



RULES AND REGULATIONS

UPDATED 2021

FYFCL Cheerleading Rules and Regulations

Table of Contents

<u>Topic</u>	<u>Page #</u>
Coaches	3
Squad Requirements	3
Practices	4
Game Day	4
Stunting	5
Competition	6
Uniforms	7
Forfeit Fees	7
Additional Competition Information	7
Cheerleading Terms and Definitions	10

FYFCL Cheerleading

Coaches:

Each squad may have the following coaching staff:

- 1 Head Coach (required) must be over the age of 18 and have completed High School or GED.
- Up to 3 assistant coaches (should be filled based on squad size and needs) must be over the age of 18 to run practice in the absence of the head coach
- Up to 2 Junior Coaches (High School Students with cheer experience that are not on a FYFCL Squad)
- Team Parent

All members of the coaching staff and team parent (ages 18+) must apply and be approved for an AAU Adult Non-Athlete Membership. These are applied for online at www.aausports.org (check with League President for application dates - Membership is effective August 1st) and must be received prior to coaching or working with the athletes.

Junior Coaches must obtain an AAU **Athlete** Membership prior to participating in practices. Only junior coaches listed on team roster will be permitted on the sidelines on Game Day.

Coaches will also have an additional cheer certification that must be completed prior to the league given date. Certification information will be distributed to Cheer Directors by FYFCL Cheer Director.

Squad Requirements:

Squad Size: 1-35 participants per age group (may be coed)

FYFCL Cheerleaders cannot be on a High School Freshman, Junior Varsity, or Varsity Cheerleading Squad, this includes Middle School Students attending Charter or Private Schools cheering on a high school team. High School students under the age of 15 on August 1st that are not on a high school squad may participate in AAU and FYFCL Cheerleading.

Age Divisions: (as of August 1st)

- 6U Flag 4-6 year olds (must be between 4-6 as of Aug 1 2021)
- 8U Mitey Mites 7-8 year olds (must be between 6-8 as of Aug 1 2021)
- 10U PeeWee 9-10 year olds (must be between 8-10 as of Aug 1 2021)
- 12U Juniors (JV) 11-12 year olds (must be between 10-12 as of Aug 1 2021)
- 14U Seniors (Varsity) 13-14 year olds (must be between 12-14 as of Aug 1 2021)

Each League may have 1 Mascot – that dresses out in uniform and participates on the sidelines. Mascots are not eligible to participate in AAU National Cheerleading Competition. Mascot should be 1 year younger than youngest age group your league offers (i.e. if you allow 4 year olds Mascot may be 3, if your youngest cheerleader is 5 years old Mascot may be 4)

Cheerleaders may only move up 1 age group (i.e. 8 year old may participate on the 10U squad, but a 7 year old cannot). Once a cheerleader has been moved up she must stay in that age group for the remainder of the season. Deadline to move a cheerleader is the same deadline for final rosters. ****EXCEPTION-If any club has a squad of 4 or less in an age group, please contact the FYFCL Cheer Director to discuss mixed squad options.**

Practices:

Practice Days and Times are at the discretion of each individual league. Practices must have an adult coach present at all times. Junior Coaches may not run practices without an adult present. All practices must be conducted in a proper area for the activity being performed (i.e. if stunting and tumbling practice must either be in a grass area or on safety mats). Stunting may not be performed or practiced on a concrete or hard surface. Practice should also be conducted in a well lit area free from debris and holes. It is up to each individual league to determine if practice is mandatory and the disciplinary policies that will be placed on athletes who do not attend practice. Athletes are to wear proper attire to practices and no jewelry or clothing with zippers should be worn by athletes or coaches as a safety precaution. Each club will determine any disciplinary issues within the team; i.e. fighting, suspensions from school, etc. Should the need arise for additional intervention, please contact the FYFCL Cheer Director for discussion within the FYFCL Executive Board.

Game Day:

All members of the squad are to participate in sideline cheers. As a youth football cheer organization the first priority of our cheerleaders is to provide enthusiasm on the sidelines. Cheerleaders should be placed in a safe and appropriate area on the sidelines to be able to lead the crowd throughout the game and not interfere with the field of play. Cheerleaders are not to enter the “coaches’ box” during game play. They may move up and down the sidelines and cheer their team on near the end zones (but not in or behind the end zone) as long as they are not in the same area as the football players and coaches. Coaches and Cheerleaders should be aware of what is taking place on the field at all times in order to avoid any injuries from players or balls coming off the field and onto the sidelines. During Injury Time Outs, Cheerleaders are to take a knee and not cheer. After the player has gotten up cheerleaders from both teams should clap showing them their support. Each team (Home and Away) is responsible for preparing a short halftime routine or cheer (less the 2 ½ minutes per team) to perform for the opposing teams fans. Halftime cheers are not to include the opposing teams name or mascot unless it is to say Hello. The Home Team will go to the Visiting Team’s side first and perform and then invite them back to their sidelines to perform for the home team. After the game has ended cheerleaders will participate in the Team Lineup for Hand Shake and End of Game Huddle.

For facilities that have a track around the football field the cheerleaders will use the track as their assigned cheering area. Since most tracks are concrete surfaces, cheerleaders will be required to use cheer mats or move to a grassy area if stunting or tumbling on the sidelines. You may cheer directly on the track surface with or without mats.

Tumbling and Stunting are allowed in the grass areas around and on the football field at appropriate times during the game. (i.e. team entrance and half time or sidelines if the area between the football players and fans is wide enough).

Each team is responsible for bringing 1 team cooler per squad with drinks and snacks for halftime. Cheerleaders may have a bottle of water with them on the sidelines and should be encouraged to do so by their coaching staff in order to stay hydrated during the game.

Book Check is done at each game. Athletes must participate in a minimum of 60% of regular season games to be eligible to compete in the FYFCL competition. Should 60% of the game totals come out to a decimal, the number will be rounded to the nearest whole number. (i.e. 5.4 will equate to 5 games, 5.6 will equate to 6 games).

Cheerleaders are **required** to participate on the sidelines for all playoff games until their team is eliminated from the FYFCL Conference Playoffs.

Stunting:

- Spotters **MUST** be present during ground to elevator building and cradling-until group can safely perform on their own.
- Flyers must dismount in either a cradle or bump down.
- Full Down rotation of 1 ¼ spins is allowed. Double Downs are not allowed.
- Stunts can be no more than 2 levels high (up to a full/extension **ONLY**)
- All stunts above prep level (at the shoulders) **MUST** be performed on mats or grass-no concrete or “asphalt tracks”.
- Forward rolls are permitted provided the Flyer’s hands are **NOT** released until the Flyer is fully cradled or placed into the continual sequence.
- Forward or Back handsprings into a load in or cradle position **IS** permitted
- Basket tosses are permitted and must contain all 5* positions and no more than one rotation for the Flyer is allowed.
- Toe touches, layouts, kick full, and straight rides are the acceptable basket tosses.
- Props can be loaded into a stunt.

Stunting by Division

(6u)FLAG CHEER: Ages 4, 5, 6 Grades K4-1st

- Mascots or cheerleaders under the age of 4 are **NOT** permitted to compete.
- No basket tosses are allowed in this division.
- 2 Legged Prep Level Stunts w/ Front Spot
- Single or Double Hand/Arm Connection Braced (Below Prep-Level)
- One-Legged Stunts at Prep Level (Pyramids)
- Straddle Sits at Prep Level or Below

(8u)MIGHTY MITE: Ages 7, 8 Grades 2nd & 3rd

- Stunting **CAN** include at both PREP AND EXTENDED LEVEL all skilled stunts **PROVIDED** there is a front spot. Skilled stunts include: heel stretch, Liberties, Arabesque, etc. and provided the Coach adheres to safety (see Terminology for stunt explanations)
- Absolutely **NO** basket tosses at this level.
- 2 Legged Extensions w/ Front Spot
- Single or Double Hand/Arm Connection Braced (At Prep Level or Below)
- One-Legged Stunt at Extended Level (Pyramids)
- Inversions from Ground Level up to an Upright Position at Prep Level or Below

(10u)PEE WEE: Ages 9, 10 Grades 4th & 5th

- Stunting levels include all skilled stunts at Elevator (half) or extension level (full).
- 5 position Baskets **ARE** permitted in these divisions.
- Full down from a half (at base of the chin) is allowed at the Pee Wee level, but is **NOT** allowed from any other height.
- Braced Tic Tocks at Prep Level **ONLY**

(12u)JUNIOR VARSITY: Ages 11, 12 Grades 6th & 7th

- Stunting levels include all skilled stunts at Elevator (half) or extension level (full).
- Junior Varsity can use a 4 man stunt for Baskets (no front spots required)
- Baskets ARE permitted and MAY include straight ride, layout, toe touch and kick full. Absolutely NO other skill can be performed in a basket.
- Full down from extension level (full) IS permitted for Junior Varsity but ONLY up to 1 ¼ rotation
- Braced Tick Tocks at both Prep and Full Level
- Inverted stunts PREP LEVEL AND BELOW ONLY

(14u) VARSITY: Ages 13, 14 Grade 8th

- Stunting levels include skilled stunts at extension level (full).
- Full Down from extension (full) IS permitted but ONLY up to 1 ¼ rotation.
- Baskets ARE permitted and MAY include straight ride, layout, toe touch and kick full. Absolutely NO other skill can be performed in a basket.
- Varsity can use a 4 man stunt for Baskets (no front spots required)
- Braced Tick Tocks at Full Level
- Unbraced Tick Tocks at Prep Level
- Inverted stunts PREP LEVEL AND BELOW ONLY
- Braced backflips in pyramids that originate and land at the Prep Level.
- Tumbling out of stunts without feet or hands touching the group, provided they are assisted by the bases/back spots.
- Traveling over a base or back (example : leap frogs).

Illegal Stunts:

Helicopters, Inverted stunts, swan dives, basket toss with front or back flips, tumbling out of a stunt without feet touching the ground first (12u and under only, 14u permitted), double downs, and unbraced Tick Tocks ARE NOT PERMITTED at FULL level, unbraced is permitted at prep level (14u only) during competition or on game day sidelines.

Competition:

FYFCL Conference Cheerleading Championship

All cheerleaders are expected to participate in the FYFCL Cheer Competition. Medical Bands can be issued for competition based on a doctor's recommendation medical band request must be submitted in writing to the FYFCL Cheer Director by the League Cheer Director at least 1 week prior to competition. All Squads will be required to compete at FYFCL Cheer Competition – any league that chooses not to compete is subject to a \$250 forfeit fee per squad payable to FYFCL Conference. Number of squads per league will be determined by rosters that are submitted at the beginning of the season.

Size Division:

- Extra Small = 1-8
- Small = 9-16 participants
- Large = 17-25 participants

- Extra Large = 26-35
- Mixed Age Squads = with permission; as needed (mixed squads with more than 1 age group combined must participate at the 8U stunting level)

In the event that there are not enough squads entered in a division the league reserves the right to combine divisions. An example of this would be combining Extra Small and Small or Large and Extra Large.

Music must be age appropriate and free from inappropriate language and content.

Routines are not to exceed Two and one half minutes (2:30) and are to include both music and cheer.

Cheer Mat Size is 42' by 54' (9 Panel Cheer Mat). The entire routine must fit onto the mat. Safety deductions will be assessed for each athlete stepping of the mat during their competition performance. Please note that AAU and FYFCL retains the right to make changes to what stunts are legal and not legal. Any changes to the current rules will be sent out to teams in writing no later than 2 weeks prior to competition and will be based solely on safety factors.

Teams may use props including but not limited to: signs, megaphones, and poms. Props can be used while loading or dismounting from a stunt.

Teams may spirit on and off the mat with no deduction. Celebration after routines should be kept to a minimum on the floor as to not interrupt the flow of competition.

Score sheets and Judging Guidelines will be distributed by September 15th to allow teams to build their routines around the score sheets.

Judges will be selected and approved by members of the FYFCL Executive Board and will not have ties to any organization (cannot be a high school coach, private gym owner, or alumni associated with any FYFCL program). FYFCL reserves the right to request outside assistance to hire judges for conference championship. All judges scores and decisions will be based on their observations during the competition and will be final.

Number of trophies awarded per division will be voted on by the FYFCL Board of Directors at least a month prior to competition and will be based on the number of teams eligible to participate in that division. (i.e. Some divisions may only award a 1st place trophy based on participation).

All Cheerleaders are required to participate in a minimum number of games in order to be eligible to participate in competition. The minimum number of games will be determined by the FYFCL Board of Directors and will be communicated out to Cheer Directors prior to August 1st. Any exceptions to the minimum number of games must be submitted in writing to the FYFCL Board detailing why an athlete was unable to meet the minimum game requirement.

Uniforms:

Uniforms must be age appropriate for the team wearing them. "Crop Top" uniforms are not permitted in FYFCL Football Cheer. Cheerleaders should be in cheer shoes at practice, games, and competition to ensure the safety of the Athletes. Jewelry is not permitted as part of the uniform. Rhinestone and other "Flashy" embellishments should be kept to a minimum on uniforms. Makeup for Game Day and Cheer Competitions should also be kept age appropriate. Long-Sleeve Crop Tops under uniform shells for competition are allowed.

Forfeit Fees:

Competition - Teams are subject to forfeit fee of \$250.00 per squad. We are aware that there are exceptions and will be on a case by case basis with FYFCL Board. Forfeit fees are made payable to FYFCL and are due by competition date.

ADDITIONAL COMPETITION INFORMATION

Cheers:

- *Squads must perform together.
- *Movements should be sharp, fluid(connecting) and timed.
- *Each cheerleader will be evaluated on Vocal Projection.
- *Audience participation will gain extra points.

Transitions:

- *Chants should be used when moving from one segment to the next (cheer into stunts, stunt into dance, etc.)
- *Transitions should consist of chants, not full cheers.
- *Transitions must be timed and cheerleaders must start and end together.

Jumps:

- *Routine must contain at least 2 jumps performed by the entire squad.
- *These can be during a dance, cheer, etc.
- *Jumps include: toe touch, right or left herkie, pike, etc.
- *Extra Points are given if a squad does 2 or more consecutive jumps.

Stunts:

- *Squads must perform them together.
- *Props can be loaded into a stunt.
- *Basket tosses must utilize a front spot (except for the Junior Varsity and Varsity squads)
- *Full Down (rotation of only up to 1 1/4 spin) is allowed. Double downs are not allowed.
- *If a squad can use all cheerleaders in a stunt (inclusive of tumbling), they will gain extra points.
- *Points are assessed based on overall difficulty, flawless execution and creativity.
- *Pyramids are required and will be judged on creativity, execution and level of difficulty.
- *All top hands must be connecting to be considered a pyramid.

Dance:

- *A minimum of 30 seconds of dance is required, but does not have to be consecutive.
- *Dance is evaluated on creativity and fluidity of movements.
- *Music must be clean and free of ANY foul language or inappropriate references (i.e. Alcohol)
- *If your squad is producing custom music, please note that although there will not be formal review of the music prior to the competition, if during your performance the music is deemed inappropriate or the lyrics are too controversial, your routine will be stopped and you will forfeit your opportunity. If there is any doubt or concern with your music choice, contact the FYFCL Executive Board to review at least 2 weeks prior to the competition. Also, editing out or replacing the bad words of a song or lyric, is not allowed.
- *Any suggestive moves such as grinding, thrusting, excessive hip or booty shaking will receive significant deductions not limited to the forfeit of the squad from the competition.
- *Dance moves are to be together, uniform, tasteful, clean, crisp and spirited.

Tumbling:

- *You can gain the same amount of points with one tumbler vs. a squad of 20 tumbling at the same time.
- *Tumbling points will be rewarded for including a tumbling element into the routine. (i.e. forward rolls will equal the same points value as a back handspring in this category)
- *Coaches must remember the AAU cheerleaders consist of recreational leagues and while we want to recognize some areas are far more advanced in tumbling than others, we do not want to eliminate squad participation or focus our attention on tumbling.

Spirit:

- *Spirit is expected at all times.
- *Squads can spirit on and off the mats at opening and closing of routines.

Penalties:

- *Props go off the mat during the routine.
- *Cheerleaders go off the mat during the routine.
- *Music is inappropriate.
- *Dance moves are inappropriate.
- *Uniforms are inappropriate.
- *Illegal stunts are performed: Helicopters, double downs, twists, rolls in a basket toss, unbraced tic tocks at full level (prep level for 14U ONLY may be unbraced) , swan dives, inverted stunts 10u and under (12u/14u is allowed prep level or below), stunts involving forward or backward rolls where the hands of the flyer come apart from their back spots/bases before cradles, tumbling out of a stunt and tumbling into a stunt other than front/back handsprings 12u and under ONLY (14u permitted to tumble out of stunts).
- *Stunts NOT performed within a group.
- *6U – Prep high only
- *8U – skilled stunts performed w/o front spots
- *10u – required to use 5 positions when performing basket tosses
- *Routine exceeds 2 minutes and 30 seconds.
- *Dance routine is LESS than 30 seconds.
- *Unsportsmanlike conduct in the stands or at any time towards your own teammates or another squad.
- *Requirements of cheers, chants, pyramids or transitions aren't filled.

Other:

- *Competition makeup and hair is welcomed but please remember our cheerleaders are children and their talents should be the focus.
- *Face gems, spirit tattoos, etc. are welcomed as long as they do not interfere with vision or safety of a performer in their routine.
- *Please be sure that hair is pulled back and does not interfere with the vision or safety of the performer during their routine.
- *Effective use of props during a routine(cheers/stunts/chants/dance) will receive extra points. (Props are NOT required in any routine.)
- *Jewelry is prohibited, except health bands.
- *Nail polish other than natural colors are not allowed.
- *For the safety of our cheerleaders performing stunts, long and fake nails are prohibited.
- *No chewing gum.

Cheerleading Terms and Definitions

NOTE: This section contains definitions only. Refer to Rules for determining legality of specific skills, stunts, or transitions.

A) STUNTS

Stunt – is a performance displaying a skill or dexterity. Any tumbling skill, toss, partner stunt or pyramid.

Partner Stunt – Any skill in which one or more persons supports one or more persons. Also referred to as a “mount”. A partner stunt is determined to be “Single” or “Double” leg by the number of feet that the top person has being supported by base(s).

Pyramid – Multiple partner stunts in which a top person is being supported by middle layer person. Multiple mounts or a group of stunts next to one another.

Sponge – A skill in which the base(s) absorbs the top person's downward momentum to push/lift the top person into position for the next stunt/skill.

Tumbling – Rolls (forward, backward), inverted extended skills (cartwheel, handstand, walkover, front/back handsprings, etc.).

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 of rolling across the floor.

Backward Roll – A non-aerial tumbling skill where one rotates backward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion of rolling across the floor

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

Front Walkover – A non-aerial tumbling skill where one moves forward into an arched position, with hands making contact with the floor first, then rotate hips over-head and land on one foot/leg at a time.

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.

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

B) STUNTING PERSONNEL

Base – A person in direct weight-bearing contact with the performing surface who provides primary support for another person.

NOTE: A prop that provides primary support for a person(s) is also considered a base.

Post – A person in direct weight-bearing contact with the performing surface, who supports a top person's weight during the execution of a stunt or who may assist a top person during a stunt or transition

Flyer or "Top Person" – A person who receives primary support from another person or a prop at any time during a stunt. A person who is either being supported by another while off the performing surface or who has been tossed into the air by another person.

Spotter – A person in direct, weight-bearing contact with the performing surface whose primary function is to minimize risk to the top person. A spotter shall be in a position and location to prevent injuries, with special emphasis protecting the top person's head, neck, shoulders, and back. A spotter who is positioned under the stunt is considered a base.

Brace – A second-level person who is in physical contact with another top person "top person" but does not provide primary support. A brace helps provide stability.

C) BODY POSITIONS

Inverted – A body position where the shoulders are below the waist.

Non-Inverted – The body is upright; shoulders are at or above the waist.

Layout – Straight-body position.

Pike – Body position bent forward at the hips with legs straight and together.

Tuck – Body position where the knees and hips are bent and drawn toward the chest.

Straddle – Bent at the hips with legs straight and apart.

Splits – Legs extended in opposite directions at right angles to the trunk.

Prep – A skill in which base(s) hold(s) a standing top person at approximately chest (shoulder) height.

Extended – A skill in which the base(s) hold(s) a standing top person with arms fully extended.

D) DISMOUNTS

Dismount - Ending a stunt by releasing the top person to:

- a. The performing surface.
- b. A cradled by the original bases.
- c. A cradled by catchers who are not the original bases.

Note: *the movement from a cradle to the performing surface is not considered a dismount.*

Cradle – A release move where catcher(s) with palms up catches the top person in a face-up, pike position by placing one arm under the back and the other under the thighs of the top person.

E) DROPS

Front Drop – Dropping to a horizontal, facedown position on the performing surface. Front drops from an airborne position are prohibited.

Knee/Seat/Thigh Drop – Dropping to the knee(s), seat, or thighs onto the performing surface.

Split Drop – Dropping to the performing surface, landing in a split position.

Tension Drop – A partner stunt, e.g., shoulder stand, in which the base initiates a forward lean until the top person leaves the base without assistance.

F) AERIAL STUNTS

Aerial – A stunt performed free of contact with the performing surface.

Flip – An aerial stunt involving heels-over-head rotation in a tuck, pike, or layout position.

Swan Dive – An aerial stunt in which a top person is caught in a prone (face down) position.

Twist – An aerial stunt involving rotation around the body's vertical axis perpendicular or parallel to the performing surface in a straight body position.

G) EXTENDED STUNTS

Extended Stunt – A stunt in which the entire body of the top person is extended in an upright position over the base(s).

Note: *Chairs, torches, flat backs, and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts.*

Extension – A specifically defined extended stunt in which the supporting arms of the base(s) are fully extended above the head and the top person has both feet in the hands of the base(s).

Note: *All extensions require a spotter.*

H) SUSPENDED STUNTS

Suspended Roll – A top person dismounts in a continuous heels-over-head rotation while having both hands in constant, hand-to-hand contact with bases or posts that control the top person's descent to the performing surface or cradle. Bases or posts must be in direct contact with the performing surface.

Suspended Splits – A top person supported in a split position between two bases.

Swinging Stunt – A top person is suspended and swung between multiple bases.

I) SPECIALIZED STUNTS

NOTE: *Stunts in this section may also be known by other names. This section attempts to list the most common stunts. Most specialized stunts are governed by safety rules.*

Cupie – A stunt in which both feet of a top person are in one hand of a base. Also called an "Awesome."

Deadman Lift – A stunt in which base(s) fully extend a top person overhead, face up or face down, in a horizontal straight-body position.

Flatback – A stunt in which a top person is transitioned from a vertical position to a horizontal position between two original bases.

Leap Frog – A prep level stunt where a braced top person is transitioned from one set of bases to another by going through the arms of a brace. The top person remains upright and stays in continuous contact with the brace while transitioning.

Pendulum – A stunt in which the top person in a straight-body position falls forward and/or backward away from the base(s) to a horizontal position to catchers while maintaining constant hands-to-feet/legs contact with the base(s). This stunt requires conditions be met for safety.

Totem Pole – A multi-base stunt that creates a tiered appearance by connecting stunts of increasing height, one behind the other.

Vault – A stunt in which the hands of the top person are used to assist in clearing a base(s) or prop(s).

Chorus-line Flip – A stunt in which a participant performs a backward flip while being supported by the arms of other participants.

Liberty – A one-leg stunt, (either extended or prep-level) that may include variations such as a hitch (front or side), a torch, a heel stretch, an arabesque, a scorpion, etc...

Swedish Fall – A stunt in which the top person is in an extended prone (face-down) position, generally supporting her own upper body on a base, while being supported on her lower body by a base(s) with extended arms. One of the top person's legs may be lifted above her body. Spotter is required.

Side T-lift – A stunt in which the base(s) fully extend(s) a top person overhead in a forward-facing, horizontal straight-body position.

Assisted Inverted Floor Stunt – A stunt in which an inverted participant is partially supported by non-inverted participant(s) on the performing surface. The non-inverted participant is in direct contact with the performing surface.

J) RELEASE SKILLS/STUNTS

Pop – A controlled upward pushing motion by a base(s) to increase the height of a top person to initiate a dismount or a transitional stunt.

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

Toss/Pitch – A forceful upward throwing motion by base(s) to significantly increase the height of the top person, who is then caught by the original bases.

Basket Toss – Toss involving no more than four tossers, two of whom have their hands interlocked. This stunt requires conditions be met for safety.

Release Stunt – A specifically designated stunt when the bases(s) and top person become free of contact with each other by a moderate upward throwing motion to increase the height of the top person. The top person returns to the original base(s).

Helicopter – A release stunt in which the top person in a horizontal position is released upward then rotates like helicopter blades in a horizontal plane before being caught by the original bases.

Log Roll – A release stunt in which a top person in a horizontal position is released upward then twists parallel to the performing surface before being caught by the original base(s).

Load In Toss – A pop/toss that begins with the top person in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.

K) TRANSITIONAL STUNTS

Transitional Stunt – Involves a top person moving from one stunt to another. The transition may involve changing bases.

Release transition – A transitional stunt in which there is a loss of physical contact between a top person and her/his bases.

Tick-Tock – A one-legged static release transition stunt in which a top person switches from one support leg to another.

L) PROPS

Props are items, which may be:

- a. Manipulated (Banners, flags, megaphones, poms, and signs are the only props allowed.)
- b. Used as a base (in dance).

NOTE: *A single, unfolded mat on the performing surface is not considered a prop*