

ATLANTIC COAST YOUTH ATHLETIC ASSOCIATION 2022 CHEERLEADING RULES, REGULATIONS AND COMPETITION PROCEDURES

<u>Divisions</u>	<u>Flag 6U</u>	<u>Rookie 8U</u>	<u>Pee Wee 10U</u>	<u>Juniors 12U</u>	<u>Seniors 14U</u>
League Age	4, 5 and 6	7, 8	9, 10	11, 12	13, 14
Must stay	4, 5	7	9	11	N/A
May Move 1 Level	6	8	10	12	N/A
Minimum Age	4	6	8	10	12

1) Divisions and Ages

- a) Cheerleading divisions follow along with AAU Football Age divisions and are broken into Five (5) Age based divisions. Ages are determined by the players' age as of August 1st of the current Season.
- b) Players may only move up one (1) league age level. *Examples: If a league age seven (7) (8U) wanted to move to the 10U they may not as the one (1) league age level would be league age 8. A League age eight (8) that wants to move up to the 10U division is allowed as they would be a league age nine (9). However, the player could possibly be at that level for 3 seasons.*
- c) Minimum Squad size is 5, maximum team size is recommended to 30.
- d) No two (2) level cheer ups will be allowed.
- e) Cheer Downs, squads of 4 or less, medical, or other extenuating reasons must be brought to the Director of cheer for approval. Only 4 cheer downs per team MAX.
- f) Tryouts are not permitted.
- g) No team is allowed to move cheerleaders based upon skill.

2) Coaches and Team Support

- a) Six coaches and team support max. *Example: One head coach and 5 assistants or 4 assistants and a team parent.*
- b) Head coach must be 18 years of age or older prior to the start of the season. It is recommended they are 21 years of age or older.
- c) Assistant Coaches must be 18 years of age or older.
- d) Junior Coaches are ages 15-17.
 - i) Must complete ACYAA Youth Volunteer Application Annually as well as AAU Membership.
- e) Must complete annual ACYAA Coaches application, Heads up Certification, AAU Membership as well as AAU Positive Coaching Alliance course.
- f) All Coaches and Team support must be background checked and wear ACYAA issued badge to be on the field with any cheerleaders. Member league boards are responsible for background checks.

3) General Rules

- a) Uniforms must be modest with no mid drifts showing when hands are by your sides.
- b) Briefs/Bloomers/Spanx are to be always worn.
- c) Skirts must be appropriate length above the knee.
- d) No practice can take place without a Head Coach or Assistant Coach present. Team Parent and Jr. Coaches may not stand in as substitutes.
- e) Water breaks are mandatory during practices and games.
- f) No gum or candy while cheering.

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- g) No jewelry, earring, belly rings, etc.
- h) No long or fake fingernails.

4) Practice

- a) All practices must be allowed at your home field or leagues practice location. No Gyms.
- b) All practices must be outdoors on turf surface.
- c) Athletes must practice and perform on an appropriate surface. Technical skills (Stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
- d) Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill level with regards to proper performance difficulty.
- e) A cheerleading squad may NOT seek outside help (paid or unpaid) when choreographing their routine for the regular season or ACYAA Competition. Routine should be choreographed by Coaches and Team Support.
- f) All member league teams may seek paid or unpaid help for stunting purposes ONLY until September 1st at their home field.
- g) Mandatory practices may not start until after July 4th. Clinics, camps, and other gatherings that are not mandatory are permitted.
- h) Any function prior to July 4th must be voluntary.
- i) Off season cheer clinics can be conducted provided all participants are AAU members
- j) Practices may not exceed two hours (2) per day, total of eight (8) hours per week. Including Competition practice.
- k) Six (6) hours of conditioning is required prior to stunting.

5) Rosters and Check in

- a) Check-in location will be set for each field.
- b) Home field collects rosters.
- c) Official verified game day roster, laminated roster card on a loose-leaf binder ring and a copy of their birth certificate will be present for each check-in. Subject to the implementation of League Magic.
- d) Official game day roster and player cards for athletes that are no longer participating must be kept with the original verified rosters and player cards. DO NOT REMOVE.
- e) Check-in will be 30 minutes prior to the applicable game time. If a cheerleader is not present for check in their card will be punched. If they show up they are allowed to cheer.
 - i) Cheerleaders are only allowed to miss four (4) games. The fifth (5th) punch will make the cheerleader ineligible to participate at competition.
- f) Coaches and Team support must check-in with their Coaching Badge. If they forgot their badge, they will not be allowed on the field for that game.
- g) Entire team must match. Game uniforms or Spirit Uniforms and must be wearing an appropriate cheer shoe. If they are not in proper uniform or have an appropriate cheer shoe, they will be punched as a missed game.
- h) Squads that are late for check-in will have the entire teams' cards punched as a missed game. The cheerleaders may cheer. The squad will be placed on probation after being warned in writing (email or letter) by the ACYAA Director of Cheer or President. The coaches and/or league

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may be disqualified from participating at competition after the initial warning.

- i) Failure to have a certified roster and player cards for cheerleaders will result in a \$100.00 fine. And all cards will be punched. If a team is missing their roster, a notification is to be made to the Director of Cheerleading.
- j) All cheerleaders must be verified to cheer at the ACYAA competition and must not miss more than four (4) regular season games. If a cheerleader has missed more than four games and has a medical excuse, a Request for Review can be submitted by the Member League's Cheer Coordinator to the ACYAA Director of Cheerleading with the medical excuse.
- k) After check in, during inclement weather the decision to continue the game will be based upon member league presidents. However, for cheerleaders the President and Cheer coordinators of participating leagues must agree to release the cheerleaders if the game continues. The ACYAA Director of Cheer must be emailed if this happens.
- l) A Hello cheer is mandatory for each game at half time for all divisions. Visiting team will perform first. It must be a genuine Hello cheer.
- m) Cheerleaders will take a break after their Hello cheer. 50% of the team must be back on the field prior to 3 minutes remaining in the third (3rd) quarter. All cheerleaders must be on the field prior to the start of the fourth (4th) quarter. It is the responsibility of the coach to keep track of time.
 - i) Any squad found in violation of this rules will receive the following fines:
 - (1) First offense – Written warning
 - (2) Second offense - \$50.00 fine
 - (3) Third Offense or more - \$50.00 fine and probation of coach.
- n) Teams will cheer diagonally from each other at games. (Hello cheer is the exception) The home team will decide area for the day.
- o) All squads that were verified as a team at roster verification must check in for every game throughout the ACYAA Season. Card punches will not occur for Jamborees, Playoff or Super Bowl.
 - i) Minimum of 50% of the team must be present for all games.
 - ii) Any team that is found in violation will be assessed a \$100.00 fine.
- p) Cheerleaders will follow the football players at the conclusion of the game across the field to say, "good game" and show good sportsmanship. Unsportsmanlike conduct of players or team will result in ineligibility for competition.

6) Appearance and Choreography

- a) Jewelry of any kind is **prohibited**. Including but not limited to ear, nose, tongue, belly or facial rings, necklaces, bracelets, anklets etc. All jewelry must be removed, cannot be taped over, or covered up. Medical ID tags or bracelets are allowed.
- b) Rhinestones adhered to the skin is illegal. Adhered to clothing or bows is allowed.
- c) Makeup should be uniform and appropriate for both the performance and age of the cheerleader.
- d) Hair pins are prohibited. Flat alligator clips and bobbie pins are allowed.
- e) Hair must not interfere with the participants' ability to stunt safely. Hair must be secured away from the face as to not obstruct vision.
- f) All facets of a performance/routine, including choreography and music selection should be

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appropriate and suitable for family viewing and listening. If you are unsure ASK!!!

- i) Examples of inappropriate choreography. Hip thrusts, twerking, gestures, sticking tongue out, hand/arm movements, signals, slapping positioning of body parts or positioning to one another. Music or words unsuitable for family listening, which includes but not limited to swear words or connotations of any sexual act or behavior, drugs, explicit mentions of body parts, and/or violent acts or behavior will be an automatic disqualification from ACYAA Competition.
- ii) The coach is responsible for ensuring they do not place their team in an unfortunate situation.
- g) Glitter is allowed in moderation at the discretion of each member league.
- h) Game Day uniforms will be worn during the regular season games as of the game after Labor Day. Unless there are circumstances that occur that do not permit this. Notify the Director of Cheer no later than 72 hours prior to scheduled game.
- i) Month of September is Childhood cancer awareness. Gold accessories are allowed. Hair bows, socks, etc.
- j) Month of October Pink accessories are allowed. Hair bows, socks etc.

COMPETITION RULES AND PROCEDURES

1. Scheduling

- a. The ACYAA cheerleading competition will be hosted and coordinated by the ACYAA Board and ACYAA Director of Cheer.

2. Dues and Fees

- a. Squad fees: ACYAA - \$100.00, Outside AAU affiliated squads - \$250.00 to fund the purchase of trophies and are to be divided equally between each member organization participating in competition. All fees to be paid to the ACYAA Treasurer.
- b. All additional ACYAA related fees such as T-shirt orders, pre-ordered admission, shout-outs, and any other fees associated with competition will be paid by the member league and one (1) league check will be paid to the ACYAA Treasurer.

3. Trophies and Placement

- a. Participation medals will be provided to all participants.
- b. Placement will be First, Second and Third.
 - i. Teams that place will receive a trophy for their respective placement
 - ii. First place teams will receive a \$125.00 check.
- c. One team that has the highest overall score for the day will be awarded Grand Champion and be presented a trophy or other item that is voted on. No money will be awarded.

4. Judges

- a. Priority will be given to finding judges from outside of Brevard County. All resources will be used to find out of County judges, ten (10) weeks prior to comp.
- b. Judges will be provided copies of our rules and score sheet when an agreement to judge

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- has been signed.
- c. ACYAA President and ACYAA Director of Cheerleading will be the only ones to have contact with the judges. If a President, Coordinator, Coach, Participant or Parent contacts a judge regarding the performance of their team or league it will be an automatic disqualification of the team in question.
 - d. ACYAA may provide a judge liaison to assist. This person shall be a non-biased volunteer and have no child in the ACYAA Cheerleading competition.
 - e. There will be a Maximum of eight (8) Judges, two (2) of which will strictly be infraction judges.
 - f. Judging Categories:
 - Cheers ● Chants ● Stunts ● Pyramids ● Dance ● Transitions ● Spirit
 - Overall routine creativity ●

5. Requirements

- a. Verified game roster for each competing squad, showing no more than four (4) regular season games missed will be turned into the ACYAA Director of Cheer. Date TBD
- b. Extenuating circumstances shall be brought to the attention of the ACYAA Director of Cheerleading as soon as possible. If necessary, a vote will be taken by the member league cheerleading directors. Majority vote.
- c. Age requirements follow the regular season guidelines.
- d. ACYAA stunting rules for the season shall be followed for all cheerleading activities.
- e. Two (2) non-cheering spotter will be allowed or can be provided for squads of five (5).
 - i. A team requiring non-cheering spotters must notify their cheerleading coordinator, who then notified the ACYAA Director of Cheer one (1) week prior to competition.
- f. Infraction sheets will be handed to each leagues cheer coordinator at the end of competition.
- g. There will be no protests.
- h. Routine Time Limit – Three (3) Minutes
- i. Routine Requirements
 - i. One (1) Cheer or Chant
 - ii. One (1) Connecting Pyramid
 - iii. One (1) Stunt
 - iv. One (1) Squad jump
 - v. Full squad Two (2) eight (8) counts of dance/music
- j. Competition area is 30 x 30 yds
- k. Timing will START with the first obvious movement, voice, or note of music, whichever comes first. ***Squads may spirit on and off the performing surface, excluding tumbling***
- l. Timing will END with the verbal command “TIME”
- m. 6U coaches can place cheerleaders in the starting positions and set props. One (1) 6Ucoach can sit or kneel in front of the cheer squad and do motions, count, and say the words to the cheers

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and chants. All other divisions **CANNOT** do motions, count, or say the words to cheers or chats, however you can cheer for you squad.

- n. Teams are to remain on site for the duration of competition. Teams that are found in violation will be disqualified from competing. Teams will get a scheduled time for warm-ups.
- o. Any cheerleader who performs the routine outside of the designated area will receive a deduction for her team.

6. Props and Uniforms

- a. Megaphones, banners/signs, flags and poms are approved props. These do not need to be used throughout the season. If teams would like to use a prop that is not the items listed previously, the prop must be approved by the ACYAA Director of Cheer. Signs may not exceed 36" x 36". All props will be measured at competitions. Glitter on signage must not be loose or easily removed. Props with poles or of such are **prohibited** from being used in stunts or tumbling skills.
- b. Clothing worn for competition must have been part of the regular season uniform. *Exceptions: Turtlenecks, Crop tops, hair bows, and socks*
- c. Medical Flagging – A cheerleader who has a documented medical condition must be easily identified at competition for the judges. The Cheerleader will be tagged at check-in. The ACYAA Director of Cheer or the Judge Liaison will provide the list of medically flagged cheerleaders to the judges. If a cheerleader is to be medically tagged they must provide proper documentation two (2) weeks prior to competition.
- d. Cast or braces that are hard, unyielding or has rough edges will not be allowed in any stunt group, pyramid, mount, dismount, or toss.

7. General Tumbling

- a. Tumbling is permitted if the athlete has been properly trained.
- b. Spotting for tumblers is NOT permitted by any volunteer other than a cheer coach who is familiar and comfortable with the techniques.
- c. Tumbling is not a requirement. No additional points will be given for quantity regardless of number of cheerleaders tumbling or the level of difficulty of the routine.
 - i. You gain the same number of points for one tumbler as opposed to the entire squad.
 - ii. If the tumbler fails to execute the tumble, points will be deducted.
- d. All tumbling must originate from and land on the performing surface. *Clarification: Tumbler may rebound from their feet into a stunt transition.*
- e. Tumbling over, under or through a stunt, individual or prop is not allowed. *Example: Tumbling over/under an athlete's body including arms or legs it not allowed. Example: A cheerleader my jump (rebound, leapfrog) over another individual that is on the performance surface.*
- g. Jumps are not considered a tumbling skill. If a jump is included in a tumbling pass, the jump will break up the pass.

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STUNTING

Coaches must assess the skill level of every athlete and determine the best stunting position. Cheerleaders shall be placed where the coach feels the athlete will best benefit the team. NOT by the athlete or parents' request. Athlete safety is of the utmost importance when performing any skills. Coaches should encourage expertise before skill progression.

Cheer coaches may assist stunts during instructional phase, but not perform with squad at half time, during games or competition. Mandatory spotters for all skills must be a member of the team performing/competing.

Any equipment used to enhance the height of an athlete is **prohibited**.

A front spot is required for each stunt reaching their highest level.

All skills permitted in a level include all skills permitted in the previous level. If a skill is **prohibited** in a level is also **prohibited** in the previous level(s)

Athletes must have at minimum one (1) foot, hand, or body part on the performance floor at the start of the routine. **EXCEPTION:** If bases have hands resting on the performance floor prior to the beginning of the routine, flyers are permitted to have feet/foot in bases hand(s).

GENERAL RULES

All level rules must be used with Level Specific Rules and General Rules. General rules apply to Divisions 6U to 14U

All Level General Rules

A. All Level General Rules

1. Athletes are permitted to jump and/or rebound over another athlete
2. Knee, Seat, Front, Back and Split drops from a skill are **prohibited** unless there is support on the hands or feet. Support on the hands or feet will help break the impact onto the performance floor.

All Level Tumbling

A. All Level Tumbling - General Rules

1. All tumbling skills must start and end on the performance area.
2. Athlete may rebound from tumbling skill into a stunt transition
 - a. If athlete rebound includes an over the head rotation, the athlete must be caught in an upright position before continuing the transition or stunt.
3. It is **prohibited** for athletes to tumble under or over another athlete, prop, or through a stunt.
4. It is **prohibited** for athletes to hold or contact props while performing a tumbling skill.

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All Level Stunts

A. All Level Stunts - General Rules

1. Extended stunts (single or assisted) are **prohibited** in 6U and 8U divisions. 8U Stunts may transition through an extended level without a clear and visible stop and must end at the prep level.

B. All Level Stunts - Release Move Rules

1. Release Skills:
 - a. Athlete must return to the bases that he/she started the stunt skill with.
 - b. Athletes cannot land on the performance floor without assistance from another athlete.
 - c. Athletes cannot travel intentionally.
 - d. Athletes cannot land or end in an inverted position.
 - e. Athletes cannot travel under, over or through other stunts, pyramids, props, or other athletes.
 - f. Releases which result in the athlete in a non-upright position require:
 - i. Multi-based stunt: Three (3) catchers
 - ii. Single-based stunt: Two (2) catchers
 - g. Height of the release parameters:
 - i. Highest point of the release
 - ii. Distance from the flyer's hips to the main/side base extended arms.
2. Assisted or free flipping transitions and stunts are **prohibited**.
3. Single based split catches are **prohibited**.

C. All Level Stunt - Inversion Rules

1. Athletes that are in an inverted/backbend position on the performance floor cannot contact a flyer.
1. Must follow Stunts & Dismount rules. Allowed two (2) high only structure
2. Flyers must receive main support from a base. **EXCEPTION:** Release Moves
3. Any pyramid release skill is permitted if it stays connected to a base and required support athlete.
4. Flyers primary weight cannot be carried solely at second level. Pyramid transitions must be continuous.
5. Support Athlete/Connections are required to make contact prior to the start of the skill.

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All Level Dismounts

A. Dismounts

1. To be considered a Dismount the skill must end in a cradle position or end on the performance floor via a release with an assisted support athlete.
2. Cradles from single based stunts must have a spotter with a minimum of one (1) hand/arm supporting the shoulder to waist section of the flyer's body to protect the head and shoulders.
3. Multi-based stunts are required to have two (2) catchers and a spotter (see above spotters duties)
4. Multi-based stunts which the bases start under the flyer's feet and cradle at waist level must follow all toss rules.
5. All dismounts must end with the starting or original bases.
EXCEPTION: Assisted dismounts that end on the performance floor must be performed by the spotter or original base.
EXCEPTION: Pop offs do not require assistance on discount when below waist level.
EXCEPTION: Single based stunts with more than one flyer.
6. Stunt, pyramid, athlete, or prop is not allowed to travel under or over a dismount. Dismount is **prohibited** from being thrown over, under or through pyramids, athletes, stunts or props.
7. Intentional traveling on a dismount is **prohibited**.
8. Flyers cannot be in contact with one another when released for dismount.
EXCEPTION: Single based stunts with more than one flyer.
9. Tension rolls/drops are **prohibited**.

All Level Tosses

A. All Level Tosses

1. Tosses are required to have:
 - a. Both feet of the flyer must be in/on the hands of bases with the toss begins.
 - b. Only one (1) flyer is allowed per toss group
 - c. Flyers must be released and remove all contact from bases, support athlete(s) and other persons to be considered a toss.
 - d. All toss groups must have a minimum of three (3) bases but no more four (4) bases.
 - e. All bases must have both feet on the performance floor.
 - f. Spotter/base must be behind the flyer during the toss and can assist the flyer.
 - g. Spotter must be positioned at the flyers head for the cradle
 - h. Bases/Spotters must remain stationary during toss. Tosses cannot intentionally travel.
EXCEPTION: Bases may turn $\frac{1}{4}$ or $\frac{1}{2}$ for level appropriate

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twisting skills.

- i. Must not flip, travel, or invert.

Flag – 6U

Stunts

1. Up to a shoulder sit NO variations – Highest Level
2. Spotter is mandatory for each flyer in a floor stunt. Spotters are allowed to grab the flyer's waist.
3. Standing Tabletops Allowed
4. May not exceed Thigh stand.
5. No moving or rotating in any stunt
6. One (1) base at minimum must maintain contact with the flyer.
7. Waist level Single leg stunts

Pyramids

1. Connection/brace is required and must remain connected throughout the transition. The connection/brace athlete must also stay the same throughout.
2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop. *This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.*
3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.

Dismount

1. Dismounts to the performing surface MUST be assisted by the original bases.
Note: Tumbling in or out of a stunt is NEVER allowed
2. Braced dismounts only.

Rookie – 8U

Stunts

1. Spotter is mandatory for each flyer at prep level and above
2. Spotter is mandatory for each flyer in stunt. Spotters are allowed to grab the flyer's waist.
3. Up to prep/shoulder level with variations. One foot must remain at prep/shoulder level – Highest Level
4. Prep Level single leg stunts are permitted but must include:
 - a. Flyer be connected to another athlete standing on the performance floor. This athlete cannot be the base(s) or spotter.
 - b. Connection must be made before the single leg prep stunt is initiated. Connection is hand/arm to hand/arm.

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5. Walk up shoulder stands are permitted
6. May do v-press and split mount at prep/shoulder level only
7. Front spots are required for all stunts at prep/shoulder level. *Exception: Shoulder and straddle sits*
8. Single leg stunts are allowed at prep/shoulder level.
9. Single based stunts with more than one flyer is **prohibited**.
10. All stunts are **prohibited** from exceeding prep level.

Dismount

Basic cradles allowed.

No Basket Tosses

Rookie – 10U

Stunts

A. Stunts – Spotter

1. Spotter is mandatory for each flyer at prep level and above
2. Spotter is mandatory for each flyer in a floor stunt. Spotters are allowed to grab the flyer's waist.
3. The center base can be considered a spotter in an extended v-sit if they are positioned to protect the flyers head and shoulders.
4. Skills that do not require a spotter: shoulder sits, T-Lifts, or stunts where flyer is only supported at the waist.

B. Stunts - General

1. Up to single leg extended stunt – Highest Level
2. ½ pendulums are allowed at prep/shoulder level. Pendulum and pendulum style transitional stunts where the top person falls away from the bases, three (3) stationary catchers, at least two (2) of which are not original bases are required. A minimum of (1) base must remain in contact with the original flyer.
3. Single based stunts may not brace or be braced by another stunt.
4. Log/Barrel rolls are allowed up to one (1) full rotation, starting and ending with original bases in a cradle.
5. Transitions and variations allowed
6. Shoulder stand may transition
7. During Pyramids, top person must receive primary support from a base.
8. May do braced twist or transition if the top person does not become inverted. Must land in either a cradle with two (2) catcher and one (1) spotter or in a sponge. Top person may not land on the performance surface.
9. Moving and rotating allowed in multi-based stunts.
10. ½ up to full twist up allowed.
11. Basket toss is a straight ride with arm motions only

Dismount

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1. $\frac{1}{4}$ turns are allowed from any single leg stunt at prep/shoulder level
2. Up to one (1) twist allowed from any two (2) leg stunt
3. One (1) trick allowed during dismount from any two (2) leg stunt
4. $\frac{1}{4}$ turn prone, with three (3) stationary catchers, at least two (2) of which are not original bases, and one (1) base remains in contact with the top person
5. $\frac{1}{2}$ twist dismount allowed
6. Release moves - No full twist downs allowed from extension

Juniors 12U

Stunts

A. Stunts - Spotter

1. Front spotter is mandatory for all flyers above prep level.
2. Single base stunts with more than one (1) flyer require a spotter for each top person (One spotter per one flyer).

B. Stunts - General

1. One (1) base at minimum must remain in contact with the flyer during transitions.

EXCEPTION: See release moves

2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.

This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.

3. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not

C. Stunts - Level

1. Single leg extended stunts are permitted.
2. Extended single leg stunts cannot be supported by other extended level stunts

D. Stunts - Twisting

1. Maximum one (1) twist permitted.
2. One (1) full twist transition must start and end from prep level or below
3. Exceeding a $\frac{1}{2}$ twist to and from an extended level position is **prohibited**.

E. Stunts - Release Move

1. Release moves are required to:
 - a. Begin at waist level or below
 - b. End at prep level or below.
2. Release Moves are **prohibited** form:

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- a. Pass through or end inverted.
 - b. Release from inverted to non-inverted.
 - c. Travel above the base's extended arm levels. *If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.*
 - d. Flyers cannot encounter other flyers in separate release skills/moves.
3. Releases ending in a non-upright position are required to:
 - a. Have three (3) catchers for a multi based stunt.
 - b. Have two (2) catchers for a single based stunt.
 4. Skills performed during a release move are limited to:
 - a. One (1) skill / trick.
 - b. 0 Twists.
 5. Log/Barrel Rolls
 - a. Release from inverted to non-inverted.
 - c. Travel above the base's extended arm levels. *If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.*
 - d. Flyers cannot encounter other flyers in separate release skills/moves.
 6. Releases ending in a non-upright position are required to:
 - a. Have three (3) catchers for a multi based stunt.
 - b. Have two (2) catchers for a single based stunt.
 7. Helicopters are **prohibited**.

G. Stunts - Inversion

1. Inversion Levels
 - a. Inverted stunts above shoulder level are **prohibited** except for multi-bases suspended rolls.
 - b. Multi based suspended rolls are required:
 - i. Roll to cradle, start in load in positions, flat body prep level stunt, or the performance floor
 - ii. Both flyers' hands must be connected to separate hands of the base(s)
2. Twisting inversions
 - a. Maximum one (1) twist to prep level and below.
 - b. Maximum ½ twist to extended level.
 - c. Multi-based forward rolls:
 - i. Maximum one (1) twist is permitted.
 - ii. Forward rolls that exceed ½ twist are required to land in cradle position.
 - d. Multi-based suspended backward rolls cannot twist.
3. Downward inversions
 - a. Downward inversions are permitted to twist at waist level and are required:
 - i. Two (2) catchers in contact with shoulder to waist region of flyer.
 - ii. Remain in contact with the original base.

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- iii. Cannot travel through prep level and then become inverted below prep level.
- b. Two leg pancake stunts are **prohibited**.

PRYAMIDS

A. Pyramids - General

1. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop. *This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.*
2. Flyer cannot travel under or over the torso or head of another flyer in any other stunt or pyramid, separate or not.
3. Extended single leg stunts cannot be supported/connected by other extended level stunts.

B. Pyramids - Twisting

1. One (1) twist is permitted up to extended level.
 - a. Connection to a support athlete at prep level or below and a base is required
 - b. Arm/Hand to Arm/Hand is required connection to support athlete
 - c. Connection/support athletes must remain connected throughout the transition. The connection/support athlete must also stay the same throughout.

C. Pyramids - Inversions

1. Must follow Stunt Inversion Rules
2. Flyer is allowed to travel through an inverted position if:
 - a. Flyer maintains contact with a base that is stationary on the performance floor and a support athlete in prep level.
 - b. If the skill starts and ends at prep level or below, the base that maintains contact with the flyer is permitted to extend their arms during the transition
 - c. The support athlete but maintain connection with the flyer throughout the transition

D. Pyramids - Release Move

When a Flyer is released by the bases during a transition (pyramid section) and does not follow the rules stated below, the flyer is required to land in a cradle or dismount to the performance floor and follow the dismount rules.

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1. During transition (pyramid section), the flyer is permitted to pass above two (2) high and perform:
 - a. Level 3 Stunt release skills or dismounts if:
 - i. Connected to one (1) support athlete at prep level or below.
 - b. Maximum one (1) twist if:
 - i. Connected to two (2) support athletes at prep level or below with arm/arm connection.
 - c. Non-Twisting/Non-Inverted Release moves if:
 - i. Connected to two (2) different support athletes at prep level or below.
 - ii. Connected to one (1) support athlete by arm/hand to arm/hand.
 - iii. Connected to a second support athlete by arm/hand to arm/hand or arm/hand to foot/below the knee.
 - iv. Supported on two (2) separate sides by two (2) different support athletes
 - v. Supported on two (2) of the four (4) sides of flyer (front, back, right, left)
2. Contact must remain with the same support athlete(s) until contact is made with base on the performance floor.
3. Release transitions are **prohibited** from change bases.
4. Release transitions are required to be caught by two (2) catchers:
 - a. Must be stationary
 - b. Requires constant visual contact with flyer throughout the entire transition
5. Release moves are **prohibited** from being supported/connected to flyer above prep level
6. Pyramid transitions **prohibit** the inclusion of inversions when released from bases.

A. Dismounts - General

1. Maximum one (1) skill is permitted from any two-leg stunt dismount.
2. Maximum 1-¼ twist is permitted from any two leg-stunt dismount
3. Prep level and above dismounts that contain a skill (twist/toe touch) must be caught in a cradle
4. Inverted position dismounts are **prohibited**.

B. Dismounts to Cradle

1. Maximum 1¼ twists are permitted from all two leg stunts (does not include platform position)
2. Straight and ¼ twist cradles are permitted from single leg stunt.

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3. When performing a cradle from a single based stunt with more than one (1) flyer:
 - a. Two (2) catchers must catch each flyer.
 - b. Catchers and bases must be stationary prior to the start of the dismount

C. Dismounts to Performance Floor

1. Straight pop downs from any single leg stunt is permitted
2. Straight pop downs from any prep level or higher two-leg stunt is permitted
3. Maximum one (1) skill dismount from waist level two leg stunt is permitted

D. Tosses

1. Maximum one (1) skill is permitted and cannot exceed 1 ¼ twist
EXCEPTION: Ball-X toss is permitted
2. If toss contains a twist this is the only skill permitted to be performed.

Seniors – 14U

Stunts

A. Stunts - Spotters

1. Front spotter is mandatory for each flyer above prep level.
2. Single based stunts with more than one flyer require a spotter for each flyer. (i.e. One Spotter per one flyer)

B. Stunts - General

1. Minimum one (1) base must remain in contact with the flyer during transitions.
EXCEPTION: See release moves
2. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop.
This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.
EXCEPTION: Athlete is permitted to move under a stunt, or stunt permitted to move over athlete

C. Stunts - Level

1. Single leg extended stunts are permitted
2. Extended single leg flyers are **prohibited** from connecting to any other extended single leg flyers

D. Stunts - Twisting

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1. Maximum 1 ½ twists allowed
2. Twisting into an extended position is permitted but:
 - a. Maximum ½ twist is permitted
 - b. If the twist is more than ½ and up to one (1) twist - flyer must land in two-leg stunt, platform position or liberty. No body positions can be hit directly after the twist. A clear and visible stop is required at extended platform position and/or liberty before hitting body position.

E. Stunts - Release Moves

1. Release moves are **prohibited** from:
 - a. Traveling through or end inverted
 - b. Travel above the extended arm level of the bases.
If the distance is more than the length of the flyer's legs, it is required to follow toss or dismount rules.
 - c. **Prohibited** from encountering other flyers in separate release skills/moves
2. Release moves that end in the extended position are required:
 - a. Start at waist level or below
 - b. **Prohibited** from twisting or flipping
3. Release moves from an extended position **prohibit** a twist
4. Release moves that end in non-upright positions require:
 - a. Three (3) catchers for a multi-based stunt
 - b. Two (2) catchers for a single-based stunt
5. Release moves from inverted to non-inverted position require:
 - a. Inverted at the bottom of dip
 - b. **Prohibit** a twist
 - c. If landing at prep level or higher a spotter is required
6. Helicopters are **prohibited**

F. Stunts - Inversions

1. Levels
 - a. Extended inverted stunts are permitted
2. Downward inversions
 - a. Three (3) catchers required
EXCEPTION: Downward inversions that do not travel above waist level do not require three (3) catchers.
 - b. Two (2) of the catchers are required to be in contact with the waist to shoulder region of the flyer
 - c. Remain in contact with an original base
EXCEPTION: Downward inversions that rotate to the side are permitted to lose contact with the flyer when it becomes necessary.
 - d. **Prohibited** to encounter other downward inversions
 - e. Prep Level and below downward inversions are permitted but:

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- i. Cannot travel above prep level and then invert below prep level
- f. Two leg pancake stunts are **prohibited**
- g. Extended inverted stunts (ex: handstand) can be lowered to shoulder level and must begin from an extended inverted stunt (does not include traveling thru extended). The lowering over the extended inverted position must be controlled.

PYRAMIDS

A. Pyramids – General

1. A stunt, pyramid, or athlete cannot travel over or under another stunt, pyramid, athlete or prop. *This refers to an athlete's torso or head moving over or under the torso or head of another athlete, not their arms or legs.*
2. Flyer is **prohibited** to invert over or under the head/torso of another flyer in any situation
3. An athlete is permitted to move under a stunt, or stunt permitted to move over athlete
4. Extended level single leg stunts are **prohibited** from being supported by any other extended level single leg stunts

B. Pyramids - Twisting

1. Twisting into and out of an extended level is permitted up to 1 ½ twists
 - a. Athlete support connection required prep level or below
 - b. Athlete support connection must stay in contact throughout the entire transition

C. Pyramids - Inversions

1. Must follow 14U Stunt inversion rules

D. Pyramids - Release moves

1. During transition (pyramid section), the flyer is permitted to travel above two (2) high and perform:
 - a. Maximum 1 ½ twists
 - b. Non-Inverted release skills
 - c. Non-inverted release skills are permitted to change bases if:
 - i. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
2. Connection to one (1) athlete support is required at prep level or below
3. Connection must remain with the same athlete support until the flyer makes contact with a base on the performance floor
4. Flyer is permitted to travel over another flyer while connected to that flyer at prep level or below
5. Minimum of Two (2) catchers required (one spotter, one catcher minimum)
 - a. Catchers must be stationary

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- b. Catchers must remain in visual contact with the flyer throughout the entire transition
6. Release moves cannot be connected/supported to flyers above prep level.

E. Pyramids - Release Moves with Athlete Supported Inversions (included supported

flips) Permitted if:

1. Constant contact with two (2) athlete supports at prep level or below
2. Constant contact with the same athlete supports until contact is made with base on the performance floor
3. Supported on two (2) separate sides (right side-left side, left side - front side, etc.) by two (2) different athlete supports
4. Supported on two (2) of the four (4) sides of flyer (front, back, right, left)
5. Maximum 1-¼ flip rotation and zero (0) twists
6. Does not change bases
7. Release move is a continuous movement
8. Three (3) catchers required
EXCEPTION: Athlete supported flips that land in an upright position at prep level or above must have minimum of one (1) catcher and two (2) spotters
 - a. All catchers/spotters are required to be stationary
 - b. All catchers/spotters are required to be in constant visual contact with flyer throughout the transition
 - c. When the transition begins catchers cannot be not involved in any other skill, stunt, choreography.
9. Does not move/travel downward while inverted
10. Does not come in contact with other stunt/pyramid release moves.
11. It is not supported/connected to flyers above prep level

DISMOUNTS

A. Dismounts – General

1. Maximum 2 skills/tricks permitted during dismount
2. Maximum 2¼ twists permitted from any two-leg stunt
3. Maximum 1¼ twists permitted from a platform position
4. Maximum 1¼ twists permitted from any single leg stunt
5. Dismounts from inverted positions are **prohibited** from twisting

B. Dismounts to Cradles

1. A twist is the only skill permitted in the dismount if the twist exceeds 1¼ up to 2¼ twists.
2. Cradling single based stunts with more than one flyer must:
 - a. Have 2 catchers per each flyer
 - b. Before the start of the dismount all catchers and bases must be stationary.

TOSSES

ATLANTIC COAST YOUTH ATHLETIC ASSOCIATION 2022 CHEERLEADING RULES, REGULATIONS AND COMPETITION PROCEDURES

A. Tosses - General

1. Maximum two (2) skills permitted
2. Maximum 2¼ twists permitted

DEFINITIONS

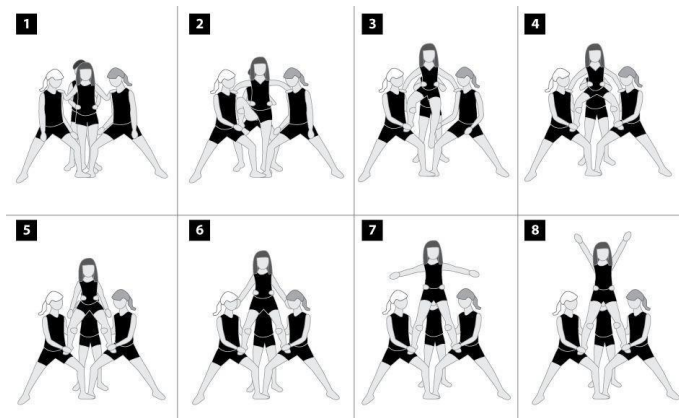
1. **Back Spot** - behind the Flyer, in between bases, never directly UNDER the flyer.
2. **Flyer** - cheerleader who is “up” in the stunt performing various movements in the air.
3. **Bases** (1) Side Base and (1) Main Base. Main Base is typically the strongest and is on the left facing side. Side Base - used to hold up certain stunts for the Main Base is on the right facing side.
4. **Front Spot**- typically used during instructional period to help support flyer movement, typically used in basket tosses and for more difficult stunts for extra support. Front Spot faces the Back Spot during the stunting.
5. **Pyramids** are a group of connecting stunts that are built to include all cheerleaders touching at some point in the routine (bottom level cheerleaders are not expected to touch).
6. **Spotters** MUST be present during ground to elevator building and cradling until group can safely perform on their own.
7. **Flyers** must dismount in either a cradle or bump down.
8. All stunts above prep level (at the shoulders) MUST be performed on mats or grass- no concrete or “asphalt tracks”.
9. Forward rolls are permitted provided the Flyer’s hands are NOT released until the Flyer is fully cradled or placed into the continual sequence.
10. Forward or Back handsprings into a load in or cradle position IS permitted.
11. Toe touches, layouts, kick full, and straight rides are the acceptable basket tosses.

EXAMPLES TO FOLLOW ON THE NEXT FEW PAGES

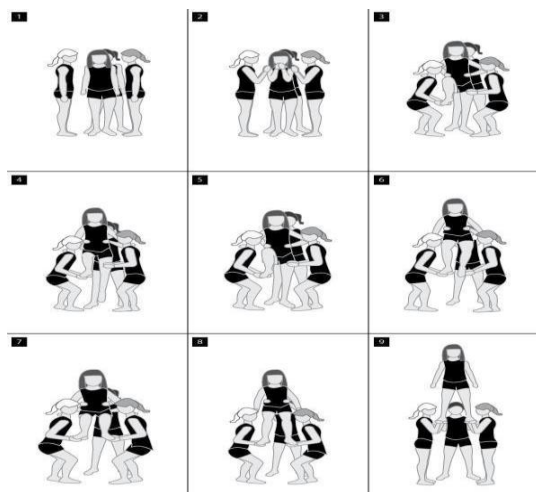
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EXAMPLES

Thigh Stand • Cheerleader stands, braces on the thigh of another cheerleader. 2 bases are typically used in a Thigh Stand, One Base thigh stands below is considered a difficult stunt.

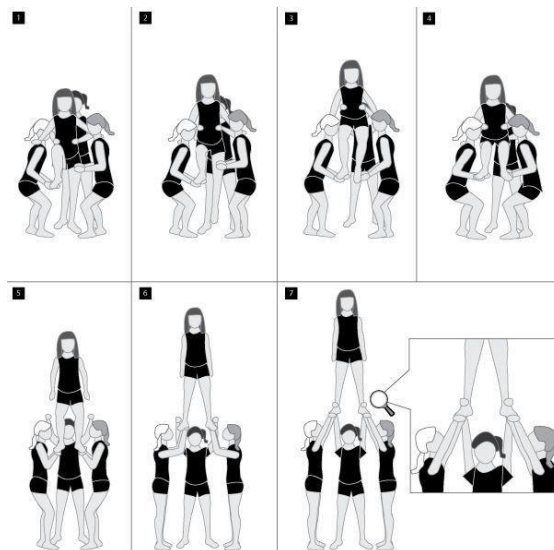


Half/Elevator • Flyer is elevated at shoulder height.



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Extension/Full • Flyer is elevated ABOVE the head with bases' arms straight.

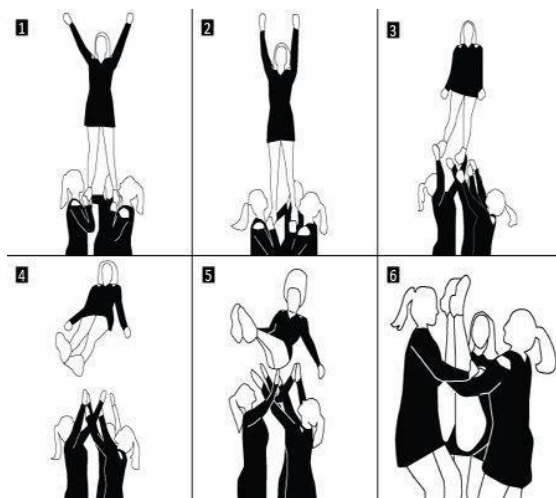


Basket Toss • hands are woven to form a basket. Flyer jumps in and is grabbed by the ankles and tossed in the air and caught by bases and back spot

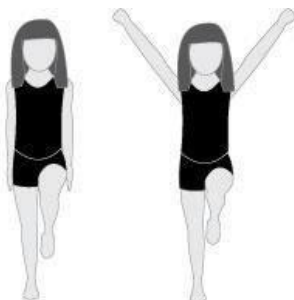


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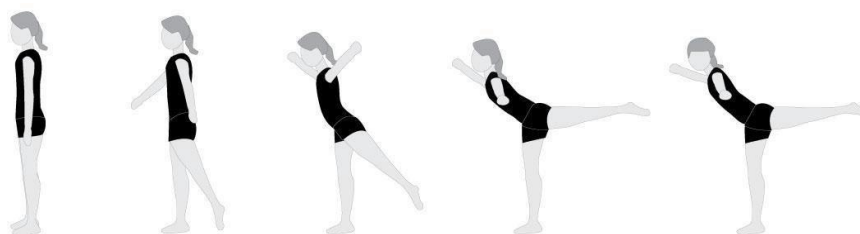
Cradle - From a half or a full, Flyer is tossed in the air and caught in a cradle position by the back spot and bases.



Liberty - Flyer stands on one leg in the air, ankle and foot held by bases and back spot.



Arabesque - Performed in the air, Flyer is on one leg with other leg extended out with arms out in Fly position.

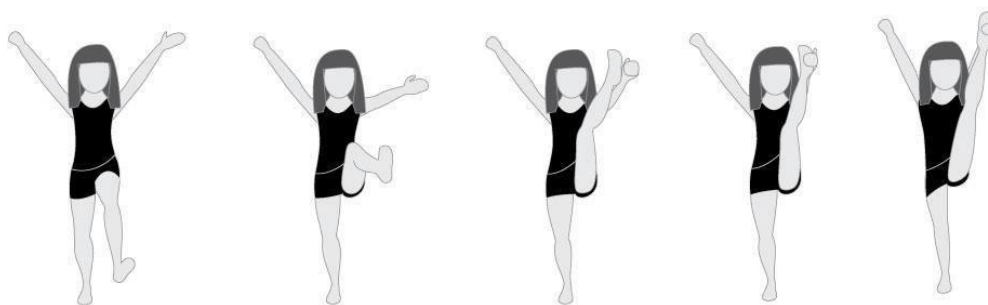


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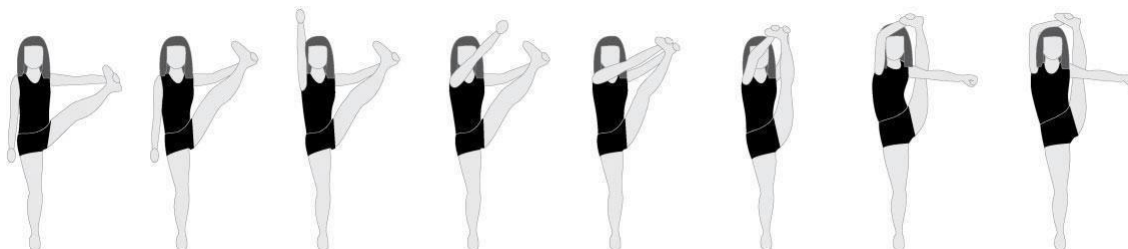
Cupie - Very similar to an extension except legs of the Flyer are held CLOSELY together by the bases to where they are almost touching.



Heel Stretch - Performed by Flyer in the air, where one leg is extended in a heel stretch position and held by the Flyer's arm.



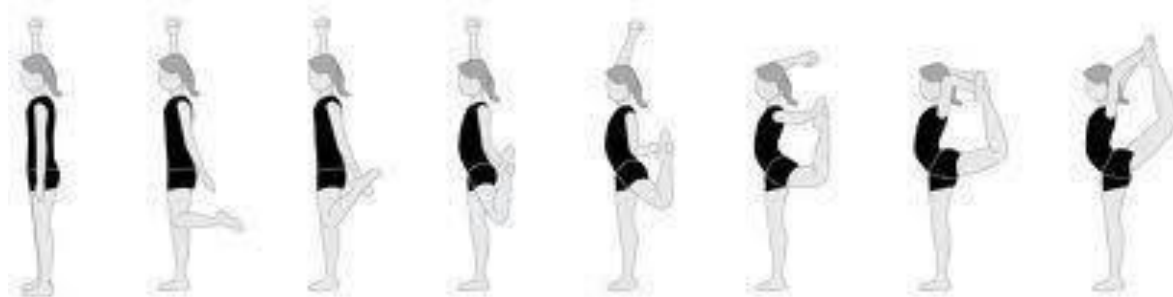
Bow and Arrow - Performed by Flyer in the air and on one leg. Begin in a heel stretch, pull arm to the top nearly over head and stretch arm through leg as if to make a bow with your leg and arrow of your arm through the bow. Extremely difficult to perform.



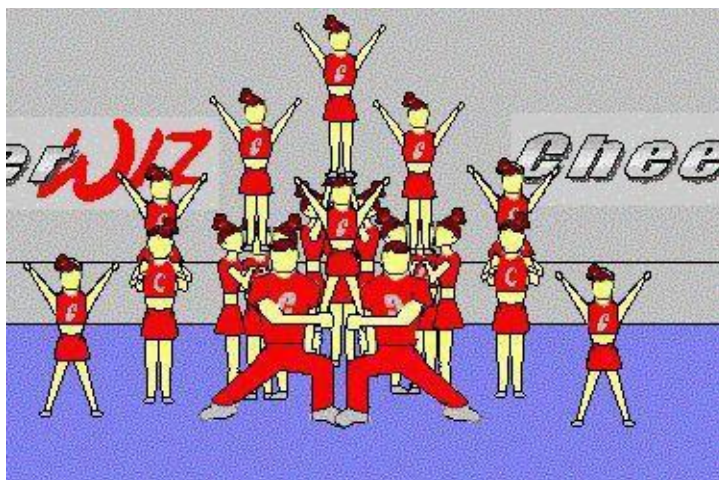
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Scorpion - Performed by flyer in the air and on one leg. Grab the extending leg with your top hand and pull the leg back with your back arched.

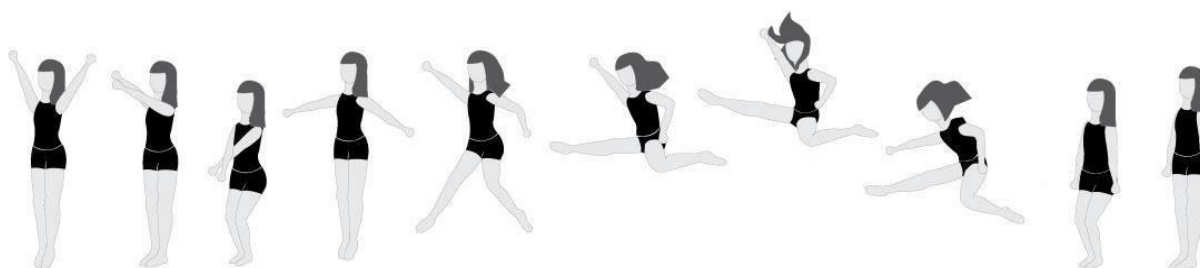
Pyramid • No more than two levels high, arms are adjoining to create a formation with



cheerleaders.

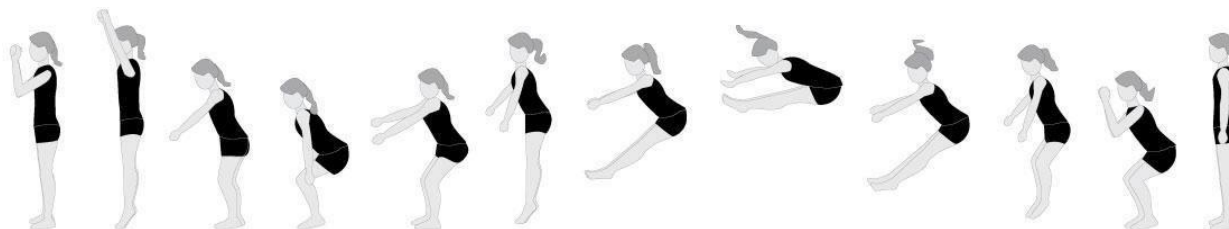


Herkie - Jump can either be out on right or left leg. Same projected arm and leg, other leg bent, and other hand bent on hip.



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Pike - Arms circle over shoulders, body is bent and arms then extended over legs at height of pike. It is better to be accurate with the jump technique than to worry about height.



Toe Touch - Arms begin in clasp position, pull up to a high V and rotate around during the jump of both legs out to each side and body parallel to the ground. Technique is more important than height.

