

BIG SOUTH YOUTH CHEERLEADING LEAGUE RULEBOOK

5/6, 7/8, 9/10, 11 & Up

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Rule 1. Participation in BSC Annual Competition

SECTION 1. MANDATORY PARTICIPATION

Article 1.1.1... All organizations that have a cheerleading program are mandated to have a minimum of (2) age groups participate in the Big South Cheerleading conference competition.

Article 1.1.2... Teams can compete in one, or more of the following categories:

- a. Showcase
- b. Competition

Article 1.1.3... The host organization is required to provide a minimum of (4) judges for the competition.

Article 1.1.4... Any new organization that is voted into the league has a 2 year probation period to have a cheerleading program within their organization. Failure to do so will result in only hosting (1) game per season.

Article 1.1.5... Cheerleading Rosters - all cheerleaders must be certified by the first regular season game. If a team has 12 or less cheerleaders at the start of the season then they can add a cheerleader after the season starts, but may only add a maximum of

(5) through the season. they must participate in a minimum of half the regular season games to be eligible for the competition.

SECTION 2. FINES

Article 1.2.3... Failure to participate have one team perform in Showcase or Competition divisions will result in:

- c. A \$500 fine for the organization
- d. Additional consequences may be given at the discretion of the Big South Youth Football and Cheerleading Leagues' commissioner.

SECTION 3. DIVISION AND AGE RANGES

Article 1.3.1... Participating organizations can compete in the following divisions/categories:

- e. 5-6 Year Old
 - i. Level 1
- f. 7-8 Year Old
 - i. Level 1
- g. 9-10 Year Old
 - i. Level 2
- h. 11 Year Old and Up
 - i. Level 2

Article 1.3.2... Participating organizations can compete in the following levels within their determined age divisions.

- i. Level 1
 - i. 5-6 Year Olds ii. 7-8 Year Olds
- j. Level 2
 - i. 9-10 Year Olds

ii. 11 Year Old & Up

SECTION 4. AGE DIVISION EXCEPTIONS

Article 1.4.1... For teams with a variety of ages on one squad, BSYCL will take the squads average age to place them in the correct category/division for competition.

Article 1.4.2... If your squad has an age range of 8-12 Year Olds, then BSYCL will add all the ages together and divide by the number of members on the squad to get an age group.

- a. This is not for teams to move up girls with a better skill set. This rule will only apply to those organizations who do not have enough cheerleaders to have a squad for each football and/or competition/showcase team.
- b. If your organization has broken this rule, you will be disqualified from the competition.

Article 1.4.3... A 6 Year Old can move up to a 7-8 team; but a 5 Year Old can not move up.

1.4.4... If there is a range of ages, then you will have to compete showcase versus competition on the day of the competition. Ensure you register under the correct category/division.

Article 1.4.5... Big South Cheer (BSC) will adhere to the same rules and regulations as Big South Youth Football (BSYFL) regarding age limits, waivers, roster cut-off date.

Article 1.4.6... Cheer rosters will be checked at the competition by BSC board members.

Article 1.4.7... Cheerleaders are required to have their picture taken for the roster/certification.

Rule 2. Big South Youth Cheerleading Fees

SECTION 1. ORGANIZATION FEES

Article 2.1.1... Fees for cheerleading are \$50 per squad.

Rule 3. Date of Annual Big South Cheerleading Competition

SECTION 1. Annual Date

Article 3.1.1... All organizations that have a cheerleading program are mandated to have a minimum of (2) age groups participate in the Big South Cheerleading conference competition.

Article 3.1.1... All organizations are mandated to have at least one team from their organization participate in the Big South Cheerleading conference competition.

Rule 4. Conference Competition Routine Development

Article

SECTION 1. Routine Development

Article 4.1.1... Routines in the Showcase and/or Competition divisions may not exceed two minutes and thirty seconds.

Article 4.1.2... Timing will begin with the first movement, voice or note of music; whichever comes first.

Article 4.1.3... Timing will end with the last movement, last voice or note of music; whichever comes last.

SECTION 2. Routine Composition

Article 4.2.1... Routines in the Showcase and/or Competition divisions must include the following, but are not limited to,

- a. Stunt creativity
- b. Routine composition
- c. Dance
- d. Overall Impression
- e. Cheer
- f. Voice
- g. Execution of:
 - i. Stunts
 - ii. Pyramid
 - iii. Standing tumbling
 - iv. Running tumbling
 - v. Jumps
 - vi. Motions

4.2.2... Routines in the Showcase and/or Competition divisions must not exceed a routine longer than two minutes and thirty seconds in length.

SECTION 3. Half -Time Routines

Article 4.3.1... Big South Cheer strongly encourages all cheer organizations to perform a half-time routine.

Article 4.3.2... The home team will perform first, in the middle of the field, then the guest/away team will perform.

SECTION 4. Routine Deductions

Article 4.4.1... If competing in the Competition division, you will receive a timing violation and/or deduction from overall raw score if the event routine goes over two minutes and thirty seconds.

Article 4.4.2... All organizations that have a cheerleading program are mandated to have a minimum of (2) age groups participate in the Big South Cheerleading conference competition.

Article 4.4.3... Routines which do not follow the stunting and tumbling level/division/category rules will receive deductions from the judges and/or a verbal or writing warning from the Head Judge.

Rule 5. Team Passes

SECTION 1. Team Passes

Article 5.1.1... Big South Cheer will issue three passes per team for coaches, along with a cheer commissioners badge.

Article

Article 5.1.2... Any squad with 19 girls or below is allowed to have up to 3 passes which includes Team Mom passes.

Article 5.1.3... Any squad from 20-29 cheerleaders are allowed 4 passes which includes Team Mom.

Article 5.1.4... Any squad with 30+ cheerleaders will be allowed 5 passes per team.

Rule 6. Uniform Guidelines

**guidelines apply to football games and competition performances.*

Article 6.1.1... Team members should wear apparel that is appropriate for athletic skills. The following uniform specifications are required for games and competitions.

Article 6.1.2... All cheerleaders on a team shall wear a cheer uniform of the same color and design.

- k. Cheer uniforms may not have midriff showing.
- l. Skirt length must fully cover bloomers.
- m. All uniforms shall have an identifying name, abbreviation, official logo or mascot.
- n. Team identification must be visible.

6.1.3... All players on a team shall wear spandex/bloomers/compression shorts of the same color and/or design underneath their skirt.

Article 6.1.4... Judging Officials and/or BSYCL Board Members will check uniform specifications prior to teams entering the warm up floor. If the above specifications are not met, a verbal warning will be issued. In the event that the uniform specifications can not be met prior to the start of the team's performance time, a deduction will be assessed.

One (1) deduction will be applied to the overall score. No further deduction(s) will be applied.

SECTION 2. PROHIBITED

Article 6.2.1... Jewlery is prohibited for all athletes, spotters, and coaches when acting in the role of a spotter.

- a. Covering jewelry with tape, or other bandages, or using clear fillers is prohibited. Jewelry must be removed.

- 1. **Exception:** *If the jewelry adornment of a dermal piercing is removed, it is legal.*

- 2. **Exception:** *Participants with stretched ear piercing (i.e. gauges) may cover the opening with tape after removing the gauge jewelry.*

- b. Religious medals and medical medals are not considered jewelry.

- 1. A religious medal without a chain must be taped to the body and worn under the uniform.

- 2. A medical alert medal or bracelet must be taped to the body and may be visible.

Article 6.2.2... Hair bows and ribbons are allowable.

Article 6.2.3 . . . Hard and unyielding items (hair beads, guards, casts, braces, splints, etc.) must be padded with a closed-cell, slow-recovery foam padding no less than 1/2" thick.

- a. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

- b. A participant wearing a walking boot or plaster cast on the foot may NOT be involved in a routine as a cheerleader or a spotter.

- i. 1. **Note:** The individual's medical provider(s) are still responsible for first determining if the injured cheerleader is medically cleared to participate with the protective equipment.

- ii. **Exception:** Hair beads and hair jewelry is not allowed on competition dates.

Article

Article 6.2.4 . . . Medical appliances/devices (e.g., insulin pumps, medical heart monitors, etc.) are permitted provided the device is securely padded and attached to the player's body under the uniform or similarly secured. If not under the uniform, the device placement must be reviewed and approved by the head judge prior to the team's performance time.

A. Devices connected to the head such as hearing aids and cochlear implants do not need to be padded but should be securely attached. Padded headgear is permitted, but its use should be cleared with the institution's medical staff.

1. *Note:* In alignment with warnings from the NFHS and NCAA sports medicine committees, coaches and athletes should be aware that no headgear can eliminate the risk of concussion or serious head injury, that headgear should never be used with the primary intent to prevent concussions, and that their use may create additional concerns such as added head weight, a false sense of security.

Article 6.2.5... Appropriate athletic footwear is required for all personnel who take the floor - including cheerleaders, spotters and coaches.

- A. Closed toe tennis shoes
- B. No slippers or flip flops are allowed.

Article 6.2.6... Fingernails, including artificial nails, must be kept short, near the end of the fingers. Ideally, fingernails should not extend over the end of the fingertips when viewed from the palm side of the hand.

- a. A Head Judge or BSYCL Board Member will check the above specification prior to teams entering the warm up floor. If a cheerleader is wearing unallowable jewelry, uniform items, or other prohibited equipment, they will not be permitted to participate until the items are removed. These rules take effect at the beginning of warm-up and are in place until the end of the performance.

Article 6.2.7... If a cheerleader wearing unallowable jewelry, uniform items or other prohibited equipment and the removal of the item(s) causes a delay in the performance schedule, one (1) deduction will be applied to the overall score.

Article 6.2.8... If warm-up activities must be interrupted because of an athlete wearing unallowable jewelry, uniform items or other prohibited equipment, the team may be issued one (1) deduction to their overall score unless the athlete responds immediately to the Head Judges' request to remove the unallowable items.

Article 6.2.9... In all cases, the unallowable item(s) must be removed before the athlete can participate further.

Rule 7. Concussion Guidelines

**guidelines apply to football games and competition performances.*

SECTION 1. CONCUSSION GUIDELINES

Article 7.1.1... All sports and free play, including cheerleading, are associated with an inherent risk for a concussion and head injuries. It is important that all participants, parents and coaches learn about concussion prevention, recognition, treatment and return to play.

Article 7.1.2... Various resources exist regarding concussion management. The CDC has promulgated concussion management guidelines, which can be found on the CDC's website:

[cdc.gov/headsup/basics/index.html](https://www.cdc.gov/headsup/basics/index.html).

Article 7.1.3. Judges and Spotters are often in a position to observe these behaviors. If a concussion is suspected, the Head Judge should stop activity immediately so that an appropriate medical examination can be conducted. An injury delay will be applied in this situation.

Article 7.1.4 Head Judge (or other judges) are not expected to evaluate an athlete for a concussion diagnosis or clearance to resume play.

SECTION 2. SPOTTER GUIDELINES

Article 7.2.1... Mandatory to provide spotters.

- a. Spotters are only there to protect the athletes.
- b. Spotters provided by the team are not assessed an execution error for talking or counting but are held to the same standard as coaches.
- c. Additional personnel in the coaches box who will be acting as a spotter (coaches, trainers, team managers) are the responsibility of each team, and should be approved by administration to be in contact with cheerleaders in this manner.
- d. Spotters for 7/8, 9/10, and 11 & Up are not permitted.

Article 7.2.2... Deductions will be applied in the event that a Momentum Athletics and/or team spotter is physically involved in support of a stunt, pyramid or tumbling element; or if a team spotter causes an error in performance (i.e. bumps into another athlete, and causes them to fall or miss a count).

GLOSSARY

Skills specific to Jumps and Tumbling

*May be used as entries to or dismount variations from stunt or pyramid positions.

**May be used as variations in basket toss elements.

Aerial* - A cartwheel or walkover skill performed without placing hands on the playing surface during the forward/sideward inverted rotation. The skill ends in a standing position or in a stunt position.

Arabian** - A free flipping element in which the athlete initiates a 1/2 turn prior to the hip-over-head forward rotation.

Back Extension Roll* (BER) - A skill in which an athlete passes through a sit position and initiates backward rotation on the playing surface. The hips are lifted upward into a handstand position as the hands contact the playing surface.

Back Tuck (Tuck)** - A skill in which an athlete exhibits an upward trajectory and initiates a tucked position to create backward inverted rotation with the body clear of the playing surface prior to landing. May also be performed as a basket toss element to a cradle position.

Back Handspring* (BHS) - A skill in which the athlete starts in a standing position and jumps backward from two feet. The body rotates backward, showing flight prior to the hands contacting the playing surface in an extended inverted position. To complete the hip-over-head rotation the athlete blocks off the playing surface by pushing through their shoulders to land with either the feet on the playing surface or the body in a stunt element, as indicated on the 8-count sheet.

Back Walkover (BWO) - A skill which begins in a standing position and is initiated with an arching back, with the lead leg starting the backward continuous rotation and hands will contact the playing surface with the body passing through a handstand position. Rotation continues until the skill ends with both feet on the playing surface in a standing position.

Backward Roll (BWR) - A skill beginning in a passing through a squat position moving into a tucked backward rotation, ending either in a squat position or moving into an immediate standing position.

Cartwheel* (CW) - A skill in which the athlete performs a sideways hip-over-head rotation, transitioning through an inverted position and landing one foot at a time in a non-inverted position.

Front Handspring* (FHS) - A skill in which an athlete lunges forward into a handstand position while blocking off the playing surface by pushing through the shoulders. The athlete performs a hip-over-head rotation and either lands back on their feet in a non-inverted position or is moved into a stunt position by the bases.

Front Walkover* (FWO) - A skill starting from either a standing position in which an athlete passes through a handstand position, with the legs split and the lead leg driving the rotation forward.

Forward Roll (FWR) - A skill in which an athlete performs a tucked forward rotation on the playing surface, ending either in a squat position or moving to an immediate standing clean position.

Full** - A free flipping skill in which an athlete performs a backward rotating layout with a 360-degree twist before the completion of the skill.

Handstand (HS) - A skill in which an athlete is supporting the body in a stable, inverted vertical position with weight on the hands.

Handstand Forward Roll (HSR) - A skill in which an athlete performs a handstand position before lowering into a forward roll motion. The skill either passes through or ends in a squat position before standing up with arms by the side (clean).

Hurdler Jump (FH) - A jump in which the front leg is extended higher than parallel to the playing surface and is in front of the torso. The back leg is bent in a flat/hurdle position, parallel to the playing surface. Arms will be extended toward the front foot. The athlete will jump and land facing the front left or right corner of their respective field of play. A left hurdler will be performed with the left leg as the front leg, facing the front left corner. A right hurdler will be performed with the right leg as the front leg, facing the front right corner. The 'clasp' prior to the jump will be performed facing the front of the field of play, with the indicated motion (i.e. high v or cone) prior to the jump being performed facing the respective corner.

Layout (LO)** - A free rotating element in which the athlete initiates an upward trajectory before creating hip-over-head rotation either forward or backward by lifting the hips. The body remains straight, particularly in the hips. It is appropriate to show a hollow position in a backward rotating layout and a slight tight arch position in a forward rotating layout.

Onodi - Starting from a back handspring position after pushing off, the athlete performs a 1/2 twist to the hands, ending the skill as a front handspring step out or into a stunt.

Pike Jump** - A jump in which the legs are together and extended in front of the body, parallel to the playing surface. Arms will be extended toward the feet. The athlete will jump and land facing completely to the side, with the left side of the athlete facing the front of the field of play. The 'clasp' prior to the jump will be performed facing the front of the field of play, with the indicated motion (i.e. high v or cone) prior to the jump being performed facing the side.

Power Hurdle (PH) - An athlete begins from a standing position with feet together. The hurdle is initiated from a jumping motion off of both feet and on the descent the athlete will step out, landing one foot at a time, to reach into a tumbling element.

Round Off* (RO) - A skill in which the athlete begins as if performing a cartwheel but pushes through the shoulders to block off the playing surface with legs coming together at the top of the inversion. The skill ends with both feet on the playing surface in a standing position facing the direction in which the athlete began the skill.

Running Tumbling - A tumbling skill, or sequence of tumbling skills, performed from a forward step(s) and hurdle used to gain momentum.

Standing Tumbling (ST) - A tumbling skill, or sequence of tumbling skills, performed from a static position without any previous forward or backward momentum. The first movement of a standing tumbling skill should be a 'sit' into the skill. **Exception:** Standing Tumbling skills may be connected to jumps.

Toe Touch (TT)** - A jump element in which at the peak the legs are extended in a full forward straddle. Arms are extended in a 'T' motion with head and torso in an upright position. This jump will always be performed facing the front of the field of play. May also be performed as a basket toss element.

Tuck Jump - A jump element in which at the peak the legs are in a knee-to-chest position, with knees and feet together and arms in a high V position. This jump will always be performed facing the front of the mat.

Whip - A tumbling skill without hand support in which the athlete performs a back handspring without placing the hands on the playing surface.

X Jump (X) - A jump element in which at the peak the legs are extended with knees facing forward in a straddle. Arms are extended in a high V motion with head and torso in an upright position. This jump will always be performed facing the front of the field of play.

Skills/Terms specific to Stunts, Pyramids, and Tosses:

3/4 Flip to Prone - A backward hip-over-head rotation in which the top girl completes a 3/4 rotation and finishes in a prone position.

3/4 Flip to Cradle - A forward hip-over-head rotation in which the top girl completes a 3/4 rotation and finishes in a cradle position.

1-1/4 Flip to Cradle - A backward hip-over-head rotation in which the top girl completes a 1-1/4 rotation and finishes in a cradle position.

1-1/4 Flip to Prone - A forward hip-over-head rotation in which the top girl completes a 1-1/4 rotation and finishes in a prone position.

1-1/4 (450) Up - The movement in which the top girl makes a full 1-1/4 rotation around the hip axis, spinning over the right shoulder. The bases will execute the 360 technique while also rotating a 1/4 turn under the top girl.

1-1/2 (540) Up - The movement in which the top girl makes a full 1-1/2 rotation around the hip axis, spinning over the right shoulder. The bases will execute the 360 technique while also rotating a 1/2 turn under the top girl.

360 - The movement in which the top girl makes a full rotation around the hip axis, spinning over the right shoulder. This may start and end at the same level OR end at a higher level than started.

360 Pop Off - A dismount in which the top girl is fully released from the base(s) and spins 360 over the left shoulder then comes back to the performing surface. Base(s) will make contact prior to the top landing on the playing surface to slow the momentum.

Back Spot - An athlete in position to protect the head/neck/shoulders and who is generally positioned behind the top girls in relation to the top girl's orientation.

Baja - A stunt element in which the top girl performs a forward hip-over-head rotation with support from one base.

Ball Down - A skill in which the top girl is released from the base(s) to move one (1) or more levels lower than starting position and balls legs up during the decent.

Ball Up - An action that takes place by the top girl between the initiation of the stunt and the completion or catch of the stunt. The top girl pulls her knees up to her chest in a tuck/ball position and then changes body position to complete the skill.

Ball X - An action that takes place by the top girl when transitioning from a tucked position to a straddle (X) position with the arms and legs.

Base - An athlete who is in direct weight-bearing contact with the playing surface and provides primary support for another athlete.

Basket Toss (BT) - A type of release that requires the hands/wrists of the bases to be interlocked to the hands/wrists of another base. The top girl begins the toss by standing on top of the interlocked hands/wrists at waist level before being released.

A ***basket toss grip*** may also be used as an entry into a stunt or pyramid with the key point being the interlocked hands/wrists grip by the bases at the initiation of the stunt.

Back Walk-Out (BWO) - A skill which begins in cradle position and is initiated with an arching back, with the lead leg starting the backward continuous rotation and hands will contact the playing surface with the body passing through a handstand position. Rotation continues until the skill ends with both feet on the playing surface in a standing position.

Braced Flip - A pyramid element in which the top girl performs a hip-over-head rotation while being released from the bases on the playing surface and staying in physical contact with at least one bracer.

Braced Roll - A pyramid element in which the top girl performs a hip-over-head rotation while staying in physical contact with at least one bracer and one base.

Bracer - An athlete in direct physical contact with a top girl. A bracer may be a separate athlete standing on the playing surface or another top girl.

Bump Down - A non-release dismount in which the top girl is lowered shoulder level or higher to a sponge, load or tap.

Corkscrew (CS) - A skill in which the top girl remains in contact with at least one base and spins in an upright position over the left shoulder. This element may start and end at the same level OR end at a lower level than started.

Cradle - A position in which the top girl is in a face-up open-pike position with one arm of the bases under the back and the other arm under the hip/thigh of the top girl

Diamadov - Entry to an inverted position involving a lift off the playing surface with a 180 degree turn while maintaining a hand-to-hand grip on one arm.

Dismount (DM) - The ending movement from a stunt or pyramid in which the top girl ends in a prone, cradle, load, or on the playing surface.

Double Up (720) - The movement in which the top girl makes a full double rotation around the hip axis, spinning over the right shoulder. The bases and backs make a quarter rotation under the top girl.

Faux Single Base - A stunt skill in which two bases provide primary support to the top girl with one base turned under the top girl to appear as a single base skill.

Flatback - A body position in which a top girl is in a parallel position to the playing surface and face up, supported by bases. The athlete can either be completely horizontal or could form a 90-degree angle at their hips with their feet up.

Flip - An airborne stunt or pyramid element in which the top girl performs a hip-over-head rotation.

Flip Flop - Entry in which the top girl initiates as a back handspring into a handstand position (inverted) and the base(s) change the direction of the top girl, out of the handstand, back to the front in an upright position.

Front Walk-Out (FWO) - A skill starting from a prone position in which an athlete passes through a handstand position, with the legs split and the lead leg driving the rotation forward.

Full Twist Basket Toss - A basket toss element in which the top girl performs 360-degree twisting rotation before being caught in a cradle position.

Full Down - A dismount skill in which the top girl is released from the hands of the base(s) and performs a 360-degree twisting rotation, spinning over the left shoulder. The skill may end in a cradle, prone, or set position, as indicated on the 8-count sheet.

Examples of variations of this dismount:

3/4 down to prone

1-1/4 down to cradle Double

Down

Grip - When a base and/or top girl has a firm hold; grasp or clasp on a part of a body to load, support, or control someone during a stunt/pyramid, basket, or transition. Majority of grips will be hand-to-foot, but can also be hand-to-shoulder or hand-to-hand, etc.

Hand-to-Hand - A skill in which the top girl is inverted with weight in the top girl's wrists and shoulders creating a vertical line in a handstand position and hand-to-hand connection with the base(s). This may be performed at extended level, shoulder level, and waist level and may be braced.

Half Up (180) - The movement in which the top girl makes half (180 degrees) of a full rotation around the hip axis, spinning over the right shoulder as they are loading into a skill.

Inversion (Invert) - A stunt in which the shoulders of the top girl are below the waist. Top is supported by one or more base(s) at shoulder level or below.

J-Toss (JT) - A straight-up stunt that begins with the top girl having one foot in the hand(s) of the base(s) and the other foot in contact with the playing surface. The top girl flicks from the back-spot's wrists, the back-spot throws from the top girl's waist, the side base throws from the leg or thigh, and the main base lifts from underneath the foot.

Kick Full - A basket toss element in which the top girl performs a single kick with the right leg and then a 360-degree twisting rotation before being caught in a cradle position (an additional 1/4 turn is allowed prior to or during the kick if indicated on the 8-count sheet).

Leap Frog - A skill in which the top girl transitions in an upright position over the torso of another athlete while in constant contact with that athlete.

Lever - A stunt in which the top girl is supported on one foot by the base(s) while in an inverted position on a straight support leg. The top girl's non-supported leg is also straight and aimed upward, while she is reaching down grabbing either her own ankle or shoulders of the base(s).

Log Roll - A skill that initiates from a horizontal position (cradle position or prone) and rotates over the left shoulder parallel to the playing surface before being caught by bases. Can finish at any level above the playing surface.

Non-release (NR) - A stunt or pyramid element in which contact is maintained between the top girl and an athlete in contact with the playing surface.

Pancake - A downward inversion, hip-over-head rotation, in which the upright top girl folds over forward at the waist and is caught on her back by multiple catchers, while one or both of the top girl's ankles/feet remain in the grip of the back-spot.

Paper Dolls - A pyramid structure in which multiple single-leg stunts brace each other while in single leg position(s). The stunts may or may not be at extended level.

Pop Off - A dismount skill in which the top girl is fully released from the base(s) and comes back to the playing surface with one or both feet. Base(s) will make contact prior to the top landing on the playing surface to slow the momentum.

Prone - A position in which a top girl is in a face down/horizontal position supported by bases below shoulder level. Transition to a prone position may be release or non-release.

Prone Roll - A forward roll on the playing surface which initiates from a prone position.

Pull Through - The act of a top girl going straight to a 1-leg body position (ex. liberty or heel stretch) out of a loading movement (ex. 360 or rewind).

Pump and Go (P&G) - The continuous movement in which base(s) move the top girl from one level to another level.

Pyramid - Two or more connected at any point.

Quarter Up (90) - The movement in which the top girl makes a quarter (90 degrees) of a full rotation around the hip axis, spinning over the left shoulder as they are loading into a skill.

Quick Toss (QT) - A release element that begins with the top girl having both feet in weight-bearing contact with the playing surface and ends in a stunt position. The top girl flicks from the wrists of the back spot, the back-spot throws from the waist of the top girl, and both the main and side bases throw from the leg/thigh area.

Release - A stunt or pyramid element in which contact is NOT maintained between the top girl and an athlete in contact with the playing surface.

Reload - A skill or movement in which a top girl is in a cradle or prone position and is popped to a sponge or load.

Retake - A skill or movement in which a top girl is in a cradle position and is popped to a new position with one foot in contact with the playing surface.

Rewind - A release stunt or pyramid skill initiated from the playing surface in which the top girl performs a hip-over-head backward rotation. The skill ends in a stunt or pyramid position.

Round On (RO) - An entry into a stunt or pyramid element in which the top girl performs a round off into a prone-like position, supported by the bases(s), and is moved to the stunt level. Bases will use a basket toss grip.

Show and Go (S&G) - A stunt element in which the bases drive the top girl from waist level up through extended level and returns to the original position. This can be performed as a single-foot or two-foot skill.

Shoulder Stand (SS) - A single base supports a top girl standing on their shoulders. This skill can be executed as assisted with multiple bases making contact or unassisted with only one base making contact.

Single Base (SB) - A single base is providing primary support to a top girl.

Shoulder Sit - A stunt or pyramid position in which the top girl is sitting on the shoulders of a base or another top girl.

Shoulder Stand (SS) Pop Down - A dismount skill in which the top girl is fully released from the base and comes back to the playing surface with both feet. Base will make contact prior to the top landing on the ground to slow the momentum. This skill can be executed as assisted with multiple bases making contact or unassisted with only one base making contact. Refer to routine materials for which way this is executed in the routine.

Straddle Lift - A stunt skill in which the top girl is lifted with each leg 45 degrees sideward from the torso. This may be performed at shoulder level or extended level, as well as part of a pyramid connection supported by two or more bases.

Straight Ride - A basket toss skill in which the top girl is released from the bases in a vertical straight- line position and returns to the bases in a cradle position.

Stunt - Any element in which an athlete is supported above the playing surface by another athlete.

Suspended Roll - A stunt element in which the top girl performs a hip-over-head rotation while connected by the hand(s) to the base(s).

Suspended Split or Straddle - A stunt or pyramid element in which the top girl is supported by the base(s) while maintaining a straddle sit or split position.

Swedish Fall - A stunt or pyramid position in which the top girl, in a prone position, supports her own upper body by placing hands on the shoulders of a base (or other top girl) while her lower body is supported by another base (or other top girl) with extended arms.

Switch Up - A release stunt in which the top girl starts with one foot in the hand(s) of the base(s) and the other foot in contact with the playing surface. The top girl is released upward and caught in a vertical stunt with the opposite leg in the hand(s) of the base(s). A standard switch up is left foot to right foot in support, unless otherwise indicated on the 8-count sheet.

Teddy Bear - A stunt or pyramid position in which a top girl extends both legs out straight, forming an approximately 90-degree angle with her hips in a straddle sit.

Thigh Stand - A stunt or pyramid element in which a top girl is supported on the upper thigh of the base(s). Base(s) will be in a lunge position, with the back leg extended.

Tick Tock - A release stunt in which the top girl switches from one support leg to the other.

Top Girl (Top) - An athlete and stunt or pyramid position receiving primary support from another person or group of people. The term 'flyer' may be used to refer to this position. A top girl may also provide support to another top girl in a pyramid element, commonly referred to as a 'bracer'.

Toe Pitch - A movement into a stunt or pyramid element with back spot throwing from the hips of the top girl and two (bases) throwing from the foot of the top girl.

Vault Over - A stunt or pyramid element in which the top girl moves over a base, either moving forward or backward, passing through an inverted position while maintaining hand-to-hand contact with a base(s).

Walk In - A stunt or pyramid element in which the top girl takes steps toward the base(s), places the support foot in the hands of the base(s) and hands on the base(s) shoulders in a continuous movement. The base(s) initiate a lift-up movement and a tap or push off of the playing surface by the non-support foot of the top girl into a stunt or pyramid position.

Waterfall - A specific type of dismount where the top is lowered toward the base(s) and the base(s) arms make contact on the back of the top girl at approximately prep level. At this point the top will continue the hip-over-head rotation and roll over the arms of the base(s) to land with their feet on the playing surface.

X-Out - A basket toss element in which the top girl performs a hip-over-head rotation while going from a tucked position to a straddle (X) position with the arms and legs.

Stunt Levels:

Extended Level (EL) - A stunt level in which the supporting arms of the base(s) are fully extended above their head in an upright position.

Ground Level (GL) - A stunt level in which the top girl is supported by, or at the height of, the playing surface.

Knee Level (KL) A stunt level in which the top girl is support primarily by the thigh or upper leg of the base(s) while the base has one (1) knee in contact with the playing surface.

Shoulder Level (SL) - A stunt level in which the top girl is supported at the approximate shoulder level of the base(s).

Thigh Level (TL) - A stunt level in which the top girl is supported primarily by the thigh or upper leg of the base(s).

Waist Level (WL) - A stunt level in which the top girl is supported in the hands of the base(s) at approximately waist level.

Referring to the levels of initiation and completion of a spinning, flipping, or tick-tock stunt element:

High-to-High - From extended level to extended level.

Low-to-High - From shoulder level to extended level.

Low-to-Low - From shoulder level to shoulder level.

Stunt Positions:

One Foot (1ft): A stunt or pyramid element variation in which the top girl is supported on one foot by the base(s) while in a non-inverted position on a straight support leg. A single foot element may be performed in various positions, as indicated on the 8-count sheet.

Arabesque

Heel Stretch

Hitch

Liberty

Scale

Torch

Two-Foot (2ft): A stunt or pyramid element in which the top girl is supported by the base(s) on two feet/legs in various positions.

Extension - A stunt position in which the top girl is at extended level with feet approximately shoulder width apart and each foot is held by one set of hands (multi-based) or one foot in each hand (single base).

Load - A stunt position in which the top girl is in a squat or crouched position with feet together in the hands of the bases. The bases' hands are held at waist to knee level.

Modified Load - A stunt position that is specific to the modified 360 in which the top girl crosses legs/feet allowing the bases to be in contact with both feet at some point in a spin.

Prep - A two-foot stunt position in which the top girl is supported at shoulder level by the base(s) and each foot is held by one set of hands (multi-based) or one foot in each hand (single base) with weight equally distributed.

Target - A stunt or transition position in which the feet of the top girl are together (with no space between them) at extended level. This can be a stunt position itself or a temporary position from which the top would change body position or stunt levels.