

SCYCA COMPETITION RULES

UPDATED: 7-7-22

All Rules are based in the National Federation of State High School Association's Spirit Rulebook and AACCA guidelines. In addition, below are SCYCA division rules. If any stunt or skill is questionable a video can also be sent to the SCYCA Rules Committee for viewing: scyca@optimum.net, and cc your coordinator. An individual league reserves the right to be more restrictive at any level.

SCYCA follows the philosophy of Progression. Any athlete cheering in a specific division is able and willing to perform the stunts permitted within the division. We put the responsibility of the League to make sure the child has passed the progressions needed to compete in each division. Note: This document is not all inclusive, judges will use discretion in regards to stunts with similar skills, and use the NFHS Spirit book for any questionable stunts/pyramids/skills/rules.

ILLEGAL STUNTING/DISMOUNTS ALL DIVISIONS

- Superman from extended position
- Dive or Swan Rolls
- Fold over/Pancake
- Double Down Dismount
- Basket Tosses (Grips Included)
- Single based suspended forward roll
- Twisting Inversions

PLEASE CHECK NFHS HANDBOOK FOR ALL PARTNER STUNTS THAT REQUIRE A SPOTTER

- At least one base or spotter must be in a position to protect the head/neck of the top person
- All shoulder stands require a spotter. (SCYCA RULE)
- In a cradle dismounts it is recommended that flyers catch bases/back spot
- In all braced pyramids, the bracer is required to have a spotter. (SCYCA RULE)
- All inverted pyramids must be braced hand to hand/arm to arm on both right and left side by the top person (SCYCA RULE) for ages 10 and below
- Dismounts and multi based tosses are limited to single skills (SCYCA RULE)
- A base and a top person may share a pom during a mount or dismount from a thigh stand, shoulder sit/straddle, shoulder stand or prep. (NFHS 3-14-22)

STUNTING RULES BY DIVISION

Division 5-6

1. All partner stunts require a "hands on" spotter. (See definition for spotter). Clarification: except when the majority of the weight is on the floor and the partner stunt is a "tap on" connection.
2. Pyramid must include at least one partner stunt and can be connected to an athlete on the floor.
3. Partner Stunt Inversions limited to:
 - a. Back Walkover out of cradle
 - b. Forward roll out of a prone position
4. Partner stunts/pyramids limited to prep level and below
5. Double based vertical T-lift is the only extended stunt allowed

ILLEGAL STUNTS FOR 5-6 DIVISION

- Release partner stunts
- Superman from a Prep
- Twisting partner stunts
- Multi based tosses
- Pop Cradle Dismount

Division 7-8

1. All partner stunts at shoulder level and above require a hands on/back spotter (see page 2 SCYCA/NFHS Clarification) with the **exception** of a shoulder sit.
2. Transitions can pass through an extended position:
 - a. Show and Go, Double Based Vertical T-Lift (May remain static)
3. Triple based stunts extended limited to
 - a. Triple based extended straddle, flat back
4. Partner stunt inversions limited to: (Back spotter must remain in constant contact)
 - a. Handstand to start at ground level and end below prep level
 - b. Cartwheel out of a stunt from below prep level to ground
5. Twist up to (and not including 360) allowed
6. Pop cradle dismount allowed

ILLEGAL STUNTS FOR 7-8 DIVISION AND UNDER

- **Twist Down dismount**
- **Multi-based tosses**
- **Full extensions and variations**
- **Leap Frog**
- **Superman from a prep**
- **Release partner stunts**

Division 9-10

1. Partner stunt inversions- (Back spotter must remain in constant contact)
 - a. At least one base or spotter must be in a position to protect the head/neck of the top person
 - b. Inversion limited to: below prep to below prep level
 - c. exception cartwheel out from a prep level
3. Full extensions allowed and variations
4. Braced release skills are limited in pyramid (refer to pyramid rubric)
5. Twisting dismount from prep (2-legged)

ILLEGAL STUNTS FOR AGES 9- 10

- **Swing stunt**
- **Multi Base Toss (Chuck toss)**

Division 11

1. Partner Stunts:
 - a. Full extensions allowed with variations
 - b. 360 up/down- 2 legged to prep level
2. Partner Release Stunts: limited to:
 - a. Multi base toss (chuck toss straight up and down)
3. Twisting Stunts:
 - a. Twisting dismount from prep (1-legged)
4. Partner Stunt Inversions:
 - a. Non-release inversion limited to below prep and ending at extension-2 legged
 - b. Release inversion limited to below prep/prep and ending below prep- 2 legged
 - c. **Braced flips in a pyramid are permitted provided all the following conditions are met: The top person and at least one bracer(s) must have hand to hand/arm connection. The connection can be with one or both hands/arms. (NFHS 3-14-22**
5. Pyramid:
 - a. Braced non-release inversions ground to prep, load to prep and prep to prep

ILLEGAL STUNT FOR 11 DIVISION AND UNDER

- **Inversion starting at prep into an extension**
- **Swing stunt**
- **Braced released inverted pyramids**
- **Multi Base Toss with Toe Touch or Pike**

Division 12

1. Swing stunt
2. 360 up/down 2-legged extension
- 3 Partner Release Stunts:
 - a. Helicopter
 - b. Multi base toss to a toe touch
5. Partner stunt Inversions-
 - a. Non-Release- inversions limited to prep and ending at extension- 2 legged.
 - b. Release inversion limited to prep and end at prep-2 legged
 - c. An inverted top person may pass through an extended position but must not begin, end, pause or stop in a static extended inverted position.
6. Twisting Stunts:
 - a. Twisting dismount from full (2 legged)
7. Pyramids:
 - a. Braced inversion release skill allowed prep to prep

ILLEGAL STUNT FOR 12 DIVISION AND UNDER

- **Multi-base toss to pike**

Division 13-14

1. Partner release stunts: all variations as stated above plus
 - a. Multi base toss to a pike
 - b. Release moves low to high single legged stunt
2. 360 to extended level -single leg
3. Twisting Stunts:
 - a. Twisting dismount from full extension -single leg
4. Partner Stunt Inversions
 - a. An inverted top person may pass through an extended position but must not begin, end, pause or stop in a static extended inverted position.
 - b. Non-Release inversions limited to stating at prep and ending in extension-single leg
 - c. Release inversions limited to starting at prep and ending at prep -single leg
5. Braced Inversion Pyramid
 - b. Braced release skill allowed ending in a full extension

ILLEGAL STUNT FOR 13/14 DIVISION AND UNDER

- Multi-base toss to x out

Notes: _____
