

## 2018 OFFICIAL CHEER GUIDELINES



2018 Conference Approved Cheer Certification  
Program:

National Alliance for Youth Sports (NAYS)

[www.nays.org](http://www.nays.org)

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Our mission at Florida Elite is to become “ELITE”, by improving the academic, social and athletic success rate of student-athletes in all of our programs. Florida Elite requires all organizations to instill a solid foundation for all STUDENT-ATHLETES through SCHOLARSHIP, LEADERSHIP, ACCOUNTABILITY, INTEGRITY AND TEAMWORK. Florida Elite aims to enrich the lives of all youth by educating them in: cultural diversity, character development, community involvement and self-worth.

**FLORIDA ELITE is dedicated to our mission.**

Our vision is to be the leader in youth football & cheerleading, by molding the ultimate STUDENT-ATHLETE. Florida Elite will maintain the highest standards and provide an environment that cultivates and nurtures inspiration, motivation and compassion in youth athletes. We are dedicated to showcase our student-athletes accomplishments, by creating cutting-edge ideals to keep Florida Elite among the leaders in youth football & cheerleading.

**“THE FUTURE IS NOW”**

**FLORIDA ELITE CHEER BOARD**

Florida Elite Cheer Program serves as a liaison to the Cheer Coordinators and Florida Elite Executive Board. The FEFC Cheer Board is appointed by the Florida Elite Football and Cheer Organization. The board is the official contact for disseminating information to each league. The Cheer Board is in charge of certification process and ensuring all submitted paperwork is accurate and complete. The Cheer Board is responsible of setting and enforcing all cheer deadlines. The Cheer Board is to plan and oversees the Florida Elite Cheer Competition, to ensure the competition meets Florida Elite Cheer Coordinators standards.

**CHEER COORDINATOR**

Serves as the liaison to the Florida Elite Cheer Board and the association she is Cheer Coordinator for. Performs league duties as detailed by the league’s by-laws and the FEFC Cheer Guidelines. Ensure all cheer levels within her individual league is properly certified by the guidelines within this document. This individual conducts book checks at each game, to ensure the book check process is correctly executed. This individual is required to attend FLORIDA ELITE’s monthly Cheer Coordinator meetings.

**ASSISTANT CHEER COORDINATOR**

Serves as the liaison to the Florida Elite Cheer Board and the association she is Cheer Coordinator for. Performs league duties as detailed by the league’s by-laws and the FEFC Cheer Guidelines. Ensure all cheer levels within her individual league is properly certified by the guidelines within this document. This individual conducts book checks at each game, to ensure the book check process is correctly executed. This individual is required to attend FLORIDA ELITE’s monthly Cheer Coordinator meetings in the absence of organization Cheer Coordinator. This individual assumes the role of cheer coordinator in cheer coordinator’s absence.

**HEAD AND ASSISTANT COACHES**

Individuals must be 18 years or older. Coaches are to schedule practices, evaluated cheerleading development and create game & cheer competition routines. Individuals are responsible for their own actions, their staffs’ and the actions of their cheerleaders. All of these individuals should be NAYS certified and pass league background check.

## **JUNIOR ASSISTANT COACHES**

These individuals must be 17 or younger. Individuals will be under direct supervision of a head coach and/or an assistant coach at all times. They may only carry out the instructions of a head or assistant coach. Junior Assistant Coaches ages 14 & 15 may assist with sophomore or younger teams. Junior Assistant Coaches 16 & 17 may assist with any teams. Individuals shall not conduct a practice and should NEVER carry out ANY disciplinary action towards participant. Individuals are exempt from background checks and NAYS certification. Individual MUST attend coaches' certification and obtain a badge.

## **TEAM PARENT**

Individual serves as a liaison between the coaches and parents. Individual assists coaches in communication with parents, providing appropriate half-time snacks and organization of parent for fundraising and volunteer roles.

## **ROSTERED PERSONNEL**

Consist of (1) one head coach, a maximum of (4) four assistant coaches (including junior assistant coaches) and a team parent. The Head Coach, an Assistant Coach or Licensed Trainer who is the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent, present at all practices. A copy of the certification card must be in the team Cheer book. All coaches and Team Parents are required to be certified by FLORIDA ELITE regulations. Cheer Certifications are obtained through NYSCA at [nays.org](http://nays.org). This certification must be completed before the Coaches Certification date in June. Certificates must be placed in the team Cheer book. Any personnel staff or athletes may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in any practice, games or any performance that would hinder the ability to supervise or execute a routine safely.

## **DRESS CODE**

Cheer Staff are required to wear their organization coaches' shirt, appropriate shorts/shirts/skorts that measure down to their mid-thighs. Coaches' shirts are required to be an appropriate style, not too revealing and/or inappropriate for youth league participation. All coaches must wear sneakers. Absolutely NO FLIP FLOPS!!!

## **TEAMS**

The formation of an organizations cheer team should be based on a first-come first-serve participation policy. Each child must be afforded the opportunity to cheer regardless of ability. Once a participant is registered, the local league may assess the individuals' ability and place on the appropriate team. (With respect to skills, safety and age requirements)

- **Divisions**

Squads will be classified in 5 divisions. Flag, Freshman, Sophomore, Junior and Senior.

All cheer squads will follow the age division of FLORIDA ELITE (participants' age as of July 31, of the current year).

Mascots- 2-4 (not on roster)

Flag: 5-6 (4-year old's at the discretion of the individual organization)

Freshman: 7-8

Sophomore: 9-10

Junior: 11-12

Senior: 13-14

- **Mascots**

Two (2) mascots, ages 2-4 years old are allowed per squad and can participate in games and other events outside of Cheer-Off. Mascots are not allowed to perform with the squad in Cheer-Off. A Mascot MUST register and return all of the necessary paperwork. Mascots are prohibited to perform any stunts or be in the area of stunt group, during the routine.

- **Cheerleader Classification**

A cheerleader may be classified in her appropriate age group or one division above her age group. This classification is to be determined by the individual organization. Once a cheerleader is classified, they will remain on that level the entire season. The classification process will occur at the cheer certification.

During the regular season, a cheerleader MUST cheer and be signed during the game she is CERTIFIED to cheer. However, they can perform, support and cheer for their appropriate age group.

There is NO MINIMUM or MAXIMUM amount of cheer leaders that can be certified at any level. (Read the **Cheer-Off Declarations** portion for clarity as it refers to cheer competition)

## **ROSTERS**

All individuals that have submitted the require documents and attended the certification process will be placed on the official team roster. Individuals that have not completed all phases of the certification process are prohibited to participate in cheering at games and participate in cheer competition.

**NO EXCEPTIONS.**

## **CHEER BOOKS AND CHEER CERTIFICATION**

- All Cheer Books will be checked and sealed from the Florida Elite Cheer Board
- All Cheerleaders will need to be present at certification.
- **NO additional cheerleaders can be added after the 2<sup>nd</sup> Certification**

Cheer Books will be assembled in the following order:

1. Team Roster
2. Conference General Rules 2018
3. Cheer Rules and Safety Guidelines 2018
4. League proof of insurance
5. Cheer Team emergency contact list
6. Coaches certification as of 2018
- Each cheerleader's forms in alphabetical order:
  7. Player Identification
  8. Medical Release form notarized
  9. Birth Certificate
  10. 2018 physical with physician's signature

Cheer Books for each squad are required to be at ALL practices, games and events.

## **DROPPING A CHEERLEADER**

Dropping a cheerleader will be acceptable when:

- A participant is found to have signed up as a result of parent or guardian pressure
- A participant tells league staff he/she does not really want to cheer
- A participant cannot furnish the required documents to be certified

- A participant shows no interest in cheer, is disruptive to other participants and the instructions of the coaching staff, and becomes a discipline problem
- A participant attempts to intimidate fellow participants by word and/or physical act

Coaches are not allowed to do the following to force a cheerleader to drop:

- Excessive team or individual conditioning drills
- Disciplinary actions or singling out cheerleader
- Excessive yelling or demeaning of cheerleader
- Coaches found to be using these or any other tactic to drop weaker cheerleaders will be addressed by the individual league for disciplinary actions.

## PRACTICES

The first two weeks of practice will consist of conditioning only. Conditioning is defined as basic warm-up exercises; conditioning for jumps & tumbling, arm motion drills; and basic stunting at prep level; learning of cheers or chants. At least one coach (18 or older) must be present during every practice. At all practices girls hair is required to be up off the shoulders and face. A good support cheer shoe is required for all cheerleaders.

Weather Precautions-The training regimen of any team practicing under high heat and/or humidity conditions must:

- Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- Schedule practices for early evenings, after sun is low in sky
- Give participants all the water they want to drink, when they want it. Don't substitute soft drinks for water.
- Each coach must keep an eye on all participants and fellow coaches for the slightest heat exhaustion or fatigue.
- A fifteen (15) minute break is mandatory in the middle of each practice, not to be counted against practice time.

## GAMES

1. All cheerleading are required to participate in all FLORIDA ELITE games, in which they are present and dressed.
2. The final game schedules will be available before the first game in August.
3. All regular games will be played on Saturdays beginning August with the FEFC JAMBOREE. Cheerleaders must attend and participant at 6 of the 10 games in order to be eligible for the FEFC Cheer Off.
4. All cheerleading squads are required to check in at each game with the Cheer Book an hour before their scheduled game for warm ups and Book Check. The home cheer coordinator will contact the opposing teams cheer coordinator for check in location. If there is no opposing team cheer coordinator available please ask the football commissioner. Coaches should refer to original rosters to ensure a clean and accurate check in.
5. The home Cheer Coordinator, Assistant Coordinator, Football Commissioner or President are required to be at all home games. The home Cheer Coordinator is responsible for making sure that the ten minute half time is provided (5 minutes per cheer squad).
6. **Book Check-in** - Check-in will take place during the halftime of the game prior. (i.e. The sophomores would check in at the halftime of the freshman game). Flag Teams will need to be checked before the halftime of their scheduled game. **NO CHEERLEADER IS TO BE CHECKED IN AFTER THE HALFTIME OF THE GAME THEY ARE CHEERING.** Book Check can only be conducted by Cheer Coordinators, Assistant Cheer Coordinators, Football Commissioner or President.
7. Coaches and the Sidelines - Cheerleading coaches from each team are required to line up their cheerleading squad. Coaches and cheerleaders on the sideline can move freely from the ten (10) yard to ten (10) yard line to cheer. There should be only one cheerleading squad on the sidelines during the course of any game.

8. Half Time - Each cheerleading squad will have a maximum of five (5) minutes during Half Time to perform a routine. No Half Time will EXCEED ten (10) minutes. Each squad will be required to do a Half Time routine with the home team going first and then the visiting will perform.  
**NOTE:** Each HOME team cheer squad is required to bring over the visiting team after their Half Time performance.
9. BATTLING- Coaches are to discuss at book check if they would like to Battle after halftime. If both organizations have agreed to battle, it must be AFTER halftime in a designated area. No Battling will be done during halftime or before the halftime period.
10. 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 FEFC Cheer Board. No battling, unless agreed upon. Other organizations name may be used, as long as it's used respectfully.
11. No negative comments, poor sportsmanship, energy, taunting or misbehaving will be tolerated from any cheerleader, coaches or staff in or out of uniform. Any action/behavior deemed unethical by Florida elite will result in disciplinary actions
  - a. If occurred, the following disciplinary actions will take place:
    - Verbal
    - Written
    - Suspension
    - Badge Removal/season removal
12. Fluids and Fruits - Each coach or Team Parent is allowed to bring water and/or Gatorade and fruit (MUST BE FRUIT) for half time for their prospective squads. Two small coolers are allowed per squad.
13. Forfeit Fees - All cheerleading squads that are certified will be required to participate in all FLORIDA ELITE 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 cheerleading squads should participate in all FLORIDA ELITE play-off. All cheerleading squads will be required to participate in any super bowl games that their team is participating in; any squad that fails to attend will result in an automatic forfeit fee of \$250.00. Any cheer squad failing to participate in the FLORIDA ELITE cheer-competition will result in an automatic forfeit fee of \$500 per team.

## UNIFORMS

### FEMALE CHEERLEADER

- a) Top- Shell, crop top (pre-game shirt allowed)
- b) Bottom- Skirt, (pre-game short allowed)
- c) Bloomers
- d) Sneakers, Socks
- e) Bow/Ribbon

### MALE CHEERLEADER

- a) Top- Sweater, Pre-Game shirt
- b) Bottom- Short, Pant,
- c) Sneakers, Socks

### Games/Practice

- No jewelry (except medical/religious - taped down)
- No hoops, medium earrings, big ear rings, nose rings, eye piercing, lip piercings, cheek piercings or etc.
- No Necklaces, beads, bracelet(s) or jewelry of any type.
- Jewels/rhinestones may not be adhered to the participant's body and/or face.
- No chewing gum or candy will be allowed
- Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.

- Nail polish - no nail polish / clear polish
- Short acyclic nails accepted (with clear coat)
- Athletic closed-toe shoes are required for all participants
- Tattoos, face paint, hair mascara, etc. are not permitted for cheer teams. However, a Team Mascot painted on the face or a transferable Mascot Tattoo is permitted during games for cheer teams. It is not permitted during cheer competitions.
- For stunting teams, all team members shall wear their hair pulled back and away from the face.
- For stunting teams, Hair Ribbons/Bows must also be pulled back and away from the face.
- Hair Beads are not permitted for participants. The beads may interfere with the safety of other team members while performing in practice, games and competitions.
- Eyeglasses MUST be secured by a sport band while performing to ensure safety (i.e., Eyeglasses shall be secured to the head and under the hair with a sport band). Note: Eye glass bands must not be knotted or have beads on it.

#### Casts and Braces

- Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be wrap/pad the cast.
- Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.
- Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.

## FLORIDA ELITE CHEER-OFF COMPETITION

Cheer squads of various skill levels, sizes and areas come to compete. There are a standardized set of rules under which all must comply. The following will list the age divisions, size divisions and safety guidelines that will be used at the FEFC Cheer-Off Competitions. The FEFC requires that each organization follow these rules and standards for consistency, fairness and safety. The FEFC Cheer Board shall have the power to enforce the rules and regulations for the Cheer-Off. Any cheer organization failing to participate in the FLORIDA ELITE cheer-competition will result in an automatic forfeit fee of \$500 per team.

All cheerleaders are required to participate in a minimum of six (6) FLORIDA ELITE games to participate in the Cheer-Off. Any cheerleader who does not meet the minimum game requirements WILL NOT be able to participate in the Cheer-OFF.

### **Cheer Off Declarations**

- 1) All squads with 3 or more cheerleaders are required to participate in Cheer-Offs.
- 2) All cheerleaders are to compete at the level in which they were classified as, at certification.
- 3) The FLORIDA ELITE rosters turned in at the beginning of the year will be used to determine each squad's participation by division. Updated cheer rosters should only show deletions, this is to ensure that squads are properly placed. If an updated roster is not received, then the squad will be placed based on their beginning season original roster. Cheer Books will be thoroughly checked and signed at check-in.
- 4) A maximum of 32 girls will be allowed on the mat at competition.
  - i. If a certified roster EXCEEDS 32, the organization is allowed to have multiple groups in that division.



**Example:** Team 1 has 36 girls rostered in a sophomore division. Team 1 must compete with 2 squads in this division. The individual organization must inform the Florida Elite Cheer Board of the teams' make-up when submitting declarations. Multiple rosters must be submitted at the time declarations are declared.

**Note:** Teams DON'T have to be equally divided, nor does one team have to have 32 individuals.

## Division Sizes

Squads will compete in their designated categories as per their declared size per each division. The number of places per division will be determined by the number of squads competing in each division size once the performance schedule is complete. Team declarations will consist of two categories: Division/Squad Size.

Example: Sophomore/Small Squad

❖ Divisions consist of:

- Small
- Medium
- Large

\*\*The Cheer Board reserve the right to eliminate any of these divisions based on needs.

**\*All Mascots will be performing during the exhibition portion of the cheer-off\***

The order of league performance will be determined at a FEFC Cheer meeting established by number draw.

## Cheer-Off Check In

Cheer Coordinators Check-in will take place the Friday evening and Saturday morning of Cheer-Off Competition. Time and Location will be determined at a later time. Coordinators will receive their organizations' armbands, schedule, and score sheets in an envelope at time of pick up. Envelopes will need to be picked up prior to doors opening. All coaches, staff, and cheerleaders will need armbands to enter the Cheer-Off competition. Armband amounts will be determined at prior Cheer Meeting. All teams will have an arrival time for their assigned seats at the Cheer-Off. Teams will need to be in their seats at given time.

Cheer-Off Competition process for each team will consist of Group Picture, Book-check, Warm-up, and Performance

Each Coordinator, Coach, Team Mom, Jr. Coach and Cheerleader will receive armbands for the competition. The armbands must be worn at all times to enter and during the Cheer-Off. 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 FLORIDA ELITE Cheer Board.

## Cheer-Off Schedule

- Friday evening Coordinator check-in, time & place TBD
- Saturday morning Coordinator check-in, prior to doors open
- Cheer Doors open at 8:00am (report to assigned seating)
- FLORIDA ELITE Cheer Board meeting with judges and workers
  - Review FLORIDA ELITE Cheerleading rules with judges
  - Review assignments and responsibilities, answer any questions
- General Admission Doors open at 9:00am
- Opening Ceremony
  - Master of Ceremony /DJ
  - Star Spangle Banner
  - Introduction of Executive Board

- Performances start and continue as per the Cheer-Off Schedule
- Intermission (lunch) and breaks as per the Cheer-Off Schedule
- Performance continue as per the Cheer-Off Schedule
- Cheer and Mascot Exhibition
- Each squad and their coaches will line up in performance order on cheer mat
- Unity Cheer
- Awards Ceremony

## Judging

Only certified cheerleading judges will be selected by UCA and approved by the FEFC Cheer Board. A total of five (5) judges will be used for scoring each routine. Three judges will be used for performance and two judges will be used for deductions/violations. The five judges shall sit in an elevated position, and if at all possible, arranged in such a way, as to allow privacy for scoring. Judges decisions shall be final.

## Rules Review/Scoring Overview

Judges will be supplied and requested to review the FLORIDA ELITE Cheerleading Rules and Regulations PRIOR to Cheer-Off. The rules will be reviewed with all participating judges to ensure they have familiarized themselves with the FLORIDA ELITE Cheerleading Rules and Regulations. Judges are provided by UCA and are all certified judges. Judges scores are final and will be honored and accepted by FEFC.

Final scores and winners will be chosen by judges and their decision are final. Final score will be the addition of the 3 judge's scores minus deductions. The judges will place their scores and decisions in a sealed envelope. That envelope will be delivered to the FEFC Cheer Board Members to check for any inaccuracies.

Trophies will be issued accordingly within the performed categories of Division and Squad Size. 100 points per judge shall be possible for ALL LEVELS. There will be a Grand Champion for Flag and Freshman and a Grand Champion for Sophomores, Juniors and Seniors.

## CHEER AND DANCE ROUTINE

The following general rules and regulations apply:

Cheer and Dance routines are to be at 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.

1. The routine is required to consist of cheers, jumps, stunts and dance. Each team will perform a choreographed performance not to exceed: 2 minutes 30 seconds
2. All teams should enter and go directly to the cheer floor. At the announcement of the team, the team will step on the mat to their starting position immediately. Walking directly in uniformed fashion to team's starting position is allowed. Any tumbling and/or stunting while entering the floor is not allowed. Spirited exits will be allowed.
3. Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team. Anything other than a quick formation set is not allowed. Time limits will be a minimum of 2 minutes and a maximum of two minutes 30 seconds (2:30), to include thirty seconds (30) minimum of dance and thirty seconds (30) minimum of cheer. The 30 second minimums do not have to be consecutive. 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.

4. Coaches may not delay the start of the routine in order to fix formations, with the exceptions of the Flag and Freshman. Helping or prompting from any official person or parent (i.e.... no signals and/or signs) from the sidelines will result in a major deduction. Only Flag and Freshmen coaches are allowed to step on the mat to set up props. There will be a ten-point deduction for every coach in Sophomores, Juniors and Seniors who steps on the mat.
5. Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team.
6. All participants must begin with at least one foot on the ground. Flyers may begin with both feet in bases' hands.
7. Performance of tumbling or stunting skills after the completion of a team's routine/performance or during the team's entrance or exit of the floor is forbidden.
8. No tear away uniforms or removal of clothing is allowed. Items that may damage the performance surface are prohibited.
9. Routines must be appropriate for family viewing. Appropriate choreography and music MUST be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. A 10 point deduction will be assessed per each inappropriate move or action, per cheerleader.
  - a) No inappropriate moves (i.e. twerking) will be used.
  - b) Inappropriate language will result in an automatic disqualification for that squad.
  - c) Any illegal stunts will result in disqualification of the squad from competition.
  - d) No opposing team names shall be used.
  - e) Make up should be age appropriate.
  - f) All hair must be worn completely off the shoulders and tightly secured.
  - g) Only jewelry is allowed is small stud earrings.
  - h) Props and accessories are allowed. But the use of props & accessories are prohibited during any jumps and/or tumbling. Will stunting props are allowed once the stunt is secured.
10. Each team must bring their music in all of the following forms: CD, USB and Jump drive. One coach is required to be at the DJ's table, prior to the squad's performance time to provide and monitor their music.
11. There will be a clearly mark cheer zone. A 2 point deduction will be taken off each time a cheerleader step off the mat during the performance.
12. There will be a clearly marked area for coaches to stand during the routine.
13. Teams will be able to restart only if there is a major injury or malfunction of the music systems.
14. All cheerleaders will sit and return with their team to their assigned seating and show spirit. Remember to show good sportsmanship & have fun!!!
15. Conduct from coaches and/or participants, which deemed to be unsportsmanlike, detrimental to another's performance or detrimental to Florida Elite Conference will be disqualified and subject to disciplinary action. Such conduct by participants, before, during or after the event, may also subject their organization to disciplinary action and a fine assessed by Florida Elite.
16. **THE FIRST PLACE WINNERS OF EACH DIVISION WILL BE INVITED TO PERFORM THEIR WINNING ROUTINE AT THE CORRESPONDING FLORIDA ELITE SUPER BOWL HALF TIME. 1<sup>ST</sup> PLACE TEAMS WILL NEED TO INFORM THE FEFC BOARD IF THEY WILL BE PERFORMING WHEN PICKING UP SCORES.**

## SAFETY GUIDELINES:

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 cheerleading 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. Flag and Freshman are limited to 1 ½ person high, not above prep level.
6. All pyramids and partner stunts for Sophomore, Juniors and Seniors 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.
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/backward 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/Backward 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. 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 elevator preps (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 ¼) flipping rotations. The top person does not twist.
11. 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.
12. 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.
13. 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.
14. 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.)
15. Basket tosses, toe pitch tosses, or similar tosses are limited to no more than 4 tosses, 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.
16. Participants may not pass over, under or through other participants from tosses.

17. Tosses cannot land in a loading position for another stunt or toss, nor can they significantly exceed the height of the intended stunt.
18. Basket tosses, elevator tosses and similar multi-base tosses are prohibited on surfaces other than a mat, grass or rubberized track.
19. Partner stunts and pyramids may not pass over, under or through other partner's stunts or pyramids.
20. 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.
21. Cradle dismounts that involve a jump, twist or other gymnastic skill require a spotter in addition to the original bases. Twist rotations are limited to one, double downs are prohibited.
22. 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.
23. 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).
24. 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 rotations, knee drops, tension rolls and tension drops, connected tumbling, D-Birds, scoopers, helicopter tosses and single base split catches.
25. If you have any questions about your squad's routines, please seek the FEFC Cheer board for any clarification.

## **Florida Elite Football & Cheer (FEFC) Social Media Policy**

Florida Elite (“FEFC”) recognizes the importance of the internet in shaping the public’s perception of our conference. Florida Elite also recognizes the importance of our organizations, in leading and setting the tone of social media interactions in a manner that advances FEFC’s mission and goals. FEFC’s Social Media Policy applies to all parties which elect to be a part of our social media platform. This policy applies to all social media content posted by any of our social media members, regardless of their position within the organization

The Code of Conduct for posting inappropriate comments/photos on (but not limited to): Facebook, Twitter, Instagram, YouTube, online blogs, online forums either powered by Florida Elite Football & Cheer or with reference to Florida Elite Football and Cheer.

Members must refrain from any:

- **Usage of obsessive profanity,**
- **Personal attacks on individuals, organizations, race, religion or ethnic heritage,**
- **Unauthorized posting of personal information (names, address, phone number, email, etc. of other users)**
- **Material that contains vulgar, obscene, bullying or indecent language or images,**
- **Material which could be considered slander, abusive, or threatening to others,**
- **Statements that are bigoted, hateful or racially offensive,**
- **Material that advocates illegal activity or discusses illegal activities,**
- **Posting of any of the following items: guns, drugs, or sexual activity**

***Note: Florida Elite Football & Cheerleading reserves the right to interpret all postings as administration deems fit.***

### **Violations of the Social Media Policy**

The FEFC Board of Directors shall have authority to monitor and enforce this Social Media Policy. The FEFC Board of Directors, or any individual appointed by the Board of directors, shall have the authority to remove any inappropriate or offensive comments from any social media outlets powered by Florida Elite. Violators of any portion of the Social Media Policy will have their rights suspended and/or revoke from any FEFC social media platforms; and could result in additional penalties to include suspensions from all Florida Elite Events. The disciplinary actions are at the discretion of FEFC, with the best interest of Florida Elite Football & Cheerleading Brand.

**“THE FUTURE IS NOW!!!”**



**CHEER SCORE SHEET – INSERT  
CHEER-OFF JUDGING SCALE CHEER**

<b>Range of Scores</b>	<b>Skill</b>
1 - 4 points	Basic-Beginner motions, executed at a slow pace, lower level of technique, minimal variety of motions, very few/little to none of the cheerleaders together.
5 - 8 points	Intermediate motions, average pace, average to good level of technique and variety, moderate variety of motions, majority of cheerleaders together
9 -12 points	Advance motions, fast pace, strong level of technique, difficult, strong use of motions, sharp and precise motions, majority of cheerleaders together

**JUMPS**

<b>Range of Scores</b>	<b>Skill</b>
1 - 3 points	Basic-Beginner jumps, executed with low level of technique, minimal variety, very few/none of the cheerleaders together ( <b>examples: spread eagle, tucks, double hooks</b> ).
4 - 7 points	Intermediate jumps, executed with sub-standard technique, skill and perfection, moderate variety and height, majority of the cheerleaders together ( <b>examples: toe touches, herkies, hurdlers, combinations performed with prep in between</b> ).
8 - 10 points	Advance jumps, executed with high level of techniques, skill and perfection, strong execution, variety and height ( <b>examples: pikes, double nines, combinations performed with no prep in between</b> ).

**STUNTS AND PYRAMIDS**

<b>Range of Scores</b>	<b>Skill (single (1) performers cannot be scored in this category)</b>
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**

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

**EXPRESSION/IMPRESSION/SPIRIT/ PROJECTION**

Range of Score	Skill
1 - 3 points	No expression, minimal smiling, no energy little or/no spirit, Majority cheerleaders with little or/no facial expressions, soft voices, little/no crowd engagement (appealing to the audience).
4 - 7 points	Enthusiastic, majority smiling, medium energy some spirit, majority of cheerleader's with continuous facial expressions, average voices. Crowd engagement (appealing to the audience).
8 - 10 points	Exciting, majority, smiling High energy, full squad participation in spirit, strong facial expressions and loud strong voices. Strong crowd engagement (appealing to the audience).

**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).
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**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.

**Tumbling**

Range of Score	Skill
1 - 3 points	Basic tumbling skill level: Forward/Backward rolls, Handstand, Cartwheels, Round offs, Front/Back walkovers, and back extension rolls.
4 - 6 points	Average tumbling skill level: Front/back handspring (BHS), Front/BHS Series, Round-off BHS and Toe Touch BHS
7-8 points	Advance tumbling skill level: Round-off back tuck, round-off BHS back tuck, standing back tuck, standing BHS back tuck, toe touch back tuck, Round-off BHS Lay out, Round-off BHS Full and any airborne tumbling skill.

**OVERALL EXECUTION /TEAM PRECISION**

Range of Score	Skill (single (1) performers cannot be scored in this category)
1 - 3 points	Poor execution of motions, moves, routine and timing off. Not together, several mistakes, bobbling and/or not precise. Basic motions and moves. No variety (repetition).
4 - 7 points	Average execution of motions, moves, routine and timing somewhat off, majority of the cheerleaders together and precise. Some mistakes. Intermediate motions and moves (some variety).

8 - 10 points	Advance execution of motions, moves, routine and accurate timing. All cheerleaders are together and precise. No mistakes .Advanced motions and moves (Strong/great variety).
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**NOTE:** PRIOR TO THE CHEER COMPETITION THE F.E CHEER BOARD AND CHEER COORDINATORS WILL DISCUSS ANY UNCLEAR COMPETITION RULES.

### CHEER-OFF VOCABULARY

**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:** Deductors will be selected by the FLORIDA ELITE Cheerleading Coordinator. The Deductors 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 FLORIDA ELITE Cheerleading Coordinator.

**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.

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

**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 FLORIDA ELITE Cheerleading 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.

## 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, piked 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 degrees 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 the majority 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) who 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) who 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 acrobatic 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.