



Cheerleading

STUNTS/TUMBLE

Forward/backward Roll – A foot-over-head rotation that is executed on the performing surface.

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

Prep - The base(s) hold(s) a standing top person at approximately shoulder height.

Pyramid – Connected partner stunts.

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

Tumbling – Gymnastic skills that begin and end on the performing surface including forward/backward rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.) aerials, twists and flips.

STUNTING PERSONNEL

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

Bracer - A top person who stabilizes and/or assists another top person.

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

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

Top Person - A person who is either being supported by another person(s) while off the performing surface or who has been tossed into the air.

BODY POSITIONS

Handstand – An inverted position in which the arms are extended and beside the head, and the hips are directly over the head and shoulders.

Inverted Position – Shoulders are below waist.

Layout Position – A straight-body position.

Pike Position – Bent at the hips with legs straight and together.

Prone Position – Face-down straight body.

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

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

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

DISMOUNTS

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 face-up open pike position.

Dismount – Ending a stunt by releasing a top person to the performing surface or release to a cradle.

DROPS

Front Drop - Dropping to a horizontal, face-down position on the performing surface.

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

Split Drop - Dropping to a split position on the performing surface.

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

AERIAL STUNTS

Aerial - A skill performed free of contact with a person or the performing surface.

Flip - An aerial skill involving foot-over-head rotation in a tuck, pike or layout position.



Cheerleading

Twist - An aerial skill involving rotation perpendicular or parallel to the performing surface in a straight body position.

EXTENDED STUNTS

Extended Stunt/Position - The supporting hand(s) of the base(s) is/are extended above the head.

Extension – An extended stunt in which the top person has both feet in the hands of a base(s).

SUSPENDED STUNTS

Suspended Roll - A stunt in which upright base(s) or post(s) hold a top person's hands(s)/arm(s) while the top person performs a continuous hip-over-head rotation.

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

NONRELEASE, SPECIALIZED STUNTS*

Assisted Inverted Floor Skills – An inverted participant on the performing surface is partially supported by non-inverted participant(s) who is/are also on the performing surface.

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 other participants.

Cupie/Awesome – A stunt in which both feet of a top person are in one hand of a base.

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

Hanging Pyramid – A stunt in which the top person(s) is suspended by another top person(s) who is/are in a shoulder stand.

Leapfrog – A stunt in which the top person moves over a front or back post while maintaining hands-to-hands contact with the post; or a skill in which a participant on the floor places hands on the back of another person on the floor, vaults over his/her back in a straddle and returns to the floor.

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

Non-Release Stunt – A stunt in which contact is maintained between a top person and base(s).

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

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

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

*NOTE: Stunts in this section may also be known by other names. This section does not attempt to list every stunt mentioned in the United States All Star Federation Safety Rules.

RELEASE SKILLS/STUNTS

Basket Toss – A top person loads into interlocked hands/wrist and is tossed by multiple bases.

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

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

Log Roll – A top person in a horizontal position or a cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.



Cheerleading

Pop – A controlled upward release by a base(s) to initiate a dismount or a release transition. **Quick Toss** – A toss that begins with the top person in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.

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

Toss – A throwing motion by base(s) that begins from below shoulder level to increase the height of the top person. The top person becomes free from all bases, post or bracers.

TRANSITIONAL STUNTS

Release transition/Release Pyramid Transition – A top person changes from one stunt to another (including loading positions) during temporary loss of physical contact with his/her base(s).

Switch Liberty – A top person starts with one foot on the ground, is tossed and lands in a liberty on the other foot.

Tick-tock – A release stunt in which a top person switches from one support leg to the other.

Spotting

All participants assigned as spotters in a stunt group must remain in the ready position during the entire stunt. Ready position means eyes are focused on the flyer/top at all times. (2.5 pts per occurrence) A quick glance to check other stunts and/or personnel is permitted.

A Spotter may not hold objects in their hand(s) while spotting a stunt. (2.5 per occurrence)

All participants assigned as bases are required to keep eyes on their flyer, a glance when transitioning and pyramid building is allowed but the remainder of the time, bases need to be focused on their stunt group and not looking around. (2.5 pts per occurrence)