

PSLAA

2015

CHEERLEADING

RULES AND REGULATIONS

**The following rules shall remain
in effect for the 2015 season**

APRIL 21, 2015

MISSION STATEMENT

The objective of the association shall be to implant firmly in the children of the community, the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good decent, healthy and trustworthy citizens. This will be done through youth sports programs.

ELIGIBILITY

Primary eligibility is determined by participant's age as of September 1, of the current season.

There will be no changes of division granted to any player after initial registration without an extenuating circumstance as deemed by the Executive Board. This is to protect and preserve the integrity of the leagues philosophy.

Eligibility shall be ages 4 through 15, not to exceed 15 by December 31 of the current season.

**4 year olds must turn 5 between Sept 2 and December 31.

Children currently participating in or dismissed from any JV/Varsity high school sports, running concurrent with our season, are not eligible to participate at PSLAA. This does not include players cut from the team. Any disputes regarding this rule will be brought to the Executive Board.

Flag division:	4, 5, 6, 7 years of age.*
Lower division:	7, 8, 9, 10 years of age.*
Middle division:	10, 11, 12, years of age.
Upper division:	13, 14, 15 years of age*

*Any child in their final year of a division will need Executive Board approval to move up a division. If a child elects to go up a division he/she may not move back down. There will be no other moves permitted between divisions or teams without an extenuating circumstance as deemed by the Executive Board. All requests must be written and submitted to the Executive Board.

There are no geographical boundaries for participation in the Port St Lucie Football and Cheer Association.

No football player/cheerleader will be allowed to participate in the league without a complete Registration Form, Birth Certificate and a biological parent/legal guardian photo ID on file with PSLAA. Biological parent is to include adoptive parents

If a Board Member, Coach, football player or cheerleader is arrested during the season, they could be placed on suspension until the case is resolved.

REGISTRATION

Registration shall commence and close at a date, time and place and fees shall be established by the BOD prior to commencement of registration each year.

A registration form shall be completed for each participant by their biological parent/legal guardian. Court documentation showing legal guardianship is required.

The Player Agent or other authorized PSLAA representative shall verify all information including name, league age and date of birth at the time of registration.

A medical release shall authorize PSLAA to provide medical attention as deemed to be in the best interest of the participant. This medical release shall be completed for each prospective participant at the time of registration.

The biological parent/legal guardian shall agree to volunteer a minimum of 4 hours during the season working in either the concession or on the chain crew per child in the program as scheduled by the Team Parent. Failure to show up at their scheduled time may result in their child being benched until they arrive.

The biological parent/legal guardian shall agree to follow the PSLAA Parent Code of Conduct and encourage family members and guests to do the same.

If registration payment by either check or credit card is returned for a lack of funds or closed account a fee, to be determined by the BOD, will be added to the amount of the registration fee to be paid in cash. The child will not be permitted to continue with practice or games until the debt has been paid or payment arrangements have been made.

Participants registered between the opening and closing of registration shall be eligible for the primary draft. Registration is on a first come, first serve basis. No spaces will be reserved for returning players/cheerleaders.

PLAYER DRAFTS

(the term “players” includes football players and cheerleaders)

Primary Draft

Players having participated the previous year shall be ineligible for the primary draft and shall be assigned to the same team for which they participated in the previous year, if eligibility is met.

If the player quits prior to the first game, they shall be placed back into the primary draft upon their return.

Once you have been drafted to a team, you are assigned to that team until you age out of the division. (Example: if you do not play for 1 season and then choose to return ... you are assigned to the team you played for before you left.)

Exception: Under extenuating circumstances a request for trade form may be completed by the biological parent/legal guardian of the participant at the time of initial registration and will be reviewed by the Player Agent and Executive Board for approval. The participant will then be notified if the request for trade will be honored.

Participants must actively attend all days of tryouts and must be seen by all available teams to be eligible for the primary draft. If unable, the individual shall enter the supplemental draft.

If the majority of the coaches agree that a player who has missed tryouts should be a “draftable” player...then they will be placed in the Primary Draft instead of the Supplemental Draft.

Tryouts

Tryouts shall begin and end at a date, time and place as designated by the BOD.

Primary Draft List

A primary draft list of eligible players shall be compiled for each division by a committee comprised of the Registrar, Player Agent and/or designee for that division and shall contain the following minimum information to include name, age, and team previously played on to include protection status and sibling option.

A committee comprised of Registrar and Player Agent or designee for that division shall prepare a returning player roster for each of the teams from the current year’s registration. Returning rosters and primary draft lists containing name, and age, shall be distributed by the player agent to Head Coaches prior to the start of tryouts.

BOD shall designate the date, time and place of the primary draft.

Primary Draft Procedure

Players will be drafted to fill openings on existing rosters or to establish expansion teams.

The order of player selection for each division shall be determined by pulling a number out of a hat.

Expansion teams shall pick first.

The son/daughter of a Head Coach will be added to the team roster as a returning player.

If a player is a returner to a team and his/her parent becomes the Head Coach of another team, that child will be traded during the time at the end of the draft according to the PSLAA trade rules.

All previously approved release requests and players in the primary draft shall be eligible to be drafted.

Sibling Rule:

Siblings are defined as siblings or step siblings living at the same PRIMARY address.

Must be exercised and announced at the time the first sibling is selected.

If one sibling is on a returning roster, the coach must announce his/her intention to draft the sibling prior to the start of the draft. The sibling will be selected on or by the 4th pick **unless the parents request they do not play on the same team.** If both siblings are in the draft, and the sibling option is exercised, they will be drafted consecutively.

After each team has made 3 picks, it may be necessary, based on roster size and returning players from the previous season, to freeze some team’s selections until all roster sizes are equal to the team with the largest number of players.

The Player Agent, Secretary or designee shall record draft selections in order of their occurrence. Immediately upon conclusion of the primary draft, the list shall be compared and validated as correct.

If the number of players left in the primary draft is less than the number of teams in the last round of draft, the remaining players will be placed in the supplemental draft.

Supplemental Drafts

Supplemental drafts will be held for players who did not qualify for primary draft. The Player Agent or designee using a random procedure will conduct supplemental drafts. Supplemental draftee's names will be drawn at random in a continuing order.

Trades

Trading will commence immediately following the supplemental draft and shall conclude fifteen (15) minutes thereafter.

The Player Agent shall keep record of all trades. All trades shall be made as one-for-one trades.

SPONSOR GUIDELINES

Sponsors having participated the previous year shall have the first option to return to the same team for which they sponsored in the previous year.

If they wish to change teams they will be placed on the waiting list.

The children of Sponsors either:

1. Return to the team they were on the previous year
2. If changing divisions, are placed on the Sponsors team as a returning player.
3. If moving to another team in the same division, there must be a trade.

All released players are ineligible for the child of a sponsor option.

TEAMS

Teams shall consist of one Head Coach with a maximum of two (2) certified Assistant Coaches.

Absolutely no food or drink will be allowed on the track or field unless designated by the league.

Team Practice

Definition of practice: Any gathering of players and at least 1 Coach shall be defined as a practice and must be held at a BOD approved site.

Team volunteers are permitted to assist with practice. If they are not NYSCA certified they are not permitted to conduct contact drills. Volunteers must be over the age of 16. Any volunteer over the age of 18 must complete a background check through the league and must pay the fee.

If a Head Coach has a special event that he/she would like to take their team to *i.e.: High schoolfootball*

game, Movies, etc. This will have to be approved by the BOD at least 1 week prior to the event.

There will be absolutely no practices on Friday or Sunday except when designated by the BOD. A Board Member must be present at one of the approved sites for **ALL** practices.

Practice Times

Practice shall be held at R.D. McCorkle Field Monday – Thursday during the hours of 5:00pm and 8:00pm, for a maximum of 2 hours, as the field is open at those times. The individual team locations to be used will be assigned by the Executive Board.

Practice Limitations

Minimum hours per week	Tackle:	six (6)	Flag:	two (2)
Maximum hours per week	Tackle:	eight (8)	Flag:	four (4)

Any tackle team choosing to practice the minimum 6 hour practice, players must attend 100% of practice to be eligible

Any coach practicing in excess of the maximum allowed time per week shall be subject to disciplinary action.

Cheerleaders are to participate in at least ½ of scheduled practices.

Cancellation of a practice due to inclement weather, as approved by the BOD, shall count as a practice played. If a coach cancels practice it counts as an absence.

The coach is responsible for insuring all of his/her players have been picked up after practice. The coach must be present until all his/her children have gone home. SEE DISCIPLINARY ACTION

Practice Uniform

Players shall practice with shorts (no jean shorts, skirts, or skorts) t-shirts (no midriffs) and athletic sneakers. No sports bras, jewelry, sandals, or bare feet are allowed. Stud earrings are permitted for practice and games.

Special equipment (knee braces, prosthesis etc. as determined by FHSAA as approved equipment) shall be approved by the Player Agent prior to the player's participation.

Player Agent/PSLAA may deny use of special equipment or require a written authorization from participant's physician before being allowed to use said equipment. This is for each game and to be written by the treating physician.

Game Uniform

Cheerleaders are to wear the league issued uniform (top, skirt, briefs, hair bow, socks) for the current season for all games.

Uniforms are ONLY to be worn by the cheerleader it was issued to for games and Exhibition / Competition.

Cheerleaders are responsible for providing white athletic sneakers.

Jewelry and body piercings are not to be worn during practice, games or exhibition / competition.

COACHES

Selection of Coaches

Coaches shall make a written application and submit such application to the President of the league or designee by a date to be set by said President, from which the President shall appoint all Head Coaches.

All Head Coaches in the Middle and Upper Tackle Divisions must have been an Assistant Coach for at least one season at PSLAA or another youth tackle football organization before gaining a Head Coach position.

All Assistant Coach applications shall be submitted to the Board of Directors for approval.

Certifications

All Coaches must be certified by the NYSCA prior to date set forth by the President. The cost and scheduling of certification shall be the responsibility of each individual Coach.

All Coaches must complete any additional certifications/training as deemed by the Board of Directors.

Coach Requirements & Responsibilities

All Head Coaches and Assistant Coaches are required to set a positive example of honesty, responsibility and good sportsmanship.

Drugs, alcoholic beverages, tobacco products, foul language and unacceptable behavior are not permitted at practice or games.

Head Coach is responsible for himself / herself, assistants and players, as well as the parents and families of the players. Any spectator behaving in an unacceptable manner will cause not only removal of themselves, but also the removal of the player/participant they are there to watch for the duration of the game.

The Head Coach is responsible for recruiting a Team Parent and insuring that his/her team fulfills their concession duty schedule, pictures, fund raising and other related functions along with returning all equipment that is issued to his/her team.

The Head Coach/Team Parent will be responsible to recruit volunteers for Concession Duty.

The Head Coach or an Assistant Coach must attend scheduled Coaches meetings. SEE DISCIPLINARY ACTION

Coaches and/or Team Parents in PSLAA program may not solicit money or accept donations from

any parent for any reason unless written approval has been obtained from the BOD.

Coaches are responsible to see that no one modifies, paints, places decals or otherwise alters uniforms or equipment, unless a request to the Equipment Manager or President has been submitted in writing and approved prior to alteration.

Disciplinary Action

Any coach ejected from a game by an **Official** shall also be automatically suspended from the next scheduled game and may be subject to additional disciplinary action so ordered by the BOD.

A second ejection in the same season will result in dismissal. The Officials must notify the Board, in writing, of any ejections in order for disciplinary action to take place.

Any unsportsmanlike penalty called on the squad during a game shall be reported by the Officials to the Association President or Player Agent for further investigation.

The Head Coach may suspend a player from a game or part of a game for disciplinary reasons. In such action, the player(s) involved and their parents must be notified of the infraction on the same day of occurrence and of the reasons for the suspension.

The Player Agent must approve the suspension before it is implemented.

The Head Coach shall contact any player missing 2 consecutive practices to determine the cause.

Investigations and Rules Violations

Vice-President for the field and the Player Agent(s) shall conduct investigations.

All persons shall be notified to obtain all pertinent facts, conduct a hearing for the accused and recommend appropriate action to the Board of Directors.

The member involved shall be notified of such meeting, informed to the general nature of the charges, and given an opportunity to appear at the meeting to answer such charges.

In the event a player is involved, the President, Vice-President or Player Agent shall notify the parent.

Investigations shall commence within 24 hours after receipt of an allegation and shall be in writing to the Vice President or the Player Agent before action is taken.

The President or Vice-President shall accompany the Player Agent when delivering the outcome of any investigation.

Injuries

All injuries shall be reported to the league's Insurance Agent by the Coach within 24 hours of injury.
SEE DISCIPLINARY ACTION

If a player seeks medical treatment, a release from the treating physician stating the player is "able to return to full contact football/cheerleading" must be submitted to the Player Agent prior to participation.

Players shall practice one full week after an injury if the injury required missing at least 1 week of practice.

GAME RULES

Game Eligibility

Players must practice with their respective team for two weeks to be eligible for game play.

Players must wear all issued and approved uniform.

All must be free of defects.

Cheer parents failure to show up to work the concession stand may result in deduction of sportsmanship point(s) for the Cheer Competition/Exhibition. Cheerleaders can be benched until their parent arrives.

The Officials and the Player Agent must approve special equipment for each game.

Players and Coaches who are injured and on crutches or in wheelchairs may not be on the field side of the fence and must remain in the stands unless approved by the BOD.

If at any time during the season a team loses enough players that they can no longer field a team, the Executive Board can decide to place the remaining players on other teams within their division.

If at any time during the season a team loses enough players that they can no longer field a team, the Executive Board can decide to allow the Coaches to assist teams within their division.

The biological parent/legal guardian shall agree to volunteer a minimum of 4 hours during the season working in the concession per child in the program as scheduled by the Team Parent. Failure to show up at their scheduled time may result in their child being benched until they arrive.

Check-In

The Player Agent or their designated assistant will conduct Check In starting ½ hour before their scheduled game.

Player missing check-in: Any player not checking in with his/her respective team shall be ineligible for that day's game and /or half time.

*The Player Agent may declare a player ruled ineligible as eligible if extenuating circumstances are present. The Player Agent must be notified of the circumstances prior to or at check-in. Any notification after check-in is completed for the team will be considered at the Player Agent's discretion. The Player Agent shall notify the opposing Head Coach of the player and circumstances whenever this occurs.

Any player not properly dressed for check-in/game play shall be declared ineligible for that game and subject to possible disciplinary action for player and/or Head Coach.

No jewelry (earrings, bracelets, body piercings, etc) shall be worn.

Rules for game Play

There shall be no form of electronic communications on the sideline at any time during the game by Coaching Staff , Players or Chain Crew.

* BOD is aware of certain circumstances where cell phone communication may be necessary. Please advise President or Player Agent prior to start of game for permission.

General rules for game play shall be as specified by the current Florida High School Activities Association (FHSAA) rules unless superseded in these rules.

Superseding of a rule need not be by specific reference to chapter and section of the FSHAA rules.

Game Play

The Home Team on the South field comes from the east goal post.

The Home Team from the North Field comes from the South.

Only the team, Head Coach, up to 2 Certified Assistants are permitted on the sidelines. No other persons affiliated with either team are allowed in the area during a game, including the team sponsor.

At no time should parents or relatives go beyond the spectator fence and enter the field of play, even during the suspected injury to a player unless called by a Board Member.

All team players and sideline attendees shall remain orderly on the sidelines.

No games of ball throwing are allowed

Teams shall not meet behind end zone prior to the last two (2) minutes of the current game.

Teams shall leave the playing area immediately following the game.

Post-game meetings should be held outside track area.

Any team not cleaning up their sideline area after a game will be assessed disciplinary action.

Teams may not assemble more than one (1) hour before their scheduled game.

In the event of inclement weather as declared by the Officials or if the Lightning Meter sounds, no coach shall excuse/dismiss their team until instructed to do so by the BOD.

In the event of inclement weather as declared by the Officials or if the Lightning Meter sounds players are to be instructed to take shelter under the Pavilion or in their vehicle until released by the BOD or games resume.

If a game has not resumed by the time of the next scheduled game, the delayed game will be rescheduled.

Sportsmanship

Sportsmanship is an important part of the PSLAA program. We ask that all Coaches now and implement the league rules. Sportsmanship points can be lost throughout the season. These points will be deducted from the score on Competition Night.

PARENT CODE OF CONDUCT

Parents are expected to:

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
2. Place the emotional and physical well being of my child in order to encourage a positive and enjoyable experience for all.
3. Support the coaches and officials working with my child(ren) in order to encourage a positive and enjoyable experience for all.
4. Will demand a sports environment for my child(ren) that is free of drugs and alcohol and will refrain from their use at all youth sports events.
5. Will remember that the game is for youth-not for adults. Is PSLAA...NFL.
6. Will do my very best to make youth sports fun for my child(ren)
7. Will encourage my child(ren) to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
8. Will help my child(ren) enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, fulfilling my volunteer time, and continuing to have a positive mental attitude when I am asked to help.

Parents and fans are subject to disciplinary action the same as coaches and players.

FACILITY RULES

There shall be no football, Frisbee, bottles, etc thrown by ANYONE within the perimeter fencing of R.D. McCorkle Field at ANY time. The ONLY exception is when a football team is practicing or warming up for their game.

All Coolers must remain in the Pavilion and are subjected to search.

All tents must be staked at each of the four corners and must be tethered to a stationary object.

Smoking is allowed in designated areas only per Park Rules.

Children are not permitted to play under the bleachers.

MINIMUM DISCIPLINARY GUIDELINES RELATED TO THE IMPROPER CONDUCT OF COACHES, BOARD MEMBERS, PARENTS & SPECTATORS

INFRACTION	TO WHOM	DISCIPLINE	SOURCE
Foul, Inappropriate or Abusive Language	ANYONE	Ejection from game or practice PLUS one (1) game suspension	Official or BOD
Threatening or, Inappropriate gesture or language	Another player, Official, Coach or Spectator	Ejection from game + 1 game suspension	Official or BOD
Kicking, Striking or Bodily assault	Another player, Official, Coach or Spectator	Loss of coaching privilege for one (1) year	BOD
Knowingly & intentionally Violate game rules or policy	Another team	One (1) game suspension	BOD
Second Offense		Season suspension	BOD
*Unacceptable or , Inappropriate behavior	Any time	Written warning/ one (1) game suspension	BOD
Not playing players correct amount of plays	To a team member	Winning Coach - Forfeiture of game and one (1) game suspension. Losing Coach - one (1) game suspension	BOD
Second Offense	To a team member	Season suspension	BOD
Ejection from game		One (1) game suspension	BOD
Second Offense		Dismissal	BOD
Use of tobacco - Game or Practice		Verbal / Written Warning	BOD
Second Offense		One (1) game suspension	BOD
Use of alcohol - Game or Practice		Dismissal	BOD
Illegal drug use		Dismissal	BOD
Leaving field / removing team from field prior to end of game		Season suspension	Exec Board, President or VP
Communication equipment on sidelines		One (1) game suspension	Exec Board, President, VP or player agent
Communication equipment on sidelines		Two (2) game suspension	Exec Board, President, VP or player agent
Removing, altering or unauthorized exchange of helmets		One (1) game suspension	BOD
Second Offense		Season suspension	BOD
Use of substances on uniforms to gain an unfair advantage		One (1) game suspension	BOD
Second Offense		Season suspension	BOD

MINIMUM DISCIPLINARY GUIDELINES RELATED TO THE IMPROPER CONDUCT OF

PLAYERS

<i>INFRACTION</i>	<i>TO WHOM</i>	<i>DISCIPLINE</i>	<i>SOURCE</i>
Foul, Inappropriate or Abusive Language	PLAYER OR COACH	Ejection from game or practice	Official, Coach or BOD
Foul, Inappropriate or Abusive Language	OFFICIAL	Ejection from game + 1 game suspension	Official or BOD
Inappropriate or Serious foul play	ANOTHER PLAYER (No injury)	Ejection from game + 1 game suspension	Official or BOD
Inappropriate or Serious foul play	ANOTHER PLAYER Resulting in injury	Ejection from game + 2 game suspension	Official or BOD
Threatening / Inappropriate gesture or language	Another player, Official, Coach or Spectator	Ejection from game + 2 game suspension	Official or BOD
Kicking, Striking or Bodily assault	Another player, Official, Coach or Spectator	Ejection from game + 2 game suspension	Official or BOD
Second Offense		Season suspension	Executive Board
Knowingly & intentionally Violate game rules or policy	Another team	One (1) game suspension	BOD
Second Offense		Season suspension	Executive Board
Ejection from a game		One (1) game suspension	BOD
Not actively participating in a game or practice		Game suspension for that week	BOD
ANY abuse of equipment	ANY league equipment	One (1) game suspension	Equipment mgr, BOD
Second Offense	ANY league equipment	Season suspension	Equipment mgr, BOD
Jewelry worn during game/practice		Verbal / Written warning	BOD
Second Offense		One (1) game suspension	BOD
Use of alcohol or drugs		Season suspension	BOD
Major fighting infraction	Anyone	Season suspension	Exec Board / President / VP

CLARIFICATION:

Unacceptable Behavior/Excessive Celebration is behavior that, having regard to all of the circumstances, would be offensive, belittling, abusive or threatening to another person/team or disrupts the normal functioning of the association and which consciously or unconsciously, interferes with other's enjoyment and use of the environment in the interest of sportsmanship.

Unsportsmanlike Conduct/Behavior /Excessive Celebration is any delayed, excessive, prolonged or choreographed act by which a player(s), coach(es) or spectator(s) attempts to focus attention upon himself (or themselves) that occurs prior to, during or after a game or practice. Additionally, the player(s), coach(es) or spectator(s) actions are considered “Unsportsmanlike Conduct” and may result in the player(s), coach(es) or spectator(s) being suspended for a minimum of one game. If an offenders non-football –related act (taunting, cursing, etc) causes an opponent to physically retaliate, the penalty can lead up to and include suspension for the remainder of the season and or subsequent seasons.

DANCE, CHEER & STUNTS

Original Cheer

An original cheer is a cheer that you make up the words and moves for. Original cheers shall be submitted to the Cheer Coordinator / President designee. An original cheer remains exclusive to the submitted team for 1 year.

Music

All music for weekly games, exhibition / competition must be approved by the Cheer Coordinator / President designee. All music selected must not include distasteful suggestive lyrics. It is preferred that the music be instrumental only. If the music has lyrics the artist, name of the song and lyrics must be written down and submitted with the music when handed into the Cheer Coordinator/Player Agent for approval.

Mascots

A mascot is a Flag aged child who is the child of the Head or Assistant Coach.

There shall be no more than 2 mascots per team.

Participation in stunts, pyramids, etc shall not exceed Flag guidelines for such.

Exhibition / Competition

All league rules apply. (uniforms, music, stunts, etc)

The maximum time for the routine is two minutes and 30 second. This includes your cheer and dance. The timer begins when you team starts the music, cheer or stunt.

The judges will be told which teams lost Sportsmanship points lost during the season.

Cheer Stunts for Games & Exhibition / Competition

Stunts are not permitted on paved areas. GRASS ONLY!

All Head Coaches must attend the Coaches Clinic in order for their team to be eligible to begin stunting.

Level 1 – Flag Division

Tumbling Permitted: Cartwheels, roundoffs, splits, somersaults

Stunts Permitted:

Pony Sit: must have one (1) base and one (1) back spotter
Thigh Kneels: must have two (2) bases and one (1) back spotter
Thigh Stands: must have two (2) bases and one (1) back spotter

Level 2– Lower Division

Tumbling Permitted: Cartwheels, roundoffs, splits, somersaults and back handsprings

Stunts Permitted:

Pony Sit & Pony Stand: must have one (1) base and one (1) back spotter
Thigh Kneels: must have two (2) bases
Standing Thigh Stands: must have two (2) bases and one (1) back spotter
Prep (chest high): must have two (2) bases and a front & back spotter
One footed stunts: must have two (2) bases and a front & back spotter
Shoulder Sit: Must have one (1) base and one (1) back spotter
Cradling: Must only be done when the Flyer is at "Prep Level" and both feet are being supported by both bases and backspot is in contact with the flyer.
No cradle will be executed from a one legged prep.
A stunt group may do a 360 degree turn, but may not move/walk while stunting (shoulder sit or prep).
NO Twisting in or out of stunts.
**NO head first entrance or exit from ANY Stunt!

Level 3– Middle Division

Tumbling Permitted: Cartwheels, roundoffs, splits, somersaults and back handsprings

Stunts Permitted:

Pony Sit & Pony Stand: must have one (1) base and one (1) back spotter
Thigh Kneels: must have two (2) bases
Thigh Stands: must have two (2) bases and one (1) back spotter
Extension Prep: must have two (2) bases and a front & back spotter
One footed stunts: must have two (2) bases and a front & back spotter
One footed Stunts can only be done at "Prep Level". No Inversions, No stunt or Pyramid may move over or under another stunt.
Shoulder Sit: Must have one (1) base and one (1) back spotter
Full Extension Prep, Straight Cradle, One Footed Stunts, Shoulder Stands are permitted.
Must use two (2) bases, one (1) back spotter, and one (1) front spotter for ALL one footed stunts and stunts extending above the shoulders.
NO head first entrance or exit from ANY Stunt!
NO kick or twist down from a cradle.
NO basket tosses
Cradling from an "Extended Prep" Must only be done when the Flyer has both feet supported by both bases and backspot is in contact with the flyer/bases.
An "Extended Prep" may do a 360 degree turn, but may not move/walk while in an "Extension".
Only half twist aloud when loading in a stunt to prep level or below.
No twisting out of any stunt.

Level 4– Upper Division

Tumbling Permitted: Cartwheels, roundoffs, splits, somersaults and back handsprings

Stunts Permitted:

Pony Sit & Pony Stand: must have one (1) base
Thigh Kneels: must have two (2) bases

Thigh Stands: must have two (2) bases

Prep: must have two (2) bases and a back spotter

One footed stunts: must have two (2) bases and a front & back spotter

Shoulder Sit: Must have one (1) base and one (1) back spotter

Extension Prep (full), Straight Cradle, One Footed Stunts, Shoulder Stands are permitted. Must use two (2) bases, one (1) back spotter, and one (1) front spotter for ALL one footed stunts and stunts extending above the shoulders.

Basket Toss is permitted for those teams whose Head Coach attends the Clinic

A kick or twist down from a cradle is permitted for those teams whose Head Coach attends the Clinic

NO head first entrance or exit from ANY Stunt!

NO twisting or turning from a basket toss!

Prep Level does not need a front spot. One legged "Prep Level" does not need a front spot.

Basket Toss must have two (2) bases one (1) front spot and (1) backspot.

Transitions" one (1) base must be in contact with the flyer at all times.

Inversions" should only be performed at prep level or below.

No one legged extension should be braced by another one legged extension or extension prep.

Full ups (360) must be caught at prep level or below and must start and end with full contact of both bases and backspot.

Tumbling; (if already capable) Front and Back Walkovers, Aerial, Back handspring, Tuck, Layout

DANCE, CHEER & STUNTS TERMINOLOGY

Backspot – A person in the back of the stunt that is responsible for protecting the head and shoulders of the flyer during a controlled dismount or fall.

Base – A person who is in direct weight bearing contact with the performance surface who provides support for another person. The person that holds, lifts, or tosses a flyer into a stunt.

Basket Toss – A toss with no more than four (4) bases, two (2) of which use their hands to interlocks wrists.

Cradle – A release move in which catchers, with palm up, catch the flyer by placing one arm under the back and the other under the thighs of the flyer. The flyer must land face up in a pike position.

Exiting a Stunt – A dismount or release from any level stunt, even if another stunt follows.

Extended Prep (full) – when the entire body of the flyer is extended in an upright position over the bases.

Prep – When the flyer is being held at shoulder level by the base.

Flyer – The person on top of the stunt or a toss.

Shoulder Sit – Flyer will sit on the bases' shoulders with legs to the front, wrapped around to the bases' back.

Shoulder Stand – Flyer will have foot contact with shoulder(s) or their base(s)

Spotter – A person whose responsibility is the protection of another during the performance of a skill

Must be in direct contact with the performing surface

Can not stand so the that torso in under the stunt

Can not have both hands directly supporting under the sole of the flyers foot/feet

Can grab the wrists of the bases.

Must be a member of the team.

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