CHEERLEADING GENERAL RULES

PYRAMIDS AND STUNTS OVER 2 PERSONS HIGH ARE PROHIBITED

Please Note: Height limit

|  |  |  |
| --- | --- | --- |
| Stunt/Pyramid  | Height  | Layers  |
| Thigh stand Flyer standing on thigh of 2 bases  | 1.5  | 2  |
| Shoulder sit Flyer sitting on shoulders of single base  | 1.5  | 2  |
| Elevator Flyer standing in hands of 2 bases(2-1) (Flyers feet are at shoulder level of the bases)  | 2  | 2  |
| Shoulder Stand Flyer standing on shoulders of 2 bases  | 2  | 2  |
| Shoulder Stand Flyer standing on shoulders of single base  | 2  | 2  |
| Chair Flyer sitting on extended arm of single base  | 2  | 2  |

•  Routine must be performed on the matted Performance Area provided

•  All Cheerleaders must start the routine with at least one foot on the ground

•  Cheerleaders must have at least one foot on the ground while basing

EXCEPTION: It is allowed if the bases’ feet leave the ground due to a release move or toss, or if they become a mid-base

•  All required spotters must be members of the competing team

•  Pendulums are accepted if there is constant contact between the flyer and at least one base

•  Toe pitches are accepted as a method of building stunts/pyramids

•  External spotters are not allowed to help stabilise or assist with stunts, pyramids or tosses in any way. Their task is to ensure the flyer’s safety if it is not covered by the intended catchers. They must not communicate with the performing group. Any violations will incur a penalty. External spotters must be dressed significantly different to the performing team.

PROHIBITED

•  A stunt or pyramid moving under or over a separate stunt or pyramid

•  Base(s) assuming a back-bend position while in a stunt

•  Drops from a stunt or inverted position, unless the majority of the weight is first taken on the hands or feet

•  All hanging pyramids (‘Diamond Head’ etc)

•  Prone catches whether dismounts or transitions

•  Use of mini-trampolines, springboards or any height increasing prop/apparatus

DISMOUNTS

•  For detailed information regarding dismounts at level 1 please refer to your UKCA training notes

PROHIBITED

• Cradles caught in prone position

•  A dismount to the floor on any other part of the body except the feet

•  A top person at 2 high or above jumping down/stepping down without assistance

TOSSES

•  A Toss must have no more than 4 tossing bases

•  A Toss that exceeds the height of a standing base with extended arms must be caught in a cradle

•  A Basket Toss must be caught in a cradle by 2 bases and a back spot at all levels

•  A Basket Toss must be cradled by 2 of the original bases

•  A Basket Toss should be directed vertically

PROHIBITED

•  A Toss over/under or through any pyramids/stunts without the flyer having any contact

•  A Helicopter Toss

•  Toe Flip

TUMBLING

•  All tumbling must originate from and land on the performing surface

•  A tumbler may rebound from their feet into a transition

PROHIBITED

•  Dive rolls in swan/arched position

•  Dive rolls that involve twisting

•  Tumbling over, under, or through a stunt
OVERVIEW

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Level 1  | Level 2  | Level 3  | Level 4  | Level 5  | Level 6  |
| Layers  | 2  | 2  | 2  | 2  | 2  | 3  |
| Back Spot Required  | 2.0 high  | 2.0 high  | 2.0 high  | 2.0 high  | 2.5 high  | 2.5 high  |
| Double Leg Stunts  | 2.0 high  | 2.5 high  | 2.5 high  | 2.5 high  | 2.5 high  | 2.5 high  |
| Single Leg Stunts  | 1.5 high  | 2.0 high  | 2.0 high  | 2.5 high  | 2.5 high  | 2.5 high  |
| Single Based Stunts  | 1.5 high  | 2.0 high  | 2.0 high  | 2.5 high  | 2.5 high  | 2.5 high  |
| Mounts & Transitions  | 1⁄4 Twist No Rotations  | 1⁄2 Twist No Rotations  | 1 Twist Double Braced Rotation  | 11⁄2 Twist Double Braced Rotation  | 2 Twists Single Braced Rotation  | 2 Twists Single Rotation  |
| Dismounts Double leg  | No Tricks No Twists No Rotations  | 1⁄4 Twist No Rotations  | 11⁄4 Twist No Rotations  | 21⁄4 Twist No Rotations  | 21⁄4 Twist or Single Rotation  | 21⁄4 Twist or Single Rotation  |
| Dismounts Single leg  | No Tricks No Twists No Rotations  | 1⁄4 Twist No Rotations  | 1⁄4 Twist No Rotations  | 11⁄4 Twist No Rotations  | 21⁄4 Twist No Rotations  | 21⁄4 Twist No Rotations  |
| Cradle Dismounts from Stunts or Pyramids  | At least 3 catchers required  | At least 3 catchers required  | At least 3 catchers required  | At least 3 catchers required  | At least 2 catchers required  | At least 2 catchers required  |
| Tosses  | Prohibited  | Straight Ride No Tricks  | 1 Trick or1 Twist  | 2 Tricks or2 Twists or1 Trick & 11⁄2 Twist  | Any number of Tricks 2 1⁄2 Twists or Single rotation  | Any number of Tricks 2 1⁄2 Twists & Single rotation  |
| Tumbling Up to and including  | Rolls Cartwheels Roundoffs Walkovers No 1 Arm Skills  | Pike or Hollow Dive rolls Front or Back Handsprings 1 Arm Skills No H/s series  | H/s series Free Cartwheels No Somersaults  | Somersaults No Twists  | 1 Somersault plus Single Twist  | 1 Somersault plus Double Twist  |

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