

2022 OFFICIAL CHEER GUIDELINES



2022 Conference Approved Cheer Certification
Program:

Youth Sports Knowledge
www.youthsportsknowledge.com

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THE FLORIDA ELITE PROGRAM

CONFERENCE REMARKS

Florida Elite is dedicated to the boys and girls who participate in Florida Elite and to their safety and enjoyment. The rules for Florida Elite activity of any type as published in this book are to be followed scrupulously. Failure to enforce these rules can result in legal action, dismissal and/or loss of organization. Each family and each adult volunteer in the program must be covered by excess medical and liability insurance of some type. Although participation in Florida Elite is statistically safe, such insurance should include coverage for “participant risk.” All Programs must have minimum insurance limits of \$100,000 Medical, \$1,000,000 General Liability, and \$1,000,000 Sexual Abuse/Molestation in order to participate. All Florida Elite cheerleading activities are open to both boys and girls, including “mixed” teams. However, for the sake of convenience, these rules refer to participants as if of the female gender only.

ADMINISTRATIVE BYLAWS MANUAL

The Florida Elite Administrative Bylaws Manual, hereinafter referred to as the “administrative manual,” is designed to keep each League and Association current on all administrative matters, as well as to facilitate the daily operational management of those local organizations. This rulebook and the administrative manual ARE NOT THE PERSONAL PROPERTY OF THE VOLUNTEER, but belong to the organization, both are to be returned along with all other organization’s property, to the organization when the volunteer’s service is completed.

GOALS & PHILOSOPHY OF THE FLORIDA ELITE PROGRAM

Florida Elite is a program operated for the benefit of its youth participants. Since 2014 the program’s philosophy has been academics and athletics go hand-in-hand. At every level, Florida Elite seeks to develop well-rounded young men and women who learn not only the fundamentals of football, cheerleading and dance, but also the importance of education, in an atmosphere conducive to developing sound mind, body and character, while having an enjoyable time along the way!

The objectives of Florida Elite are to inspire youth, regardless of race, creed, religion or national origin, to practice the ideals of sportsmanship, scholarship, and physical fitness. Florida Elite strives to make the game fun for all boys and girls. The program stresses learning lessons of value far beyond the playing or spirit days of the boys and girls involved, such as: self- discipline, teamwork, determination, friendship, leadership, and good sportsmanship. With such goals in mind, and by providing an opportunity to participate in an organized, supervised environment with emphasis on maximum safety and participation, Florida Elite offers young men and women a unique and memorable opportunity to excel.

MISSION STATEMENT

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

FLORIDA ELITE is dedicated to our mission.

VISION STATEMENT

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

FLORIDA ELITE is dedicated to our vision.

FLORIDA ELITE CHEER STRUCTURE

Director of Cheerleading

This individual serves as a liaison to the Cheer Coordinators and Florida Elite Executive Board. The Director of Cheerleading is the official contact for disseminating cheer information to each organization. The Director of Cheerleading is responsible of setting and enforcing all cheer deadlines. The Director of Cheerleading will implement the necessary cheer committees, to ensure all cheer activities & events are to Florida Elite Executive Board's standards.

***Full position description available upon request.**

Cheer Area Representative

This individual serves as a liaison to the Cheer Coordinators and Director of Cheerleading. The cheer area representatives are the first "point of contact" for organization's cheer coordinators. Cheer area representatives are to ensure all cheer related information has been disseminated to all organizations. The cheer area representatives are to fully support the Director of Cheerleading and the vision of Florida Elite Cheerleading.

***Full position description available upon request.**

Cheer Coordinator

This individual serves as a liaison to Director of Florida Elite Cheerleading and the organization in which they represent. The individual performs organizational duties, as detailed in organization's by-laws and Florida Elite Cheer Rulebook. Individual ensures their organization is abiding by the rules and regulations set forth by Florida Elite Football & Cheerleading (guidelines found within this document). Individual conducts athlete's check-in process weekly, to ensure all athletes are eligible to participate in Florida Elite activities. Individual is required to attend Florida Elite's monthly meetings.

Assistant Cheer Coordinator

This individual serves as a liaison to Director of Florida Elite Cheerleading and the organization in which they represent. The individual performs organizational duties, as detailed in organization's by-laws and Florida Elite Cheer Rulebook. Individual ensures their organization is abiding by the rules and regulations set forth by Florida Elite Football & Cheerleading (guidelines found within this document). Individual conducts athlete's check-in process weekly, to ensure all athletes are eligible to participate in Florida Elite activities. Individual is required to attend Florida Elite's monthly meetings. These duties are assumed in the absence of the cheer coordinator of the organization.

Head Coaches and Assistant Coaches

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

Junior Assistant Coaches

There are two different age groups for junior coaches/coach in training (CIT). These individuals will always instruct the cheerleaders under the direct supervision of a head coach and/or an assistant coach. They may only carry out the instructions of a head or assistant coach. Individuals shall not conduct practice and should NEVER hand down disciplinary action towards participants. Group 1-Junior assistant coaches ages 14 & 15 may ONLY assist with rookies-sophomore divisions. Group 2-Junior assistant coaches ages 16 & 17 can assist on any division. These individuals count towards staff numbers.

***Note: Individuals are exempt from background check, however they must: complete the online certification, present a valid identification, volunteer form and a minor parent consent form.**

Team Parent

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

Rostered Personnel

Rosters should consist of a total of 5 staff. (1) One head coach, a maximum of (4) four assistant coaches (including junior assistant coaches and/or a team parent). One of the staff members must be a holder of a valid certificate in community CPR and First Aid or its equivalent. A copy of the certification card must be held by the organizations' leadership staff. All staff members must complete the required coursework to be certified by FLORIDA ELITE. Cheer certifications are obtained through Youth Sports Knowledge (www.youthsportsknowledge.com). This certification must be completed prior to the league's Coaches Certification in June.

***Note: Florida Elite Executive Board will set the exact deadline.**

Staff Dress Code

Cheer Staff are required to wear their organization coaches' shirt, appropriate shorts/shirts/skorts that measure down to their mid-thighs. Coaches' shirts are required to be an appropriate style, they should not be revealing and/or inappropriate for youth league participation. All coaches must wear sneakers.

Absolutely NO FLIP FLOPS/SLIDES!!!

REGISTRATION DOCUMENTS

Current Photo

A participant must have a current photo with clear background. The participant should be the only individual in the photo.

Parental Consent/Medical Release

The Participant Contract and Parental Waiver form needs to be completed by either parent or the legal guardian, stating that the child has his or her permission to compete. This form must be notarized.

Physical

A signed form from a Licensed State Medical Practitioner dated on/after January 1st of the current year/season; (i.e., Medical doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) that the candidate is physically fit and there are no observable conditions which would prevent playing football or cheer.

***Note: If a regular school medical examination was performed on/after January 1 of the current year, and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination.**

Special Note: A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of the artificial limb is no more dangerous to players than the corresponding human limb and does not place an opponent at a disadvantage.

Proof of Age

An original birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed date of birth and is form of proof most recommended. Passports are also reliable. Military ID and/or State ID cards are acceptable.

Scholastic Fitness

Proof of satisfactory progress in school is required. If a participant is below a 2.0 or a 70%, the organization MUST provide avenues to assist the participant in increasing their GPA.

Note: Like all rules herein this rule as it relates to scholastic grades may not be made more stringent by any team, association or organization, as other rules may be.

Infectious Disease Waiver

Infectious Disease Waiver (Volunteer and Participants):

All participants in Florida Elite Football and Cheer Organization must sign waiver that they understand the risks.

Florida Elite does not mandate retaining the originals once participants have completed certification process, conference will scan a copy of originals and return to league books.

CHEER SQUAD STRUCTURE

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

- **Divisions**

Squads will be classified in 5 divisions. Rookies, Freshman, Sophomores, Juniors and Seniors. All cheer squads will follow the age division of FLORIDA ELITE (participants' age as of July 1, of the current year).

Rookies: 5-6 year-old

Freshman: 7-8 year-old

Sophomore: 9-10 year-old

Junior: 11-12 year-old

Senior: 13-14 year-old

***GIRLS YOUNGER THAT 5 YEARS OLD CAN ONLY BE MASCOTS AND WILL NOT BE ABLE TO BE ROSTED AS A CHEERLEADER. FLORIDA ELITE EXECUTIVE BOARD HAS MAJOR SAFETY CONCERNS FOR THE SAFETY OF OUR ATHLETES.**

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

- **Mascots**

Organizations can have unlimited mascots, all of which MUST be younger than 5 years old on July 1 of the current year. Mascots can participate with ANY division during games; however, MASCOTS ARE NOT ALLOWED to perform with a cheer squad during competition.

MASCOTS WILL NOT need to be certified at certification or in League Magic, due to the fact they are not of playing age as of July 1 of the current year. However, each organization will need to collect all of the necessary paperwork, so individuals are covered in organizations insurance policy.

***All Mascots will perform the unity cheer at the cheer competition together. Time slot will be provided on competition schedule.**

CERTIFICATION OF A CHEERLEADER

Cheerleader Certification

This process is handled by the Florida Elite Certification Committee. The Director of Certification will communicate with the organization's president of leagues certification date. Prior to certification date all requested documentation must be uploaded into Florida Elite's database. The certification committee will review documentation to ensure they meet Florida Elite's requirements. Required documents are listed below:

- Current Photo
- Proof of Age
- Parent Consent / Medical Release
- Infectious Disease Waiver
- Current Year's Physical

The certification process consists of the cheerleader being present and all of the above documents being approved by Florida Elite's certification team.

***Note: Proof of age is original documents for first year participants in Florida Elite.**

Individuals that have not completed all portions of the certification process are prohibited to participate in ANY Florida Elite cheerleading activities, until certification process is complete. **NO EXCEPTIONS.**

Cheerleader Classification

A cheerleader is classified in by her age at the league cutoff date. This will determine what level a cheerleader will participate. Cheerleader classification will be determined at certification. Once a cheerleader's classification is determined, they will be rostered on the appropriate team. Once rostered, a cheerleader will remain on the rostered team for the entire season.

During the regular season & playoffs, cheerleaders can support all organizations football teams. However, they will only check-in during dedicated team check-in process. A cheerleader **MUST** participate with the age division they are rostered.

There is **NO MINIMUM** or **MAXIMUM** number of cheerleaders that can be certified at any level. (Refer to the cheer competition rules within this document, as it relates to Florida Elite cheer competition)

REMOVAL OF CHEERLEADER

REMOVAL OF A CHEERLEADER

Will only occur for the following reasons:

- A participant is found to have registered, due to pressure from parent or guardian
- A participant tells league staff he/she does not really want to cheer
- A participant cannot produce the required documents to be certified
- A participant is disruptive to other participants, defiant to staff and becomes a problem for staff & a distraction to other participants
- A participant attempts to intimidate fellow participants by word and/or physical act
- A participant which is on a high school cheer squad
- A participant who indulges in negativity on social media (cursing, fighting, and/or any disrespectful actions via social media, that go against the vision of Florida Elite)

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

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

- Excessive team or individual conditioning drills
- Disciplinary actions or assigning individual players' laps
- Intentionally placing player in intimidating situations for the purpose of encouraging weaker player to quit

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

CHEER UNIFORMS

FEMALE CHEERLEADER

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

MALE CHEERLEADER

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

MIDRIFTS AND/OR SHEER/NUDE COLOR UNIFORMS ARE PROHIBITED. ALL PARTICIPANTS SHOULD HAVE PROPER COVERAGE NOT EXPOSING THE BELLY, TUMMY, OR MIDRIFTS AREAS. SHEER OR NUDE PANELS MAY BE USED ON SMALL AREAS OF THE UNIFORM SUCH AS THE SHOULDERS OR ARMS WHILE NOT EXPOSING ANY INAPPROPRIATE AREAS THAT SHOULD BE PROPERLY COVERED.

PRACTICES

Practices should consist of a few elements (but not limited to): warm-up, stretching, verbal instructions, conditioning and drills, to prepare participants to be able to perform at a high level. Practice is where certified coaches are giving verbal instructions, providing hands on technical training and proper technical guidance. Practices should be organized in such a way all cheerleaders are brought along at a comfortable pace. Coaches are expected to instruct, encourage and support all cheerleaders individually and collectively.

Participants should: wear athletic attire, wear a good supportive athletic shoe and have hair pinned up, in such a manner where hair is out of face and off shoulders. Absolutely, **NO JEWELRY ALLOWED!!**

Pre-season practices can be daily, but must not exceed 10 hours per week, and two and a half (2.5) hours in duration per day. Regular season practices may not exceed a maximum of eight (8) hours per week, with a maximum of two and a half (2.5) hours per day.

All cheerleaders, regardless of when they join the team, must have at least one week of conditioning (at least 10 hours) before they can engage in regular practice sessions. This requirement must be met even if a cheerleader joins the team after the start of the regular season schedule. Conditioning is defined as basic warm-up exercises; conditioning for jumps & tumbling; arm motion drills; and basic stunting at prep level; learning of cheers or chants.

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

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

GAME PROCEDURES

CHECK-IN

Digital book checks are to be done prior to the beginning of all contests and should be done in the back of end zone within 5 minutes of game to begin. If a cheerleader is late to a contest, they can check-in prior to halftime performance. THERE SHALL BE NO late check-ins after the second half of play has begun.

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

Note: Both teams are required to perform the Florida Elite Unity cheer together as one unit.

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

7. ABSOLUTELY NO BATTLING-BATTLING is PROHIBITED!!!

Note: If a team performs battle cheers, there will be a fine implemented of \$250 and a 1 game suspension of the head coach and cheer coordinator.

8. All teams MUST shake hands after each game to demonstrate good sportsmanship. ANY negative comments, poor sportsmanship, taunting or misbehaving will not be tolerated from any cheerleader, coaches or staff. Any action/behavior deemed unethical by Florida Elite standards will result in disciplinary actions
 - a. If occurred, the following disciplinary actions will take place:
 - Verbal
 - Written
 - Suspension
 - Badge Removal/season removal

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

Note: Any improper conduct by a cheerleader, coach, or staff at a game site shall be grounds for suspension by the Florida Elite Executive Board. Florida Elite Compliance Director will present the case with discipline recommendations.

9. Appropriate fluids and fruit are permitted on the sideline during the games. Only the proper coolers, with cooler tags are allowed on the sideline.
10. All cheerleading squads are required to participate in all FLORIDA ELITE games. Any squad that fails to attend a scheduled game will result in an automatic forfeit fee fine of \$250.00 per squad.

All cheerleading squads that have a football team participating in playoffs MUST also participate in FLORIDA ELITE playoffs, any squad that fails to attend a playoff game will result in a forfeit fee fine of \$250.00 per squad (including super bowl).

GENERAL CHEER SAFETY GUIDELINES

1. When stunting or teaching a new skill appropriate spotting should be used until all performers demonstrate mastery of the skill.
2. Basket tosses, elevator tosses, and similar multi-base tosses are prohibited on surfaces other than a mat, grass, and/or rubberized track.
3. No jewelry (except medical/religious – taped down)
4. Jewels/rhinestones may not be adhered to the participant's body, however jewels/rhinestones on face are permitted.
5. No gum or candy will be allowed
6. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
7. Closed-toe athletic shoes are required for all participants
8. Tattoos, face paint are permitted for cheer teams.
9. All team members shall wear their hair pulled back and away from the face.
10. Hair ribbons/bows must also be pulled back and away from the face.
11. Hair beads are not permitted for participants. The beads may interfere with the safety of other team members while performing in practice, games and competitions.
12. Eyeglasses MUST be secured by a sport band while performing to ensure safety
 - a. (i.e., Eyeglasses shall be secured to the head and under the hair with a sport band)

Note: Eye glass bands must not be knotted or have beads on the band.

13. All cheerleaders need to receive proper training before attempting any form of cheerleading, jumping, stunting, and/or gymnastic techniques.
14. A structured/comprehensive stretching and strength building routine should be established to ensure the safety of the cheerleaders. Stretching exercises should be done before and after practice sessions, games, and other activities.
15. All cheerleaders need to be properly hydrated prior to participating in any activities
16. Coaches should always pay close attention to all cheerleaders to see if there are any signs of dehydration and/or concussion
17. No personnel staff or athletes shouldn't be under the influence of alcohol, narcotics, performance enhancing substances, or over the counter medications while participating in any practices, games, or any performances that would hinder the ability to supervise or execute a routine safely.

ENFORCEMENT POLICY

MINIMUM MANDATED PENALTIES

Minimums are established to assure that the punishment for listed offenses will occur in a uniform fashion. More severe penalties may be levied where circumstances warrant or for repeated offenses.

ADULT OFFENSES

1. **EJECTION FROM GAME:** Automatic one-week suspension from practice, including the following game.

2. **ENDANGERMENT OF JUVENILES:** Up to a 1-year Suspension AND \$500 FINE. (League fine DUE WITHIN 4 DAYS)
3. **FIGHTING:** Up to a 1-year suspension AND \$500 FINE. (League fine DUE WITHIN 4 DAYS)
4. **CHEATING:** Up to a 1-year suspension AND \$1000 FINE. (League fine is DUE WITHIN 4 DAYS)
5. **THREATS:** Up to a 1-year suspension.
6. **LACK OF COOPERATION/OBSTRUCTION:** Suspension until compliance is achieved AND \$500 FINE. (League fine DUE WITHIN 4 DAYS)
7. **FALSIFICATION OF OFFICIAL DOCUMENTATION:** Up to a 1-year suspension. This would include, but not be limited to parental consent, medical examination, proof of age, proof of scholastic eligibility, or background screening forms. HEAD COACH and ANY ASSOCIATED COACH TIED TO OFFENSE WILL RECEIVE SUSPENSION AND \$1000 FINE. (League fine is DUE WITHIN 4 DAYS)

Upon suspension of any penalty provided herein, an accused shall be placed on probation, among the general conditions of which shall be: (1) that the accused be and remain of good behavior and that he/she strictly abide by all rules and regulations of Florida Elite; and (2) that the accused prepare and submit to his League in writing his/her offenses.

JUVENILE OFFENSES

Fighting, intimidation, or disrespect for authority shall be cause for ejection from a game/competition. Any player/spirit participant ejected from any game/competition for cause shall be ineligible for participation in their next game/competition. A second ejection during the same season shall be cause for removal from the team for the balance of that season.

*Subject to Florida Elite Executive Board, organization and league officials.

Any participant charged with criminal activity may be removed to ensure the safety of other participants.

FLORIDA ELITE COMPETITION

Cheer squads of various skill levels and sizes will compete at the Florida Elite Cheer Competition. There are standardized rules & regulations under which every team must follow. The Florida Elite Football & Cheerleading requires that each organization to follow these standardized rules and regulations for consistency, fairness and safety. The Florida Elite Executive Board will be the governing body to ensure all rules and regulations are followed and enforced. Any organization failing to participate in the Florida Elite Cheer Competition will result in a fine of \$500 per team.

All cheerleaders are required to participate in a minimum of six (6) Florida Elite regular season games, to be eligible to participate in the cheer-competition. Any cheerleader who does not meet the minimum game requirements WILL NOT be able to participate in the cheer competition.

Competition Declarations

- 1) All squads with 3 or more cheerleaders are required to participate in cheer competition.
- 2) All cheerleaders are to compete at the level in which they were certified.
- 3) The Florida Elite rosters from League Magic will be used to determine the division in which cheer squads shall participate.
- 4) The rosters from League Magic will be used for cheer declaration, if any cheerleader has dropped during the season, it's the responsibility of the cheer coordinator to remove her from the system prior to deadline set by Florida Elite Executive Board.

Note: If a squad falls below 3 participants after submitting their declarations, the organization's cheer coordinator may submit a grievance form 2 weeks prior to submitting declarations, asking for the remaining cheerleaders to compete with the next level age team. These situations will be reviewed and approved by the Florida Elite Cheer Director and Florida Elite's Executive board.

*** For accuracy all team members MUST be present at check-in prior to Florida Elite Competition Committee.**

- 5) A maximum of 35 girls will be allowed on the mat at competition.

Note: If a certified roster EXCEEDS 35, the organization can have multiple groups in that particular division.

Example: If organization A has 40 girls rostered in a sophomore division. Organization A must compete with 2 squads in this division. The individual organization must inform the Florida Elite Executive Board of the teams' make-up, by deadline set by Florida Elite Executive Board.

Note: In the example above the two (2) teams are NOT REQUIRED to be equal in size, nor does one team have to have 35 individuals.

Division Sizes

Squads will compete in their designated divisions, based on the League Magic roster. Division sizes are predetermined by the ranges indicated below:

Divisions consist of:

- Small (3-11 Participates)
- Medium (12-15 Participates)
- Large (16 or more Participates)

****The Florida Elite Executive Board reserve the right to eliminate and/or change any of these divisions based on need.**

***All mascots will perform during cheer competition. Any organization with mascots can have a “mascot team” perform at the cheer competition.**

Competition Procedures

Cheer coordinators will come to designated location to receive organizations packages. Each team will receive a check-in time, which will be prior to warm-up mat session. During a teams' designated check-in, all cheerleaders MUST be present. ONLY rostered cheerleaders, rostered coaches and cheer coordinator will be allowed in teams practice mat session.

Participants that require a medical band, based on their medical release form in League Magic or necessary documentation and/or a visible injury, will be banded and verified at check-in.

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

Competition Schedule

- Coordinator check-in
- Sound check
- Opening Ceremony
 - Master of Ceremony /DJ
 - Star Spangle Banner
 - Introduction of “Special Guest”
 - Introduction of Judges
- Performances
 - Mascot cheer performances
 - Special group performances
- Judging
- Awards Ceremony

***Note: Competition performance order will be determined prior to competition.**

Judge Selection

Judges will be selected from a creditable company. The panel of judges will be of various ethnic backgrounds (this will be based on availability of the judges). All judges will be knowledgeable of Florida Elite Competition Rules. Each judge will be selected by Florida Elite Executive Board.

Note: All judges will be certified and well-diverse in cheerleading.

The judges shall sit in an elevated position (if possible) and arranged in such a way to allow privacy for scoring.

Rules Review/Scoring Overview

Judges will be supplied and requested to review the Florida Elite Cheerleading Rulebook PRIOR to cheer competition. Clarity of ANY rule will be given/communicated by Florida Elite Executive Board in writing. All judges scores are final and will be upheld by Florida Elite Executive Board.

Final scores are calculated in the following manner, total of all judges scores, less any deductions from time keeper/deductor. These final scores will determine the placement in every division and category.

The divisional grand champions are determined by the highest score in all divisions

Cheer & Dance Routine

Cheer and Dance routines are to be at the discretion of the coach. All dance routines must be an original creation. Obtaining ideas, stunts and/or moves and incorporating them into your own creation is allowed.

If you have any questions about your squad's routines, please ask the Director of Cheerleading for clarification and/or answers.

Interruption of Performance

Unforeseen Circumstances

If a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.

The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over. The degree and effect of the interruption will be determined by the competition officials.

Fault of the team

In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over.

Injury

The only persons that may stop a routine for injury are: a) competition officials, b) the program director/coach from the team performing or c) an injured individual.

The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. All point deductions accumulated to that point (if any) will carry over.

The injured participant that wishes to perform may not return to the competition floor unless: The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.

If the medical personnel do not clear the participant, the participant CANNOT return to the competition to perform.

Any athlete who exhibits signs or symptoms consistent with concussion must be removed from the activity at that time and should not be allowed to return. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

Casts/Braces/Glasses/Medical Equipment/Religious Observances

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

- Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.
- Glasses may be worn but must be secure. If they fall off, they must be quickly retrieved, a sport strap for all participants wearing eyeglasses is highly recommended. If glasses are not retrieved a penalty will be issued.
- Any participant requiring a medical device shall be allowed to participate as long as medical documentation allowing participation is available.
- Any participant requiring modification to any safety rule based on their religious practice will require written approval from the Florida Elite Competition Committee.

Competition Rules

1. A qualified coach should supervise all teams during all official functions.
 2. The routine is required to consist of cheers, jumps, stunts and dance. Team will perform a choreographed performance not to exceed: 2 minutes 30 seconds
 3. Time limits will be a minimum of two minutes (2:00) and a maximum of two minutes and thirty seconds (2:30). Must include a:
 - a. A minimum of thirty seconds (30) of dance
 - b. A minimum of thirty seconds (30) of cheer (Music **MUST** stop during the cheer portion of the routine)

NOTE: The thirty (30) second minimums DO NOT have to be consecutive.
 4. Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor.
 5. Timing will end with the last organized word, Note of music or movement by the team
 6. Coaches can **ONLY** delay the start of the routine to fix formations for the following divisions: Rookies & Freshman.
 7. **ONLY** Rookies and Freshmen coaches can step on the mat to assist with the set-up of props.
 8. **ONLY** registered participants of a team are allowed on the performance surface.
 9. All participants, except flyer must begin with at least one foot on the ground.
Note: Flyer may begin with either one foot in bases' hands.
 10. Performance of tumbling or stunting skills as a team exits the floor is PROHIBITED.
 11. ANY tear away uniforms or removal of clothing is PROHIBITED.
 12. Items that may damage the performance surface are PROHIBITED.
 13. Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using ANY excessive vulgar or suggestive movements, words or music will be penalized accordingly or disqualified.
 14. Teams are responsible for bringing their music on a USB drive.
Note: A coach is required to be at the DJ's table, prior to the squad's performance time to provide and monitor their music.
- Note: If music is not in the proper form as requested, the team will not compete, resulting in a DISQUALIFICATION.**
15. Coaches **MUST** remain in the designated area for the entirety of the routine.
 16. Teams will be able to restart only if there is a major injury or malfunction of the music systems.
 17. Conduct from coaches and/or participants, which deemed to be unsportsmanlike, detrimental to another's performance or detrimental to Florida Elite Conference, will be disqualified and subject to disciplinary action. Such conduct by participants, before, during or after the event, may also subject their organization to disciplinary action and a fine assessed by Florida Elite.
 18. **Music Appropriateness:** Music or words unsuitable for family listening, which includes, but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body, and/or violent acts or behavior are other examples of inappropriate. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.

19. **Playing Music:** When your team is called 'on deck', a coach or adult affiliated with your organization must report to the sound station. Each team is required to have a representative remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. All teams must provide their own USB drive for use on the event provided sound system. Music must be recorded at the correct tempo on a USB drive. No cover may be on any USB drive, so that a jack may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. It is on the cheer coordinators/coach to ensure their device is readable by the DJ, prior to performance at morning soundcheck.

Poms and Props

20. Props are limited to banners, flags, megaphones, and signs/light up signs.
21. 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.
22. 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 regards to pom rules.
23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.

LEVEL 1 Skills

Tumbling

1. All skills MUST be performed with constant physical contact with the performance surface, at all times.
2. No tumbling is allowed in immediate combination after a roundoff or a roundoff rebound.
3. Allowed tumbling moves are:
 - a. Forward rolls
 - b. Backward rolls
 - c. Cartwheels
 - d. Block cartwheels
 - e. Roundoffs
 - f. Backbends
 - g. Backbend walkovers
 - h. Handstands

Note: Dive rolls, back handsprings and front handsprings are NOT ALLOWED

Stunts General Knowledge

4. At least one base MUST remain in contact with the top person at all times.
5. Single based stunts with multiple top persons are NOT allowed.
6. No stunt(s) may move over or under another separate stunt(s).
7. A top person may NOT pass over or under the torso/head of another top person regardless if the stunt is separate or not.
8. Leap frogs and/or leap frog variations are **NOT ALLOWED**.

Stunts

9. Allowed stunts are:
 - a. Waist level single leg stunts
 - b. Prep level single leg stunts
 - i. If the top person is connected to someone standing on the performance surface, which MUST be a separate person other than the base(s) or spotter
or
 - ii. The connection is hand/arm to hand/arm and made prior to initiating the single leg prep level stunt.
 - c. Walk-up shoulder stands

Note: Stunts above prep level are not allowed, EXCEPT two legged stunts may immediately pass through an extended position.

Stunts twisting

10. Rebounding to a prone position (½ twist to stomach) in a stunt is allowed
11. ½ wrap around stunts are allowed
12. Up to a ½ twist is allowed, if the top person starts and ends on performance surface and is only supported at the waist

Pyramids General knowledge

13. Required brace/connection(s) MUST remain the same and stay connected throughout the entire transition.
14. No pyramid(s) may move over or under another separate pyramid(s) or individual(s).

15. A top person may NOT pass over or under the torso/head of another top person regardless if the pyramid is separate or not.

Pyramids

16. Two leg extended stunts
- Must be braced to a top person at prep level or below with hand-arm connection
 - Prep level top persons bracers MUST be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands
 - May not be connected to other extended stunts
17. Prep level single leg stunts
- Must be braced by at least one person at prep level or below with hand-arm connection
 - Prep level bracers MUST be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands
- Note: Extended single leg stunts are NOT allowed.**

Pyramids release moves & dismounts

18. Anytime a top person is released by the bases, the top person MUST land in a cradle or dismount to the performing surface and follow dismount rules.
19. No dismounts are allowed from skills above prep level in pyramids
20. Dismounts to cradles
- Only basic straight cradles
 - Dismounts to the performance surface
 - Straight pop downs

Tosses General knowledge

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 of bases, bracers and/or other top persons.

Tosses

21. Straight ride basket tosses ONLY
- NOTE: Tosses are NOT allowed on the rookie level.**

Releases

22. Allowed releases:
- Straight cradles
 - Bump downs (At prep level)
 - T-drops

Inversions

23. Inversions are allowed as an entry to a transition into an upright load-in position or an extended level or below stunt provided:
- The inversion occurs at ground level
 - The inverted participant is in contact with the performance surface
 - Bases/spotter maintains contact with the flyer throughout the inversion.
24. All other conversions are prohibited
25. Bases MUST stay connected with top girl for all inversions
- Note: Inversions with a toss are prohibited**

Jumps

26. Participants are permitted to jump over, with or without contact with, another participant on the performance surface.
27. Assisted Toe Touches are allowed provided the supporting base controls the jump and maintains contact from start to finish.

Note: 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 are (but not limited to): Drops or Shushunovas directly to the positions listed above.

Level 2+ Skills

Tumbling

1. Skills are performed without constant physical contact with the performance surface.
2. Skills can be performed in immediate combination after a roundoff or a roundoff rebound.
3. Allowed tumbling moves are (but not limited to):
 - a. Dive rolls
 - b. Front handsprings
 - c. Standing back handsprings
 - d. Jump back handsprings
 - e. Roundoff back handsprings
 - f. Front walkover back handsprings
 - g. Standing and running tucks

Stunts General Knowledge

28. During transitions, at least one base MUST remain in contact with the top person
29. No stunt(s) may move over or under another separate stunt(s) or individual(s).
30. A top person may NOT pass over or under the torso/head of another top person regardless if the stunt is separate or not.
Note: Single base stunts with multiple top persons are NOT allowed.

Stunts

4. Allowed stunts are (but not limited to):
 - a. Single leg stunts above prep level
 - b. Switch ups to liberty
 - c. Switch ups to heel stretch
 - d. High to high stunts
 - e. Low to high stunts

Stunts twisting

5. Up to a full twist
 - a. A single full twist log/barrel roll is allowed but MUST:
 - i. Start and end in a cradle position
 - ii. Be assisted by base
 - iii. Not assisted by another top person
 - iv. Not include any other skill than the twist
6. Baja's

7. Modified full ups (360)

NOTE: You are allowed to do a modified 360 to a single leg stunt

Pyramids

8. Extended single-leg stunts MUST:
 - a. Be braced to a top person at prep level or below with hand-arm connection
 - b. Hand prep level top person bracers in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands

Pyramids twisting

9. Twisting TO extended is allowed up to 1 twist
10. MUST be connected to a bracer at prep level or below and a base.
11. The connection to the bracer MUST be hand/arm to hand/arm.

Pyramids release moves & dismounts

12. Anytime a top person is released by the bases, the top person MUST land in a cradle or dismount to the performance surface and follow dismount rules.
 13. Connected to one bracer at prep level or below
 14. Up to 1 full twist if:
 - a. Connected to two bracers at prep level or below with arm/arm connections.
 15. Non-twisting/non-Inverted release moves if:
 - a. Connected to two different bracers at prep level or below
 - b. Connected to one bracer by hand/arm-to-hand/arm
 - c. Connected to a second bracer by hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (i.e., below knee)
 16. Braced on two separate sides (i.e., right side-left side, left side-back side, etc.)by two different bracers
 17. Braced on 2 of the 4 sides of the top person (front, back, left, right)
 18. Contact MUST be maintained with the same bracer(s) until contact is made with a base on the performing surface
- Note: This DOES NOT include uniform or hair.**
19. These release transitions may NOT involve changing bases.
 20. These transitions MUST be caught by 2 catchers (minimum of one catcher and one spotter):
 - a. Both catchers MUST be stationary
 - b. Both catchers MUST maintain visual contact with the top person throughout the entire transition
 - c. Release moves may NOT be braced/connected to top persons above prep level.
 - d. Pyramid transitions may NOT involve inversions while released from the bases.
 21. Dismounts to the performance surface
 - a. Only straight pop downs from single leg stunts
 - b. Only straight pop downs from any prep level or higher two-leg stunts
 - c. Up to one trick allowed from any waist level two-leg stunts
 22. Dismounts to cradles:
 - a. Up to 1 ¼ twists are allowed from any two-leg stunts
 - b. Only basic straight cradles and full twist cradles are allowed from any single leg stunt.
 - c. When cradling single based stunts with multiple to persons:
 - i. 2 catchers MUST catch each person
 - ii. Catchers and bases MUST be stationary prior to the initiation of the dismount

Inversions

23. Transitions from ground level inversions to non-inverted positions are ONLY inversions allowed

24. Inverted athletes MUST maintain contact with the performance surface, unless top person is being lifted directly to non-inverted position.
25. A top person may pass through an inverted position if:
 - a. Top person remains in contact with a bases(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level.
 - b. The base 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.
 - c. The connection to the bracer MUST remain the same and stay connected throughout the entire transition.

Jumps

26. Participants are permitted to jump over, with or without contact with, another participant on the performance surface.
27. Assisted Toe Touches are allowed provided the supporting base controls the jump and maintains contact from start to finish.

Note: 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 are (but not limited to): Drops or Shushunovas directly to the positions listed above.

Florida Elite rules may be updated at any point in the season due to prevent imminent safety hazards. Florida Elite 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.

EXAMPLE SCORESHEETS

JUDGE 1

TUMBLING/DANCE/JUMPS

TUMBLING (TECHNIQUE / VARIETY) _____/10

TRANSITIONS _____/5

DANCE _____/5

JUMPS (EXECUTION, TECHNIQUE, FORM) _____/5

***Note: To maximize a squad MUST perform a minimum of 3 squad jumps, throughout the routine. These jumps DO NOT have to be consecutive.**

JUMPS TYPE (CONNECTIONS/COMBOS + VARIETY) _____/5

OVERALL IMPRESSION _____/5

TOTAL SCORE _____/35

JUDGE 2
STUNTS & MUSIC BUILDING

STUNTS:

EXECUTION / TECHNIQUE _____/10

DIFFICULTY _____/5

VARIETY OF STUNTS AND STUNT TRANSITIONS _____/5

PYRAMIDS:

EXECUTION / TECHNIQUE OF INCORPORATIONS _____/10

DIFFICULTY _____/5

TOTAL SCORE _____/35

JUDGE 3

SIDELINE CHEER

CROWD EFFECTIVE MATERIAL _____/10

PROPER USE OF SKILLS TO EFFECTIVELY LEAD CROWD _____/5

EXECUTION & TECHNIQUE _____/10

OVERALL CHEER IMPRESSION (FLOW / ENERGY) _____/5

TOTAL SCORE _____/30

EXAMPLE OF DEDUCTION SHEET

JUDGE 4

TIME & BOUNDARY

TIME OF ROUTINE _____/2:30

DEDUCTIONS:

ROUTINE LESS THAN 2:00 _____/-2 POINTS

TIME OVERAGE:

UP TP 7 SECONDS VIOLATION _____/-1 POINT

8-10 SECONDS VIOLATION _____/-2 POINTS

11+ SECONDS VIOLATION _____/-3 POINTS

BOUNDARY

BOUNDARY DEDUCTIONS:

0.5 PER OCCURRENCE _____X-.5=_____

TOTAL DEDUCTIONS _____



"THE FUTURE IS NOW!!!"

SCORING CRITERIA

The following suggested criteria are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition. Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore, a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

SCORING CRITERIA-MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION

STUNTS DIFFICULTY:

Body positions displayed
Minimal use of bases (use of front spots)
Degree of difficulty
Creativity and variety
Pace of skills

STUNTS EXECUTION/TECHNIQUE:

Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique

DISMOUNTS DIFFICULTY:

Minimal use of bases
Degree of difficulty of dismounts
Creativity & variety

DISMOUNTS EXECUTION/TECHNIQUE:

Pointed toes by flyer at landing
Legs together and uncrossed on landings
Sharpness of landing (how tight are bases catching and set out)
Execution of cradle
Completion of rotation
Height of dismounts
Perfection

PYRAMIDS DIFFICULTY:

Body positions and control
Minimal use of bases
Degree of difficulty Level of execution
Creativity & variety

Transitions speed and variety
Height of pyramid skills executed
Combination of skills

PYRAMIDS EXECUTION/TECHNIQUE:

Body positions and control
Height of pyramid skills executed
Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique
Base and spotter technique
Top person technique
Perfection

STANDING/RUNNING TUMBLING DIFFICULTY:

Combinations of skill creativity & variety
Synchronization
Pace and speed of skills
Approach
Landings (clean with feet together)
Degree of difficulty of skills performed

STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:

Form
Height of execution
Landings
Pace and speed of skills
Perfection

JUMPS EXECUTION/TECHNIQUE:

Landings
Arm movements
Pointed toes
Level of jumps
Technique, timing, landing
Synchronization

TOSS EXECUTION/TECHNIQUE:

Height of toss
Movement of bases or flyer
Execution of tricks while airborne
Completion of rotations or skills
Perfection & Synchronization

OUTSIDE COMPETITION

Cheer teams may participate in outside cheer competitions in the traditional and spring cheer season. Cheer teams shall register in outside competitions in the age divisions comparable to Florida Elite. It is the First Priority of Florida Elite cheer teams to support and participate in Florida Elite Cheer Competition. If a scheduled "outside" competition conflicts with a Florida Elite sanction event, the team will be expected to participate in the Florida Elite's sanctioned event. Associations that don't comply may be subject to a fine and/or a suspension from the following year's Florida Elite's Cheer Competition.

Florida Elite Football & Cheer (FEFC) Social Media Policy

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

Members must refrain from any:

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

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

Violations of the Social Media Policy

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

CODE OF CONDUCT GUIDELINES

All Florida Elite volunteers and participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are violated, Florida Elite shall have the authority to impose a penalty including permanent removal from the program.

Members shall:

- Accept decisions of judges of competition as being fair and judged to the best ability of the judges.
- Strive to make cheerleading activity serve as a training ground for life, and a basis for good mental and physical health.
- Emphasize that winning is the result of good teamwork.
- Remove from a game or practice any participant when even slightly in doubt about his/her health, whether as a result of injury, until competent medical advice is available.
- Uphold all rules and regulations regarding Florida Elite Football and Cheerleading.
- Refrain from engaging in any action within or outside Florida Elite which reflects negatively upon, or causes embarrassment to the Florida Elite Brand.

Member shall NOT:

- Criticize an opposing team, its cheerleaders, coaches or fans by word of mouth or by gesture.
- Use abusive or profane language at any time.
- Receive any payment, in cash or kind, for services as a coach in Florida Elite football/cheerleading. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.
- Smoke and/or use smokeless tobacco on the field.
- Criticize cheerleaders in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.
- Recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician.
- Deliberately incite unsportsmanlike conduct.
- Permit an ineligible cheerleader to participate in a game.
- Possess or drink alcoholic beverages and/or use illegal substance on either the game or practice fields.



“THE FUTURE IS NOW!!!”

GENERAL CHEER KNOWLEDGE

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, roundoffs, 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. $\frac{3}{4}$ flips and $1\frac{1}{4}$ flips are prohibited unless an exemption is listed in the rules grid.
7. Tumbling skills may transition to a non-inverted position or load in for a stunt/stunt transition provided the tumbling flyer completes the tumbling skill (participant is no longer inverted and has at least one hand/foot in contact with the performance surface) prior to the bases grabbing the tumbling flyers foot/feet/legs (bases may not grab/touch any body part of the flyer to assist them during the tumbling skill execution before completion).
8. 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).
9. 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.
10. 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.
11. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
12. 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.
13. Release moves may not involve changing bases.
14. 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.
15. 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.
16. All downward inversions are ILLEGAL unless an exception is stated in rules grid. Examples: 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/loading= ILLEGAL.
17. All inversions require two bases, one spotter and one flyer. The spotter is responsible for protecting the head, neck and shoulder area of the flyer.
18. 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.
19. If a flyer is released from a single based stunt and lands in a horizontal, non-cradle position, 2 catcher/bases are required. If they land in an upright position (ex. Tic-toc) they require 1 catcher/base. If a flyer is released from a multi-based stunt and lands in a horizontal, non-cradle position, 3 catchers/bases are required. If they land in an upright position (ex. Tic-toc), they require 2 catchers/bases.
20. A separate person may move under a stunt, as long as they remain in a non-inverted position.

Tosses

21. All tosses must be performed only on a soft/matted surface.
22. 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.
23. Must never become inverted at any point during the toss.

Types of required spotters:

24. Must be in direct contact with the performance surface.

Continuous Back Spotter

25. Not required for Knee Stands, Thigh Stands, Shoulder Sits, and 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).
26. Extended V-Sits will follow the normal rules
27. A spotter is not required if a flyer is at prep level or below. A spotter is required if a flyer is passing through or stopping at extended level.
28. Required for all stunts prep level and above (exception: during the transitional group stunts, continuous back spotter may change rolls 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).
29. 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. Exception- spotter not required for Nugget stunts, where the flyers foot is not in hand of the bases.
30. Required for all release moves, tosses, and stunts at prep level and above, including Shoulder Stands (exceptions: Chair, Double Based T-lifts).
31. 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.
32. 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).
33. During ½ 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.
34. Must be positioned directly behind or to the side of the flyer when the flyer is facing the back spot 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).
35. Swedish Falls will follow the regular rules of spotting for group-based stunts.
36. Flat Back stunts require a spotter at the head/shoulders of the flyer.
37. One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.
38. Required for stunt transitions that start at waist level or above and in cradle position.
39. Inversions from ground level require a spotter at the head and shoulder area of the flyer.
40. 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 appropriate skills. Ex. Leap Frog).

Spotter for Single Based Stunts

41. 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).
42. May not change roles between being a base and a continuous spotter.
43. 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.
44. 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).
45. Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

Bases

46. Must be in direct contact with the performance surface.
47. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
48. Two required (4 max including 1 in the front) for a multi-based group stunt and/or toss.
49. 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.
50. Two required (must remain stationary) plus one back spotter during the transitioning from a prep level OR ABOVE stunt to a Flatback, Fallback, Swedish Falls or Fireman Catch that end at prep or extended level. An additional spotter at the head of the flyer is recommended but not required.
51. 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).
52. Two bases required in all Split Stunts.
53. If a base is supporting a flyer at prep levels and kneels or squats, the flyer will still be considered to be at prep level. If the base is supporting a flyer in an extended position and kneels or squats, the flyer will still be considered to be at extended level.

Flyer

54. Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the performance surface.
55. 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.
56. 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. See exceptions on rules grid.

57. May perform Pendulum transitions provided they start from prep level or below and return to an upright stunt/load-in/ground position.
58. Must never be released to the prone position (face-down/stomach) unless the flyer is being braced between two stunts (exceptions: flyers may land in the prone position when transitioning to a Flat Back/Swedish Falls, during a Pendulum).
59. 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).
60. May not brace any other flyer during simultaneous Superman transitions.
61. May not cradle from any stunt in which the base(s) have a knee on the ground.
62. A flyer may NOT be in contact with a person who is in an inverted position in a back bend.
63. When a flyer is lifted off of the performance surface by another athlete to an elevated position and the skill is performed ground level to ground level, this skill will not be considered a stunt therefore exempt from any twisting limitations.



“THE FUTURE IS NOW!!!”

CHEER GLOSSARY

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

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

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

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

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

Back Dismount: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Ball Up: A release move of the flyer from the performance surface, bringing knees to chest and landing in an upright, standing position.

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

Back Spot: Person in stunt responsible for the head/neck/shoulder area of the flyer. Usually positioned directly behind the stunt, but can be on the side as well. This position/responsibility may change from person to person during creative stunt transitions. Required for all cradle dismounts.

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

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

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

Barrel Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted Barrel Roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition

Base: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds lifts or tosses a top person into a stunt. (New bases – bases previously not in direct contact with the top person of a stunts)

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

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

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

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

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

Bobble: An error during a technical skill. Obvious missed skills hand(s) down on a tumbling skill/shaky stunts/pyramids/basket, incomplete or obvious errors in regards to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motions and dance execution.

Bow N' Arrow: A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the torso. The flyer's working leg is kept straight while reaching their free arm to a Half-T motion through the space between their working leg and gripping arm, making the shape of a bow and arrow.

Building: See stunt

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/retake position in order to return the flyer to the performance surface.

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

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

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

Catcher: One of the person(s) responsible for the safe landing of a top person during stunt entry, transition and/or dismount. Catchers do not have to make contact with the flyer, but must be in a position to minimize risk should the flyer fall.

Chair: Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

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

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

Cupie: A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight. Also referred as an Awesome.

Dead man lift: A type of flat back (see below). When the arms of the bases are extended, a dead man lift requires two bases and an additional spotter.

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

Dismount: A stunt skill, originated by the spotter/bases as the final part of a stunt/stunt transition. A skill in which the flyer is released to a cradle, released and assisted to the performance surface, or transitioned to a sponge/retake position in order to return the flyer to the performance surface. Examples of dismounts: step off front back, shove wrap, bump down, and cradle.

Dive Roll: A forward roll where your feet leave the ground before your hands reach the ground. double based: In reference to a stunt/stunt transition or dismount in which two bases are supporting the flyer.

Double-Leg Stunt: See "Stunt".

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

Downward Motion: The movement of one's center of gravity towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop. These are all prohibited.

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

Eighteen Inches Above Extended Arm Level: Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer. If the flyer is in a vertical position the lowest position of the flyer is the feet with the legs fully extended. If the flyer is in a horizontal position, the lowest position is the lowest visible position of the flyer.

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

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

Extended Position: A top person supported by a base(s) with fully extended arms. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

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

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

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

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

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

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

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

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

Flyer: See "Top Person".

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

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

Front Flip: A complete rotation with the body extended and hands are not used.

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

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

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

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

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

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

Group Base Stunts: A stunt using multiple bases for support.

Half: See "Extension Prep".

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

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

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

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

Helicopter Toss: A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases. These are prohibited.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mount: See "Stunt".

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

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

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

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

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

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

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

Partner: See "Top Person".

Pike: Body bent forward at the hips while the legs are kept straight.

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

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

Prep: See "Extension Prep".

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

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

Prone Position: A face down, flat body position.

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

Punch: See "Rebound".

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

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

Released Pyramid Transition: A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

Release Stunt: A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

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

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

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

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

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

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

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

Scrunch Toss: See "Sponge Toss".

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

Second Level Leap Frog: See "Leap Frog". These are prohibited.

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

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

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

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

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

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

Single-Leg Stunt: See "Stunt".

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

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

Spotted Tumbling: See "Assisted Tumbling".

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

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

Squishy (Toss): See "Sponge Toss".

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

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

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

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

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

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

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

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

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

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

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

Tic-Tock: A stunt that is held in a static position on one leg, base(s) take a downward dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass-through prep level before release.

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

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

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

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

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss) Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

Transitional Pyramid: A top person moving from one stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person. These are prohibited.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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