

# CHEER GENERAL SAFETY RULES

**Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms.**

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

- (a) A qualified advisor/coach should supervise all teams during all official functions.
- (b) Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
- (c) No jewelry (except medical/religious – taped down) or chewing gum will be allowed during performances. Jewels/rhinestones may not be adhered to the participant's body and/or face.
- d) Casts and Braces
  - 1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
  - 2. 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.
  - 3. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.
- (e) Athletic closed-toe shoes are required for all participants.
- (f) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (g) Proper warm-up and stretching exercises should be performed prior to performance.
- (h) All teams, coaches and advisors should have an emergency response plan in the event of injury.
- (i) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (j) **Poms and Props**
  - 1. Props are limited to banners, flags, megaphones, and signs/light up signs.
  - 2. All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark center. Item must be off the mat to ensure it is not in the way of participants.
  - 3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
  - 4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once poms or props are no longer needed, they may be placed or dropped outside the performing area by a performer who remains inside the performing area.
  - 5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered **ILLEGAL**, performing a Cradle with poms would also be considered **ILLEGAL**.
  - 6. Once in a secure stunt, flyers may obtain and use poms/props/signs and then transition to another stunt that does not require the use of hands. Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer may then transition to an extension with poms in hand. Exceptions are not limited to this example.
  - 7. Bases/back spotters may not hold props in their hands if the hands are the primary support for the top person during stunting. Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
  - 8. Front spots may hand or be handed props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.
  - 9. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.
- (k) **Jumps:**
  - 1. Participants are permitted to jump over, with or without contact with, another participant on the performance surface.
  - 2. Partner assisted jumps are allowed provided the supporting base controls the jump and maintains contact from start to finish.
  - 3. Airborne skills that drop/transition directly to the performance surface and land in any of the following body positions are not allowed: **supine, prone position (i.e. push up), knee(s), or seated position**. Prohibited skills include but are not limited to drops or Shushunovas directly to the positions listed above.
- (l) **Tumbling:**
  - 1. All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
  - 2. Spotted, assisted, or connected tumbling is prohibited.
  - 3. Partner tumbling is prohibited.
  - 4. Participants may perform a Handstand that is in contact with individuals on the ground as choreography, provided the inverted participant **initiates the handstand independently without contact from another athlete, until the participant is inverted**.
  - 5. Tumbling oriented load ins/mounts, dismounts, and transitions such as Cartwheels, Round Offs, and Walkovers are not considered tumbling but are considered part of the stunt/choreography provided they follow inversion rules. Physical contact is allowed when tumbling into a Rebound which transitions to a stunt.
  - 6. 3/4 flips and 1 1/4 flips are prohibited.

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## (l) Tumbling: (continued)

6. Tumbling skills may transition to a load in for a stunt/stunt transition provided the tumbling flyer completes the tumbling skill (participant is no longer inverted and has at least 1 foot in contact with the performance surface) prior to the bases grabbing the tumbling flyer's foot/feet/legs (bases may not grab/touch any body part of the flyer to assist them during the tumbling skill execution before completion).
7. Rebounding (from feet) from tumbling skills into stunts/stunt transitions is allowed but is limited to the following stunts/stunt transitions: Cradle, load in, or a below prep level stunt. (Clarification: Rebounding into a single based below prep level stunt requires the use of an additional spotter)

## (m) Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. The following skills must only be performed on a soft/matted surface: Forward Suspended Rolls, Forward Flipping Leap Frogs, single based cradles, and braced front flips in pyramids.
2. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget provided the flyer steps on and then over the Nugget).
3. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
4. (Levels 2, 3 & 4) Superman transitions cannot invert at any point, may not intentionally travel and may only originate from prep level or below stunts or the load in position. Connected Flyers in a Superman transition are prohibited.
5. Release moves may not involve changing bases.
6. In pyramids involving release moves that require a bracer for legality, contact between the flyer and the original bracer(s) must be maintained throughout the entire release move transition until the flyer makes contact with the original bases.
7. In pyramids involving braced flips, contact between the flyer and the original bracers must be maintained throughout the entire braced flip transition until the flyer makes contact with the original bases.
8. Bases may move/turn while in a load in position, during allowable level twisting transitions, and/or once the building of a stunt is completed. Allowable level transitions to the prone or cradle position may not intentionally travel.
9. All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid for that level. Example: Flyer in a ground level Handstand with contact on the performance surface is lifted upwards by the stunt group, temporarily losing contact with the performance surface, then returning their hands to the performance surface (i.e. double bounce) prior to executing the sponge/load-in = ILLEGAL.
10. All inversions require 2 bases, 1 spotter and 1 flyer. The spotter is responsible for protecting the head, neck and shoulder area of the flyer.
11. Inversion skills where the flyer transitions from the inversion directly over the back spot to the load in position or directly from the inversion to a shoulder sit on the back spot, requires an additional spotter.

## (n) Tosses (Levels 2-4)

1. All tosses must be performed only on a soft/matted surface.
2. Must be caught in a Cradle by the original bases and are limited to 1 flyer and up to 4 bases (total base count includes back and front spotters). Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.
3. Must never become inverted at any point during the toss.

## (o) Types of Required Spotters:

1. Must be in direct contact with the performance surface.
- Continuous Back Spotter**
2. Not required for Knee Stands, Thigh Stands, Shoulder Sits, Double-Based Non-Extended V-Sits, and Below Prep Level Stunts (exception: Required for single based stunts in which the flyer performs a Rebound entry).
  3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
  4. All Extended V-sits require an additional spotter who is not connected to the stunt.
  5. Required for all stunts prep level and above (exception: during transitional group stunts, continuous back spotter may change roles to become the base of a Shoulder Sit and/or may start as the base of a shoulder sit and become the continuous back spotter).
  6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases); however, a continuous back spotter is not required for stunts where the flyer is in a seated position supported at the seat by the base(s) hand/arm; these types of stunts are classified as waist level stunts.
  7. Required for all release moves, tosses, and stunts at prep level and above, including Shoulder Stands (exceptions: Chair, Double Based T-lifts).
  8. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer in prep level and below stunts.
  9. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt).
  10. (Levels 2-4) During 1/2 twist transitions from prep level stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle.
  11. Must be positioned directly behind or to the side of the flyer when the flyer is facing the backspot and stops in or power presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep 180 to Extension Prep would require an additional spotter during the Reverse Extension Prep).

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**(o) Types of Required Spotters (continued)**

**Spotter for Group Based Stunts**

12. All Swedish Falls require a front spotter who is not connected to the stunt.
13. Flat Back stunts require a spotter at the head/shoulders of the flyer.
14. One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.
15. Required for stunt transitions that start at waist level or above and end in cradle position.
16. Inversions from ground level require a spotter at the head and shoulder area of the flyer.
17. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt). (Exception: Flyer may pass over the spotter while in direct contact in allowed level appropriate skills. Ex. Leap Frog)

**Spotter for Single Based Stunts**

18. Required for a single-based partner stunts at prep level and above. **Must be positioned directly behind or to the side of the flyer** when the flyer stops in or power presses at a prep level or above stunt/stunt transition. (Example: Walk in Reverse Hands would require an additional spotter during the Reverse Hands). Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes (exception: may place one hand under the foot with other hand on the ankle at prep level and below provided the spotter is positioned to the side of the flyer and they do not cradle).
19. May not change roles between being a base and a continuous spotter.
20. May transition from the side to the back of the stunt or from the back to the side of a stunt as long as continuous visual contact with the flyer is maintained and the spotter remains close enough to catch the head and shoulders of the flyer.
21. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: may not walk under and or through the stunt).
22. (Level 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

**(p) Bases:**

1. Must be in direct contact with the performance surface.
2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
3. Two required (4 max including 1 in the front) for a multi-based group stunt and/or toss.
4. Two required (must remain stationary) plus two additional catchers (must remain stationary) 1 on each side of a Pendulum or stunt that moves away from the vertical axis (i.e. Shooting Star, Shoot Outs, etc.). Example: 2 bases under the feet of the flyer, 2 catchers one on each side of Pendulum; one spotter in front or behind Pendulum on opposite side of the direction the flyer is falling. If the flyer is falling backward, the spotter needs to be in front of the stunt. If the flyer is falling forward, the spotter needs to be behind the stunt. Pendulums falling in one direction (front or back) require a total of 6 participants. Pendulums falling in two directions (front and back) require 7 participants.
5. Two required (must remain stationary) plus one back spotter during the transitioning from a prep level OR ABOVE stunt to a Flatback, Fallback, or Fireman Catch that end at prep or extended level. An additional spotter at the head of the flyer is recommended but not required.
6. Two required plus a spotter during a pyramid transition when the flyer is completely released by the bases while remaining braced (Level 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
7. Two bases required in all Split Stunts.

**(q) Flyer:**

1. Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the performance surface.
2. Must never vault over another individual unless the flyer maintains constant physical contact with the base during the stunt and a spotter follows the flyer during the stunt (also known as Leap Frog or Up & Over stunts). Vaulting will refer to the flyer using their hands to get up and over another individual.
3. A flyer in a single leg extended stunt (i.e. Liberty, Stretch) must never brace, connect or touch another flyer in any other type of extended stunt. (Please see the definition of an extended stunt for further detail). Double-leg extended stunts MAY brace other double leg extended stunts. Stunts where the flyer is not at a complete extended level, but the arms of the bases are extended (i.e. Chair, Russian Lift, Triple-Based Dead Man Lift, Flat Back, Swedish Falls, Triple-Based V-Sit and Double-Based Vertical T-Lift) may brace each other.
4. May perform Pendulum transitions provided they start from prep level or below and return to an upright stunt/load-in/ground position.
5. Must never be released or transitioned to the prone position (face-down/stomach) (exceptions: Pendulums and Superman transitions from prep level or below stunts that at no point invert).
6. May not brace/touch any other flyer while simultaneously released from the bases (ex. two flyers performing Tic Tocs next to one another may not brace during the release move).
7. May not brace any other flyer during simultaneous Superman transitions.
8. May not cradle from any stunt in which the base(s) have a knee on the ground.

**r) YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.**