Wyoming Valley Junior Football Conference



Regular Season & Cheer Competition 2022 Rules and Safety Regulations

**WVJFC Cheer Rules: (Applies to regular season & competition)**

**GENERAL:**

1. **Dues and Meetings:** Head Advisor meetings will be held the First Monday each Month at 7pm starting January/February of each calendar year, as needed, thru October. Additional dates will be added or meetings canceled/rescheduled as needed. Yearly dues in the amount of $125.00 are due to be paid to the conference each January. Any organization that does not attend a scheduled meeting will result in a fine of $50.00 per occurrence.
2. **Sportsmanship:** All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the regular season and competitions with positive presentation upon entry and exit from the performance, as well as throughout the routine. The advisors of each team are responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification of the entire team or teams involved. Unsportsmanlike conduct outside of WVJFC (i.e. Misericordia Comp) are grounds for consequences from conference board for the team or teams involved.
3. **Squad Division**: Squads will consist of 4 Divisions - 13U, 11U, 9U and 7U. Divisions will follow conference cheer guidelines. \*\*\* 13 year old - must be 13 prior to season end; just to be clear, if a cheerleader is 14 years old on the date of any game, competition, etc., (conference or non-conference), they CANNOT participate.
4. **Practice:** Cheer Practice may not begin prior to July 1st. There will be no conditioning allowed prior to this date. $200.00 fine applied if this is not followed. (Article 7, Section I)
5. **Game Day:** 8 minutes between games and half time (game day). UNLESS otherwise agreed, the Home Team will perform their routine at halftime. The Visiting team will perform their routine before the start of the game. If an organization does not field a football team for a specific division, the cheerleaders for that division will be permitted to perform during the game prior. Example: If an organization does not field a football team in the A division, their A cheerleaders will be permitted to perform after their B division cheerleaders during the game prior. This applies to both home and away games.
6. **Badges**: The conference will provide each organization with WVJFC badges for the coaches and advisors. The badge is to be worn always. Only authorized personnel are allowed in designated areas.
7. **Uniform**: Each squad must have matching uniforms including vest & skirt (or a matching uniform of team choice that is not regular cotton shorts/t-shirt), socks, and athletic shoes. Jewelry, Nail Polish, Acrylic/Nail extensions are prohibited.
8. **Props**: The use of mini-trampolines, springboards, spring-assisted or any other height increasing apparatus is prohibited. Poms, Signs, and Megaphones are the ONLY props permitted. When discarding props, team members must gently toss or place the props so that they are kept under control when in standing position and both feet on the ground. Signs and Megaphones may be used during stunting if safely handed to top person and handed down prior to dismount (signs and megaphones may not be tossed). Poms may be handed up during stunting, and tossed or handed down prior to dismount. Poms cannot be used during tumbling. \*Can be professionally made within reason.
9. **Stunting:** Absolutely no stunting in the proximity of non-squad personnel. No stunting during or within 30 minutes of an occurrence of lightening, thunder and/or precipitation. Technical skills shall not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions. Coaches will be contacted if the heat index is too high for practice.
10. **Casts:** Any participant wearing a cast, cam boot, anything that restricts range of motion, or any type medical apparatus, (except pull-on sleeve for support – no velcro, pins, etc.) shall NOT be involved in stunts, pyramids, tosses, jumps or tumbling. They may still cheer. Braces with metal components are on a case-by case basis. EXCLUSION: daily living device, i.e. port, insulin pump, etc. as long as there are no visible cords, etc.
11. **USA CHEER:** Each organization is required to have a minimum of two USA CHEER Certified Coaches and all Coaches completing the NFHS Conncussion Protocol Certification. **There will be a $150.00 fine per day for any organization that does not submit the required certifications by July 1st or the first practice of the current season. Continued failure to submit the certifications will dismiss that organization of all stunting**. There must be at least one USA CHEER Certified Coach present for a team to perform ANY stunting. (Training is required under the close supervision of a USA CHEER Certified Coach for any coaches, assistant coaches, and instructors not certified.) The Conference will pay for (2) two Certifications per Organization annually as the Certifications expire (every 4 years). The NFHS Concussion Certification is to be completed by all Coaches annually. All Coaches need to show a current State and Federal Child Clearance each year.
12. An ambulance is required at every WVJFC event, including competitions. Hosting team to make arrangements. If the ambulance needs to leave there needs to be a backup medical personal onsite. \*Please refer to the Conference Bylaws
13. Any Junior Coach needs to have a Senior Coach over 18 years old present at all times.

**COMPETITIONS:**

1. First organizations name drawn out of the rotation will have the first option to choose a date to host. Two organizations within the conference host a competition per season. Rotation is as follows: 2022 – Mountain Top Jr Comets and WVJFC; 2023 – Wilkes-Barre and (Name to be drawn) hosting; 2024 – Dallas & (Name to be drawn) hosting. Starting in 2025, all conference organizations will again be eligible for competition rotation for the following season.
2. Competiton must be held on date selected, either inside or outside. Inside venue must be available. There is no rain date. The venue chosen must be able to accommodate enough people, have a warm-up area, and adequate bathroom facilities. Facilities must be secured & confirmed by July 15 of the year you are hosting.
3. Hosting team is responsible for supplying the sound system.
4. Hosting team should have designated areas assigned showing team names/colors of each team competing.
5. Hosting team should provide an “off area” where teams may practice away from performing area. Hosting team will assign practice/ warm up times to each competing squad in the “off area”. Teams will then be allowed to return to a designated seating and/or staging area (especially if not ‘on deck’ to perform).
6. During the competition, any squad that fails to comply with the WVJFC Rules and Safety Regulations will be disqualified for that specific routine, unless otherwise stated in this document.
7. **JUDGES:** The conference is responsible for scheduling judges. The Hosting organization is responsible for payment (approximately $175.00 per judge).
	1. At least two (2) judges must be USA CHEER certified and cannot be affiliated in any way with participating squads.
	2. Three judges will score the participants and One judge will be the designated safety judge.
	3. The Cheer Director will provide judges packets prior to start of competition. Individual judge’s score sheets are for the exclusive use of each judge. Each judge has the responsibility and authority to review and submit his/her final score and rankings for all teams.
	4. Scores and rankings will be available only to the Head Advisors of each team after the competition. Judges are to initial or sign judging sheets and make comments on the score sheets to aid advisors in knowing their strengths and weaknesses. Each category (Hello, Hometown, Sideline, Dance), will be scored on a point system, per judge for each division (13U, 11U, 9U, 7U). The judges’ scores will be averaged together with any deductions being taken off the top.
	5. If a team is disqualified in any category, the Head Advisor and Coach will be notified in writing regarding the reason for disqualification. This will be provided at the time of disqualification. A challenge may be issued by ADVISOR ONLY prior to the start of the next division. Evidence provided must be by video ONLY.
8. ANY conference coach (including head coach or assistant coach, including any division) cannot be a judge for any non-conference competition where participating conference teams will be performing. That is a conflict of interest and is PROHIBITED. Consequences will be decided by the Conference President and the Conference Co-Cheer Directors.
9. **Attendance at Conference Competitions:** All organizations MUST attend the two WVJFC Cheer Competitions with at least one division/squad (13U, 11U, 9U, 7U). It is preferred and strongly encouraged that ALL divisions attend. Any organization that does not register for competitions within the WVJFC will be fined $150.00 per competition. The organization will also be fined the average registration fee which will be paid to the Hosting organization. This will be calculated as follows: Total # of conference participants divided by the total number of conference teams registered, multiplied by the registration fee ($5 per cheerleader). Any organization that has registered and cannot attend one of the competitions due to unforeseen circumstances will be responsible for compensating the hosting team the average registration fee.
10. **Attendance at Non-Conference Competitions:** Any WVJFC organization that attends cheer competitions outside of the conference must abide by the following: Squads MUST adhere by WVJFC Cheerleading Rules and Safety Regulations Guidelines, regardless of competition rules. Teams may always perform a “safer” skill, but are prohibited from performing skills that are not allowed within this conference. When attending be competition outside of the WVJFC, the Cheer Director is to be notified in writing, or via e-mail, as to where and when the competition is being held. If attending the organization has failed to comply with WVJFC Cheer Guidelines, or any violation of, while in attendance of a non-conference competition, that organization will be fined $200.00, suspended for next conference competition (following season if violation occurred at the last conference competition of the year) and still pay for the conference performance fee for the competition (see fee listed in #8 above).
11. All parents and coaches must read and sign the **WVJFC Competition Waiver**.
12. Award trophies will be given to 1st, 2nd, and 3rd place in each category. Each participate will receive a participant ribbon.
	1. There will be a “small group” and a “large group” for all divisions.
	2. 12 AND under is considered small group; 13 AND above is considered large group.
13. Performance Order shall be: 7U division, 9U division, 11U division, 14U division. Each Organization and Team division will be **REQUIRED** to Compete the following categories:
	1. **Hello Cheer** – using the town name, team name or nickname
	2. **Sideline Cheer** – repeating a minimum of three times
	3. **Hometown Cheer** – must have town/mascot name
	4. **Dance Routine --** **OPTIONAL** and is a maximum of two (2) minutes
14. Cheer Advisors to pick order of performance out of hat at June conference cheer meeting. If your team does not have representation at that meeting your team will be assigned the first spot. Order number may change if a team drops out or decides later they have an eligible team.
15. Bring two (2) copies of music, clearly marked with team name and squad level. It is your responsibility to have your music checked with the DJ prior to the performance.
16. During performances, there will be no stunting or full squad practice in performance areas. Participants’ may only warm up in designated “off area”. Practice /warm up times will be scheduled by hosting team. Failure to comply will result in DISQUALIFICATION for that team division violating the cheer rules.
17. Safety spotters are allowed at all levels, but are not required. Safety spotters may not direct or coach cheerleaders. Coaching or prompting during routines will receive a penalty deduction of 10 points off for that specific category. ( PLEASE remind your parents and families of this rule) Exception: Coaches may place cheerleaders and/or props in position for the 7U division ONLY.
18. Performance to start at the **center of the 50-yard line**. If the performance is held indoors, mats must be used, with a marker at the 50. If held in an open field, 20 yards on each side of the 50 must be cleared and marked for use.
19. All Head Advisors to meet with Judges one (1) hour prior to start of competition.
20. Any questions concerning the rules or procedures of the competition will be handled exclusively by the head advisor of the team and will be directed to the conference cheer director. Such questions should be made prior to the team’s competition performance, when possible.
21. If, in the opinion of the competition officials, a team’s routine is interrupted because of failure of the competition equipment, facilities or other factors attributable to the competition rather than the team, the team affected should stop immediately. The team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.
22. In the event a team’s routine is interrupted because of a failure of the team’s own equipment, the team must either continue or withdraw from the competition. The competition officials will determine if the team will be allowed to perform later. If decided by officials, the team will perform their routine again in its entirety.
23. If an injury causes the team’s routine to be interrupted, the team will stop the routine and the injured participant(s) will seek medical assistance. The team will be able to perform the routine again in its entirety; the same day as decided by the Cheer Director.
24. Judges area to be kept free of EVERYONE.
25. Absolutely no double rostering of cheerleaders for any conference or non-conference competitions. The division the cheerleader is rostered on will compete with that division only.
26. The only ages that can move up to the next division are the ages of **7, 9 or 11 ONLY. They need to be that age ON August 1st, which is the league age cutoff date. (Example: If a cheerleader is 7 on August 1st, and turns 8 August 2nd, she IS allowed to move up. If she is 7 on July 31st and turns 8 on August 1st, she is NOT allowed to move up).**
27. There is no conflict for any cheerleader that cheers for a high school team or competitive cheer team, as long as she meets our conference age requirements.
28. SAFETY VIOLATION DEDUCTIONS:
	1. **Prohibited Stunts-- DISQUALIFIED!!!** If a Team does Prohibited Stunts in a second Competition they will forfeit the next competition and be subject to the fine for not competing.
	2. Missing Post, Spotters, Ineligible Stunt Levels- 9U, 11U, 13U
		1. 15 Points Deductible Per Judge Per Stunt
	3. Ineligible Stunt Levels 7U
		1. 10 Points Deduction Per Judge Per Cheer or Dance
	4. Missing Post or Spotter- 7U
		1. 5 Point Deductible Per Judge Per Cheer or Dance

**CHEERLEADING SAFETY**

THERE IS NO MORE IMPORTANT CONCERN IN CHEERLEADING TODAY THAN SAFETY. WE RECOMMEND BECOMING HIGHLY FAMILIAR WITH THE INFORMATION CONTAINED IN THIS DOCUMENT, AS SAFETY IS OUR NUMBER ONE CONCERN!!

Failure to abide by these rules may result in the suspension of all stunting for the remainder of the current season or fines or both.

\*\*\*\*WVJFC RULES AND REGULATIONS ALWAYS TAKE PRECEDENCE OVER ANY OTHER RULES/REGULATIONS\*\*\*\*

The following safety rules are lossly derived from the USA CHEER School Cheer Safety Rules. The safety rules and guidelines are specific in nature and are intended to cover all circumstances. Please adhere to them closely and refer to the glossary at the end of this document for questions regarding terminology used.

All cheerleading tumbling and stunting should be carefully reviewed and supervised by a certified and knowledgeable coach. Proper progression should occur to best prevent injuries. A key to maximizing safety, regardless of the mode or level of participation, is that the coach and squad members hold a realistic understanding of their skill level and make reasonable judgements about appropriate levels of participation and proceed accordingly. Coaches must recognize the abilities of their team. Ability levels refer to the squad as a whole and individuals should not be pressed to perform activities until safely perfected. The WVJFC makes no warranties or representations either expressed or implied, that the guidelines will prevent injuries to individual participants.

**Stunting**

**Partner Stunts:**

* One or more persons supporting one or more top persons off the ground.

**Bases:**

* May not hold any objects in a hand that is supporting the top person, assume a back bend, handstand, or headstand position.
* In any extended stunt, the bases must have both feet in direct weight bearing contact with the performing surface (may not move or rotate).

**Back Bases:**

* Cannot provide primary support for a top person. Primary support means the majority of the top person’s weight by holding a foot in their hands.
* Must be able to protect the top person’s head, neck, and shoulders when coming off of a stunt or pyramid, or landing in a cradle. In ALL stunts, this is behind the top person.
* Spotters must have their attention focused on the top person. Momentarily looking away to assess environmental safety factors (poms, signs, another stunt etc.) is allowed if their focus returns to the top person.
* May not have their hands behind their backs.
* May not hold any objects in their hands.

**Posts:**

* A post can only use their hands to connect to the flyers hands as a support. Refer to the age-level for whether a post must be at ground or prep level.

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| --- | --- | --- | --- | --- |
| **STUNT DESCRIPTION** | **7U** | **9U** | **11U** | **13U** |
| Main Stunt Level | Thighs & Lower | Prep Level & Below | Extended Level & Below | Extension & Below |
| Post Required | YES for everything- Post must be on the ground | YES for Single-leg Stunts. Post must be double leg  | Yes for Prep-level Single Leg Stunt or extensions. The Post must be double leg & at Prep level or below | YES- Prep level for single-leg extended Stunts |
| Back Base Required | YES | YES | Yes for everything except a shoulder sit | Yes for Everything except a shoulder sit |
| Shoulder Sit | Prohibited | With Back Spotter | YES | YES |
| Extension | Prohibited | Prohibited | YES with Front & Back Base Spotters | Yes with back Base Spotter |
| Cradle Dismount | Prohibited | Prohibited | Allowed from Prep ONLY | Yes Up to Single Twist |
| Single-Leg | With Back Base  | With Front & Back Bases Prep level & below | With Back Base, Prep level & Below.  | With Back Base Spotter & Attached Prep level support |
| Connected Pyramids | At Level | At Level | Need Shoulder Height & Below between Extensions | With Prep level in between |
| Single Leg as Support or Single-to-single Leg Stunts | Prohibited | Prohibited | Prohibited | Prohibited |
| Free-standing Tick Tock | Prohibited | Prohibited | Prohibited | Prohibited |
| Shoulder Stand | Prohibited | Yes with Back & Front Bases | Yes with Back Base | Yes with Back Base |
| Flips or Tumble Rotations | Prohibited | Prohibited | Prohibited | Prohibited |
| Legs Above Hips/Head | Prohibited | Hips MUST stay below Head & Shoulders | Hips MUST stay below Head & Shoulders | Hips MUST stay below Head & Shoulders |
| Inversion | Prohibited | Prohibited | Prohibited | Prohibited |
| Log Roll | Prohibited | Prohibited | YES | YES |
| Helicopter | Prohibited | Prohibited | Prohibited | Prohibited |
| Tick Tock | Prohibited | Yes with 2 Posts | Yes with 2 Posts | Yes with 2 Posts |
| Dismount | Prohibited | Step Down with arms & hands held by a main base | Cradle | Cradle- limited 1 Twist Rotation |
| TwistUP | Prohibited | Yes- Less than or equal to 1 rotation only | Yes- Less than or equal to 1 rotation only | Yes- Less than or equal to 1 rotation only |
| Move Over, Under Thru Another Stunt | Prohibited | Prohibited | Prohibited | Prohibited |
| Leap Frog | Prohibited | Prohibited | Prohibited | Prohibited |
| Reloads | Prohibited | Yes- step down no cradles | Yes- no twists or Rolls | Yes- Limit 1 Twist Rotation. No Rolls |
| Suspended Splits | Prohibited | Yes with continuous hand-to-hand contact | Yes with continuous hand-to-hand contact | Yes with continuous hand to hand contact |
| Straddle Lifts(Teddy Bears) | Prohibited | Yes at Prep Level | YES with Post on Extended Lift | YES |
| Swing Stunts | Prohibited | Prohibited | Prohibited | Prohibited |
| Hanging Pyramids | Prohibited | Prohibited | Prohibited | Prohibited |
| Forward Vertical/Diaganol Horzntl Moving Single Stunt | Prohibited | Prohibited | YES- Prep Level w/ a Front Base. 1/4 step turn single leg stunt prep level with post is allowed | YES- with a Front Base. 1/4 step turn single leg stunt prep level is allowed |
| Forward/Backward Deadman Fall | Prohibited | Prohibited | Yes- Prep Level. NO single leg. Requires 5 additional Bases to Catch the flyer falling. \*See footnote | Yes- Prep Level. NO single leg. Requires 5 additional Bases to Catch the flyer falling. \*See footnote |
| Single Based Extended Stunts | Prohibited | Prohibited | Prohibited | Prohibited |
| Braced Flip | Prohibited | Prohibited | Prohibited | Prohibited |
| Downward Inversion | Prohibited | Prohibited | Prohibited | Prohibited |
| Suspended Roll or Tension Drop | Prohibited | Prohibited | Prohibited | Prohibited |
| ALL TYPES OF BASKET TOSSES- INCLUDING from a Prep, Extension, or Loading position | Prohibited | Prohibited | Prohibited | Prohibited |
| Inversions | Prohibited | Prohibited | Prohibited | Prohibited |
| Cupie/Awesome | Prohibited | Prohibited | Prohibited | Prohibited |
| Dive Roll | Prohibited | Prohibited | Prohibited | Prohibited |

\*Deadman Fall- The 5 bases are IN ADDITION TO the main bases already being used to hold the flyers feet. If the flyer is falling front/back, then falling again in the other direction there MUST be a complete and noticeable stop by the flyer in the original Prep position. One of the Main Bases or Bases in the “catch” position must issue a signal they are ready for the flyer to continue to the second fall.

\*\*No Can Hold any Props or Poms

\*\*No Flyer can dismount with any Props or Poms

**TUMBLING/JUMPS**

1. All participants will compete by age-appropriate level regardless of where she falls for the Conference divisions.
2. Dive rolls are PROHIBITED.
3. Flips greater than one rotation are PROHIBITED. (ex. Double Tuck)
4. Standing Single Forward/Backward Tucks are Prohibited and must be connected to a tumbling pass.
5. A forward three-quarter flip to the seat or knees is PROHIBITED.
6. Participants may not perform aerial tumbling or rebound over an individual or prop. (Tumbling with poms or over a person is PROHIBITED)
7. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle position is PROHIBITED, however, rebounding from a back handspring into a cradle is allowed.)
8. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push up position are PROHIBITED.)
9. Knee drops are PROHIBITED.
10. Drops to a prone position on the performing surface from an airborne or handstand position are PROHIBITED. (Examples: Landing in a pushup position from a back flip, toe touch, or back handspring are illegal.)

**Glossary**

Back Base: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

Base: A person who is in direct contact with the performing surface and is supporting another person’s weight.

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-open-pike position.

Extended Stunt: A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks, and straddle lifts are examples of 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 that of a shoulder level stunt.

Extended Position: A position in which the supporting hand(s) of the base is above the head. (Used to help determine whether certain inversions are illegal.)

Front Base: A person with both feet on the ground standing between the main bases at the flyers front-facing side with her hands hold either the flyers mid foot, the main bases wrists or the flyers leg for additional support.

Inversion: A body position where the shoulders are below the waist.

Loading Position: Bases support a non-extended top person under the foot / feet in preparation for a stunt or toss.

Log Roll: A top person in a horizontal position or cradle is popped than twists parallel to the performing surface before being caught by the original bases in a horizontal position or cradle.

Post: A person on the performing surface who may assist a top person during a stunt or transition by locking hands/forearms with the flyer. Can be on the ground or at Prep level, but MUST be a double-leg stunt.

Prop: Any object which can be manipulated or used as a base. (EX. Poms, signs and megaphones)

Pyramid: Connected partner stunts.

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.

Spotter: A person who does not touch any cheerleader, stunt or pyramid but stands close to assist in the event of a fall.

Stunt/Partner Stunt: One or more persons supporting one or more persons off the ground.

Switch Liberty: A stunt in which the top person begins with one foot on the performing surface, is released from the bases, then lands in a stunt on the other foot.

Tick-Tock: A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

Top Person (Flyer): A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

III. Prohibited Stunts

Basket Toss: PROHIBITED A stunt in which a top person is tossed by bases whose hands are interlocked.

Braced Flip: PROHIBITED A pyramid in which the top person passes through an inverted positon while in contact with bracers.

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

Dive Roll: PROHIBITED A forward roll where the feet leave the ground before the hands reach the ground.

Elevator/Sponge Toss: PROHIBITED A stunt in which the top person loads into an elevator/sponge loading position and then is tossed into the air.

Hanging Pyramid: PROHIBITED A pyramid in which the top person’s weight is primarily supported by another top person.

Knee Drop: PROHIBITED Dropping to the knees without first bearing the majority of the weight on the hands or feet.

Helicopter: ONLY ALLOWED at A Level A stunt in which the top person is tossed into the air in the horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

Quick Toss: PROHIBITED A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.

Downward Inversion: PROHIBITED A stunt or pyramid in which an inverted top person’s center of gravity moves toward the performing surface.

Suspended Roll: PROHIBITED A skill in which a person is assisted by bases or posts while performing continuous foot-over-head rotation.

Tension Drop: PROHIBITED A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before landing.

Toss: PROHIBITED An airborne stunt where the bases execute a throwing motion from below shoulder level to increase the height of the top person and the top person becomes free from all bases, spotters, posts, or bracers.

The rules and safety regulations can be quite daunting and complicated. Please remember that safety is our number one concern. When in doubt, please reach out to your organization’s Head Cheer Advisor and the Conference Cheer Directors for clarification.

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