SUFFOLK COUNTY YOUTH CHEERLEADING ASSOCIATION
COMPETITION OPERATIONAL GUIDELINE BYLAWS

Updated – September 2024

i. Each participating League must state what towns it services.

ii. Participant registration happens approximately January through September of that Competition year.

iii. *SCYCA members must keep in mind that Youth Recreation exists for all members of a community. Attention must be made to be cost effective, so that anyone can participate in their youth program.* General costs should begin at $500 and may not exceed $750.00 per child.*This includes but is not limited to: registration fee, uniform-purchase or rental, sneakers, music, choreography, personal equipment, public facility usage, camps, clinics, and local competition fees.*

SCYCA encourages all leagues to encourage fundraising to off-set fees, to sponsor any athlete that may be in need, and to be an organization that allows all athletes to participate regardless of income. Effective 2024 Season (Updated Sept 2023)

iv. The SCYCA season begins on July 1st, and ends with the final endorsed SCYCA competition of the year. It is recommended for the first two weeks or 4 dates of the season be used to work on conditioning, basic cheer techniques in sideline cheers, jumps, body positions. The next two weeks basic stunt progressions and competition choreography can begin. Directors/Coaches must recognize the entire squads' particular ability and limit the squads' activities accordingly. Stunts (partner stunts, pyramids, tumbling) shall be modified to the appropriate surface area.

v. *The day-to-day instruction and coaching must be from a volunteer source. Gym/mat space can be rented but NO professional instruction may be received on a day-to-day basis. Each SCYCA rostered competition team within a league may utilize outside professional resources for choreography, assistance with stunting, tumbling and/or cheers which is provided by a paid individual, gym or business* for a maximum of 20 hours per season; which runs July 1st through November 30th of each year.

- Professional resources will be defined as; choreography, assistance with stunting, tumbling and/or cheers which is provided by a paid individual, gym or business. Payment in any form of money, trade or barter of services will be considered a paid professional.
- *Professional resources do not include volunteers that donate their time to a league or Varsity Cheer Teams doing a fundraiser.*
- *SCYCA is an organization that supports non-profit community leagues, and as such, understands the need to receive professional help on a case by case, situation by situation need. However, all leagues must be steadfast that all day-to-day instruction must be from a volunteer source.*
- *SCYCA does not support "cheer gym" affiliations or sponsorships, and does not allow "for-profit" businesses to participate or compete in any sanctioned SCYCA Youth Cheer Competitions.*

vi. Generally, games begin the second week in September and run through November. Approximately six weeks before competition season begins. (rule amended 5/16/18)

- All competition teams, ages 5 through 11, must be scheduled for sideline activities/cheering at 3 games. All girls on the 12 or 13/14 year old competition teams will be exempt from sideline cheer, since the point is for youth recreational cheerleaders to learn composure, expectations, and etiquette on the sidelines at games, and these girls will be doing that for their school teams.
- All Game Day Competition Cheerleaders must be scheduled for a minimum of 3 games regardless of the cheerleaders age.
- If for any reason, you cannot be scheduled to cheer at 3 games at home or away, you can cheer at community events that occur within your designated boundaries. (i.e. homecoming, high school football games, parades, runs, breast cancer events.)
- Cheering at SCYCA approved events will also be allowed even though they are not within your designated community (i.e. Long Island Duck Game, NY Mets, NY Giants, College/University) If your event is not listed, please contact the SCYCA Board for review.
- All events must occur during the SCYCA cheer season, July 1st through November 30th, to satisfy the requirement. All cheering must be done under the guidance of the league.

vii. AGE DIVISIONS AND ROSTERS:

A) AGE DIVISIONS

Competition age divisions are 5, 6, 7, 8, 9, 10, 11, 12, 13/14. The participant's age on November 30th of the current year shall be the participant's age for the coming season. All girls can cheer through 9th grade, provided they don't turn 15 before 12/1.
Each team's competition age division is determined by the OLDEST child's age on that team. A 2-year maximum age difference will be allowed on any given team. (ex.) an 8 yr old can compete on a 10 yr old team; a 7 yr old would be too young.) There is an exception to this ruling... A 13/14-year-old team would be allowed to have 11 year olds on it due to the mixed age group.

1. There is an exception to the rule… Each league will be allowed 1 child per team with a maximum of 3 per league that are a "special situation". These children will be allowed to cheer no more than 1 age division below their rightful age division. These cheerleaders must be made known to the SCYCA Board and on said leagues official roster submitted to SCYCA at the September meeting.
2. Age rulings do not apply to any special needs teams.

3. It is the Directors/Coordinators position to deem which children from their league are capable of cheering on any given team. At SCYCA competitions the safety judge will rule over the mat and deem if there are any safety concerns regarding age.
4. There is no limit to the number of athletes on your roster. There IS a limit of 28 members of a team on the competition floor as per 7 strips of competition mat. A competition site may have more mat strips so that a team with more than 28 can compete If a team is larger than 28 athletes the mats will be increased from 7 mats to 9 mats. (*As National trend, no more than 4 children per strip of mat) September 2024*

5. Coordinators must be listed on the SCYCA membership form. If you have a league with 5 or more age divisions competing you must email the name of your 4th coordinator, for competition only, to the SCYCA email no later than September 1st.

6. For further rules that apply to Game Day Pilot Program see Game Day Section

B) COMPETITION ROSTERS:

1. Must state: League name, Age division, Team mom, Coaches and Junior Coaches first and last name, Name of Cheerleaders, Birth date & Town of residence. The Roster must have all cheerleaders for that age division listed from youngest cheerleader to oldest.

2. Each league needs to have a current copy of every participant's birth certificate for review at any time by a member of the Board or competition host.

3. Official team rosters for each team in each division shall be submitted to SCYCA at the annual September meeting.

4. Rosters will be reviewed by general Board members, questions about eligibility can be addressed prior to the season.

5. Names may be added or deleted from the official rosters prior to the first SCYCA competition.

6. All official rosters must be typed in the proper format (due at the September meeting)

7. No player may participate in more than one age division or on more than one team within a single cheer genre. Players may NOT appear on more than one roster within a cheer genre. Players may compete in more than one cheer genre (ie. one traditional competition team and one game day team)

   Note: The current operational guideline section viii part 1

8. Individual situations need to be addressed on a case-by-case basis with the Executive Board.

9. No member/organization shall actively recruit players for the purpose of building its ranks or the purpose of building "super" teams.

10. A majority of participants must represent said organizations boundaries

viii. COMPETING OUT OF SEASON

A. Competition teams may be allowed to compete in, in or out of season, competitions as long as the following criteria is met:
   1. No more than 1/3 of a participating team may be from any one rostered SCYCA team who will be competing in the upcoming season.

2. For all teams who attend out of season competitions under the coaching, guidance and/or insurance of a SCYCA member league, a roster shall be provided to the SCYCA board which includes: the name and date of birth of each cheerleader and the team that the cheerleader participates on during the SCYCA season. Failure to provide this roster may result in the league being expelled from SCYCA.

This is in an effort to avoid any majority of a rostered team from practicing out of season.

B. In Addition:

1. As stated in by-law C, the SCYCA season begins July 1st, and ends with the last endorsed SCYCA competition of the season. Once the season ends, teams are no longer considered "rostered" SCYCA teams, however, SCYCA does not allow previously rostered teams from practicing as a team in the off-season.

2. SCYCA leagues may hold clinics, but strong effort must be made to allow participants from all ages to learn skills together, and to not allow previously rostered teams to practice together. If athletic development is done under the insurance of a separate business entity, then SCYCA will hold no jurisdiction.

ix. EXHIBITION TEAMS

- A league can decide to have one or more of their teams' exhibits and NOT compete. This would be for the purpose of learning competitive cheer. They may change their status at any time. They will exhibit in front of a crowd and spectators and be given constructive comments. If scored it will not count in the standings or will they receive any competitive awards.

- Special Needs teams may exhibit at competitions. Hosts will determine the fee and distribution of awards.

x. HOSTING A SCYCA COMPETITION

A. Registration fees for teams to participate in competition is set at $100 (Aug 2021)

B. Spectator entry fees are set at (Aug 2021):

- 1 Session $10 adult/$5 child/Free child>3 years of age
- 2 Sessions $15 adult/$8 child/Free child>3 years of age
- 3 or more Sessions $20 adult/$10 child/ Free child >3 years of age

C. Medals: (Aug 2021)

For ALL age divisions (5 - 13/14), 1st, 2nd and 3rd place TROPHIES and MEDALS will be given in each age division, it's the competition hosts' discretion if they would like to give 4th, 5th and so on places in any given age division.

D. Safety Pins for Zero Deductions will be presented to each athlete on a team that has zero safety deductions at a SCYCA competition. This will be determined by a yearly vote.

E. Spectator Banners will be limited to one per league (4/18/16)

- Banners may not be larger than 3'X5'
- Hosts will tell a representative of each league where banners will be hung.

F. In the case of a mathematical error, the trophy will not be taken from the team first awarded. An additional trophy will be given to the actual winning team.

G. In the case of a tie, an additional trophy will be ordered. Both teams will have the opportunity to take pictures with the trophy.

H. SCYCA does not put any rules in place for Non-SCYCA members wishing to host a youth competition. SCYCA will send out the original invite only via email and via post on our website, this will be SCYCA's only responsibility.

I. Teams may NOT compete at their home SCYCA competition for a place ranking. They may exhibit at home SCYCA competitions.

xi. JUDGES:

In an effort to assure a vast selection and variety of judges the SCYCA Officials Committee will formulate an annual list of qualified officials. SCYCA coordinators will be asked to supply names of suggested officials for the current season by the June meeting or by email prior to the June meeting. The SCYCA Officials committee will provide training for judges.

Host Responsibility regarding judges:

- Chose from the annual SCYCA Officials list: Traditional: three scoring judges and one safety judge. Game Day: four judges
- The four judges should be from a variety of entities (mixture of coaches, business owners, NY state certified, etc.)
- If an official cancels on a competition host, your league liaison should refer to the Annual SCYCA Officials List for a replacement. It is suggested you notify the Officials Committee as well if you need guidance or support.
- Regular Full Day Payment is $350 per judge. (If a dual panel is utilized a minimum rate of $250 per judge is suggested)
- As a host, you have the right to ask whom you would like from the Annual SCYCA Officials List.
- Any concerns regarding judges comments, scores, conflicts, etc. should be brought to the attention of the host.
- SCYCA Executive board will choose the judges for SCYCA Finals Competition.

Qualified Judges:

- Must complete the yearly SCYCA officials questionnaire
- Must have attended a SCYCA officials training workshop
- Suggested - Attend a SCYCA safety clinic

Note: Officials workshop could be in-person, virtual, video training, etc., as determined by the Officials committee each year

Affiliation Section:

Affiliation is defined as a business or personal relationship with an athlete, coach, coordinator, team or league.

- The judge is required to declare their affiliations/conflicts
- therefore the host would be responsible to replace the judge with another approved judge for that portion of the competition which relates to their affiliation/conflict

Audio Judge will be determined by a yearly membership vote.

xii. BADGES:

A. Every SCYCA league receives:

- 3 Coordinator Badges per league
- 4 Coach , 2 Team Mom, and 3 Junior Coaches Badges (see part b) per age divisions each league is competing in.
- Each league will get 3 Jr. Coaches badges per age division their league has competing. You can use Jr. Coaches badges as you see fit for your league. They will not be assigned to any age division, but assigned to a league. For example if you have 9 teams competing you get 27 Jr. coaches badges to use as you wish.
- In addition – A 4th Coordinator badge will be given to leagues with 5 or more competing teams. This 4th badge is for competition purposes only.

xiii. DANCE/MUSIC

A. Dance/ Music incorporation for all age groups may be a maximum of 1:30 seconds of the team's overall performance. Music does not have to be used consecutively

(ex. 30 secs of music, 1:20 secs of cheer and 1:00 secs of music).

xiv. PILOT PROGRAM PARAMETER:

A pilot program shall be defined as a trial program that serves to introduce a new program to the membership, establish rules and regulations for performance, and provide an opportunity for skill growth. A pilot program may utilize or reference components of previously established SCYCA divisions. Creating a pilot program serves to determine membership interest in a new division. Interest may be demonstrated through scored or exhibition performances. A committee shall be formed to determine the constructs of the program. The committee will reconvene each year until the program transitions to permanent or is dissolved.

Initially, a pilot program should run for three consecutive years with a minimum of three teams. Each year the committee will convene to determine the rules and constructs of the pilot program.

In June of year four, the committee will decide if the program shall remain a pilot or be adopted as permanent. This recommendation will be presented to the membership in the form of an official proposal. If determined to be permanent the final regulations will be placed in the Operational Guidelines. If determined to extend the pilot program for year four the status will be reviewed the following year.

In June of year five, the committee will decide if the program shall remain a pilot or be adopted as permanent. This recommendation will be presented to the membership in the form of an official proposal. If determined to be a permanent program the final regulations will be placed in the Operational Guidelines. If determined to extend the pilot program for year five the status will be reviewed the following year.

In June of year six, the committee will decide if the program shall be adopted as permanent or be dissolved. This recommendation will be presented to the membership in the form of an official proposal. If determined to be a permanent program the final regulations will be placed in the Operational Guidelines. If determined to dissolve the pilot program for year six the status will be officially terminated. If the minimum number of teams is not achieved at any point in the pilot process the program may be suspended for a maximum of one year or dissolved by official proposal. (updated 2024)

xv. GAME DAY PILOT PROGRAM (Updated by Game Day Committee July 2024 - guidelines for Season #3)

The goal of the Game Day Pilot program is to expose athletes to another genre of cheerleading. The requirements, rules and components of the program will be reviewed yearly by the SCYCA Game Day Committee with input from the membership.

1. Game Day format - The format is inspired to demonstrate the Game Day environment at youth/ high school football games.
2. Timing:3:30 minute time limit –Judging starts at entrance and exit, timing starts with music/words and ends at the completion of the fight song.
    a. Approximate Breakdown:
    b. Band Chant – 45 seconds or less
    c. Sideline – 45 seconds or less
    d. Crowd cheer – 60 seconds or less
    e. Fight song – 60 seconds or less
3. Game Day Section - Description:
    a. Band Chant - Cheer along with pep band music
    b. Situational Sideline - Focus on crowd effectiveness, motion technique, and skills relevant to game day environment (defense or offense will be determined by each individual game day team for each SCYCA hosted competition)
    c. Crowd leading - Inciting a response and encouraging the crowd to yell along
    d. Fight Song - Schools traditional fight song (limited to 3 consecutive 8 counts of stunts and/or tumbling) For teams that do not have an official fight song, refer to a popular fight song to use.

4. Age of participation on a team shall be determined by an individual town. A declaration of ages must be determined by the first competition with the submission of rosters. (see roster section of operational guidelines)

5. For the 2024 season, the Game Day Age division will have a minimum age of 5 years old and a maximum age of 14 years old.

6. For the 2024 season, a maximum age range does not apply for Game Day competition teams. Due to the exception in this SCYCA rule, no athlete ages 7 years old or under may extend into any full extension stunt.

7. For the 2024 season, All portions of the Game Day routine will be judged at each competition

8. Teams will be provided a score in each category on each score sheet and an overall score for placement. Category scores will reflects how the team does in relation to the other teams in each section. The score itself reflects how the judge represents the idea of what a game day should look like to effectively lead the crowd.(updated 2024)

9. Skill Restrictions and Qualifications (taken directly from UCA website)

    a. No tosses are allowed
    b. No inversions are allowed
    c. No twisting release dismounts are allowed
    d. No running tumbling is allowed
    e. Single leg stunts are limited to liberties / liberty hitches
    f. Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed

10. Placement of Props: For the 2024 season, props may be placed by the athlete or coaches for all ages. In the future, if multiple age divisions are created, at the younger age props may be placed by the athlete or coaches. At the older age division athletes would independently place props.(updated 2024)

11. Just like in traditional, all game day competition cheerleaders must be scheduled for a minimum of three games, parades, pep rallys, etc. regardless of cheerleaders age.

12. Game Day Teams may compete at their home school hosted competition: This has not been a conflict in the past and as a pilot program any opportunity to compete and provide exposure to the genre is welcomed.

13. Competition Hosts should be mindful that Game Day routines(3:30 minutes) are longer than traditional competition routines and should provide adequate warm-up/competition time. (updated 2024)

14. The Game Day Pilot Program will be reviewed yearly by the Game Day Committee. Changes will be shared with the membership at meetings.

RULES AND SCORE SHEETS

SCYCA COMPETITION PHILOSOPHY

All rules are based on the National Federation of State High School Association's rulebook and AACCA guidelines. Below are our Division group regulations as well as any other amendments.

SCYCA follows the philosophy that any child cheering in a specific Division can perform the stunts permitted within that division. We put the responsibility on the League to make sure the child has passed the progressions needed to compete in that division.

RULE 1: GLOSSARY

RULE 2: GENERAL RISK MANAGEMENT

RULE 3: CHEERLEADING RISK MANAGEMENT

RULE 4: DANCE/DRILL/POM RISK MANAGEMENT

GUIDELINE TO CONTINUE WITH RUBRIC/ SAFETY COMMITTEE ADDITIONS

ADDENDUM:

1. Hosting Information Note for Regular Season Competitions:
2. Hosting Information Note for Finals Competition:
3. Ethical Standards - Code of Conduct Letter for Spectators, Athletes, Coaches, etc.

Updated 06/09/2019

Glossary

Suffolk County Youth Cheerleading Association
Philosophy

SCYCA – Suffolk County Youth Cheerleading Association – made up of leagues both in Nassau and Suffolk County since 2006

It is the objective of SCYCA to provide a community of support for youth recreational cheerleading leagues. This is inclusive of the Director/Coordinators, Head coaches, team parents, school age demonstrator-volunteers, their teams, ideals, and rights. The intent is to provide a level field for youngsters of approximate and equal age and ability to cheer, under volunteer adult supervision, with equipment and optimum conditions of health and safety. The high standards of sportsmanship and fair play shall be the first requisite of local league competition. To this end the following rules, guidelines and procedures are set down for leagues participating in SCYCA.

Long Island youth recreational cheerleading has evolved into a sport requiring qualified supervising Directors and Coordinators and Program leaders. It is the Directors/Coordinators responsibility to foster the promotion and trends in cheerleading at the local level with respect to and national trends. SCYCA implements a competition calendar for Long Island to give leagues options and knowledge of all Youth Recreational competitions regardless of its affiliation. SCYCA maintains safety rules based on what is acceptable for the average youth recreation team with regard to current trends locally, regionally and nationally.

SCYCA adopted a standard score sheet for their competitions. A goal is for teams to compete with respect and regard for their competitors and for their coaches and Directors/Coordinators to continuously learn through judge's expertise, how contemporary cheerleading teams can effectively and efficiently lead the crowd. SCYCA relies on its members to operate within the "spirit or intent of the organizations philosophy" to be forthcoming with information about how they operate and ethical in giving factual information.

SCYCA reserves the right to determine and resolve all disputes as pertains to the scope of SCYCA jurisdiction. All final actions are within the absolute discretion of the majority of the Executive Board, if continuity of SCYCA's mission statement is compromised in whole or part.

SCYCA exists to give Directors/Coordinators a foundation for sportsmanlike behavior, techniques and procedures. Ethical standards shall be strictly enforced by SCYCA.

Suffolk County Youth Cheerleading Association
Glossary

Rule 1 Glossary

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

Assisted Inverted Floor Skill: An inverted participant on the performing surface that is partially supported by

non-inverted participants who is/are also on the performing surface.

Backspot: Also see “spotter”

Ball – X: A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

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. (See also: New Base and/or Original Base). If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

Base of Support: Weight bearing point(s) between the top person and base(s)

Basket Toss: A toss involving 2 or 3 bases and a spotter -- 2 of the bases use their hands to interlock wrists.

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

Bracer: A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

Catcher: Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers: 1 must be attentive 2 must not be involved in other choreography 3 must make physical contact with the top person upon catching 4 must be on the performing surface when the skill is initiated

Chorus Line Flip: A stunt in which a participant on the performing surface performs a backward flip while being supported by the connected arms of the other participant.

Chuck Toss: A stunt similar to a basket toss in which the top person is tossed from the “Load In” position. The top person has both feet in the bases’ hands prior to the toss.

Cradle: A dismount from a partner stunt, pyramid, or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face up pike position.

Cradle Position: Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a “V”/pike (face up, legs straight and together) below prep level.
Cupie/Awesome: A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

Dismount: The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a “Dismount”. When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.)

Dive Roll: An airborne forward roll where the feet of the performer are at or above the performers waist prior to the hands making contact with the performing surface.

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

Elevator/Sponge Toss: A person loads into a prep/elevator loading position and is tossed by multiple bases.

Extended Arm Level: The highest point of a base's arm(s) (not spotter's arms) 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, in an upright position, supported by a base(s) with the base(s) arms extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt: When the entire body of the top person is above the head of the base(s). Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms, straddle lifts, suspended rolls and leap frogs. (These are stunts where the base(s) arm(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

Flatback: A stunt in which a top person is in a face up, face down, horizontal position with hips and shoulders in alignment.

Flip (Stunting): A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

Flip (Tumbling): A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.
Foldover Stunt: An inverted stunt in which the top person bends at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the bases.

Full: A 360 degree twisting rotation.

Half (Stunt): See "Prep".

Handspring: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand: A skill in which a person balances on his or her hands on the performing skill

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and ½ high pyramid due to the weight of the top person being borne at the second level.

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.

Inverted: When the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

Layout: An airborne tumbling skill which involves a hip overhead rotation in a stretched, hollow body position.

Leap Frog: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

Liberty: A one leg stunt (usually extended) that may include variations such as a hitch, a torch, a heal stretch, an arabesque, a scorpion, etc.

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll: A release move that is initiated at waist level, in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

Multi-Based Stunt: A stunt having 2 or more bases not including the spotter.

Non-Inverted Position: A body position in which either of the conditions below are met. 1. The top person's shoulders are at or above their waist. 2. The top person's shoulders are below their waist and both feet are below their head.
Non-Release Stunt: A stunt in which contact is mainted between a top person and a person on the performing surface

Non-release Transition: A top person is moved from one stunt to another while maintaining physical contact with original base(s), new base(s), or a post.

Open-Pike Position: Legs are straight and hops are bent approximately halfway between a full pike position and full layout position.

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

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

Pop: A controlled upward release by the base(s) to initiate a dismount or a release transition.

Post: A person in direct weight bearing contact with the performing surface who temporarily supports a top person during the execution of a stunt.

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

Prep-Level: A top persons base of support is at approximately shoulder height.

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

Prone Position: A face down, flat body position

Prop: Any item that is manipulated (e.g., poms, signs, megaphone, 2 pole banner, flag(s) etc.) **Pyramid**: Two or more connected stunts.

Release Stunt: Any stunt in which the top person becomes free of contact from all personnel on the performing surface.

Release Transition/Release Pyramid Transition: A. top person changed from one stunt ot another (including loading positions) during a temporary loss of physical contact with all personnel on the performing surface

Roll: A shop over hear rotation that is executed either on the performing surface or in a partnered stunt in which the top person is in contact with a person on the ground.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Show and Go: A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

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

Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

Split Position: Legs extended in opposite directions at right angles to the trunk.

Sponge: The base(s) absorb a top person's downward momentum to push/lift the top person into position for the next stunt/skill.

Spotter: A person in direct weight bearing contact with the performing surface whose primary function is to protect a top persons head, neck and shoulders.

Straddle Position: Bent at the hips with legs straight and apart.

Straight Cradle: A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, etc.) is performed.

Stunt/Partner Stunt/Lift: One or more bases support one or more top persons off the performing surface.

Superman: A top person is released by the base(s) or leaves the supporting surface of a prop and is caught in the prone position.

Suspended Roll: A stunt skill that involves hip overhead rotation from the top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.

Suspended Splits: A top person is supported in a split position between multiple bases.

Swedish Fall: An stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulder of a base while her lower body is supported by another bases extended arms.

Swinging Stunt: A top person is suspended and swing between multiple bases.

Switch Up: A stunt in which the top person starts with one foot on the ground, is released and lands in a vertical stunt on one foot or both feet.

T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Drop: A partner stunt (e.g. shoulder stand) in which the base leans forward until the top person dismounts to the performing surface without assistance.

Tick-Tock: A stunt that is held in a static position on one leg, base(s) 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.

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

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. 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 position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt: Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

Tuck Position: Bent at the hips and knees with knees drawn toward the torso.

Tumbling: Any hip overhead skill that is not supported by a base that begins and ends on the performing surface.

Twist: An athlete performing a rotation around their body's vertical axis.

Twisting Stunt: Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twisting rotation, starts a new transition.