cartwheel: A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher: One of the person(s) responsible for the safe landing of a top person during a stunt.

Chair: A flyer sits in the bases extend hand.

Connected Tumbling: Physical contact between two or more individuals performing tumbling skills simultaneously. These are prohibited.

Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, pike position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

Cupie: See "Awesome."

Dirty Bird (D-Bird): Toss to a laid-out X-position to the back of the base, through the base's legs and typically transitioning to a scooper. These are prohibited.

Dismount: The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.

Dive Roll: A forward roll where the feet leave the ground before the hands reach the ground.

Double-Leg Stunt: See "Stunt".

Downward Inversion: A stunt or pyramid in which an inverted top person's center of gravity is moving toward the performing surface.

Downward Motion: The movement of one's center of gravity towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop. These are all prohibited.

Elevator/Sponge Toss: A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.

Eighteen Inches above Extended Arm Level: The maximum distance allowed between the highest points of a base's extended arm and the lowest point of a top person's body during a release move.

Entrance Skill: The beginning or mounting phase of a tumbling skill or stunt.

Extended Arm Level: The distance from the performing surface to the highest point of a base's arm(s) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Position: A top person supported by a base(s) with fully extended arms. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Single-Leg Stunt: An extended stunt where the top person has primary weight on one leg.

Extended Stunt: When the entire body of the top person is extended in an upright position over the base(s). (Examples of stunts that are not considered "extended stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. These are stunts where the bases arms are extended overhead but are NOT considered to be "extended stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

Extension (or Full): A mount with two bases, a spotter, and a flyer where the two bases hold up the flyer and their arms are fully extended.

Extension Prep or Prep (or Half): When the top person is being held at shoulder level by the base(s).

Flat Back: A stunt in which the top person is lying horizontal and is usually supported by two or more bases.

Flip: An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

Flick: A stunt where a base or spotter grabs the flyers waists and pulls/pushes them up into the air. Essential for partner stunt routines

Flipping Toss: A toss where the top person rotates through an inverted position.

Flyer: See "Top Person".

Forward Roll: A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free-Flipping Mount: Immediately prior to the stunt, the entry into a stunt where the top person passes through an inverted position without physical contact with a base, brace, or the performing surface.

Front Flip: A complete rotation with the body extended and hands are not used.

Front Limber: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

Front Spot: A person positioned in front of a stunt that may also add additional support or height to that stunt. (Also known as "fourth base".)

Front Tuck: A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also known as "punch front".)

Front Walkover: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Full-Up Toe Touch: A non-flipping skill (typically performed in a dismount or toss) in which one performs a 360 degree turn before executing a toe touch. These are prohibited.

Ground Level: To be at the height of or supported by the performing surface.

Half: See "Extension Prep".

Hand/Arm Connection: The physical contact between two or more individuals using the hand(s)/arm(s).

Handspring: Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. Hanging pyramids must remain upright.

Helicopter Toss: A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases. These are prohibited.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the top person's shoulders are below her/his waist and at least one foot is above her/his waist. Arch-back dismounts to a cradle are not considered inverted.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Jump In: Where the flyer loads in with a jump and no bounce.

Kick Arch: Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.

Kick Double Full: Skill, typically in a toss that involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists. These are prohibited.

Kick Full: Skill, typically in a toss that involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop: Dropping to the knees, seat, thigh or splits from an airborne position without first bearing most of the weight on the hands or feet. These are all prohibited.

Layout: A stretched body position, straight, hollow, or slightly arched

Layout Step Out: Similar to Layout skill. However, the tumbler "scissors" their legs and lands with one foot before the other.

Load In: Where the flyer steps into the bases hands to go up into a mount.

Leap Frog: A braced top person is transitioned from one set of bases to another or back to the original bases by going through the arms of the brace. The top person remains upright and stays in continuous contact with the brace while transitioning. Second Level Leap Frog: Same as above but performed at any level above ground level.

Loading Position: A position in which the top person is off the ground in continual movement that puts the bases and top in a position to end the movement in a stunt.

Log Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. Also known as "barrel roll".

Mount: See "Stunt".

Multi-based Stunt: A stunt having 2 or more bases not including the back spot.

New Base(s): Bases previously not in direct contact with the top person of a stunts

Non-Inverted Position: The body is upright. The top person's shoulders are at or above the waist.

One half (1/2) Twist Toe Touch: A non-flipping skill in which one performs a 180° twist before executing a toe touch.

Onodi: Starting from a back hand-spring position after pushing off, the tumbler performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Paper Dolls: Identical single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Partner: See "Top Person".

Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled pushing motion upward by a base(s) to increase the height of the top person or to release the top person to a cradle catch or dismount directly to cheering surface.

Post: A person on the performing surface who may assist a top person during a stunt or transition.

Prep: See "Extension Prep".

Prep-Level: The height of the bases hands and at least one foot of the top person are at shoulder-level (also known as shoulder-height). Chairs, torches, flat backs, arm-n-arms and straddle lifts will be considered prep level stunts.

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A face down, flat body position.

Prop: An object that can be manipulated or used as a base.

Punch: See "Rebound".

Pyramid: A grouping of multiple stunts that may or may not be connected to create a visual effect. Individuals standing at ground level may be incorporated into the grouping.

Rebound: A gymnastic term referring to an airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill. Also known as "Punch."

Released Pyramid Transition: A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

Release Stunt: A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

Release Move: When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases. A single base toss to a stunt from the ground is neither considered a release move nor a toss. This interpretation applies to "stunts" only, not "pyramids."

Reload: Returning to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Rewind: A free-flipping release move used as an entrance skill into a stunt.

Round Off: The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performing surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a punch, cartwheel, round-off, round-off handspring, etc., used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scooper: An entrance/transition skill into a stunt in which a person (usually a top person) passes between the legs and under the torso of another person (usually a base). These are prohibited.

Scrunch Toss: See "Sponge Toss".

Second Level: Any person being supported away from the performing surface by one or more bases.

Second Level Leap Frog: See "Leap Frog". These are prohibited.

Series Front and/or Back Handsprings: Multiple front and/or back handsprings performed consecutively by an individual.

Show and Go: A continuous stunt where a stunt passes through to an extended level and lands into a loading position or non-extended stunt.

Shoulder Stand Level: A stunt in which the top person stands on the shoulders of a base(s) or when the hips of the top person are at the same height they would be if in a shoulder stand.

Shushunova: A straddle jump (toe touch) landing in a prone support (push up position)

Single-Based Split Catch: A single base extending a top person (who is in an upright position having knees forward) by holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt".

Split Mount: Where the bases hold the flyer in a bench position and drop him/her into a midair split.

Sponge Toss: A stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.

Spotted Tumbling: See "Assisted Tumbling".

Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

- Must be in direct contact with the performing surface.
- Must be attentive to the skill being spotted. Back Spotter is required for each extended stunt. (See definition of "Back Spot" above)
- Must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- Cannot have both hands directly supporting under the sole of the top person's foot/feet. A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person's legs (ankles) or does not have to touch the stunt at all.
- All "Spotters" must be your own team's members and be trained in proper spotting techniques.
- Spotters may also be counted as a base in some cases (e.g. transitional stunts).

Squishy (Toss): See "Sponge Toss".

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

Stunt/Partner Stunt: One or more persons supporting one or more person off of the ground. A stunt is determined to be "Single" or "Double" leg by the number of legs that the top person has being primarily supported by a base(s).

Suspended Flip/Roll: A skill in which a person in contact with bases or post performs a foot-over-head rotation.

Sweep: A controlled pushing motion forward by a base(s) to release a top person to a cradle catch.

Switch Liberty: A stunt, in which the top person begins with one foot on the performing surface, is released from the bases, and lands in a stunt on the other foot.

Table Top: A stunt in which the partner is standing on the back of a base(s) that is leaning forward.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance. These are prohibited.

Thigh Stand: Where two bases hold a flyer at their waists using one leg and hands.

Three Quarter (3/4) Front Flip: A forward hip-over-head rotation from an upright position to a cradle position. These are prohibited.

Tic-Tock: A stunt that is held in a static position on one leg, base(s) take a downward dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass through prep level before release.

Toe/Leg Pitch: A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

Top Person: The person(s) on top of a stunt or toss. Also referred to as the "Flyer" or "Partner."

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

Torch: A stunt position in which top person is standing on one foot with the lower part of her body turned to one side while the upper part of top person's body remains turned to the front (performed at shoulder level).

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss) Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

Transitional Pyramid: A top person moving from one stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person. These are prohibited.

Transitional Stunt: Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt. These are prohibited

Traveling Toss: A toss which intentionally requires the bases or catchers to move in a certain direction to catch the top person. These are prohibited.

Tuck: When the flyer tucks up into a ball and sharply and quickly flattens out into an extended position, it looks like an opening up. Generally used in tuck cradles or basket tosses.

Tuck Arch: Similar to kick arch, except instead of kick it is an arch out of a tuck position.

Tuck Position: A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.

Tumbling: Any gymnastic or acrobatic skill executed on the performing surface.

Twist: Rotation around the body's vertical axis while airborne, these are limited to 1 ½ rotation.

Twisting Mount: Mounts that begin with a twisting motion of the top person within the vertical axis (can be as few as 1/4 twist up to 2 twisting rotations) that end up either a) in a prep level stunt, b) in a loading position prior to the execution of a stunt, or c) in a fully extended stunt.

Twisting Toss: Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body

Two – High Pyramid: All top persons must be primarily supported by a base(s) that is in direct weight-bearing contact with the performing surface.

Two & One Half (2-1/2) High Pyramid: Pyramids higher than 2 1/2 body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.

Two-Leg Extended Stunt: Extended stunts that are above prep level in which the top person is bearing weight on both feet and both feet are in the hands of the base(s).

Walkover: A non-aerial acrobatics skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip: Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched position (not tucked and not in layout position). A whip has the look of a back handspring without the hands contacting the ground.

Wolf Wall Transition: Transition that involves the main top person traveling over (front to back, back to front, or side to side) a bracing top person's (at prep level) leg. The leg of the bracing top person is extended away from the body and connected (foot to waist) to a third top person at prep level. These are prohibited.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.