

Watauga Junior Athletic League

Rule 4: Safety

S1: Accessories

- A. Jewelry of any kind, including earrings, bracelets, necklaces, rings, etc. Will not be worn at practices, games, or competitions, except medical alert bracelets or necklaces, which must be secured to the body with tape.
- B. Bandannas are prohibited.
- C. Gloves and other hand/wrist accessories shall be prohibited during the performance and/or practice of partner stunts, pyramids and tumbling.
- D. No flip-flops, slip-ons, sandals, etc. Only tennis shoes or sneakers are permitted.

S2: Spotting

- A. Spotters are recommended for all partner stunts. Continuous spotters are required for all stunts which are a should stand, elevator/extension prep or higher. (See also S4 A)
- B. The spotter must have hands up and maintain constant visual contact at all times.
- C. All spotting must be done from ground level.

S3: Partner stunts and pyramids

- A. No pyramid shall be higher than two persons.
- B. Collapsible pyramids are prohibited.
- C. Tension drops are prohibited.
- D. Hanging mounts are prohibited.
- E. Back bends which support any additional weight are prohibited.
- F. Basket tosses (stunts in which two or more bases form a basket with their arms and throws the partner into the air, catching the partner in a cradle) are prohibited.
- G. Sponge tosses, performed at the bases' waist level are permitted as a progression to another stunt (ex. extension prep/elevator). A sponge dip or toss from below the bases' shoulder level is not permitted as the pop for a cradle.
- H. Helicopters (partner, in a horizontal position, is tossed, and rotates in the horizontal position,

is tossed, and rotates in the horizontal plane, around the vertical axis, before being caught by original bases) are prohibited.

Split mounts are prohibited. Thus, a cheerleader shall not be held in a split position off the floor by one or more persons at any time; neither shall a cheerleader in a split position support any additional weight.

J. Partner stunts and pyramids may not pass over, under or through other partner stunts and pyramids.

K. The top person in a partner stunt may not be an inverted position (head below the waist) at any time during the building, transition, execution or dismount.

L. 5-6 year olds stunts may not exceed thigh high. 7-8 year old stunts may not exceed shoulder height. 9-12 year olds may perform stunts at full extension within the regulation of all other rules contained in this rule book.

S4: Extended stunts

A. All double based extensions and extension preps must have a continuous spotter. The spotter must be positioned behind the stunt, may help support the stunt, but may not be underneath the stunt or be a primary support for the stunt.

B. No extended stunt may brace another extended stunt.

C. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, the brace must not be supporting a majority of Official Youth Football Rules the top person's weight. The top person must have their leg in a bent or stretch position ("stretch position" means that the leg is at least 45 degrees from the body line).

S5: Dismounts

A Backward and cradle dismounts to different bases (fireman's catches, fall backs, and pendulums) that do not progress back to upright are prohibited.

- B. Where two bases involved, cradles are involved, cradle dismounts are allowed only if the original bases (who initiate the cradle) plus an additional spotter catch. See also S4-5, regarding the sponge tosses, above.
- C. Twist cradle dismounts are prohibited.
- D Free falling flips or swan dive from any type of stunt are prohibited.

S6: Gymnastics

- A. All gymnastic stunts must originate from ground level. The person performing a gymnastic stunt may rebound (without hip over head rotation) from his/her feet into a cradle.
- B. Participants may not tumble over or under individual or over, under or through partner stunts or pyramids.
- C. A forward three-quarter flip to the seat is prohibited.
- D. Toe pitches and leg pitches are prohibited.
- E. The use of mini tramps is prohibited.
- F. No more than 3 Ariels in a row
 - ex. Round off, Back Hand Spring, Back hHnd Spring, Back Tuck

S7: Individual Stunts

- A. Seat drops (dropping to the floor with the seat as the primary point of contact) are prohibited. Drop to jazz sit is considered a seat drop and is prohibited.
- B. Knee drops (dropping to the floor with the seat as the primary kneeling are prohibited.
- C. Body drops ("dead falls," or dropping directly to the floor) are prohibited.
- D. "Flving" or "suicide" splits (going into a split off the ground, and landing in said position, with the inner parts of the upper legs and or thighs striking the ground first) are prohibited

Rule 5: Practices

In addition to the requirements for practice outlined in Article 11, the following also apply:

- S1: At least 10 minutes of warm-up exercises shall be included prior to cheerleading practices, games and competitions.
- S2: No additional practice for post-season play

shall be authorized beyond the hours of practice per week currently authorized by these rules.

S3: No practice, or participation of games, shall be permitted without the minimum number of adults 2 adults to 12 children.