2020 OFFICIAL CHEER GUIDELINES



2020 Conference Approved Cheer Certification Program:

Youth Sports Knowledge
www.youthsportsknowledge.com

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Our mission at Florida Elite is to become "ELITE", by improving the academic, social and athletic success rate of student-athletes in all our programs. Florida Elite requires all organizations to instill a solid foundation for all STUDENT-ATHLETES through SCHOLARSHIP, LEADERSHIP, ACCOUNTABILITY, INTEGRITY AND TEAMWORK. Florida Elite aims to enrich the lives of all youth by educating them in cultural diversity, character development, community involvement and self-worth.

FLORIDA ELITE is dedicated to our mission.

Our vision is to be the leader in youth football & cheerleading, by molding the ultimate STUDENT-ATHLETE. Florida Elite will maintain the highest standards and provide an environment that cultivates and nurtures inspiration, motivation and compassion in youth athletes. We are dedicated to showcase our student-athlete's accomplishments, by creating cutting-edge ideals to keep Florida Elite among the leaders in youth football & cheerleading.

"THE FUTURE IS NOW"

FLORIDA ELITE CHEER BOARD

Florida Elite Cheer Program serves as a liaison to the Cheer Coordinators and Florida Elite Executive Board. The FEFC Cheer Board is appointed by the Florida Elite Football and Cheer Executive Board. The board is the official contact for disseminating cheer information to each organization. The Cheer Board oversees the certification process and by ensuring all submitted paperwork is accurate and complete. The Cheer Board is responsible of setting and enforcing all cheer deadlines. The Cheer Board will implement the necessary cheer committees, to ensure all cheer activities & events are to Florida Elite Cheer standards.

CHEER COORDINATOR

This individual serves as a liaison to Florida Elite Cheer Board and the organization they represent. The individual performs organizational duties, as detailed in organization's by-laws and FEFC Cheer Guidelines. Individual ensures all cheer levels within her organization is properly certified by the guidelines set by Florida Elite Football & Cheerleading (guidelines found within this document). Individual conducts athlete's check-in process weekly, to ensure all athletes are eligible to participate in FEFC activities. Individual is required to attend FLORIDA ELITE'S monthly cheer coordinator meetings.

ASSISTANT CHEER COORDINATOR

This individual serves as a liaison to Florida Elite Cheer Board and the organization they represent. The individual performs organizational duties, as detailed in organization's by-laws and FEFC Cheer Guidelines. Individual ensures all cheer levels within her organization is properly certified by the guidelines set by Florida Elite Football & Cheerleading (guidelines found within this document). Individual conducts athlete's check-in process weekly, to ensure all athletes are eligible to participate in FEFC activities. Individual is required to attend FLORIDA ELITE'S monthly cheer coordinator meetings. These duties are assumed in the absence of the cheer coordinator of the organization.

HEAD AND ASSISTANT COACHES

These individuals must be a minimum are of 18 years old. Their responsibilities are to: schedule practices, evaluated cheerleading development and create game & cheer competition routines. Individuals are responsible for their own actions, their staffs' and the actions of their cheerleaders. All these individuals should be certified via the Florida Elite Football & Cheerleading certification process. This process includes (but not limited to): online certification, valid id, annual background check and an annual volunteer form.

JUNIOR ASSISTANT COACHES

There are two different age groups for junior coaches/coach in training (CIT). These individuals will always instruct the cheerleaders under the direct supervision of a head coach and/or an assistant coach. They may only carry out the instructions of a head or assistant coach. Individuals shall not conduct practice and should NEVER hand down disciplinary action towards participant.
Group 1-Junior assistant coaches ages 14 & 15 may ONLY assist with rookies-sophomore divisions.
Group 2-Junior assistant coaches ages 16 & 17 can assist on any division. These individuals count towards staff numbers. **Individuals are exempt from background check, however they must: complete the online certification, present a valid identification, volunteer form and a minor parent consent form.**

TEAM PARENT

Individual serves as a liaison between the coaches and parents. Individual duties should be communicated by organization. Some of the duties, should include (but not limited to): effective communication with parents, planning of providing appropriate half-time snacks, assisting with organizing any fundraising ideals with head coach and organizations' approval.

ROSTERED PERSONNEL

Rosters should consist of a total of 4 staff. (1) One head coach, a maximum of (3) three assistant coaches (including junior assistant coaches and/or a team parent). One of the staff members must be a holder of a valid certificate in community CPR and First Aid or its equivalent. A copy of the certification card must be held by the organizations' leadership staff. All staff members must complete the required coursework to be certified by FLORIDA ELITE. Cheer Certifications are obtained through Youth Sports Knowledge (www.youthsportsknowledge.com). This certification must be completed before the Coaches Certification date in June.

DRESS CODE

Cheer Staff are required to wear their organization coaches' shirt, appropriate shorts/shirts/skorts that measure down to their mid-thighs. Coaches' shirts are required to be an appropriate style, they should not be revealing and/or inappropriate for youth league participation. All coaches must wear sneakers. **Absolutely NO FLIP FLOPS!!!**

TEAMS

The formulization of an organizations cheer team should be based on a first-come first-serve participation policy. Each child must be afforded the opportunity to cheer regardless of ability. Once a participant is registered, the local organization may assess the individuals' ability.

- **Divisions**

  Squads will be classified in 5 divisions. Rookies, Freshman, Sophomores, Juniors and Seniors.

  All cheer squads will follow the age division of FLORIDA ELITE (participants' age as of July 1, of the current year).

  Mascots: 4 year-old
  Rookies: 5-6 year-old
  Freshman: 7–8 year-old
  Sophomore: 9–10 year-old
  Junior: 11–12 year-old
  Senior: 13–14 year-old

***GIRLS 4 YEARS OLD CAN ONLY BE MASCOTS AND WILL NOT BE ABLE TO BE ROSTED AS A CHEERLEADER. FLORIDA ELITE CHEER BOARD AND FLORIDA ELITE EXECUTIVE BOARD HAS MAJOR SAFETY CONCERNS FOR THE SAFETY OF OUR ATHLETES.**

NOTE: A cheerleader can move up ONLY one division, however once rostered they will compete in that division.

- **Mascots**

Organizations can have unlimited mascots, all of which MUST be the age of 4 by July 1 of the current year. Mascots can participate with ANY division during games; however, MASCOTS ARE NOT ALLOWED to perform with a cheer squad during competition. Mascots are prohibited to perform any stunts or be a part of a stunt group during ANY cheer activity. MASCOTS will need to be certified at certification, so ALL necessary paperwork will be needed.

***Mascots will have a segment in the competition dedicated to them, so they can perform in front of the entire league.**

- **Cheerleader Classification**

A cheerleader must be classified in her appropriate age group or one division above her age group. This classification is to be determined by the individual organization. Once a cheerleader is classified, they will remain on that level the entire season. The classification process will occur at the cheer certification.

During the regular season, a cheerleader MUST participate with the age division they are certified with, however, they can cheer and support all age groups.

There is NO MINIMUM or MAXIMUM number of cheerleaders that can be certified at any level. (Read the **Cheer-Off Declarations** portion for clarity as it refers to cheer competition)

ROSTERS

All individuals that have submitted the require documents and attended the certification process will be placed on the official team roster. Individuals that have not completed all portions of the certification process are prohibited to participate in ANY FEFC cheerleading activities, until certification process is complete. **NO EXCEPTIONS.**

CHEER CERTIFICATION

- All Cheerleaders will be certified by the Florida Elite Cheer Board
- All Cheerleaders will need to be present at certification.
- NO additional cheerleaders can be added after the FINAL Certification

REMOVAL OF A CHEERLEADER

Will only occur for the following reasons:

- A participant is found to have registered, due to pressure from parent or guardian
- A participant tells league staff he/she does not really want to cheer
- A participant cannot produce the required documents to be certified
- A participant is disruptive to other participants, defiant to staff and becomes a problem for staff & a distraction to other participants
- A participant attempts to intimidate fellow participants by word and/or physical act

***Organizations' president will have the final decision if a cheerleader is removed from the cheer squad.**

Coaches are not allowed to do the following to force a cheerleader to drop:

- Excessive team or individual conditioning drills
- Disciplinary actions or singling out cheerleader
- Excessive yelling or demeaning of cheerleader

***Coaches found to be using these or any other tactic to drop weaker cheerleaders, will be addressed by the individual league and Florida Elite Executive Board for disciplinary actions.**

PRACTICES

Practices should consist of a few elements (but not limited to): warm-up, stretching, conditioning and drills to prepare participants to be able to perform at a high level. Practices should be a place where instructional and hands on training occurs, by certified coaches. All practices should be planned out by coaching staffs, so they are organized and effective for all participants. Practice is where coaches should instruct, encourage and support all cheerleaders individually and collectively.

Participants should: wear athletic attire, wear a good supportive athletic shoe, have hair up, have hair off shoulders and have hair out of face.

Weather Precautions-The training regimen of any team practicing under high heat and/or humidity conditions must:

- A fifteen (15) minute break is mandatory in the middle of each practice, not to be counted against practice time.
- Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- Schedule practices for early evenings, after sun is low in sky
- Give participants additional water break, as individuals request.
- Never substitute soft drinks for water or sports drinks.
- Each coach must monitor all participants to detect heat exhaustion or fatigue.

GAMES

1. All cheerleading is required to participate in a MINIMUM of six (6) FLORIDA ELITE games, to participate in Florida Elite Cheer Competition **(Excluding the play-off games)**
2. All regular games will be played on Saturdays beginning in August, with the FEFC Kickoff Classic.
3. Participants check-in will take place during the 4th quarter of the game prior.
   NO CHEERLEADER IS TO BE CHECKED IN AFTER THE HALFTIME OF THEIR GAME.
   NOTE: Rookies teams will need to be checked 15 minutes prior to their scheduled game.
4. Check-in process will be conducted by only cheer coordinator, assistant cheer coordinator, football commissioner, vice president or president.
5. Coaches and cheerleaders on the sideline can move freely from the ten (10) yard to ten (10) yard line to cheer. There should be only one cheerleading squad on the sidelines during any game.
6. Halftime consist of each cheerleading squad performing a routine not to exceed five (5) minutes. No halftime will EXCEED ten (10) minutes. Each squad will be required to do a half time routine with the home team going first and then the visiting will perform.
   NOTE: Both teams are required to perform the Florida Elite Unity cheer together as one unit.

   NOTE: The HOME team cheer squad is required to bring over the visiting team after their half time performance.

7. ABSOLUTELY NO BATTLING-BATTLING is PROHIBITED!!!
   NOTE: If a team battles there will be a fine implemented of $150 and a 1 game suspension of the head coach.
8. All teams MUST shake hands after each game to demonstrate good sportsmanship. ANY negative comments, poor sportsmanship, taunting or misbehaving will not be tolerated from any cheerleader, coaches or staff. Any action/behavior deemed unethical by Florida elite will result in disciplinary actions
   a. If occurred, the following disciplinary actions will take place:
      - Verbal
      - Written
      - Suspension
      - Badge Removal/season removal

   NOTE: If a team refuses to shake hands, the head coach will be suspended for one game.

   NOTE: Any improper conduct by a cheerleader, coach, or staff at a game site shall be grounds for suspension by the Florida Elite Executive Board. Florida Elite Cheer Board will present the case with discipline recommendations.
9. Appropriate fluids and fruit are permitted on the sideline during the games. Only the proper coolers, with cooler tags are allowed on the sideline.
10. All cheerleading squads are required to participate in all FLORIDA ELITE games. Any squad that fails to attend a scheduled game will result in an automatic forfeit fee fine of $150.00 per squad. All cheerleading squads that have a football team participating in playoffs MUST also participate in FLORIDA ELITE playoffs, any squad that fails to attend a playoff game will result in a forfeit fee fine of $250.00 per squad (including super bowl).

UNIFORMS

FEMALE CHEERLEADER

a) Shell-top, crop top (pre-game t-shirts are allowed)
b) Skirt (pre-game shorts are allowed)
c) Bloomers
d) Athletic shoe
e) Socks
f) Bow/Ribbon

MALE CHEERLEADER

a) Sweater, t-shirt, dri-fit
b) Pants or shorts
c) Athletic shoe
d) Socks

Conditioning

1. All Cheerleaders need to receive proper training before attempting any form of cheerleading, jumping, stunting, and/or gymnastic techniques.
2. A structured/comprehensive stretching and strength building routine should be established to ensure the safety of the cheerleaders. Stretching exercises should be done before and after practice sessions, games, and other activities.
3. ADD HYDRATION
4. ADD CONCUSSION

Games/Practice

- When stunting or teaching a new skill appropriate spotting should be used until all performers demonstrate mastery of the skill.
- Basket tosses, elevator tosses, and similar multi-base tosses are prohibited on surfaces other than a mat, grass, and/or rubberized track.
- No jewelry (except medical/religious – taped down)
- Jewels/rhinestones may not be adhered to the participant's body and/or face.
- No gum or candy will be allowed
- Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- No nail polish or clear polish
- Closed-toe athletic shoes are required for all participants
- Tattoos, face paint, hair mascara, etc. are not permitted for cheer teams. However, a Team Mascot painted on the face or a transferable mascot tattoo is permitted during games & cheer competition.
- All team members shall wear their hair pulled back and away from the face.
- Hair ribbons/bows must also be pulled back and away from the face.
- Hair beads are not permitted for participants. The beads may interfere with the safety of other team members while performing in practice, games and competitions.

- Eyeglasses MUST be secured by a sport band while performing to ensure safety (i.e., Eyeglasses shall be secured to the head and under the hair with a sport band) **NOTE: Eye glass bands must not be knotted or have beads on the band.**

Casts and Braces

- Participants with a full arm cast are prohibited from participating.
- Participants with a hard cast (not full arm) may not tumble, stunt, or be considered as spotters and are not required to be wrap/pad the cast.
- Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material, so that it protects both them and their fellow participants from injury.
- Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.

FLORIDA ELITE COMPETITION

Cheer squads of various skill levels and sizes will compete. There are a standardized set of rules & regulations under which all teams must follow. The FEFC requires that each organization follow these rules and standards for consistency, fairness and safety. The FEFC Cheer Board shall have the power to enforce the rules and regulations. Teams will compete with the correct age divisions and team size, based on final roster information in League Magic. Any organization failing to participate in the FLORIDA ELITE cheer-competition will result in a fine of $500 per team.

All cheerleaders are required to participate in a minimum of six (6) FLORIDA ELITE regular season games to participate in the Cheer-Off. Any cheerleader who does not meet the minimum game requirements WILL NOT be able to participate in the Cheer-OFF.

Competition Declarations

1) All squads with 3 or more cheerleaders are required to participate in Cheer-Off.
2) All cheerleaders are to compete at the level in which they were certified.
3) The FLORIDA ELITE rosters turned in at the beginning of the year will be used to determine each squad's participation by division. The roster in the system will be used for cheer declaration, if any cheerleader has dropped during the season, it's the responsibility of the cheer coordinator to remove her from the system prior to deadline set by cheer board.

   NOTE: There will be a thorough check of participants via Florida Elite Competition Committee.
4) A maximum of 32 girls will be allowed on the mat at competition.
   i. If a certified roster EXCEEDS 32, the organization can have multiple groups in that division.

   Example: If Team A has 36 girls rostered in a sophomore division. Team A must compete with 2 squads in this division. The individual organization must inform the Florida Elite Cheer Board of the teams' make-up, by deadline set by cheer board. Multiple rosters may be needed to address this unique situation.
   NOTE: In the example above the teams DON'T have to be equal in size, nor does one team have to have 32 individuals.

Division Sizes

Squads will compete in their designated divisions, based on the League Magic final numbers. The number of places per division will be determined by the number of squads competing in each division size once the performance schedule is complete. Below are the division sizes:

- Divisions consist of:
  - Small (3-9 Participates)
  - Medium (10-14 Participates)
  - Large (15 or more Participates)

**The Cheer Board reserve the right to eliminate any of these divisions based on needs.

***All Mascots will be performing during the exhibition portion of the cheer-off**

The order of league performance will be determined by drawing numbers.

Competition Check-in

Cheer Coordinators are required their entire program present for team/organization check-in, which will occur on Saturday morning prior to cheer-off competition. Time and location of the check-in will be communicated at league meeting. Participants that require a medical band based on their medical release form in League Magic or recent documented and visible injury, will be banded by cheer off committee staff. All score sheets, time sheets and deduction sheets will be filled out be cheer off competition staff. All cheerleaders and coaching staff will be band by cheer off competition staff. Only cheerleaders and staff that are in League Magic will receive the appropriate band.

Competition process will consist of a group photo, check-in, warm-up, and performance.

Competition Schedule

- Saturday morning Coordinator check-in, prior to doors open
- Cheer doors open at 8:00am
- Judging of spirit sticks will occur prior to event
- General Admission Doors open at 9:00am
- Opening Ceremony
  - Master of Ceremony /DJ
  - Star Spangle Banner
  - Introduction of Executive Board
- Performances start and continue per the Cheer-Off Schedule
- Intermission (lunch) and breaks per the Cheer-Off Schedule
- Cheer and Mascot Exhibition
- Performance continue per the Cheer-Off Schedule
- Awards Ceremony

Judging

Only certified cheerleading judges will be selected by and approved by the FEFC Cheer Board. A minimum of five (5) judges will be used for scoring each routine. Three judges will be used for performance and two judges will be used for deductions/violations. The five judges shall sit in an elevated position, and if possible, arranged in such a way, as to allow privacy for scoring.
Judges decisions shall be final.
Rules Review/Scoring Overview

Judges will be supplied and requested to review the FLORIDA ELITE Cheerleading Rules and Regulations PRIOR to Cheer-Off. The rules will be reviewed with all participating judges to ensure they have familiarized themselves with the FLORIDA ELITE Cheerleading Rules and Regulations. Judges are certified by a national recognized organization. ALL judges scores are final and will be upheld by FEFC.

Final scores are calculated in the following manner, total of 3 judges scores and deductions from 2 judges. These final scores will determine the placement in every division and category.

The two (2) Grand champions are determined by the highest score in the following divisions:
Rookies & Freshman
Sophomores-Seniors

CHEER AND DANCE ROUTINE

Cheer and Dance routines are to be at the discretion of the coach. All dance routines must be an original creation. Using exact routines from a professional video and/or chorographer is prohibited, an automatic disqualification. Obtaining ideas, stunts and/or moves and incorporating them into your own creation is allowed.

If you have any questions about your squad's routines, please seek the FEFC Cheer Board for clarification and/or answers

Competition Rules

1. The routine is required to consist of cheers, jumps, stunts and dance. Team will perform a choreographed performance not to exceed: 2 minutes 30 seconds
2. Time limits will be a minimum of two minutes (2:00) and a maximum of two minutes 30 seconds (2:30). Must include a minimum of thirty seconds (30) of dance and thirty seconds (30) minimum of cheer. The 30 second minimums do not have to be consecutive.
3. Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team
4. Coaches can ONLY delay the start of the routine to fix formations for the following divisions: Rookies & Freshman**.** ONLY Rookies and Freshmen coaches can step on the mat to assist with the set-up of props.
5. Only registered participants of a team are allowed on the performance surface.
6. All participants, except flyer must begin with at least one foot on the ground**.**
   NOTE: Flyer may begin with either one or both feet in bases' hands.
7. Performance of tumbling or stunting skills as a team exits the floor is PROHIBITED.
8. ANY tear away uniforms or removal of clothing is PROHIBITED.
9. Items that may damage the performance surface are PROHIBITED.
10. Routines must be appropriate for family viewing. Appropriate choreography and music MUST be used. Teams using ANY excessive vulgar or suggestive movements, words or music will be penalized accordingly or disqualified.
11. Teams are responsible to bring their music in multiple forms: CD, USB and Jump drive.
    NOTE: A coach is required to be at the DJ's table, prior to the squad's performance time to provide and monitor their music.

    NOTE: IF MUSIC IS NOT IN PROPER FORM THE TEAM WILL NOT COMPETE RESULTING IN AN AUTOMATIC DQ.
12. There will be a cheer zone for parents and fans.
13. There will be a coach zone for coaches to stand/sit during the routine.
14. Teams will be able to restart only if there is a major injury or malfunction of the music systems.
15. All cheerleaders will sit and return with their team to their seating and show spirit.
16. Conduct from coaches and/or participants, which deemed to be unsportsmanlike, detrimental to another's performance or detrimental to Florida Elite Conference, will be disqualified and subject to disciplinary action. Such conduct by participants, before, during or after the event, may also subject their organization to disciplinary action and a fine assessed by Florida Elite.

SAFETY GUIDELINES

Any personnel staff or athletes may not be under the influence of alcohol, narcotics, performance enhancing substances, or over the counter medications while participating in any practices, games, or any performances that would hinder the ability to supervise or execute a routine safely.

CONDITIONING

5. A structured stretching exercise and flexibility routine should precede and follow all practice sessions, games, and other activities.
6. All Cheerleaders need to receive proper training before attempting any form of cheerleading, jumping, stunting, and/or gymnastic techniques.
7. All squads should adopt a comprehensive conditioning and strength building program to ensure the development of the young athletes.
8. All athletes should be properly hydrated prior and during any conditioning exercise.

STUNTING

1. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
2. Rookies and Freshman Cheerleaders are limited to prep level stunting (1 ½ person high).
    a. The flyers feet should **NOT** extend above prep level when in a pyramid or performing a trick.
3. Sophomore, Junior, and Senior Cheerleaders are limited to 2 ½ persons high (extension, liberty, etc.).
    a. Bases must have both feet on the ground.
4. The top person in any partner stunt, pyramid, or transition may not be in an inverted (head below the waist) position, except for a double base suspended forward/backward roll. Forward/Backward suspended rolls are permitted provided the top person begins from the performing surface or from a stunt shoulder-height or below, and the top person maintains continuous hand to hand contact with two bases or two posts who control the top person's dismount to the performing surface, cradle, or is no longer inverted.
5. The top person in a stunt may begin in an inverted position on the performing surface and be loaded into a non-inverted position shoulder height or below, if they have constant contact with a base or spotter until they are in the non-inverted position. A base or additional spotter if necessary, must be used to ensure proper protection the head, neck, and shoulder area of the top person.
6. A braced forward or backward flip in a pyramid is allowed provided all the following conditions are met:
    1. The top person maintains continuous hand to hand/arm contact with a separate bracer on each side.
    2. The bracers must be in double based shoulder stands or elevator preps (no single base, shoulder sit or thigh stand bracers).
    3. Each bracer has a separate spotter.
    4. The top person has at least two bases and a separate spotter.
    5. The bases remain stationary except as necessary for safety adjustments.
    6. The top person ends in a loading position, stunt, or cradle.
    7. The top person does not perform more than one and one quarter (1 ¼) flipping rotations.
    8. The top person does not twist.
7. When one person is bracing another (including overlapping arms), one of the individuals must be at shoulder height or below. Exception: extensions may brace other extensions.

8. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, the brace must not be supporting most of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg).
9. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person and the fourth base may support under the legs or contact the hands of the top person. Top person must have hand contact with bases during transition.
10. Partner stunts/pyramids higher than shoulder stand level must have a continuous back spotter for each person over shoulder stand level. For single-based extended stunts, the spotter may hold at the ankle of the top person and/or the wrist of the base. If the spotter is supporting under the sole of the foot in any way, they are a base and the stunt would require an additional spotter.
11. Basket tosses, toe pitch tosses, or similar tosses are allowed on the appropriate levels. The flyer must be dismounted to a cradle position by two of the original bases. Plus, an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person.
12. Participants, partner stunts, and pyramids may not pass over, under or through other participants, partner stunts, and pyramids, from tosses.
13. Tosses cannot land in a loading position for another stunt or toss.
14. Basket tosses, elevator tosses, and similar multi-base tosses are prohibited on surfaces other than a mat, grass, and/or rubberized track.
15. Cradle dismounts from double base partner stunts that are over shoulder stand level must use three catchers (two original bases and back spot). Cradle dismounts from single base partner stunts that are over shoulder stand level must use at least two or more catchers.
16. Cradle dismounts that involve a jump, twist, or other gymnastic skill require a spotter in addition to the original bases. Twist rotations are limited to one. Double downs are prohibited.
17. All backward dismounts from partner stunts or pyramids must use three catchers. The execution of any gymnastic skill (jump, twist, etc.) during this dismount is prohibited.
18. 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 is prohibited, however rebounding from a back handspring into a cradle is allowed.
19. The following are all prohibited: vaults, free falling flips, or swan dives, from any type of toss, partner stunt, or pyramid; transitional stunts and pyramids, twists greater than one rotation, knee drops, tension rolls, and tension drops, connected tumbling, D-Birds, scoopers, helicopter tosses and single base split catches.
20. Superman stunts are allowed.

NOTE: IF YOU HAVE ANY QUESTIONS ABOUT A STUNT, PLEASE REFER TO YOUR ROOKBOOK OR GET CLARIFICATION FROM A FLORIDA ELITE CHEERBOARD MEMBER.

Florida Elite Football & Cheer (FEFC) Social Media Policy

Florida Elite ("FEFC") recognizes the importance of the internet in shaping the public's perception of our conference. Florida Elite also recognizes the importance of our organizations, in leading and setting the tone of social media interactions in a manner that advances FEFC's mission and goals. FEFC's Social Media Policy applies to all parties which elect to be a part of our social media platform. This policy applies to all social media content posted by any of our social media members, regardless of their position within the organization
The Code of Conduct for posting inappropriate comments/photos on (but not limited to): Facebook, Twitter, Instagram, YouTube, online blogs, online forums either powered by Florida Elite Football & Cheer or with reference to Florida Elite Football and Cheer.

Members must refrain from any:

- **Usage of obsessive profanity,**
- **Personal attacks on individuals, organizations, race, religion or ethnic heritage,**
- **Unauthorized posting of personal information (names, address, phone number, email, etc. of other users)**
- **Material that contains vulgar, obscene, bullying or indecent language or images,**
- **Material which could be considered slander, abusive, or threatening to others,**
- **Statements that are bigoted, hateful or racially offensive,**
- **Material that advocates illegal activity or discusses illegal activities,**
- **Posting of any of the following items: guns, drugs, or sexual activity**

Note: Florida Elite Football & Cheerleading reserves the right to interpret all postings as administration deems fit.

Violations of the Social Media Policy

The FEFC Board of Directors shall have authority to monitor and enforce this Social Media Policy. The FEFC Board of Directors, or any individual appointed by the Board of directors, shall have the authority to remove any inappropriate or offensive comments from any social media outlets powered by Florida Elite. Violators of any portion of the Social Media Policy will have their rights suspended and/or revoke from any FEFC social media platforms; and could result in additional penalties to include suspensions from all Florida Elite Events. The disciplinary actions are at the discretion of FEFC, with the best interest of Florida Elite Football & Cheerleading Brand.

"THE FUTURE IS NOW!!!"

CHEER SCORE SHEET – INSERT
CHEER-OFF JUDGING SCALE CHEER

Range of Scores	**Skill**
1-3-points	Basic-Beginner motions, executed at a slow pace, lower level of technique, minimal variety of motions, very few/little to none of the cheerleaders together.
4-7 points	Intermediate motions, average pace, average to good level of technique and variety, moderate variety of motions, majority of cheerleaders together
8-10 points	Advance motions, fast pace, strong level of technique, difficult, strong use of motions, sharp and precise motions, majority of cheerleaders together

JUMPS

Range of Scores	**Skill**
1-3 points	Basic-Beginner jumps, executed with low level of technique, minimal variety, very few/none of the cheerleaders together **(examples: spread eagle, tucks, double hooks).**
4-7 points	Intermediate jumps, executed with sub-standard technique, skill and perfection, moderate variety and height, majority of the cheerleaders together **(examples: toe touches, herkies, hurdlers, combinations performed with prep in between).**
8-10 points	Advance jumps, executed with high level of techniques, skill and perfection, strong execution, variety and height **(examples: pikes, double nines, combinations performed with no prep in between).**

STUNTS AND PYRAMIDS

Range of Scores	**Skill** (single (1) performers cannot be scored in this category)
1-3 points	Basic-Beginners stunts and/or pyramids, executed at prep level or below, 1 1/2 high (examples: pony/mount sit, L or V sit, double base thigh stand)
4-7 points	Intermediate stunts and/or pyramids, executed at prep level, 1 1/2 high (examples: shoulder sit, prep level straddle sit, single or double based thigh stand (liberty, heal stretch, bow and arrow), basic basket toss, straight

	pop down dismounts and basic straight cradles, bases stationary always)
8-10 points	Advance stunts and/or pyramids, executed at prep level (combinations) or full extension 2 - 2 1/2 high, basket tosses (including a gymnastic move or other motion), liberties, arabesque, awesome, chair (any variation), show and go (any variation)

DANCE

Range of Scores	Skill
1-3 points	Basic motions: Dance performed at a slow pace and/or executed with poor technique.
4-7 points	Intermediate motions: Dance performed with moderate pace and /or executed with good technique.
8-10 points	Advanced motions: Dance performed at a fast pace and/or executed strong technique.

EXPRESSION/IMPRESSION/SPIRIT/ PROJECTION

Range of Score	**Skill**
1-3 points	No expression, minimal smiling, no energy little or/no spirit, Majority cheerleaders with little or/no facial expressions, soft voices, little/no crowd engagement (appealing to the audience).
4-7 points	Enthusiastic, majority smiling, medium energy some spirit, majority of cheerleaders with continuous facial expressions, average voices. Crowd engagement (appealing to the audience).
8-10 points	Exciting, majority, smiling High energy, full squad participation in spirit, strong facial expressions and loud strong voices. Strong crowd engagement (appealing to the audience).

FORMATIONS/ SPACING/USE OF FLOOR

Range of Score	**Skill** (single (1) performers cannot be scored in this category)
1-3 points	Formations not aligned, spacing uneven between girls, little or no formation change or variety. Floor placement poor (hard for visual effect).
4-7 points	Majority of formations aligned, spacing average between girls, some formation changes and some variety. Floor placement average (acceptable visual effect).

8- 10 points	Formations aligned, spacing even, creative formation changes and variety. Above average floor placement (great visual effect).

TRANSITIONS/ FLOW OF ROUTINE

Range of Score	**Skill**
1-3 points	Poor transition/flow from one segment to the next.
4-7 points	Average transition/flow from one segment to the next.
8-10 points	Advance transition/flow from one segment to the next.

CREATIVITY OF CHOREOGRAPHY/MUSIC

Range of Score	**Skill**
1-3 points	Little or no variety of moves, choreography poor or not music based.
4-7 points	Average variety of moves, choreography average and relates to music.
8 -10 points	Great variety of moves, advanced choreography that compliments music.

Tumbling

Range of Score	**Skill**
1-3 points	Basic tumbling skill level: Forward/Backward rolls, Handstand, Cartwheels, Round offs, Front/Back walkovers, and back extension rolls.
4-7 points	Average tumbling skill level: Front/back handspring (BHS), Front/BHS Series, Round-off BHS and Toe Touch BHS
8-10 points	Advance tumbling skill level: Round-off back tuck, round-off BHS back tuck, standing back tuck, standing BHS back tuck, toe touch back tuck, Round-off BHS Lay out, Round-off BHS Full and any airborne tumbling skill.

OVERALL EXECUTION /TEAM PRECISION

Range of Score	**Skill** (single (1) performers cannot be scored in this category)
1-3 points	Poor execution of motions, moves, routine and timing off. Not together, several mistakes, bobbling and/or not precise. Basic motions and moves. No variety (repetition).
4-7 points	Average execution of motions, moves, routine and timing somewhat off, majority of the cheerleaders together and precise. Some mistakes. Intermediate motions and moves (some variety).

8-10 points	Advance execution of motions, moves, routine and accurate timing. All cheerleaders are together and precise. No mistakes. Advanced motions and moves (Strong/great variety).

NOTE: PRIOR TO THE CHEER COMPETITION THE F.E CHEER BOARD AND CHEER COORDINATORS WILL DISCUSS ANY UNCLEAR COMPETITION RULES.

Florida Elite Cheer Deduction Sheet

Athlete Falls -.25pt (Per occurrence)

Examples (but not limited to): Hand/ head down in tumbling or jumps. Knees down on mat in tumbling or jumps. Drops to floor during individual skills (meaning if any parts of your body contact the floor while doing the skill you will get this deduction).

Boundaries -.25pt (Per occurrence)

Examples (but not limited to): A .25pt deduction will be assessed for every occurrence for an athlete that contacts their body (i.e. feet, hands, knees & etc.) outside the competition boundary.

Violating safety guidelines -.50 pt (Per occurrence/per athlete)

Examples (but not limited to): Wearing earring, more than 32 girls on a performance team.

Building Deduction-.50pt (Per occurrence)

Examples (but not limited to): Uncontrolled Cradling, Dismounts or lowering a building skill (not timing meaning all stunts hit a correct timing), having direct weight bearing contact with the ground.
Bases, Spotters or Flyer falling to the floor during building skill.

Major Building Fall: 1.0pt (Per occurrence)

Examples (but not limited to): Fall from individuals' stunts, pyramid or toss to the floor (flyers or multiple bases/spotters land on the floor).

Time Limit Violations -1.0 pt (Per every 5 secs)

Examples (but not limited to): Teams that exceed 2:30 run the risk of being an assessed a deduction. Judges will use a stopwatch or a similar device to measure the official time.

Prop set up by coaches – 2.0 (sophomore level & up per coach)

Maximum Deductions for building falls -5.0pt (Per occurrence)

Examples (but not limited to): When multiple deductions are assessed during an individual stunt/ toss by single group or pyramid collapses.

Rule Violations:

Building skills outside of skill level – DQ

Examples (but not limited to): Skills or stunts performed outside division.

Inappropriate music/ movements – DQ

Examples (but not limited to): Twerking, vulgar language obscene gesture

Approaching judges- DQ

Anyone from an organization that approaches or threatens judges, will result in disqualification of team and/or organization. (includes but not limited to athletes, coaches and organizations fans)

Unsportsmanlike conduct – DQ

Any unsportsmanlike conduct from any athletes, coaches or parents

CHEER-OFF VOCABULARY

Calculators: Calculators will review score sheet for completion (missing scores and consistency), if any are incomplete, they are to be sent back to the judge. Each calculator will add each sheet and document the total they receive at the bottom of the sheet along with their initials and pass it to the other calculator to complete the same. Forward all score sheets to the Documenter for documentation.

Check In: Check-In will check in each squad as scheduled, make documentation on the Declaration form, check and document any uniform violations. Have the Head Coach fill out a Score Sheet, enough for each judge (3), and a Deductions sheet for their squad and forward them to the judges table via the Runner.

Deductions: Deductors will be selected by the FLORIDA ELITE Cheerleading Coordinator. The Deductors will sit on a corner observing for out of bounds violations, inappropriate moves and guideline violations. Forward all deduction sheets to the Documenter for documentation.

Documenter: The Documenter will review the score sheet for completion; log each judge's total score. Subtotal scores for each squad, document and deduct any penalty points. Document the final score then return all forms, after each division completion to the FLORIDA ELITE Cheerleading Coordinator.

Monitors: Monitors will monitor the schedule line at the warm-up/practice location, performance line up and performance entry to keep the line flowing as scheduled.

Judges: Judges used for scoring will be Certified Cheerleading Judges. Three each will be assigned to judge the divisions for competition.

Runner: The runner will be responsible for picking up the filled-out score sheets from the Check-in table and taking them to the judges table, picking up completed score sheets and taking them to the Calculators, picking up the calculated sheets and taking them to the Documenter for documentation. Once all forms are completed, they will be given to the FLORIDA ELITE Cheerleading Coordinator for review.

Timer: The Timer will time each squads cheer and dance segments and the entire routine time. At the end of each division's performance the Time Sheet will be forward to the Documenter for documentation of any violations.

GLOSSARY

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

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

Assisted-Flipping Mount: An entrance skill into a stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Flip", "Braced Flip")

Assisted Tumbling: Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented "stunts".

Awesome: An extended stunt where a top person has both feet together in the hand(s) of the base(s). Also referred to as a "Cupie."

Back Handspring: The gymnast throws him/herself into a back flip and uses her hands to continue the rotation and end on his/her feet.

Back Spot: The person in the back of stunt mainly responsible for protecting the head and shoulder area of a top person. Required for all cradle dismounts.

Back Tuck: A back flip where the gymnast tucks up into a ball to have a faster reverse spin and land on his/her feet.

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands contacting the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion like a ball "rolling" across the floor.

Barrel Roll: See "Log Roll".

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. (New bases – bases previously not in direct contact with the top person of a stunts)

Basket Toss: A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.

Bench: A mount with two bases, a spotter, and a flyer where the two bases hold up the flyer at chest level using only arms.

Bench Cheer: A cheer performed from the designated cheering area during a game. Generally used to get the crowd going or encourage the team playing.

Block: A gymnastic term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

Block Cartwheel: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Bracer: A top person that provides stability for another top person.

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

Cartwheel: A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher: One of the person(s) responsible for the safe landing of a top person during a stunt.

Chair: A flyer sits in the bases extend hand.

Connected Tumbling: Physical contact between two or more individuals performing tumbling skills simultaneously. These are prohibited.

Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, pike position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

Cupie: See "Awesome."

Dirty Bird (D-Bird): Toss to a laid-out X-position to the back of the base, through the base's legs and typically transitioning to a scooper. These are prohibited.

Dismount: The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.

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

Double-Leg Stunt: See "Stunt".

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

Downward Motion: The movement of one's center of gravity 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. These are all prohibited.

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

Eighteen Inches Above Extended Arm Level: The maximum distance allowed between the highest points of a base's extended arm and the lowest point of a top person's body during a release move.

Entrance Skill: The beginning or mounting phase of a tumbling skill or stunt.

Extended Arm Level: The distance from the performing surface to the highest point of a base's arm(s) 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 supported by a base(s) with fully extended arms. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Single-Leg Stunt: An extended stunt where the top person has primary weight on one leg.

Extended Stunt: When the entire body of the top person is extended in an upright position over the base(s). (Examples of stunts that are not considered "extended stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. These are 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 a shoulder/prep level stunt.)

Extension (or Full): A mount with two bases, a spotter, and a flyer where the two bases hold up the flyer and their arms are fully extended.

Extension Prep or Prep (or half): When the top person is being held at shoulder level by the base(s).

Flat Back: A stunt in which the top person is lying horizontal and is usually supported by two or more bases.

Flip: An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

Flick: A stunt where a base or spotter grabs the flyers waists and pulls/pushes them up into the air. Essential for partner stunt routines

Flipping Toss: A toss where the top person rotates through an inverted position.

Flyer: See "Top Person".

Forward Roll: A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion like a ball "rolling" across the floor.

Free-Flipping Mount: Immediately prior to the stunt, the entry into a stunt where the top person passes through an inverted position without physical contact with a base, brace, or the performing surface.

Front Flip: A complete rotation with the body extended and hands are not used.
Front Limber: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

Front Spot: A person positioned in front of a stunt that may also add additional support or height to that stunt. (Also known as "fourth base".)

Front Tuck: A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also known as "punch front".)

Front Walkover: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Full-Up Toe Touch: A non-flipping skill (typically performed in a dismount or toss) in which one performs 360 degrees turn before executing a toe touch. These are prohibited.

Ground Level: To be at the height of or supported by the performing surface.

Half: See "Extension Prep".

Hand/Arm Connection: The physical contact between two or more individuals using the hand(s)/arm(s).

Handspring: Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. Hanging pyramids must remain upright.

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. These are prohibited.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the top person's shoulders are below her/his waist and at least one foot is above her/his waist. Arch-back dismounts to a cradle are not considered inverted.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Jump In: Where the flyer loads in with a jump and no bounce.

Kick Arch: Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.

Kick Double Full: Skill, typically in a toss that involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists. These are prohibited.

Kick Full: Skill, typically in a toss that involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop: Dropping to the knees, seat, thigh or splits from an airborne position without first bearing most of the weight on the hands or feet. These are all prohibited.

Layout: A stretched body position, straight, hollow, or slightly arched

Layout Step Out: Similar to Layout skill. However, the tumbler "scissors" their legs and lands with one foot before the other.

Load In: Where the flyer steps into the bases hands to go up into a mount.

Leap Frog: A braced top person is transitioned from one set of bases to another or back to the original bases by going through the arms of the brace. The top person remains upright and stays in continuous contact with the brace while transitioning. Second Level Leap Frog: Same as above but performed at any level above ground level.

Loading Position: A position in which the top person is off the ground in continual movement that puts the bases and top in a position to end the movement in a stunt.

Log Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. Also known as "barrel roll".

Mount: See "Stunt".

Multi-based Stunt: A stunt having 2 or more bases not including the back spot.

New Base(s): Bases previously not in direct contact with the top person of a stunts

Non-Inverted Position: The body is upright. The top person's shoulders are at or above the waist.

One half (1/2) Twist Toe Touch: A non-flipping skill in which one performs a 180° twist before executing a toe touch.

Onodi: Starting from a back hand-spring position after pushing off, the tumbler performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

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

Partner: See "Top Person".
Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled pushing motion upward by a base(s) to increase the height of the top person or to release the top person to a cradle catch or dismount directly to cheering surface.

Post: A person on the performing surface who may assist a top person during a stunt or transition.

Prep: See "Extension Prep".

Prep-Level: The height of the bases hands and at least one foot of the top person is at shoulder-level (also known as shoulder-height). Chairs, torches, flat backs, arm-n-arms and straddle lifts will be considered prep level stunts.

Primary Support: Supporting most of the weight of the top person.

Prone Position: A face down, flat body position.

Prop: An object that can be manipulated or used as a base.

Punch: See "Rebound".

Pyramid: A grouping of multiple stunts that may or may not be connected to create a visual effect. Individuals standing at ground level may be incorporated into the grouping.

Rebound: A gymnastic term referring to an airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill. Also known as "Punch."

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.

Release Move: When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases. A single base toss to a stunt from the ground is neither considered a release move nor a toss. This interpretation applies to "stunts" only, not "pyramids."

Reload: Returning to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Rewind: A free-flipping release move used as an entrance skill into a stunt.

Round Off: The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performing surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a punch, cartwheel, round-off, round-off handspring, etc., used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scooper: An entrance/transition skill into a stunt in which a person (usually a top person) passes between the legs and under the torso of another person (usually a base). These are prohibited.

Scrunch Toss: See "Sponge Toss".

Second Level: Any person being supported away from the performing surface by one or more bases.

Second Level Leap Frog: See “Leap Frog”. These are prohibited.

Series Front and/or Back Handsprings: Multiple front and/or back handsprings performed consecutively by an individual.

Show and Go: A continuous stunt where a stunt passes through to an extended level and lands into a loading position or non-extended stunt.

Shoulder Stand Level: A stunt in which the top person stands on the shoulders of a base(s) or when the hips of the top person are at the same height they would be if in a shoulder stand.

Shushunova: A straddle jump (toe touch) landing in a prone support (push up position)

Single-Based Split Catch: A single base extending a top person (who is in an upright position having knees forward) by holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt".

Split Mount: Where the bases hold the flyer in a bench position and drop him/her into a midair split.

Sponge Toss: A stunt with multiple bases, which have their hands gripping the top person’s feet prior to the toss.

Spotted Tumbling: See "Assisted Tumbling".

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

- Must be in direct contact with the performing surface.
- Must be attentive to the skill being spotted. Back Spotter is required for each extended stunt. (See definition of "Back Spot" above)
- Must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- Cannot have both hands directly supporting under the sole of the top person's foot/feet. A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person's legs (ankles) or does not have to touch the stunt at all.
- All "Spotters" must be your own team's members and be trained in proper spotting techniques.
- Spotters may also be counted as a base in some cases (e.g. transitional stunts).

Squishy (Toss): See "Sponge Toss".

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that doesn't involve any trick in the air. It is a straight-line position that teaches the top to reach and to obtain maximum height on toss.

Stunt/Partner Stunt: One or more persons supporting one or more person off the ground. A stunt is determined to be "Single" or "Double" leg by the number of legs that the top person has being primarily supported by a base(s).

Suspended Flip/Roll: A skill in which a person in contact with bases or post performs a foot-over-head rotation.

Sweep: A controlled pushing motion forward by a base(s) to release a top person to a cradle catch.

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

Table Top: A stunt in which the partner is standing on the back of a base(s) who is leaning forward.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance. These are prohibited.

Thigh Stand: Where two bases hold a flyer at their waists using one leg and hands.

Three Quarter (3/4) Front Flip: A forward hip-over-head rotation from an upright position to a cradle position. These are prohibited.

Tic-Tock: A stunt that is held in a static position on one leg, base(s) take a downward 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. The dip may or may not pass through prep level before release.

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

Top Person: The person(s) on top of a stunt or toss. Also referred to as the "Flyer" or "Partner."

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. 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.

Torch: A stunt position in which top person is standing on one foot with the lower part of her body turned to one side while the upper part of top person's body remains turned to the front (performed at shoulder level).

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. 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 stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person. These are prohibited.

Transitional Stunt: Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt. These are prohibited

Traveling Toss: A toss, which intentionally requires the bases or catchers to move in a certain direction to catch the top person. These are prohibited.

Tuck: When the flyer tucks up into a ball and sharply and quickly flattens out into an extended position, it looks like an opening up. Generally used in tuck cradles or basket tosses.

Tuck Arch: Similar to kick arch, except instead of kick it is an arch out of a tuck position.

Tuck Position: A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.

Tumbling: Any gymnastic or acrobatic skill executed on the performing surface.

Twist: Rotation around the body's vertical axis while airborne, these are limited to 1 ½ rotation.

Twisting Mount: Mounts that begin with a twisting motion of the top person within the vertical axis (can be as few as 1/4 twist up to 2 twisting rotations) that end up either a) in a prep level stunt, b) in a loading position prior to the execution of a stunt, or c) in a fully extended stunt.

Twisting Toss: Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body

Two – High Pyramid: All top persons must be primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface.

Two & One Half (2-1/2) High Pyramid: Pyramids higher than 2 1/2 body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands, and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.

Two-Leg Extended Stunt: Extended stunts that are above prep level in which the top person is bearing weight on both feet and both feet are in the hands of the base(s).

Walkover: A non-aerial acrobatics skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip: Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched position (not tucked and not in layout position). A whip has the look of a back handspring without the hands contacting the ground.

Wolf Wall Transition: Transition that involves the main top person traveling over (front to back, back to front, or side to side) a bracing top person's (at prep level) leg. The leg of the bracing top person is extended away from the body and connected (foot to waist) to a third top person at prep level. These are prohibited.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.