

**FLORIDA ELITE OFFICIAL  
CHEER RULEBOOK  
2025**



## **Table of Contents**

<b>Introduction</b>	<b>PAGE 3</b>
<b>Mission Statement</b>	<b>PAGE 3</b>
<b>Vision</b>	<b>PAGE 4</b>
<b>Structure</b>	<b>PAGE 4</b>
<b>Cheer staff</b>	<b>PAGE 6</b>
<b>Cheer squad structure</b>	<b>PAGE 7</b>
<b>Cheer uniforms</b>	<b>PAGE 8</b>
<b>Practices</b>	<b>PAGE 9</b>
<b>Game Day Operations</b>	<b>PAGE 10</b>
<b>Certification Process</b>	<b>PAGE 12</b>
<b>Safety guidelines</b>	<b>PAGE 14</b>
<b>Code of conduct</b>	<b>PAGE 15</b>
<b>Team/Organization offenses</b>	<b>PAGE 15</b>
<b>Adolescent offenses</b>	<b>PAGE 16</b>
<b>Adult offenses</b>	<b>PAGE 16</b>
<b>Social media policy</b>	<b>PAGE 17</b>
<b>General safety rules</b>	<b>PAGE 18</b>
<b>Florida Elite competition</b>	<b>PAGE 20</b>
<b>Rules by division</b>	<b>PAGE 21</b>
<b>Example scoresheets</b>	<b>PAGE 29</b>
<b>Judging criteria</b>	<b>PAGE 33</b>
<b>General knowledge</b>	<b>PAGE 35</b>
<b>Cheer glossary</b>	<b>PAGE 40</b>

## **Introduction**

**Florida Elite Football and Cheerleading, Inc headquarters  
is located in Tampa, FL**

### **Mailing address:**

**19046 Bruce B. Downs Blvd. Suite#220  
Tampa, FL 33647**

### **Official websites:**

[www.floridaelitefootball.com](http://www.floridaelitefootball.com)

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

Florida Elite Football & Cheerleading, Inc (hereafter referred to as Florida Elite or FE) is committed to ensuring the safety and enjoyment of all children participating in Florida Elite. The rules governing any type of Florida Elite activity, as outlined in this manual, must be adhered to rigorously. Non-compliance may result in legal consequences, termination, and/or loss of membership. Each family and adult volunteer involved in the program is required to have excess medical and liability insurance coverage. Despite the statistical safety of Florida Elite participation, such insurance should include coverage for "participant risk." All programs are mandated to have minimum insurance limits of \$100,000 Medical, \$1,000,000 General Liability, and \$1,000,000 Sexual Abuse/Molestation to qualify for participation. Florida Elite activities are inclusive of both boys and girls, including mixed teams. For the sake of clarity, these rules refer to participants using male pronouns only.

## **Mission Statement**

Our mission is to provide a premier youth football and cheerleading league that develops young athletes into well-rounded, respectful, and socially active members of the community. Our top priority is to ensure a safe environment for participants and spectators, promote community inclusion, and support the academic development of student-athletes across all our programs. Florida Elite encourages all organizations to build a solid foundation for all student-athletes through scholarship, leadership, accountability, integrity, academics, and teamwork. Florida Elite aims to enrich the lives of youth by fostering cultural diversity, character development, dignity, and self-confidence. We strive to be recognized as the home of the student-athlete. Florida Elite embraces inclusion and does not discriminate based on race, color, creed, sex, religion, or nationality.

## **Vision**

Our vision is to be a leader in youth football and cheerleading by developing exemplary student-athletes. Florida Elite is dedicated to upholding the highest standards and consistently setting a benchmark in youth sports. We seek motivated individuals who are committed to fostering an environment that inspires, motivates, and cultivates compassion among young athletes. Our organization is devoted to recognizing the achievements of our student-athletes by implementing innovative strategies to ensure Florida Elite remains at the forefront of youth football and cheerleading.

All games are to be played according to Florida Elite rules. The regulations outlined here must be followed by Florida Elite and organizations. Non-compliance will result in penalties and/or fines as described in this rulebook.

## **Structure**

### **FLORIDA ELITE CHEER STRUCTURE**

#### **Director of Cheerleading**

The Director of Cheerleading serves as a liaison between the Cheer Area Representatives and the Florida Elite Executive Board. This role involves communicating all cheer-related information to area representatives to ensure it is disseminated effectively to each organization. Responsibilities include establishing the cheer calendar of events, scheduling league meetings, forming cheer committees, setting operational deadlines, and ensuring that cheer operations are conducted with integrity. The Director of Cheerleading will ensure that all cheer activities and events comply with the standards set by the Florida Elite Executive Board.

**\*Full position description available upon request.**

#### **Cheer Area Representative**

The cheer area representative acts as a liaison between the Director of Cheerleading and the cheer coordinators. The cheer area representatives serve as the main contact point for the organization's cheer coordinators. They ensure that all cheer information is effectively communicated to their respective organizations. The cheer area representative also assists the organization's cheer coordinator in obtaining necessary information. The cheer area representatives support the Director of Cheerleading and the objectives of Florida Elite Cheerleading.

**\*Full position description available upon request.**

## **Organization cheer structure**

### **Cheer Coordinator**

This individual acts as a liaison to the Director of Florida Elite Cheerleading and the organization they represent. They perform organizational duties as outlined in the organization's by-laws and the Florida Elite Cheer Rulebook. The individual ensures their organization complies with the rules and regulations established by Florida Elite Football & Cheerleading, as specified within this document. This individual oversees the athlete check-in process weekly to verify all athletes are eligible for participation in Florida Elite activities. Attendance at Florida Elite's monthly meetings is mandatory for this role.

### **Assistant Cheer Coordinator**

In the absence of a cheer coordinator, this individual acts as a liaison to the Director of Florida Elite Cheerleading and the organization they represent. The individual performs organizational duties as outlined in the organization's by-laws and the Florida Elite Cheer Rulebook. They ensure that their organization complies with the rules and regulations established by Florida Elite Football & Cheerleading, as detailed in this document. This individual is responsible for conducting the weekly athlete check-in process to verify eligibility for participation in Florida Elite activities. This individual is required to attend Florida Elite's monthly meetings. These responsibilities are undertaken when the cheer coordinator of the organization is unavailable.

### **Head Coaches and Assistant Coaches**

All individuals must be at least 18 years of age. Their responsibilities include scheduling practices, evaluating cheerleading development, and creating routines for games and cheer competitions. They are accountable for their own actions, as well as those of their staff and cheerleaders. It is required that these individuals obtain certification through the Florida Elite Football & Cheerleading certification process. This process encompasses, but is not limited to, online certification, providing valid identification, undergoing background check, and submitting an annual volunteer form.

### **Junior Assistant Coaches**

There are two distinct age groups for Junior Coaches and Coaches in Training (CIT). These individuals will always provide instruction to the cheerleaders under the direct supervision of a Head Coach and/or an Assistant Coach. They are permitted only to execute the direction provided by a Head or Assistant Coach. Individuals shall not conduct practice independently and should never administer disciplinary actions towards participants.

Group 1: Junior assistant coaches, ages 14 and 15, may assist only with rookies-sophomore divisions. These individuals are included in the staff count.

Group 2: Junior assistant coaches, ages 16 and 17, can assist in any division. These individuals are included in the staff count.

**Note: Junior coaches are exempt from background checks; however, they must complete the online certification, present valid identification, submit a volunteer form, and provide a minor parent consent form.**

### **Team Parent**

This individual acts as a liaison between the coaches and parents. Responsibilities will be determined by the organization. Key duties may include, but are not limited to: ensuring effective communication with parents, coordinating appropriate hydration and necessary snacks, and assisting in organizing any fundraising initiatives in collaboration with the head coach and with the organization's approval.

### **Cheer staff**

### **Coaching staff**

A coaching staff may include up to a total of (7) seven staff members, comprising (1) one head coach and up to (6) six staff members ( junior assistant coaches and team parents are included in the (6) six staff members). One staff member is required to possess a valid certificate in community CPR and First Aid or an equivalent qualification.

**Note: If coaching multiple divisions, he/she must be listed on every roster he/she is coaching on. However, they need to take the certification test for only one division they are coaching on.**

### **Staff attire**

Cheer staff must wear their organization coaches' shirt, along with appropriate shorts, shirts, or skorts that extend to their mid-thighs. Coaches' shirts should be of an appropriate style and not revealing or unsuitable for youth league participation. All coaches are required to wear sneakers. Flip-flops and slides are not permitted.

## **CHEER SQUAD STRUCTURE**

### **Divisions**

Squads will be organized into divisions named Jr. Rookies, Rookies, Freshmen, Sophomores, Juniors, and Seniors.

**Age requirements:** An athlete's playing age is their age as of July 1<sup>st</sup> of the current year.

- **Example 1:** An athlete turns 11 on July 1<sup>st</sup>, the athlete league age is 11. Because on July 1<sup>st</sup> the athlete was in fact 11 years old.
- **Example 2:** An athlete turns 11 on July 2<sup>nd</sup>, the athlete league age is 10. Because on July 1<sup>st</sup> the athlete was in fact 10 years old.

<b><u>Division</u></b>	<b><u>Division name</u></b>	<b><u>Eligible ages to participate</u></b>
5u	Jr. Rookies	Ages 4 & 5
6u	Rookies	Ages 4, 5 & 6
7u	Freshman	Ages 5, 6 & 7
8u	Freshman	Ages 5, 6, 7 & 8
9u	Sophomores	Ages 7, 8 & 9
10u	Sophomores	Ages 7, 8, 9 & 10
11u	Juniors	Ages 9, 10 & 11
12u	Juniors	Ages 9, 10, 11 & 12
13u	Seniors	Ages 11, 12 & 13
14u	Seniors	Ages 11, 12, 13 & 14

Cheerleaders are allowed to cheer up a division based on the scale above.

Once certified to a division, a participant shall not be permitted to recertify to another division during the current season or for competition.

### **Mascots**

Organizations are permitted to have mascots, on the condition that they are no older than (3) three years as of July 1 of the current year. Mascots may participate with any division during games; however, they are not allowed to perform with a cheer squad during competitions.

Mascots do not need to be certified at certification or in League Magic because they are not of playing age as of July 1 of the current year. However, each organization must collect all necessary paperwork to ensure individuals are covered under the organization's insurance policy.

**High school rule:** No athlete can participate in high school football and participate in Florida Elite.

- Individuals enrolled in non-traditional high schools, such as prep schools, academies, or private institutions (typically serving grades K-12 or 6-12), and listed on a freshman, junior varsity, or varsity roster, are not eligible to participate in Florida Elite.
- Individuals listed on a high school freshman, junior varsity, or varsity roster are ineligible to participate in Florida Elite.

Head coaches are required to sign the Head Coaches Agreement, acknowledging their understanding of the terms and the penalties associated with dual rostered athletes. Any head coach or athlete who is found to be in violation of the aforementioned rule will cause the entire team to forfeit its eligibility.

**Exception to the rule:** If an individual attends a traditional middle school (commonly grades 6-8) or junior high school (commonly grades 7-9), they are eligible to participate in both traditional middle school or junior high school football and Florida Elite.

**Roster size:** There is no limit on the number of cheerleaders on a team roster.

- **Minimum roster** – There is no minimum number of cheerleaders to be considered a team.
- **Maximum roster** – There is no maximum roster limit for teams. However, the Florida Elite Competition permits only 35 girls on the mat to compete. Teams with more than 35 cheerleaders must form two teams to allow all members to participate in the competition.

## **CHEER UNIFORMS**

### **FEMALE CHEERLEADER**

- a) Shell-top
- b) Crop top
- c) Skirt with bloomers
- d) Shorts
- e) Bloomers
- f) Athletic shoe
- g) Socks
- h) Bow/Ribbon

## **MALE CHEERLEADER**

- a) Sweater
- b) T-shirt
- c) Dri-fit
- d) Pants
- e) Shorts
- f) Athletic shoe
- g) Socks

**Note: Midriffs and sheer/nude color uniforms are prohibited. Participants must cover their belly, tummy, or midriff areas. Sheer or nude panels are allowed on small areas like shoulders or arms but shouldn't expose inappropriate areas.**

## **PRACTICES**

### **Practice safety**

All practices must be attended by an individual who holds a Red Cross Community CPR and First Aid Certificate, has completed the P.R.E.P.A.R.E. Course by the National Center for Sport Safety ([www.sportsafety.org](http://www.sportsafety.org)), or possesses an equivalent qualification. Alternatively, an EMT or a volunteer physician, such as a parent of one of the participants, may fulfill this requirement.

Teams are limited to a maximum of ten (10) hours of practice per week, with no more than 2 ½ hours allowed per practice session. A week is defined as Sunday through Saturday.

Break time does not count toward the ten (10) hours per week or the 2-1/2 hours of allowed practice time. Water breaks should be provided as needed and upon request by participants.

Practices should include several key elements: warm-up, stretching, verbal instructions, conditioning, and drills, to ensure participants are prepared to perform effectively. Practice sessions involve certified coaches providing verbal instructions, technical training, and guidance. Practices should be structured to allow all cheerleaders to progress at an appropriate pace. Coaches are responsible for instructing, encouraging, and supporting all cheerleaders both individually and as a group.

**Practice Attire** - Participants are required to wear athletic attire and supportive athletic shoes. Hair should be pinned up, ensuring it is kept out of the face and off the shoulders. Jewelry is strictly prohibited during practice sessions.

**Precautions for Warm Weather** - Teams must take measures to prevent serious heat-related issues, which have, in extreme cases, led to fatalities in high school and college sports. The training program for any team practicing under high heat and/or humidity conditions must include:

- Limit amount or eliminate laps entirely; never assign laps for disciplinary reasons
- Provide cheerleaders with access to water whenever they desire. Soft drinks should not be offered as a substitute for water.
- Schedule practices for the early evening, after the sun is lower in the sky.
- Each coach must monitor all cheerleaders and fellow coaches for any signs of heat exhaustion or fatigue.
- Two mandatory ten-minute breaks must be taken during practice and should not count against practice time.
- Provide water breaks as needed or when requested by participants.

### **Game Day Operations**

This section of the Florida Elite Rulebook aims to ensure uniform compliance with rules and regulations regarding Game Day Operations among all organizations. It addresses topics including admission charges, cooler tag protocols, participant check-in procedures, and coach check-in procedures.

**Admission Fees** - Admission to regular season games will be charged at \$10 per adult and \$5 per child (ages 5-17). However, these fees will not apply to any active rostered individual participating in the event, including all Florida Elite badge holders and referees, who shall be admitted free of charge with proper credentials.

**\*No organization can charge for parking.**

**\*Please note that play-off prices are subject to change.**

**Cooler Tags** - Each team is permitted to bring one (1) water/beverage coolers and one (1) refreshment cooler, all of which must have the appropriate cooler tags. Each cooler must have its assigned tag attached before entry. **\*All coolers can contain ice.**

The one (1) water/beverage coolers, which are round in shape and intended for sideline use, are designated for athlete hydration during the game. These coolers should contain only water, Gatorade, Powerade, and Pedialyte.

The refreshment cooler is permitted to contain only the following items, these items are to be consumed at halftime by participants:

- Fresh fruit
- Prepared fruit cups
- Individual bottles of water, Gatorade, Powerade, and Pedialyte

Prohibited items in team coolers:

- Chips
- Sandwiches
- Crackers or cookies
- Cakes or cupcakes

**Note: All coolers are subject to be searched by security or organization staff.**

**Participant check-in procedures** - Digital book checks for players, cheerleaders, and authorized sideline personnel will be conducted prior to the commencement of all contests. These checks should take place by the end zone within 5 minutes remaining in the 4<sup>th</sup> quarter of the game prior.

In the event that a cheerleader is late for a contest, she can be checked in at halftime. Late check-ins will not be allowed once the second half of the game has begun.

To be eligible for post-season participants, including injured cheerleaders, must have checked in for a minimum of 7 regular-season games.

**Coach check-in procedures** - Digital book checks for players, cheerleaders, and authorized sideline personnel will be conducted prior to the commencement of all contests. These checks should take place by the end zone within 5 minutes remaining in the 4th quarter of the game prior.

To be eligible for post-season coaches must have checked in for a minimum of 7 regular-season games.

### **Cheer Battling**

Cheer battling will be allowed with the following restrictions:

- Shall not exceed the normal halftime allotted
- Both teams MUST agree to battling prior to the day of the game
  - Note: If on team doesn't want to participate in the battle, then there shall not be ANY battle chants done.
- Each team MUST stay behind the 40 yard line on their side of the field

- All battles MUST be done in a tasteful manner. If any vulgar or obscene gestures are made, coaches and participants may face disciplinary actions.
- In the event of any incidents, both programs may incur fines up to \$1,000 and face possible suspensions.

### **Certification Process**

**For a participant** – This is an in-person process where the participant's documents will be reviewed and examined by a member of the Florida Elite Certification team. The league official will verify the authenticity of the documents. Any questionable information will be brought to the attention of the Certification Team Lead, who will then report all discrepancies to the organizational president.

Documents required for certification are listed below:

**Photo** – The photo must be a recent photo (**within the last 2 years**) of the participant. This photograph should be taken without any items that alter appearance, such as hats, sunglasses, other individuals in the photo, or AI filters.

**Parental consent**- This is an e-sign document for the parent or legal guardian. In the case that this document is not done electronically, Florida Elite requires the Parent consent form to be completed by a parent or legal guardian, affirming that the child has permission to participate in the competition.

**Medical examination** – This is an e-sign document for the parent or legal guardian. In the case that this document is not done electronically, Florida Elite requires a signed and/or stamped physical form from a Licensed State Medical Practitioner (such as a Medical Doctor, Registered Physician Assistant, or Registered Nurse Practitioner) dated on or after January 1st of the current year/season, confirming that the candidate is physically fit and has no observable conditions that would prevent participation in football or cheerleading.

**Note: An individual with a limb loss may participate, provided they have a signed statement of approval from an examining physician. The use of the artificial limb must not pose more danger to other players than a natural limb, nor place opponents at a disadvantage.**

**Proof of age** – The **original birth certificate** with the seal of the issuing office of the state of birth is considered the most reliable form of proof for verifying the date of birth. Passports, military ID cards, and state ID cards are other acceptable forms of identification. Florida Elite retains the authority to request further documentation if inconsistencies are detected in the

submitted documents. Florida Elite does not require the retention of original documents once participants have successfully completed the certification process.

**Infectious disease wavier** - This is an e-sign document for the parent or legal guardian. In the case that this document is not done electronically, Florida Elite requires the Infectious disease waiver to be completed by a parent or legal guardian, acknowledging they understand the risk associated with participating.

**All documents must be uploaded into League Magic before the participant can be certified.**

**For a volunteer** – All volunteers are required to complete and submit the following items to be certified and receive their credentials.

Documents required for certification are listed below:

**Photo** – The photo must be a recent image of the participant. This photograph should be taken without any items that alter appearance, such as hats, sunglasses, other individuals in the photo, or AI filters.

**Infectious disease wavier** - All individuals participating in Florida Elite are required to sign a waiver, acknowledging their understanding of the associated risks.

**Online certification** – All volunteers are required to complete the appropriate coursework and watch the videos corresponding to the level they are coaching or affiliated with. The online certification is located at [www.youthsportsknowledge.com](http://www.youthsportsknowledge.com)

**Level 2 background check** – All volunteers are required to complete and pass a Level 2 background check with fingerprints.

**Mandatory Level 2 background (with fingerprints)** – Florida Statue 943.0438 contains the below sections regarding the Agency for Health Care Administration (AHCA). On January 1, 2026 (or a later date), the process will change. AHCA will open their clearinghouse to athletic coaches. Unfortunately, this means fingerprints will need to be recaptured as they will be submitted to a different database. Until then, fingerprints will only need to be captured once. FYSA will continue to stay on top this matter and communicate to membership when new information is made available.

(b) 1. Before January 1, 2026, or a later date as determined by the Agency for Health Care Administration for the participation of qualified entities in the Care Provider Background Screening Clearinghouse under s. 435.12, disqualify any person from acting as an athletic coach as provided in s. 435.04. The authority may allow a person disqualified under this

subparagraph to act as an athletic coach if it determines that the person meets the requirements for an exemption from disqualification under s. 435.07.

2. On or after January 1, 2026, or a later date as determined by the Agency for Health Care Administration, not allow any person to act as an athletic coach if he or she does not pass the background screening qualifications in s. 435.04. The authority may allow a person disqualified under this subparagraph to act as an athletic coach if the person has successfully completed the exemption from the disqualification process under s. 435.07.

**All documents must be uploaded into League Magic before the volunteer is certified.**

### **Safety guidelines**

To uphold the objectives of Florida Elite and ensure all participants benefit from a safe and enjoyable learning environment, it is imperative that parents, guardians, and other adults and attendees at Florida Elite events included, but not limited to practices, competitions, and banquets. Individuals are expected to conduct themselves in a respectful, courteous, and sportsmanlike manner at all times. This policy will be enforced by league officials and security personnel present at these events.

Any adult who uses alcohol, tobacco, or non-prescription drugs, appears intoxicated at a Florida Elite event, exhibits flagrant rudeness, attempts intimidation, engages in verbal abuse, heckles, taunts, ridicules, boos, throws objects, or employs vulgarity or profane language/gestures towards an official, coach, volunteer, staff member, participant, or other event attendee will be removed from the Florida Elite event. The organization may issue a written warning to the individual regarding the misconduct, and their children may also be removed from the event. Any adult committing one or more of the aforementioned offenses a second time will be banned from all Florida Elite events for a minimum period of one year from the date of the second offense, and their children may also be removed from the organization for that duration.

Any adult who physically or verbally assaults an official, coach, volunteer, staff member, or participant, or threatens serious bodily harm, may be prohibited from attending any Florida Elite events for a minimum period of one year from the date of the offense. Additionally, their children may also be removed from all Florida Elite programs for the same duration. If, after the expiration of the ban, the individual commits another violation of the adult code of conduct, they will be permanently banned from all Florida Elite programs.

All participants, parents, guardians, other adults, and attendees of Florida Elite events are strictly prohibited from possessing weapons. This ban applies to all league practices,

games, competitions, and banquets. Any individual found violating this policy will face a permanent ban from all Florida Elite events, including association practices, games, competitions, and banquets. Violators will be subject to prosecution by law enforcement to the fullest extent permitted by law.

### **Code of conduct**

All Florida Elite volunteers and participants are required to adhere to a Code of Conduct that encompasses the following provisions. Violation of any of these rules may result in penalties, including permanent removal from the program. Members are expected to follow the following:

No smoking and use of smokeless tobacco in the facility.

Participants should not be criticized in front of spectators. Constructive criticism should be given privately or with team members if others might benefit from it.

Respect and accept the decisions made by the game officials on the field.

No verbally or physical criticize participants, coaches, or fans of the opposing team.

Coaches should refrain from excessive sideline coaching and must not enter the playing field to give instructions.

No use of abusive or profane language directed at participants or game officials, this is strictly prohibited at all times.

No intentional acts of unsportsmanlike conduct.

No gambling on the outcome of the game, this is strictly prohibited.

No use of ineligible participants to compete.

Prioritize the safety of participants over the outcome of the game.

Assist in controlling the conduct of your team's spectators. Any spectator who is a nuisance will be asked to leave the premises or will be removed by the authorities.

Avoid any actions, both within and outside Florida Elite, that could negatively impact or cause embarrassment to the Florida Elite.

### **Team/Organization offenses**

Failure to maintain trust with adolescents and parents is defined as any intentional action or neglect by a team or organization that jeopardizes the health, welfare, and safety of

adolescents. This includes exploiting or treating adolescents in such a manner that they are used as instruments by the team or organization.

For this charge to be filed, the violation must stem from team or organization policy rather than being an isolated act by one person. This means that the actions are performed under the directive of, or with the awareness of the team or organization, and no measures were taken to stop them.

**Minimum penalty:** The team or organization shall be placed on probation, with the suspension of its president and all individuals involved in the practice. In the event of a subsequent offense, the organization will be suspended until all officers are removed from their positions.

**Fighting/Rioting/Incitement to Riot:** Team or organization forfeits the season.

### **Adolescent offenses**

Engaging in fighting, intimidation, or showing disrespect for authority will result in ejection from the game. Any participant who is ejected from a game for such reasons will be ineligible to participate in the next scheduled game. A second ejection within the same season will result in the participant's removal from the team for the remainder of that season.

Florida Elite reserves the right to review each case individually and may impose additional penalties if the Florida Elite Executive Board and league officials determine that the severity of the participant's actions warrant such measures.

**Note: Any individuals charged with criminal activity and mandated by law to wear a monitoring device are prohibited from participating in any Florida Elite events. This policy is implemented to ensure the safety of all participants involved in Florida Elite.**

### **Adult offenses**

These offenses are committed by authorized badge members of an organization. Therefore, the organization is responsible for the fines associated with the offenses. Minimum penalties and fines are listed to ensure the guidelines are applied consistently and uniformly. More severe penalties and fines may be imposed in certain circumstances or for repeat offenders. Florida Elite reserves the right to enforce additional penalties and fines based on the severity of the actions.

Adult offenses are listed below:

**Ejection from a game:** Minimum two-week suspension, from practice and games

**Endangerment of adolescents:** Up to a 1-year Suspension and \$1,000 fine

**Teaching prohibited offensive or defensive techniques:** Up to a 1-year suspension and \$1,000 fine

**Fighting:** Up to a 1-year suspension and \$1,000 fine

**Cheating:** Up to a 1-year suspension and \$1,000 fine

**Threats:** Up to a 1-year suspension

**Gambling:** Up to a 1-year suspension and \$1,000 fine

**Lack of cooperation or obstruction:** Suspension until compliance is achieved and \$500 fine

**Note: Potential loss of home games, until compliance is achieved.**

Falsification of official documents: Up to a 1-year suspension and \$1,000 fine

**Note: All individuals that have knowledge or under investigation will be prosecuted.**

**Usage of electronic communication devices (with players):** Forfeit of game, up to 4 game suspension and \$500 fine

**Note: Communicating with a player using devices inside a helmet or earpiece is illegal.**

**Verbal attacks or threats toward officials:** Up to a 1-year suspension and \$1,000 fine

**Physical contact with officials:** Suspension for the remainder of the season, to include playoffs and super bowl.

**Quitting:** Up to a 2 week suspension for the head coach. This suspension is from practice, games and a \$500 fine.

**Note: All fines are due within 72 hours, failure to comply may result in potential loss of home games until organization complies.**

**Organizations are obligated and have the authority to enforce all rules and regulations.**

### **Social media policy**

Florida Elite acknowledges the significant role of the internet in shaping public perception of our league. Additionally, Florida Elite understands the importance of our league in leading and setting the tone for social media interactions that advance our mission and goals.

Florida Elite's Social Media Policy encompasses all individuals who choose to participate in our social media platform. This policy applies to all content posted on social media by any member of the organization, regardless of their position within the entity.

The Social Media Policy addresses the posting of inappropriate comments or photos on various online platforms including, but not limited to, Facebook, Twitter, Instagram, YouTube, online blogs, and forums associated with or referencing Florida Elite Football & Cheer. Members are required to refrain from engaging in 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 decided by the administration.**

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

The Florida Elite Executive Board has the authority to oversee and enforce this Social Media Policy. The Florida Elite Executive Board, or an appointee, can remove any inappropriate or offensive comments from social media outlets managed by Florida Elite. Individuals who violate any part of the Social Media Policy may have their rights suspended or revoked from using Florida Elite social media platforms and could face additional penalties, including suspensions from all Florida Elite events. Disciplinary actions are at the discretion of Florida Elite, prioritizing the interests of Florida Elite Football & Cheerleading Brand.

### **General safety rules**

Proper spotting techniques should be used when stunting or teaching a new skill until all performers have demonstrated mastery of the skill.

Tosses are to be executed on surfaces such as mats, grass, or rubberized tracks. Tosses should not be performed on pavement or concrete.

Jewelry is not permitted during practice or competition.

Gum or candy is not permitted during practice or competition.

Fingernails, including artificial nails, must be maintained at a length suitable for safe participation.

All participants must wear closed-toe athletic shoes.

Participants are required to keep their hair pulled back, off the shoulders, and away from the face.

Participants are required to keep their hair bows and ribbons pulled back and away from their faces.

Participants are not allowed to wear hair beads. This is to ensure safety during practice, games, and competitions, as beads may pose a risk to other team members.

Eyeglasses should be firmly attached to the head with a sports band, positioned beneath the hair for secure wear.

**Note: Eye glass bands must not be knotted or have beads on the band.**

It is imperative that all cheerleaders undergo appropriate training prior to engaging in any activities related to cheerleading, including jumps, stunts, and gymnastic techniques.

To ensure the safety of cheerleaders, a structured and comprehensive routine for stretching and strength building should be established. Stretching exercises are essential and should be conducted before and after practice sessions, games, and other activities.

Cheerleaders should ensure they are adequately hydrated before, during and after engaging in activities.

Coaches must consistently monitor all cheerleaders for any indications of dehydration or concussion.

No personnel, staff, or athletes shall be under the influence of alcohol, narcotics, performance-enhancing substances, or over-the-counter medications while participating in any practices, games, or performances. Doing so may impair their ability to supervise or execute routines safely.

## **Florida Elite Competition**

Cheer squads of various skill levels and sizes will compete at the Florida Elite Cheer Competition. Standardized rules and regulations are in place for all teams to follow. Florida Elite Football & Cheerleading mandates that each organization adheres to these rules for consistency, fairness, and safety. The governing body, the Florida Elite Executive Board, ensures compliance with all rules and regulations. **Organizations that do not participate in the Florida Elite Cheer Competition will incur a fine of \$500 per team.**

**Coaching staff** - Coaching staff are required to participate in a minimum of **seven (7) Florida Elite regular season games** to be eligible for the cheer competition. Coaches who do not meet this requirement will not be allowed to participate in the cheer competition.

**Cheerleader eligibility** - Cheerleaders must participate in at least **seven (7) Florida Elite regular season games** to qualify for the cheer competition. Cheerleaders who do not meet this requirement will not be eligible to participate in the cheer competition.

**Competition Declarations** – The Florida Elite certified roster in League Magic will serve as the official cheer team declarations. The Director of Cheer and area representatives will determine a date for the organization to confirm the final number of participants on the roster. If the organization does not confirm the final number of participants by the date set, Florida Elite will use the League Magic certified roster as the official count of participants.

**Competition levels** - The levels of competition are determined by the cheer coordinator and coaches within the organization. Cheer teams will compete at one of the following levels: Gameday, Intermediate, or Advanced.

**Note: Gameday level routines are designed for sideline cheers that engage the fans and support the players on the team. The guidelines for the gameday competition level will be described in detail in Gameday guideline section.**

**Competition Divisions** - The sizes of the divisions are determined by the size of each cheer squad. To ensure sufficient teams in each division, **Florida Elite will establish the ranges for each division once declarations are final.**

- Small (3-11)
- Medium (12-15)
- Large (16-20)
- X-Large (21-35)

**Note: Florida Elite reserves the right to add or delete divisions based on need. There will be two or more teams competing in each division.**

**Mascots – Organizations have the option to assemble a mascot team and participate in cheer competitions.**

### **Rules by division**

#### **Intermediate level skills**

##### **Rookies (5U & 6U)**

The rookie division is permitted to perform only Intermediate level stunts, releases, dismounts, pyramids, and tumbling. Listed below are the intermediate level skills for each of these categories.

**Intermediate level stunts are listed below:**

##### **Single leg stunts:**

- Waist level single leg stunts
- Prep level single leg stunts

##### **Note:**

- **If the top cheerleader is connected to another cheerleader standing on the performance surface, this cheerleader MUST be someone other than the base(s) or the spotter.**
- or**
- **The connection between the hand/arm and hand/arm must be established before initiating the single leg prep level stunt.**
- Walkover shoulder stands
- A brace must be performed by at least one individual at the prep level or below, with a hand or arm connection.
- Prep level braces must be in a shoulder sit, flat back, straddle lift, shoulder stand, or with both feet in the base's hands.

##### **Two legged extended stunts:**

- A brace must be performed by at least one individual at the preparation level or below, with a hand or arm connection. (PYRAMID)
- Prep level braces must be in a shoulder sit, flat back, straddle lift, shoulder stand, or with both feet in the base's hands.

### **Additional stunt knowledge**

- A minimum of one (1) brace must remain in contact with the top person.
- **Must have three (3) body positions in elite stunts**
  - Liberty
  - Bow & arrow
  - Stretch
  - Arabesque
  - Scale
  - Scorpion
  - Needle
  - Heel stretch

The stunts below are **not allowed** in the intermediate level:

- Single leg stunts with multiple top persons
- Stunts that may move over or under another stunt(s).
- A person passing over or under the torso /head of another top person. Regardless of if the stunts are connected or separate.
- Leap frog or leap frog variations.
- Two legged stunts that are connected to other extended stunts.
- Extended two legged stunts.

**Intermediate level releases, twists, and dismounts are listed below:**

<b>Release style</b>	<b>Twisting</b>	<b>Combination/Other</b>	<b>Dismounts</b>
From ground level (switch up) to lib below prep level	¼ twisting transition to prep level	Back stand	Step downs
Tic Toc below prep level (lib to lib)	¼ twisting to ground level	Show & go (prep level)	Sponge
From ground level (switch up) to body positions below prep level	¼ twisting transition from prep level	Straddle sit	Cradle
Tic Toc below prep level lib to other body position	½ twisting transition to prep level	Flat back	Prone cradle (backspot remains connected to ankles)

Tic Toc to body position at prep level with bracer	½ twisting transition to ground level	Prep level 1 leg stunt	
	½ twisting transition from prep level (with bracer)	Shoulder sit	
		Shoulder stand	
		Chair	
		Prone	
		Transition from below prep level to prep level with body position	
		¼ twisting tic toc at prep level	

### **Intermediate level pyramids**

- Are required brace/connections and pyramid must remain the same and stay connected throughout the entire transition.
- Must have two (2) transitions and two (2) static structures

### **Intermediate level pyramids releases and dismounts:**

- When a top person is released by the bases, the top person must land in a basic straight cradle or dismount to the performing surface.
- Dismounts must be performed by skill prep level or below.

### **Intermediate level tosses**

- No tosses are allowed on the rookies (5u & 6u) division
- Straight ride

### **Intermediate level inversions**

- Inversions are allowed as an entry to a transition into an upright load-in position or an extended level or below
  - The inversion occurs at ground level
  - The inverted participant is in contact with the performance surface
  - Bases/spotter maintains contact with the flyer throughout the inversion

### **Intermediate level jumps**

T-Jumps
Tuck jumps
Toe touch
Hudler
Pike

### **Intermediate level tumbling**

<b>Standing tumbling</b>	
Forward roll	Handstand
Straddle roll	Push up to a back bend
Backward roll	Standing up back bend
Handstand forward roll	Front limber
Back extension roll	Back limber
Back straddle roll	Back bend kickover
Back walkover	Back walkover switch leg
Front walkover	Single arm back walkover
Back walkover series	Single arm front walkover
Valdez	Valdez back walkover
Valdez back walkover variations	

<b>Running tumbling</b>	
Cartwheel	Cartwheel forward roll
Power hurdle roundoff	Cartwheel back walkover
Single arm cartwheel	Front walkover cartwheel back walkover
Cartwheel backwards roll	Roundoff back walkover

**Note: No additional tumbling is allowed after a round off unless a pause separates the roundoff from the next skill.**

### **Advance level skills**

#### **Freshman-Seniors (7U-14U)**

The freshman, sophomore, junior and senior divisions are permitted to perform both intermediate and advance level stunts, releases, dismounts, pyramids, and tumbling. Listed below are the advance level skills for each of these categories.

**Advance level stunts are listed below:**

<b>Stunts</b>
Extension
Extended liberty
Heel stretch
Arabesque
Bow & arrow
Needle
Scorpion

**Advance level twists, combinations and dismounts are listed below:**

<b>Twisting</b>	<b>Combinations</b>	<b>Dismounts</b>
Barrel roll	Moving show & go	T-drops
Half up extension	Press down to quarter turn	Cradle
Baja's (2+ skill)	Switch up to anybody position	Pop offs
Full extension (2+ skill)	Low to high	Full downs
Full up to any single leg body position (2+ skill)	High to high	Cartwheels
1 ½ twisting extension (2+ skill)	Ball up (can be caught at prep to extension)	Backbend walkover
	Paper dolls	Unwinds (2+ skill)
	Roundoff up to load in position	Double downs (2+ skill)

**Advance level pyramids are listed below:**

<b>3 transitions &amp; 3 structures</b>	
Full twisting to extended one leg while braced	Flipping while braced to extended one leg
Flipping to prep/extension level while braced	Inversion to extended level skill
Flipping from prep level to ground	Fly over from one group to another group while braced

### **Advance level pyramids releases and dismounts:**

- When a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface.

### **Advance level tosses**

<b>Tosses</b>		
Full	Toe touch	Pretty girl
Pike	Kick full	Ball X

### **Advance level inversions**

- Transitions from ground level inversions to non-inverted positions
- The inverted athlete must maintain contact with the performance surface, unless the top person is being lifted directly to a non-inverted position.
- A top person may pass through an inverted position if:
  - The top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level.
  - The base that remains in contact with the top person may extend their arms during the transition if the skill starts and ends in position at prep level or below.
  - The connection to the bracer must remain the same and stay connected throughout the entire transition.

**Note: Inversion may be caught at an extended level with the connection of a bracer at prep level.**

### **Advance level jumps**

T-Jumps
Tuck jumps
Toe touch
Hudler
Pike

### Advance level tumbling

Standing tumbling	
Single back handspring	Standing tuck (2+ skill)
Back handspring series	Back handspring tuck (2+ skill)
Back handspring stepout	Back handspring tuck series (2+ skill)
Back handspring jump back handspring	Back walkover tuck (2+ skill)
Back walkover back handspring	Back handspring stepout tuck (2+ skill)
Back handspring whip back handspring series (2+ skill)	Back handspring series layout (2+ skill)
Tuck (2+ skill)	Jump to tuck (2+ skill)
Layout (2+ skill)	Back handspring series full (2+ skill)
Full (2+ skill)	Standing full -Valdez back walkover (2+ skill)

Running tumbling	
Cartwheel back handspring	Cartwheel /roundoff tuck (2+ skill)
Power hurdle roundoff back handspring (series)	Roundoff back handspring tuck (2+ skill)
Front handspring	Roundoff back handspring series tuck (2+ skill)
Punch handspring	Front walkover cartwheel/roundoff back handspring tuck (2+ skill)
Punch front	Front handspring roundoff back handspring tuck (2+ skill)
Aerial	Roundoff back handspring layout/full (2+ skill)
Dive rolls	Punch front stepout roundoff back handspring Tuck/Layout/Full (2+ skill)
	Roundoff whip back handspring Tuck/Layout/Full (2+ skill)
	Arabian through to Tuck/Layout/Full (2+ skill)

### **Gameday level guidelines**

The gameday level was created to assist in the development of participants. Gameday routines should be structured in a manner which engages the spectator's participation at the competition. Routine should consist of (but not limited to): signs, pom poms, megaphones, flags and band generated music. The routine should be geared with a high

school game theme, with chants that include (but not limited to): the colors of the team, encouragement of the team, offensive chants, defensive chants, etc.

**Examples:**

- GO BIG BLUE, GO BIG BLUE, GO BIG BLUE
- OFFENSE, OFFENSE
- WE WANT A TOUCHDOWN, GOTTA HAVE A TOUCHDOWN

The gameday level is not allowed:

- To have commercial music, this includes instrumentals or original song
- To dance during any part of the routine
- To do any stunting beyond the prep level
- To do any tumbling

**Additional Information**

**Stunt group building quality chart**

# of athletes	Number of groups		
	Minimum	Majority	Maximum
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-30	4	5	6



## Example scoresheets

### Judge 1

### Tumbling/Dance/Jumps

#### **Standing Tumbling**

Standing tumbling difficulty \_\_\_\_\_/2.5

Standing tumbling techniques \_\_\_\_\_/2.5

#### **Running Tumbling**

Running tumbling difficulty \_\_\_\_\_/2.5

Standing tumbling techniques \_\_\_\_\_/2.5

**Dance** \_\_\_\_\_/5

**Transition** \_\_\_\_\_/5

**Jumps (execution/technique/form)** \_\_\_\_\_/5

**Jumps type (connection/combo & variety)** \_\_\_\_\_/5

**Overall impression** \_\_\_\_\_/5

**TOTAL SCORE** \_\_\_\_\_/35

**Judge 2**

**Stunts & Pyramid building**

**Stunts**

Execution \_\_\_\_\_/5

Technique \_\_\_\_\_/5

Difficulty \_\_\_\_\_/5

Variation of stunts and transitions \_\_\_\_\_/5

**PYRAMIDS**

Execution \_\_\_\_\_/5

Technique \_\_\_\_\_/5

Difficulty \_\_\_\_\_/5

**TOTAL SCORE \_\_\_\_\_/35**

**Judge 3**

**Sideline cheer**

Crowd effective material \_\_\_\_\_/10

Proper use of skills to lead crowd \_\_\_\_\_/5

Execution \_\_\_\_\_/5

Technique \_\_\_\_\_/5

Overall cheer impression (Flow & energy) \_\_\_\_\_/5

**TOTAL SCORE \_\_\_\_\_/30**

## Example of deduction sheet

### Judge 4

#### Time & boundaries

Time of routine \_\_\_\_\_/2:30

Deductions:

Routine less than 2:00 minutes \_\_\_\_\_/-2 points

#### Time overage:

Up to 7 seconds \_\_\_\_\_/-1 point

8-10 seconds \_\_\_\_\_/-2 points

11+ seconds \_\_\_\_\_/-3 points

#### Boundary Deductions

.5 Per occurrence \_\_\_\_\_x.5=\_\_\_\_\_

**TOTAL DEDUCTIONS** \_\_\_\_\_

## **Judging criteria**

### **STUNTS DIFFICULTY:**

Body positions displayed  
Minimal use of bases (use of front spots)  
Degree of difficulty  
Creativity and variety  
Pace of skills

### **STUNTS EXECUTION/TECHNIQUE:**

Control of body position  
Level of execution  
Body positions and flexibility  
Bases using proper technique

### **DISMOUNTS DIFFICULTY:**

Minimal use of bases  
Degree of difficulty of dismounts  
Creativity & variety

### **DISMOUNTS EXECUTION/TECHNIQUE:**

Pointed toes by flyer at landing  
Legs together and uncrossed on landings  
Sharpness of landing (how tight are bases catching and set out)  
Execution of cradle  
Completion of rotation  
Height of dismounts  
Perfection

### **PYRAMIDS DIFFICULTY:**

Body positions and control  
Minimal use of bases  
Degree of difficulty Level of execution  
Creativity & variety  
Transitions speed and variety  
Height of pyramid skills executed  
Combination of skills

### **PYRAMIDS EXECUTION/TECHNIQUE:**

Body positions and control  
Height of pyramid skills executed  
Control of body position  
Level of execution

Body positions and flexibility  
Bases using proper technique  
Base and spotter technique  
Top person technique  
Perfection

**STANDING/RUNNING TUMBLING DIFFICULTY:**

Combinations of skill creativity & variety  
Synchronization  
Pace and speed of skills  
Approach  
Landings (clean with feet together)  
Degree of difficulty of skills performed

**STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:**

Form  
Height of execution  
Landings  
Pace and speed of skills  
Perfection

**JUMPS EXECUTION/TECHNIQUE:**

Landings  
Arm movements  
Pointed toes  
Level of jumps  
Technique, timing, landing  
Synchronization

**TOSS EXECUTION/TECHNIQUE:**

Height of toss  
Movement of bases or flyer  
Execution of tricks while airborne  
Completion of rotations or skills  
Perfection & Synchronization

## **GENERAL CHEER KNOWLEDGE**

All tumbling activities must commence from ground level. Participants are strictly prohibited from tumbling over, under, or through stunts or pyramids. Additionally, any form of tumbling over or under individuals is not permitted.

Spotted, assisted, or connected tumbling is not allowed.

Partner tumbling is not allowed.

Participants are permitted to perform a handstand as part of choreography while maintaining contact with individuals on the ground. The inverted participant must initiate the handstand independently, without assistance from another athlete, until they achieve the inverted position.

Cartwheels, roundoffs, and walkovers are considered part of the stunt/choreography rather than tumbling, as long as they comply with inversion rules. Physical contact is permitted when transitioning from a rebound to a stunt.

Tumbling skills may transition to a non-inverted position or load for a stunt/stunt transition, provided that the tumbling flyer completes the tumbling skill. The flyer must no longer be inverted and have at least one hand or foot in contact with the performance surface before the bases can grab the flyer's feet, legs, or other body parts. Bases may not assist the flyer during the execution of the tumbling skill prior to its completion.

Rebounding from tumbling into stunts is permitted but limited to cradle, load in, or below prep level stunts. Rebounding into a single based below prep level stunt requires an additional spotter.

Perform these skills only on a soft/matted surface: forward suspended rolls, forward flipping leap frogs, single-based cradles, and braced front flips in pyramids.

Stunts are prohibited from traveling over another individual and/or stunt. However, an exception is made for Double Based Vertical T-Lifts, which may travel over a single Nugget, provided that the flyer steps on and subsequently over the Nugget.

During all dismounts, the catching base(s) are required to physically assist the flyer by re-catching them to control or slow down their descent to the performance surface.

Superman transitions must not invert at any point, cannot intentionally travel, and should only originate from prep level or below stunts or the load-in position. It is also prohibited for connected flyers to perform Superman transitions.

Release moves do not necessarily involve changing bases.

In pyramids that include release moves requiring a bracer for legality, continuous contact must be maintained between the flyer and the original bracer(s) throughout the transition of the release move until the flyer makes contact with the original bases.

In pyramids that involve braced flips, it is required that contact between the flyer and the initial bracers is sustained throughout the entire transition of the braced flip until the flyer establishes contact with the original bases.

All downward inversions are prohibited unless explicitly permitted by the rules. For example, if a flyer in a ground-level handstand is lifted upward by the stunt group, temporarily loses contact with the performance surface, and then returns their hands to the performance surface before executing the sponge/loading move, this action is considered illegal.

All inversions necessitate the involvement of two individuals: one base and one flyer. The base has the critical responsibility of safeguarding the head, neck, and shoulder region of the flyer.

Inversion skills that involve the flyer transitioning from the inversion directly over the back spot to the load-in position, or from the inversion to a shoulder sit on the back spot, require an additional spotter.

When a flyer is released from a single-based stunt and lands in a horizontal, non-cradle position, two catchers or bases are required. If the flyer lands in an upright position (e.g., Tic-toc), one catcher or base is necessary. For a flyer released from a multi-based stunt landing in a horizontal, non-cradle position, three catchers or bases are needed. If the flyer lands in an upright position (e.g., Tic-toc), two catchers or bases are required.

A person can move under a stunt, provided they are in a non-inverted position.

### **Tosses**

Tosses should be done on a soft or matted surface.

The flyer must be supported in a cradle by the original bases, which are limited to one flyer and up to four bases. The total number of bases includes back and front spotters. For example: one main base, one secondary base, one back spotter, and one optional front spotter.

It is required that the cheerleader remains upright throughout the duration of the toss and never becomes inverted during the toss.

## **Back Spotter**

A back spotter is not necessary for Knee Stands, Thigh Stands, Shoulder Sits, Double-Based Non-Extended V-Sits, and stunts below Prep Level. Exception: Required for single-based stunts where the flyer executes a Rebound entry.

A back spotter is unnecessary if a flyer remains at prep level or below. A spotter becomes necessary if a flyer moves through or pauses at extended level.

All stunts at the prep level and above require continuous back spotters. An exception is made during transitional group stunts, where the back spotter may switch roles to become the base of a shoulder sit or may start as the base of a shoulder sit and then become the continuous back spotter.

A back spotter is mandatory for all lower-level stunts where the primary bases do not use their hands or arms to directly support the flyer (e.g., when the flyer is standing on the backs of the bases). However, a continuous back spotter is not required for stunts where the flyer is in a seated position and supported at the seat by the base(s) hand or arm; these types of stunts are categorized as waist-level stunts. An exception applies to Nugget stunts, where the flyer's foot is not held by the bases.

A back spotter is required for all release moves, tosses, and stunts at prep level and above, including Shoulder Stands. Exceptions include Chair and Double Based T-lifts.

A back spotter should not position themselves beneath the stunt to support the flyer's feet without the assistance of an additional back spotter directly behind the stunt. An exception is allowed for one hand to be placed under the foot of the flyer in prep level and lower stunts.

The back spotter's torso should not pass through the vertical plane of the stunt. The back spotter's torso should also not pass under a stunt or the flyer's body, such as walking under or through a stunt.

During half-twist transitions from prep level stunts to a cradle position, the flyer and at least one base or back spotter must maintain contact throughout the transition.

Additionally, an extra spotter is required at the head or shoulders of the flyer to catch the cradle.

The back spotter must be positioned directly behind or to the side of the flyer when the flyer is facing the back spot and stops or power presses at a prep level or above stunt/stunt

transition. For example, during Reverse Extension Prep 180 to Extension Prep, an additional spotter is required for the Reverse Extension Prep.

Flat Back stunts need a back spotter at the flyer's head and shoulders.

One individual is required to be positioned in front of the bases during the execution of a back half pendulum, while another individual must be located behind the bases during a front half pendulum.

Back spots are required for stunt transitions that start at waist level or higher and end in a cradle position.

Back spotters must be positioned at the head and shoulder area of the flyer to ensure safety during ground-level inversions.

The back spotter's torso must not pass under a stunt or the flyer's body, such as walking under or through a stunt. An exception is when the flyer may pass over the spotter while maintaining direct contact in appropriate skills, like Leap Frog.

### **Spotter for Single Based Stunts**

A spotter is required for single-based partner stunts at the prep level and above. The spotter must be positioned directly behind or to the side of the flyer when the flyer stops in or power presses at a prep level or above stunt/stunt transition. For example, a Walk in Reverse Hands would necessitate an additional spotter during the Reverse Hands. The spotter must not step underneath the stunt to hold the feet (soles) of the flyer's shoes. An exception is allowed where the spotter may place one hand under the foot with the other hand on the ankle at the prep level and below, provided the spotter is positioned to the side of the flyer and does not cradle.

Role transitions between serving as a base and functioning as a continuous spotter are not permitted.

Spotters may transition from the side to the back of the stunt or from the back to the side, provided they maintain continuous visual contact with the flyer and remain close enough to catch the flyer's head and shoulders.

A spotter must not pass through the vertical plane of the stunt. The back spotter's torso must not move under the stunt or the flyer's body.

The spotter must be positioned so that one arm is placed under the head and shoulders of the flyer to assist with the cradle.

## **Bases**

Bases are required to be in direct contact with the performance surface.

Bases should not perform a back bend, headstand, or handstand while supporting a stunt.

A minimum of two bases (up to a maximum of four, including one at the front) are required for a multi-based group stunt or toss.

Two stationary bases and two additional stationary catchers are required, one on each side of a Pendulum or stunt that moves away from the vertical axis (such as Shooting Star, Shoot Outs, etc.). For example, there should be two bases under the feet of the flyer, two catchers one on each side of the Pendulum, and one spotter either in front or behind the Pendulum, opposite to the direction the flyer is falling. If the flyer is falling backward, the spotter should be in front of the stunt. If the flyer is falling forward, the spotter should be behind the stunt. Pendulums falling in one direction (front or back) require a total of six participants. Pendulums falling in two directions (front and back) require seven participants.

Two stationary spotters are required, along with one back spotter, during the transition from a prep level or above stunt to a flatback, fallback, Swedish falls, or fireman catch that ends at prep or extended level. An additional spotter at the head of the flyer is recommended but not mandatory.

At least two individuals, along with a spotter, are required during a pyramid transition where the flyer is fully released by the bases while remaining braced. For exceptions at Levels 3 and 4: single-based release moves are allowed if the flyer remains vertical.

All split stunts require two bases.

If a base is supporting a flyer at prep levels and assumes a kneeling or squatting position, the flyer will still be classified as being at prep level. Similarly, if the base is supporting a flyer in an extended position and adopts a kneeling or squatting position, the flyer will still be classified as being at extended level.

## **Flyer**

A flyer must not pass over, under, or through stunts or pyramids. Flyer may jump over others on the performance surface.

A flyer must refrain from vaulting over another individual unless continuous physical contact with the base is maintained throughout the stunt, accompanied by a spotter

tracking the flyer's movements (also known as leap frog or up & over stunts). Vaulting refers to the flyer utilizing their hands to maneuver up and over another person.

In a single leg extended stunt, such as Liberty or Stretch, the flyer must not brace, connect, or touch another flyer who is in a different type of extended stunt. For further detail, refer to the definition of an extended stunt. Double-leg extended stunts are permitted to brace other double-leg extended stunts. Stunts where the flyer is not at a completely extended level, but the bases' arms are extended, such as Chair, Russian Lift, Triple-Based Dead Man Lift, Flat Back, Swedish Falls, Triple-Based V-Sit, and Double-Based Vertical T-Lift, may brace each other. For exceptions, please refer to the rules grid.

Flyers can perform Pendulum transitions starting from prep level or lower and returning to an upright stunt, load-in, or ground position.

A flyer must not be released in the prone position unless they are braced between two stunts. Exceptions include landing in prone position during transitions to Flat Back or Swedish Falls, and during a Pendulum.

A flyer must not contact, or brace against, another flyer while both are released from their bases (e.g., two flyers performing Tic Tocs adjacent to each other must not make contact during the release move).

Flyers must not support each other during simultaneous Superman transitions.

A flyer is prohibited from cradling in any stunt where the base(s) have their knee on the ground.

A flyer must avoid contact with individuals who are in an inverted position while performing a back bend.

When a flyer is lifted from the performance surface by another athlete to a higher position and performs a skill from ground level to ground level, this skill is not classified as a stunt and is therefore exempt from twisting limitations.

## **CHEER 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 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 Dismount:** Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

**Ball Up:** A release move of the flyer from the performance surface, bringing knees to chest and landing in an upright, standing position.

**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:** Person in stunt responsible for the head/neck/shoulder area of the flyer. Usually positioned directly behind the stunt but can be on the side as well. This position/responsibility may change from person to person during creative stunt transitions. Required for all cradle dismounts.

**Back Tuck:** A back flip where the gymnast tucks up into a ball 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 contacting 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 like a ball “rolling” across the floor.

**Barrel Roll:** A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted Barrel Roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition

**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.

**Bobble:** An error during a technical skill. Obvious missed skills hand(s) down on a tumbling skill/shaky stunts/pyramids/basket, incomplete or obvious errors in regard to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motions, and dance execution.

**Bow N' Arrow:** A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the torso. The flyer's working leg is kept straight while reaching their free arm to a Half-T motion through the space between their working leg and gripping arm, making the shape of a bow and arrow.

**Building:** See stunt

**Bump Down:** A stunt dismount skill in which the Flyer transitioned to a sponge/retake position in order to return the flyer to the performance surface.

**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 stunt entry, transition and/or dismount. Catchers do not have to make contact with the flyer but must be in a position to minimize risk should the flyer fall.

**Chair:** Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

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

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

**Cupie:** A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight. Also referred as an Awesome.

**Dead man lift:** A type of flat back (see below). When the arms of the bases are extended, a dead man lift requires two bases and an additional spotter.

**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:** A stunt skill, originated by the spotter/bases as the final part of a stunt/stunt transition. A skill in which the flyer is released to a cradle, released, and assisted to the performance surface, or transitioned to a sponge/retake position in order to return the flyer to the performance surface. Examples of dismounts: step off front back, shove wrap, bump down, and cradle.

**Dive Roll:** A forward roll where your feet leave the ground before your hands reach the ground. double based: In reference to a stunt/stunt transition or dismount in which two bases are supporting the flyer.

**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 into an elevator/sponge loading position and is then tossed into the air.

**Eighteen Inches Above Extended Arm Level:** Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer. If the flyer

is in a vertical position the lowest position of the flyer is the feet with the legs fully extended. If the flyer is in a horizontal position, the lowest position is the lowest visible position of the flyer.

**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 like 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 like 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 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.

**Group Base Stunts:** A stunt using multiple bases for support.

**Half:** See "Extension Prep".

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Mount:** See "Stunt."

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

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

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

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

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

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

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

**Partner:** See "Top Person".

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

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

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

**Prep:** See "Extension Prep".

**Prep-Level:** The height of the bases hands and at least one foot of the top person is 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 most 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 does not 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 people off 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. The top person becomes free from all bases. The 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 the 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. The top person becomes free from all bases. The 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 (2-1½) High Pyramid:** Pyramids higher than 2 1/2 body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands, and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e., extension, liberty, etc.) are 2½ body lengths.

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

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

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

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

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

