

## CHEERLEADING - GENERAL RULES

- A. All Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a Coach/Assistant.
- B. Tosses are not allowed.
- C. Spotted and assisted tumbling is not allowed.
- D. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges.
- E. Assistants will be dressed in contrasting t-shirt and jeans or dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light color uniform top, Assistants will be in dark matching t-shirts, if athlete is in dark uniform top, all Assistants will be in light colored matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
- F. It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.
- G. Routines should not exceed 2 minutes and 30 seconds in duration.
- H. An assistant is defined as a person, on the mat, assisting the athletes at ANY time throughout the routine. Spotters will not be considered assistants but should not have contact with a stunt unless necessary for safety purposes.
- I. The minimum age for competition within Special Olympics is 8. There is no maximum age. These age requirement apply to both athletes and unified partners.
- J. Athletes must have valid medical on file. Unified Partners must have a valid Unified Partner form on file and must also complete the Protective Behaviors Training. Coaches, assistant coaches and mat assistants must have a valid Class A form on file and must also complete Protective Behaviors.
- K. ALL teams must register with their local Special Olympics Florida County Program.

## CHEERLEADING LEVELS

**Level 4:** Level 2 skills/stunts with 50% or greater assistance on the floor

- Example: If there are 10 athletes on the roster, a level 4 team would have 5+ assistants on the mat- assistants are individual who provide athlete with help in completing routine.

**Level 3:** Level 1 skills/stunts with 50% or greater assistance on the floor

- Example: If there are 10 athletes on the roster, a level 3 team would have 5+ assistants on the mat- assistants are individual who provide athlete with help in completing routine.

**Level 2:** Level 2 skills/stunts with less than 50% assistance on the floor

- Example: If there are 10 athletes on the roster, a level 2 team would have 4 or less assistants on the mat.

**Level 1:** Level 1 skills/stunts with less than 50% assistance on the floor

- Example: If there are 10 athletes on the roster, a level 1 team would have 4 or less assistants on the mat.

\*\*\***Unified teams** will have the ability to compete as either Level 1 or Level 2 teams. Unified partners are on the floor with the sole purpose of competing. Unified partners are not permitted to assist athletes with the completion of the routine.

## LEVELS 1&3 SKILLS/STUNTS

### LEVELS 1/3 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
- *Clarification: A tumbler may rebound from his/her feet into a stunt 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: 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 just 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: Dive rolls performed in a swan/arched position are not allowed.
  - Exception: 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.
- F. **There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.**
- Example: Back handspring step out > ½ turn = Illegal.*

### LEVEL 1/3 STANDING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed.
- *Clarification: A back walkover into a back handspring is allowed.*
- C. Jump skills in immediate combination with handspring(s) are not allowed.
- Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. No twisting while airborne.
- Exception: Round offs are allowed.

### LEVELS 1/3 RUNNING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. No twisting while airborne.
- Exception: Round offs are allowed.

## LEVELS 1/3 STUNTS

### A. Spotters

- A spotter is required for each top person **at prep level and above**

### B. Stunt Levels

- 1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.
  - *Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal.*
  - *Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*
- 2. Single base or assisted single base EXTENDED stunts are not allowed in Mini and Youth divisions.

### C. Twisting mounts and transitions are allowed up to a total of 1/2 twisting rotation by the top person in relation to the performing surface.

- *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1/2 rotations. 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 (i.e. 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.*

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

### E. Free flipping or assisted flipping stunts and transitions are not allowed.

### F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

- Example: A shoulder sit walking under prep is illegal.
- *Exception: An individual may jump over another individual.*

### G. Single based split catches are not allowed.

### H. "True" (unassisted) Double Cupies are not allowed.

- *Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level. i.e. "True" (unassisted) Double Cupie = one base holding two top people. However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.*
- A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base.
  - *Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.*
  - *Clarification: The log roll may not be assisted by another top person.*

### I. Levels 1/3 Stunts – Release Moves

1. No release moves allowed other than those allowed at Levels 1/3 in "Dismounts" and "Tosses."

2. Release moves may not land in a prone or inverted position.

3. Release moves must return to original bases.

- *Clarification: An individual may not land on the performing surface without assistance.*
- *Exception: See Levels 1/3 Dismount "C".*

4. Releasing from inverted to non-inverted is not allowed.

5. Helicopters are not allowed.

6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

- *Clarification: The log roll may not be assisted by another top person.*
- *Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.*

- *Example: no kick full twists*

7. Release moves may not intentionally travel.

8. Release moves may not pass over, under or through other stunts, pyramids or individuals.

#### J. Levels 1/3 Stunts-Inversions

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.

- *Clarification: All inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.*
- *Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.*
- *Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.*

K. 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.*

### LEVELS 1/3 PYRAMIDS

A. Pyramids must follow Levels 1/3 “Stunts” and “Dismounts” rules and are allowed up to 2 high.

1. Single base or assisted single base EXTENDED stunts are not allowed in Mini and Youth divisions.

B. Top persons must receive primary support from a base.

*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface, may not be connected to a bracer that is above prep level, and must follow the L2 dismount rules.*

C. Extended stunts may not brace or be braced by any other extended stunts.

D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

- *Example: A shoulder sit walking under a prep is illegal.*

E. Extended single-leg stunts:

1. Extended single-leg stunts must be braced by at least one top person at prep level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.

2. The connection must be made prior to initiating the extended single leg stunt.

3. Prep level top persons must have both feet in bases’ hands.

- *Exception: Prep level top persons do not have to have both feet in the bases’ hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.*

### LEVELS 1/3 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 one 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 two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. **Dismounts must return to original base(s).**

**Exception:** dismounts to the performing surface must be assisted by **either** an original base **and/or** spotter.

Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.

- Clarification: An individual may not land on the performing surface from above waist level without assistance
- D. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- E. Twisting dismounts exceeding 1/4 turn are not allowed. All other positions are not allowed.
- Example: toe touch, pike, tuck, etc. are not allowed.
- 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. Cradles from extended single leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Dismounts must return to original base(s).
- 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.

## LEVELS 2 & 4 SKILLS/STUNTS

### LEVELS 2 & 4 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
- **Clarification:** A tumbler may rebound from his/her feet into a stunt 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 levels 1-5. 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 just a standing back handspring without the round off.
  - **Exception:** Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in Levels 2/4.
- 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 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.

### LEVELS 2 & 4 STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface.
- **Exception:** Block cartwheels and round offs are allowed.
  - **Exception:** Walking handstands are allowed.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. Front and back handsprings are not allowed.
- E. **No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off a clear**

and distinct pause must immediately follow a round off or round off rebound.

## LEVELS 2 & 4 STUNTS

A. Spotters: A spotter is required for each top person at prep level and above.

- **Example:** Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc...) are considered prep level stunts.
- **Clarification:** *The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.*
- **Exception:** Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.

B. Stunt Levels

- Single leg stunts are only allowed at waist level.
- Exception 1: Prep level single leg stunts are allowed if the top person is braced by someone standing on the performance surface, the bracer must be a separate person other than the base(s) or spotter. The braced connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.
- Exception 2: A walk up shoulder stand is legal in levels 2/4 if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.
- Stunts above prep level are not allowed (see definition of extended stunts in glossary). A stunt may not pass above prep level.

B..i. *Clarification: Taking the top person above the head of the bases would be illegal.*

- Single base or assisted single base EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.

C. Twisting mounts and transitions are allowed up to a 1/4 twisting rotation by the top person in relation to the performing surface.

- *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1/4 rotations. 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 (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation.*
- Exception 1: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in Levels 2/4.
- Exception 2: 1/2 Wrap around stunts are legal in Levels 2/4.
- Exception 3: 1/2 twist is allowed if the top person starts and ends on performing surface and is only supported at the waist

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

- Exception: Leap frogs and leap frog variations are not allowed in levels 2/4.

E. Free flipping or assisted flipping stunts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

- Example: A shoulder sit walking under prep is illegal.
- *Exception: An individual may jump over another individual.*

G. Single based split catches are not allowed.

H. "True" (unassisted) Double Cupies are not allowed.

- *Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level. (i.e., "True" (unassisted) Double Cupies = one base holding two top people. However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.)*

## I. 2/4 Stunts-Release Moves

- Release moves are not allowed other than those allowed at Levels 2/4 in “Dismounts”.
- Release moves may not land in a prone or inverted position.
- Release moves must return to original bases.
- *Clarification: An individual may not land on the performing surface without assistance.*
- Helicopters are not allowed.
- A single full twisting log/barrel roll is not allowed.
- Release moves may not intentionally travel.
- Release moves may not pass over, under or through other stunts, pyramids or individuals.

## J. Level 2/4 Stunts-Inversions

- Inversions are not allowed.
- *Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling levels 2/4 tumbling rules).*
- Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

## K. 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.*

## LEVELS 2 & 4 PYRAMIDS

### A. Pyramids must follow Levels 2/4 “Stunts” and “Dismounts” rules and are allowed up to 2 high.

- Single base or assisted single base EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.

### B. Top person must receive primary support from a base.

- *Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the levels 2/4 dismount rules.*

### C. Two leg stunts:

- Two leg extended stunts must be braced by a top person at prep level or below with hand-arm connection only. The connection must be made **prior to initiating the two leg extended stunt.**
- Prep level top person bracers must have both feet in bases' hands
- Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
- Two leg extended stunts may not brace or be braced by other extended stunts.

### D. Prep level single leg stunts: Single Leg Stunts

- Shoulder level single leg stunts must be braced by at least one person at prep level or below with hand-arm connection only.
- The connection must be made prior to initiating the single leg prep level stunt.
- Prep level bracers must have both feet in bases' hands
- Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
- Extended single leg stunts are not allowed.

- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual
- Example: A shoulder sit walking under a prep is illegal.

## LEVELS 2 & 4 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 one 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 two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle

- *Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed. See Levels 2/4 Tosses.*
- *Clarification: All waist level cradles are illegal.*

C-Dismounts must return to original base(s).

- **Exception:** dismounts to the performing surface must be assisted by **either** an original base **and/or** spotter.
- Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.
- Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs and basic straight cradles are allowed.

E. Twisting dismounts (including 1/4 turns) are not allowed.

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. No dismounts are allowed from stunts above prep level in pyramids.

- *Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.*

H. No free flipping or assisted flipping dismounts allowed.

I. Dismounts must return to original base(s).

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.