

NB High School Cheerleading Information Guide



GENERAL SAFETY RULES and ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by an ICU-credentialed coach to a minimum of level 2 in all disciplines.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels concerning proper performance level placement.
3. All teams' coaches must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances, or over-the-counter medications that would hinder the ability to supervise or execute a routine safely while participating in a practice or performance.
5. Athletes must practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses, or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces, or surfaces with obstructions.
6. Soft-soled athletic-type shoes must be worn while practicing and competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, and pins on uniforms is **not allowed**. Jewelry must be removed and may not be taped over.

Exception: medical ID tags/bracelets (taped with clear tape).

Clarification: Rhinestones: legal when adhered to the uniform, illegal when adhered to the skin.

8. Any height-increasing apparatus used to propel an athlete is not allowed.

Exception: spring floor.

9. Props are not necessary for the performance of a routine. **In NB:** Signs, pom poms & megaphones are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal).
10. Supports, braces, and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids, or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling, or tosses.
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team members and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless most of the weight is first borne on the hands or feet, which breaks the impact of the drop. '**Shushinovs**' are allowed.

Clarification: Drops that include any weight-bearing contact on the hands and feet are not a violation

14. Routines may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last.

15. Athletes must have at least one foot, hand, or body part (other than hair) on the performing surface when the routine begins.

Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be 'replaced' by another performer during a routine.
17. An athlete must not have gum, candy, cough drops, or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
18. A coach **must not** permit a team member to participate if the participant does not conform to the rules listed in this guide. This **INCLUDES** practices, pep rallies, games, events, performances, and competitions.

Some examples include:

- **Refusing** to remove jewelry / chewing gum etc...
 - **NOT** wearing sneakers
 - **NOT** having hair secured out of their eyes with the appropriate hair devices
 - **INAPPROPRIATE** practice wear
19. When it is detected that a participant is bleeding, has an open wound, or has an excessive amount of blood on the uniform, the participant shall stop performing to receive proper treatment. The bleeding must have stopped, the wound covered, the uniform and/or body appropriately cleaned, and/or the uniform is changed before returning to participation. **When a participant is rendered unconscious, or apparently unconscious, the participant shall not be permitted to resume participation without written authorization from a physician. Concussions or suspected concussions will follow NBIAA / 'Return to Learn' protocol.**
 20. Cheerleaders for a specific school must be registered students at the school and must be registered with the NBIAA through their school's athletic director and meet the NBIAA's eligibility requirements. No other individual may dress and perform with those registered cheerleaders. No exceptions.
 21. Unduly long fingernails, including artificial nails, are considered a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a length appropriate to minimize risk for the participants (short, not showing beyond the end of the fingers when viewed from the palm side).
 22. Participants' hair must be secured back out of his/her face so as not to obstruct the participants' vision using elastics, plain gymnastic clips, and/or regular **bobby pins** only. The hair must be worn in a manner to minimize risk for the participant and their teammates. Hair can be worn in a half-up / half-down manner provided that all hair from the face to behind the ear and up to the crown is secured completely back out of the participant's face. If at any time during any phase of stunting and/ or tumbling, a participant's hair drapes across his or her face and obstructs their vision or creates a safety hazard to his or her teammates, safety deductions will be enforced. This rule applies to both male & female participants as well as all activities; (ie: practices, games, events, performances, & competitions).
 23. A participant in full head and/or body costume must not spot, stunt, or tumble, except for a legal forward roll or cartwheel.
 24. Glasses must be secured to the head with an appropriate strap when worn. (Available at most opticals). Another option is 'Mega-Lock Temple Ends'.
 25. Four (4) paper copies of the Routine Outlines are required to be given at the beginning of the teams assigned Technical Time. There must be one (1) copy for each of the four (4) judges. If a practice judge is in attendance, it will be a courtesy to provide them with a copy. A deduction will occur if four (4) copies are not handed to the judges at the beginning of technicals

2023 – 2024 NB Cheerleading Rules

The following rules pertain to **ALL** cheer-related activities which include the following situations:
Practices, pep rallies, games, events, performances, and competitions.

Some rules have been modified to comply with NBIAA and New Brunswick Guidelines

NBIAA SECTION

- NB 1 A minimum of one NBIAA registered cheerleading coach per school **MUST** be **ICU** (International Cheer Union) credentialed to a minimum of **Level 2** in all disciplines (stunts, tosses, and tumbling) and **MUST** be present with the team during any / all cheerleading-related activities (ie: practices, pep rallies, games, competitions, etc.).
- NB 2 Coaches must have completed and be certified through the NBIAA Coaches Certification course online at www.nbiaa-asinb.org
- NB 3 Coaches must have completed the Concussion Training course online at www.nbiaa-asinb.org
- NB 4 **Insurance restrictions will supersede all of the rules contained in this document... restrictions are as follows:**
1. A minimum of one NBIAA registered cheerleading coach per school **MUST** be ICU credentialed to a minimum of level 2 in all disciplines (stunts, tosses, and tumbling) and **MUST** be present with the team during any / all cheerleading-related activities (i.e.: practices, pep rallies, games, competitions, etc.)
 2. Pyramids do not exceed 2 levels.
 3. No inversions from off the ground (this means you cannot attempt any inversion from any surface that is not the floor) ie: you cannot flip from anyone's hands or shoulders etc.
 4. Legal suspended rolls will be allowed. These are forward-suspended rolls from multi-based stunts at shoulder height or below where the top person maintains hand-to-hand/arm contact with **two** original bases.
 5. Inverted dismounts (except legal suspended rolls) are not permitted.
 6. Inverted vaults are not permitted.
 7. Insurance will **NOT** cover activities such as inversions or stunts/pyramids higher than two people.
- NB 5 A minimum of one Level 2 ICU/ Credentialed Coach from each school must attend the Coaches Safety Clinic. It is recommended that all coaches be present to help ensure athlete safety.
- NB 6 Four (4) copies of your current and up-to-date routine outlines must be presented to the judges at the beginning of technical time. Failure to provide these copies will result in a deduction of 0.50 points

MEDIAN DIVISION RULES

GENERAL TUMBLING

- A. All tumbling must originate from and land on the performance surface.

Clarification: A tumbler may rebound from his / her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler / top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner – Advanced Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from a standing back handspring without the round-off.

- B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.

Clarification: An individual may jump (rebound) over another individual.

- C. Tumbling while holding or in contact with any prop is not allowed.

- D. Dive rolls are allowed:

Exception 1: Dive rolls performed in swan / arched positions are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

Example: If an athlete in Median performs a round-off / toe touch / back handspring / back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median Standing Tumbling regulations.

STANDING TUMBLING

- A. Flips are not allowed.

Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.

- B. Series front and back handsprings are allowed.

- C. Twisting while airborne is not allowed.

Exception: Round-offs are allowed.

RUNNING TUMBLING

A. Flips:

1. Backflips may ONLY be performed in a tuck position only from a round-off or round-off back handspring(s).

Examples of skills not allowed: X-outs, layouts, layout step-outs, whips, pikes, aerial walkovers, and Arabians.

2. Other skills with hand support prior to the round-off or round-off back handspring are allowed.

Example: Front handspring(s) and front walkover (s) through to round off back handspring tuck is allowed.

3. Cartwheel tucked flips and/or cartwheel to back handspring(s) to tuck(s) are not allowed.
4. Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips are allowed.

Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.

B. No tumbling is allowed after a flip or an aerial cartwheel.

Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step is all that is required to create a new tumbling pass.

C. Twisting while airborne is not allowed.

Exception 1: Round-offs are allowed.

Exception 2: Aerial cartwheels are allowed.

STUNTS

- A. A spotter is required for each top person above prep-level.
- B. Single-leg extended stunts are allowed.
- C. Twisting stunts and transitions:
 - 1. Twisting stunts and transitions are allowed up to one twisting rotation by the top person in relation to the performance surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds one rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (Ex: prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

- 2. Full twisting transitions must land at and originate from the prep-level or below only.

Example: No full-ups to an extended position.

- 3. Twisting transitions to and from an extended position may not exceed a $\frac{1}{2}$ twisting rotation.

Clarification: A twist performed with an additional turn by the bases performed in the same set, would not be allowed if the resulting cumulative rotation of the top person exceeds a $\frac{1}{2}$ rotation.

- D. During transitions, at least 1 base must remain in contact with the top person.

Exception: See Median Division 'Release Moves'.

- E. Free flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, or individual.

Clarification 1: This rule pertains to an athlete's torso (the midsection of an athlete's body) not moving over/under the torso of another athlete; this does not pertain to an athlete's arms/legs.

Clarification 2: A top person may not pass over or under the torso (the midsection of an athlete's body) of another top person regardless of if the stunt or pyramid is separate or not.

Example: A shoulder-sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

- G. Single-based split catches are not allowed.
- H. Single-based stunts with multiple top persons require a separate spotter for each top person.
- I. Extended single-leg top persons may not connect to any other extended top person.

STUNTS-RELEASE MOVES

1. Release moves are allowed but must not pass above extended arm level.

Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate 'Toss' and/or 'Dismount' rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate 'Toss' or 'Dismount' rules.

2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted positions is not allowed.
3. Release moves must start at waist-level or below and must be caught at prep-level or below.
4. Release moves that land in a non-upright position must have three catchers for a multi-based stunt and 2 catchers for a single-based stunt.
5. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore, hitting an immediate body position would not be counted as a skill.

Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal (Ex: flat back or prone) body position.

Clarification: Single base log rolls must have two catchers. Multi-based log rolls must have three catchers.

6. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

Exception 1: See Median Division Dismount "C".

Exception 2: Dismounting single-based stunts with multiple top persons.

7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under, or through other stunts, pyramids, or individuals.
10. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single-based stunts with multiple top persons.

STUNTS - INVERSIONS

1. No inverted stunt above shoulder level is allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.

Exception: Multi-based suspended rolls to a cradle, to a load in position, to a flat body prep-level stunt, or the performance surface is allowed. The top person **MUST** maintain hand-to-hand/arm contact with **two** original bases with weight-bearing contact on the performing surface.

2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep-level and below.

NB Restriction: All inversions must start on the performing surface.

Exception: Multi-based suspended forward roll(s). ~~may twist up to 1 twisting rotation. (See #1. Exception above.)~~

- ~~3. Forward suspended rolls exceeding ½ twist must land in a cradle.
Exception: In a multi-based suspended backward roll, the top person may not twist.~~
- ~~4. Downward inversions are allowed at waist level and must be assisted by at least 2 catchers positioned at the waist to shoulder region to protect the head and shoulder area. The top person must maintain contact with an original base.
Clarification 1: The stunt may not pass through prep-level and then become inverted below prep-level. (The momentum of the top person coming down is the primary safety concern.)
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
Clarification 3: Two-leg 'Pancake' stunts are not allowed in the Median Division.~~
- ~~5. Downward inversions may not come into contact with each other.~~
6. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

PYRAMIDS

1. Pyramids must follow Median Division 'Stunts' and 'Dismounts' rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base.

Exception: See Median Division 'Pyramid Release Moves'

3. Extended single-leg stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, or individual.

Clarification: A top person may not pass over or under the torso (the midsection of an athlete's body) of another top person regardless of if the stunt or pyramid is separate or not.

Example: A shoulder-sit walking under a prep is not allowed.

5. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at least 1 bracer at prep-level or below and at least 1 base. The connection to the bracer must be hand/arm to hand / arm. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill. The hand/arm connection does not include the shoulder.

PYRAMID - RELEASE MOVES

Any skill that is allowed within the Median Division Pyramid 'Release Move' is also allowed if it remains connected to a base and 2 bracers. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules (below), the top person must land in a cradle or dismount to the performance surface and must follow the Median Division 'Dismount' Rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two bracers at prep-level or below. Contact must be maintained with the same bracers throughout the entire transition.

Clarification 1: Twisting stunts and transitions are allowed up to 1 twist if connected to at least 2 bracers at prep-level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.

Clarification 2: Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided that the Release Move meets the criteria established under Median Division Stunt 'Release Moves' or 'Dismounts' rules.

2. The top person must remain in direct contact with at least two different top persons at prep-level or below. One of these connections must be hand / arm-to-hand / arm. The second connection may be hand / arm-to-hand / arm or hand / arm-to-foot / lower-leg (below the knee).

Clarification 1: Pyramid release moves must be braced on 2 separate sides (Ex: right side & left side, left side & back side, etc.) by 2 separate bracers. A top person must be braced on 2 of the 4 sides (front, back, right, left) of her / his body.

Clarification 2: Two bracers on the same side are not permitted.

Clarification 3: Contact between a top person and base(s) that are in contact with the performance surface must be made before contact with the bracer(s) is lost.

3. Primary weight may not be borne at the second level.

Clarification: The transition must be continuous.

4. These release transitions may not involve changing bases.
5. These release transitions must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - a. *Both catchers must be stationary.*
 - b. *Both catchers must maintain visual contact with the top person throughout the entire transition.*

6. Release moves may not be braced/connected to top persons above prep-level.

PYRAMIDS - INVERSIONS

1. Must follow Median Division 'Stunt Inversions' rules.
2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight-bearing contact with the performance surface. ~~and a bracer at prep level or below.~~ The top person must remain in contact with both the ~~bracer and the~~ base(s) throughout the transition. The base(s) that remains in contact with the top person may extend their arms during the transition if the skill starts and ends in a position at prep-level or below.

Example 1: A flat back split that rolls to a load in position would be allowed even if the base extends their arms during the inversion skill.

Example 2: A flat back that rolls to an extended position would be not allowed because it did not first land in a position below extended level.

PYRAMIDS - RELEASE MOVES W/BRACED INVERSIONS

1. Pyramid transitions **may not** involve inversions while released from the bases.

TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. The top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: No intentional traveling tosses.

- C. Flipping, inverted, or traveling tosses are not allowed.
- D. The top person in a toss must have both feet in/on the hands of bases when the toss is initiated.
- E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 1 trick is allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.

Example 1: Legal: toe-touch, ball out, pretty girl

Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch

Clarification: The 'arch' does not count as a trick.

Exception: A Ball-X toss is allowed at this level as an "EXCEPTION".

- G. During a twisting toss, no skill other than the twist is allowed. (Ex: No kick fulls, ½ twist toe touches.)
- H. Top persons in separate tosses may not come in contact with each other.
- I. Only a single top person is allowed during a toss.
- J. The top person may not hold any objects (poms, signs, etc.) during the toss.

DISMOUNTS

Note: Movements are only considered 'Dismounts' if released to a cradle or released and assisted to the performing surface.

- A. Cradles from single-based stunts must have a spotter with at least 1 hand/arm supporting the waist-to-shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist-to-shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to the original base(s).

Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s).

Exception 2: Straight drops or small hop-offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.

Clarification: An individual may not land on the performance surface from above waist level without assistance.

- D. Only straight pop downs, basic straight cradles, and ¼ turns are allowed from any single-leg (1-leg) stunt.
- E. Up to 1 twisting rotation is allowed from all 2-leg stunts.
Clarification: Twisting from a platform position is not allowed. A platform is not considered a 2-leg stunt.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick is allowed during a dismount from any 2-leg stunt.
- H. Any dismount from prep-level and above involving a skill/trick (Ex: twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts are allowed.
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. When cradling single-based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary before the initiation of the dismount.
- N. Dismounts from an inverted position are not allowed.
- O. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.

STUNT LEVEL EXAMPLES

Novice / Level 1 –Building					
	Inversion	Release / Transition	Twisting	Dismount	Other
At Level	<ul style="list-style-type: none"> – Inversion at Ground Level 	<ul style="list-style-type: none"> – Switch Up Style Below Prep – Tic-Tock Style Below Prep – Transition maintaining a connection with at least 1 base at prep-level or below 	<ul style="list-style-type: none"> – ¼ Twisting transition to prep-level or below – Up to ½ twisting transition floor to floor (connection at the waist) – ½ Wrap Around – Rebound ½ to Prone 	<ul style="list-style-type: none"> – Step down – Pop down – Straight cradle 	<ul style="list-style-type: none"> – Show and Go – 2 Leg Stunt at Prep-level or Below (ex: Straddle Sit or V Sit at Extended or Below, Flat Back at Extended or Below, Shoulder Sit or Stand) – 1 Leg Stunt Below Prep-level – Prep-level to Prone – Chair – T-Lift – Prep-level 1 Leg Stunt with Connection – Combination of 2 or more Level Appropriate Skills Performed Simultaneously
Elite		<ul style="list-style-type: none"> – Tic-Tock Style Below Prep (Body Position to Body Position) 	<ul style="list-style-type: none"> – ¼ Twisting Transition to prep 		<ul style="list-style-type: none"> – ¼ Twisting Transition to Prep-level 1 Leg Stunt with Connection

STUNT LEVEL EXAMPLES

Intermediate / Level 2 – Building					
	Inversion	Release / Transition	Twisting	Dismount	Other
At Level	<ul style="list-style-type: none"> – Inversion from Ground Level to Waist Level – Inversion from Ground Level to Prep-level 	<ul style="list-style-type: none"> – Switch Up Style to Prep-level – Tic-Tock Style to Prep-level 	<ul style="list-style-type: none"> – ½ Twisting Transition to Prep-level or Below – Up to ½ Twisting Transition to/from Prep-level 1 Leg Stunt – ¼ Twisting Transition to/From Extended 2-Leg Stunt – Log Roll 	<ul style="list-style-type: none"> – Straight Pop Down from Extension – Straight Cradle from Extension – Straight Cradle from Prep-level 1 Leg Stunt – ¼ Twisting Cradle 	<ul style="list-style-type: none"> – Prep-level 1 Leg Stunt – Extension – Extension to Prone – Leapfrog Variations – ½ Twist to Prone – Walk-In Prep-level (½ Twist) – Combination of 2 or more Level Appropriate Skills Performed Simultaneously
Elite	<ul style="list-style-type: none"> – Inversion from Ground Level to Extended Stunt 	<ul style="list-style-type: none"> – Tic-Tock Style Prep-level (Body position to Body Position) 	<ul style="list-style-type: none"> – ½ Twisting Transition to Extended Stunt – Walk In Extension 		<ul style="list-style-type: none"> – ½ Twisting Inversion to Extended Stunt – ½ Twisting Tic-Tock Style to Prep-level 1 Leg Stunt – ½ Twisting Inversion to Prep-level 1 Leg Stunt
Tosses	<ul style="list-style-type: none"> – Straight Ride Only 				

STUNT LEVEL EXAMPLES

Median / Level 3 – Building					
	Inversion	Release / Transition	Twisting	Dismount	Other
At Level	<ul style="list-style-type: none"> – Inverted at Waist or Prep-level – Downward Inversion from Below Prep-level – Full Twist Inversion to Prep-level or Below 	<ul style="list-style-type: none"> – Release from Waist Level or Below to Prep-level or Below (Straddle Up, Switch Up, Ball Up, Tic-Tock, etc.) – Tic-Tock Style Prep-level 1 Leg to Extended 1 Leg Stunt 	<ul style="list-style-type: none"> – Full Twisting Transition to Prep-level or Below – ¼ Twisting Transition to 1 Leg Extended Stunt 	<ul style="list-style-type: none"> – Straight Cradle from Extended 1 Leg Stunt – Full Down from 2 Leg Stunt – ¼ Twisting Cradle from 1 Leg Extended Stunt – Single Skill Dismount from 2 Leg Stunt (Non-Twisting) 	<ul style="list-style-type: none"> – Full Twist to Prone – Extended 1 Leg Stunt – Suspended Roll Front / Back – Suspended Twisting Front Roll – Single Based Extended 1 Leg Stunt – CoEd Style Toss to Hands – Coed Style Walk-In Extension – Combination of 2 or more Level Appropriate Skills Performed Simultaneously
Elite	<ul style="list-style-type: none"> – Inversion to Extended 1 Leg Stunt – ½ Twisting Inversion to Extended 1 Leg Stunt 	<ul style="list-style-type: none"> – Tic-Tock Style Prep-level 1 Leg to Extended Body Position – Release from Waist Level or Below to Prep-level Body Position (Straddle Up, Switch Up, Ball Up, Tic-Tock, etc...) 	<ul style="list-style-type: none"> – Full Twisting Transition to Prep-level Body Position – ½ Twisting Transition to 1 Leg Extended Stunt 		<ul style="list-style-type: none"> – Full Twisting Inversion to Extended 2 Leg Stunt – Full Twisting Tic-Tock Style Transition at Prep-level (Lib to Body Position)
Tosses	Non-Twisting: Toe Touch, 'Trick'- Arch, Ball-X			Twisting: Up to 1 Full Twist	

GLOSSARY

Aerial (noun):

Cartwheel or walkover executed without placing hands on the ground.

Airborne / Aerial (adjective):

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.

All 4's Position:

When an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the 'All 4's' position is a waist-level stunt.

Assisted-Flipping Stunt:

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')

Backbend:

An athlete's body position created when an athlete bends forming a backward arched body position, typically supported by the athlete's hands and feet with the abdomen facing upward.

Backward Roll:

A non-aerial tumbling skill where the athlete rotates backward into / or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) with the knees tucked, landing on the feet. Similar to a ball rolling across the floor.

Ball – X:

A top person goes from a tucked position to a straddle / x-position with the arms and legs or just the legs usually during a toss.

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. (See also: 'New Base' and/or 'Original Base'). If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base. A base may not support any weight of a top person while the base is in a backbend or inverted position

Basket Toss:

A toss involving 2 or 3 bases and a spotter - 2 of the bases use their hands to interlock wrists.

Block:

A tumbling 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.

Block Cartwheel:

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

Brace:

A physical connection that helps to provide stability from one top person to another top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

Braced Flip:

A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Bracer:

A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter. A required bracer cannot pass through an inverted position during a transition.

Cartwheel:

A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while remaining in contact with the performing surface, where the hands make contact one at a time while rotating sideways through an inverted position landing on one foot at a time, in an upright position.

Catcher(s):

Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release.

All catchers:

1. Must be attentive.
2. Must not be involved in other choreography.
3. Must not be involved in anything to prevent them from catching.

Example: a required catcher holding a sign.

4. Must make physical contact with the top person upon catching.
5. Must be on the performing surface when the skill is initiated.

Chair:

A prep-level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

Coed Style Toss:

A single base grabs the top person at the waist and tosses the top person from ground level.

Cradle:

A dismount in which the top person is caught in a cradle position.

Cradle Position:

Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V" / pike / hollow body position (face up, legs straight and together) below prep-level.

Cupie:

A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an 'Awesome'.

Dismount:

The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered 'Dismounts' if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a 'Dismount'. When / if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.)

Dive Roll:

An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Double Cartwheel:

An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

Downward Inversion:

A stunt or pyramid in which an inverted person's center of gravity is moving 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 breaking the impact of the drop.

Extended Arm Level:

The highest point of a base's arm(s) (not spotter's arms) 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, in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an 'extended stunt'. See 'Extended Stunt' for further clarification.

Extended Stunt:

When the entire body of the top person is extended in an upright position over the base(s).

Examples of 'Extended Stunts': Extension, Extended Liberty, Extended Cupie.

Examples of stunts that are not considered 'Extended Stunts': Chairs, torches, flat backs, arm-n-arms, and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead but are NOT considered 'Extended Stunts' since the height of the body of the top person is similar to a shoulder/prep-level stunt.)

Flat Back:

A stunt in which the top person is lying in a straight-body horizontal position, face-up, and is usually supported by two or more bases.

Flat Body:

When the top person's torso is parallel to the performing surface.

Flip:

Stunting: is a skill that passes through an inverted position with hip-over-head rotation without contact with a base or the performing surface.

Tumbling: is a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

Flipping Toss:

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

Floor Stunt:

Base lying on the performance surface on their back with arm(s) extended. A 'Floor Stunt' is a waist-level stunt.

Flyer:

See 'Top Person'.

Forward Roll:

A non-airborne 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 similar to a ball 'rolling' across the floor, landing on the feet.

Free Flipping Stunt:

A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move:

A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

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 Walkover:

A non-aerial tumbling skill in which an athlete 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.

Front Tuck:

A tumbling skill in which the athlete generates momentum upward to perform a forward flip in a tuck position.

Full:

A 360-degree twisting rotation.

Ground Level:

To be on the performing surface.

Hand / Arm Connection:

The physical contact between two or more athletes using the hand(s) / arm(s). The shoulder is not considered a legal connection when a hand/arm connection is required.

Handspring:

An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand:

A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

Helicopter:

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.

Horizontal Axis:

An invisible line drawn from front to back through the belly button of a non-upright top person.

Initiation / Initiating:

The beginning of a skill; the point from which it originates. The point of initiation for a stunt (building skill) is the bottom of the dip from which the skill originates.

Inversion / Inverted:

An athlete has at least one foot above the head, and shoulders below the waist.

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 Skill:

A skill that involves a change in body position during a jump. (Ex: a toe touch, pike, etc...)

Jump Turn:

Any turn that is added to a jump. A 'straight jump' with a turn does not make the jump a 'jump skill'.

Kick Double:

Skill, typically from a toss, 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.

Kick Full:

Skill, typically from a toss, 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.

Layout:

An airborne tumbling skill or toss skill that involves a hip-over-head rotation in a stretched, hollow body position.

LeapFrog:

A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

Leg / Foot Connection:

The physical contact between two or more athletes using the leg(s) / foot (feet). Any connection from the shin to the toe is considered a legal connection when a leg/foot connection is allowed.

Liberty:

A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg.

Load-In:

A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll:

A release move that is initiated at waist level, in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An '**Assisted Log Roll**' would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

Multi-Based Stunt:

A stunt having 2 or more bases not including the spotter.

New Base(s):

Base(s) previously not in direct contact with the top person of a stunt.

Non-Inverted Position:

A body position in which either of the conditions below are met.

1. The top person's shoulders are at or above their waist.
2. The top person's shoulders are below their waist and both feet are below their head.

Nugget:

A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a **base** of a waist-level stunt.

Onodi:

Starting from a back handspring position after pushing off, the athlete performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s):

Base(s) which is in contact with the top person during the initiation of the skill/stunt.

Pancake:

A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold-over / pike forward rotation to be caught on the top person's back.

Paper Dolls:

Single-leg stunts bracing each other while in the single-leg position. The stunts may or may not be extended.

Pike:

Body bent forward at the hips with legs straight and together.

Platform Position:

A single-leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a 'dangle' or 'target position'.

Power Press:

When bases bring the top person from an extended position, down to prep-level or below, and then immediately re-extend the top person.

Prep (stunt):

A multi-base, two-leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

Prep-Level:

The lowest connection between the base(s) and the top person is above waist level and below extended level (Ex: prep, shoulder level hitch, shoulder sit, etc.). A stunt may also be considered at prep-level if the arm(s) of the base(s) are extended overhead but are not considered 'Extended Stunts' since the height of the body of the top person is similar to a shoulder/prep-level stunt. (Ex: flatback, straddle lifts, chair, t-lift, etc.).

Clarification: A stunt is considered below prep-level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base.

Exception: chair, t-lift and should sits are prep-level stunts

Primary Support:

Supporting the majority of the weight of the top person.

Prone Position:

A face down, flat body position.

Prop:

An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch:

See 'Rebound'.

Punch Front:

See 'Front Tuck'.

Pyramid:

Two or more connected stunts.

Rebound:

An airborne position not involving hip-over-head rotation, where the athlete uses one's own feet and lower body power to bounce off the performing surface from a tumbling skill.

Release Move:

The top person is free of contact with all athletes on the performing surface. May not pass over, under, or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be or come in contact with each other. No single-based split catches. To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs (Level 3), it will be considered a toss or dismount and must follow the appropriate 'Toss' or 'Dismount' rules. All multi-based waist-level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Rewind:

A backward free-flipping release move from ground level, used as an entrance skill into a stunt.

Round Off:

Similar to a cartwheel except the athlete lands with two feet placed together on the ground (performing surface) instead of one foot at a time, facing the direction from which they arrived.

Running Tumbling:

Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level:

Any person being supported above from the performing surface by one or more bases.

Second Level Leap Frog:

Same as a 'Leap Frog' but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Series Front or Back Handsprings:

Two or more front or back handsprings performed consecutively by an athlete.

Shoulder Level:

A stunt in which the connection between the base(s) and the top person is at shoulder height of the base(s).

Shoulder Sit:

A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep-level stunt.

Shoulder Stand:

A stunt in which an athlete stands on the shoulder(s) of a base(s).

Show and Go:

A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

Shushunova:

A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single-Based Stunt:

A stunt using a single base for support.

Single-Leg Stunt:

See 'Stunt'.

Split Catch:

A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high 'V' motion, creating an 'X' with the body.

Sponge Toss:

A stunt similar to a basket toss in which the top person is tossed from the 'Load In' position. The top person has both feet in the bases' hands prior to the toss.

Spotter:

A person whose primary responsibility is to prevent injuries by protecting the head, neck, back, and shoulders area of a top person during the performance of a stunt, pyramid, or toss. All 'Spotters' must be your own team members and be trained in proper spotting techniques.

The spotter:

1. Must be standing to the side or the back of the stunt, pyramid, or toss.
2. Must be in direct contact with the performing surface.
3. Must be attentive to the stunt being performed.
4. Must not be involved in anything that could prevent them from spotting (Ex: a required spotter holding a sign)
5. Must be able to touch the base of the stunt in which they are spotting, but do not have to be in direct physical contact with the stunt.
6. Cannot stand so their torso is under a stunt.
7. 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.
8. May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
9. May not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip). If the spotter's hand is under the top person's foot, it must be their front hand. Their (the spotter's) back hand **MUST** be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

Standing Tumbling:

A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward before the execution of tumbling skill(s) is still defined as 'standing tumbling.'

Step Out:

A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously.

Straddle-Lift:

See 'V-Sit'

Straight Cradle:

A release move/dismount from a stunt to a cradle position where the top person keeps their body in a 'Straight Ride' position -- no skill (i.e.: turn, kick, twist, pretty girl, etc.) is performed.

Straight Ride:

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

Stunt:

Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be 'One-Leg' or 'Two-Leg' by the number of feet that the top person is being supported by a base(s). If the top person is not supported under any foot, then the skill will be considered a 'Two Leg' stunt.

Exception: If a top person is in a V-sit, pike position, or flat body position the stunt will be considered a 'Two-Leg' stunt.

Suspended Roll:

A stunt that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward. This is considered a prep-level stunt.

T-Lift:

A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connect with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll / Drop:

A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact with each other.

Three Quarter($\frac{3}{4}$) Front Flip:

(Stunt): A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

(Tumbling): A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock:

A stunt that is held in a static position on one leg, base(s) dip and release the 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.

Toe / Leg Pitch:

A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Top Person:

The athlete(s) being supported above the performance surface in a stunt, pyramid, or toss.

Torso:

The midsection/waist area of an athlete's body.

Toss:

An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact with bases, bracers, and/or other top persons. The top person is free from the performance surface when the 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.
(See 'Release Moves')

Tower Pyramid:

A stunt on top of a waist-level stunt.

Transitional Pyramid:

A top person moves from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep-level or below maintains constant contact with the top person.

Transitional Stunt:

A top person or top persons moves from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used to determine the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performing surface.

Traveling Toss:

A toss that intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a 'Kick Full').

Tuck Position:

A position in which the body is bent at the waist/hips with the knees drawn into the torso (chest).

Tumbling:

Any hip over-head skill that is not supported by a base that begins and ends on the performing surface.

When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist / Twisting:

An athlete performs a rotation around their body's vertical axis. (Vertical axis=head to toe axis)

Twisting Stunt:

Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the 'Vertical Axis' (head-to-toe) and 'Horizontal Axis' (through the belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in the direction of the twist/rotation starts a new transition.

Twisting Toss:

A toss in which the athlete rotates around their body's 'Vertical Axis'

Twisting Tumbling:

A tumbling skill involving hip overhead rotation in which an athlete rotates around their body's 'Vertical Axis'.

Two – High Pyramid:

A pyramid in which all top persons are primarily supported by a base(s) that is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a 'Pyramid Release Move', regardless of the height of the release, this top person would be considered 'passing above two persons high'. 'Passing above two persons high' does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2 ½) – High Pyramid:

A pyramid in which the top person(s) has weight-bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a 'Two- and One-Half High Pyramid' is measured by body lengths as follows: chairs, thigh stands, and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths.

Upright:

A body position of a top person in which the athlete is in a standing position on at least one foot while being supported by a base(s).

Vertical Axis:

An invisible line is drawn from head to toe through the body of the tumbling athlete or top person.

V-Sit:

A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a 'V' position. This is considered a two-leg stunt.

Waist Level:

A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep-level and/or at least one foot of the top person is below prep-level, as determined by the height/positioning of the base.

Examples: All 4's position-based stunts, a nugget-based stunt.

Clarification: A chair and a shoulder sit are considered prep-level stunts, based on the point of connection to the base(s), and is not considered a Waist Level stunt.

Waist Level Cradle:

A release move that initiates below prep-level and is caught in a cradle position. All multi-based waist-level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Walkover:

A non-aerial tumbling 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:

A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A 'Whip' has the look of a back handspring without the hands contacting the ground.

Wrap Around ($\frac{1}{2}$):

A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in 'Swing Dancing'). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back or the base.

X-Out:

A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an 'x' fashion during the rotation of the flip.