



# Cheerleading Rules

Adopted March 2024

# Inland Northwest Youth Football and Cheer League Official Cheerleading Rules

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## Cheer Sub-Committee Bylaws

### Article 1: Name and Purpose

*Name:* This Cheer Sub-Committee shall be recognized as a sub-committee for each Association's Cheer Program, operating under the Inland Northwest Youth Football and Cheer League. If the Association does not have a subcommittee, it will follow the Association Chain of command.

*Purpose:* The purpose of the Association Cheer Sub-Committee is to oversee and administer youth cheerleading programs within each Association's geographical boundaries, fostering sportsmanship, character development, and academic achievement among youth participants. These rules are to be followed if Association has a Cheer Sub-committee.

### Article 2: Principal Office

*Location:* The principal office of the Cheer Sub-Committee shall be located within the geographical boundaries of the attached Association, with the current mailing address specified by each Association.

### Article 3: Purpose, Objectives, Property, and Definitions

*Purpose and Objectives:* The Cheer Sub-Committee aims to provide a safe, supervised environment for youth cheerleaders to develop skills, values, and teamwork through cheerleading activities by providing fair consistent business practices outlined in these bylaws. This is an optional sub-committee voted on and accepted by quorum into each individual Association.

*Property:* All property and assets of the Cheer Sub-Committee are dedicated to the support and advancement of its youth cheerleading programs, ensuring compliance with the Inland Northwest Youth Football and Cheer League's non-profit status.

*Quorum:* A quorum shall consist of two-thirds of eligible voting members present at any regular or special meetings.

### Article 4: Membership Associations

*Membership Eligibility:* Membership in the Cheer Sub-Committee is open to organized cheerleading programs meeting Inland Northwest Youth Football and Cheer League requirements and approved by the Association, in which, the Cheer Sub-Committee resides.

*Membership Approval:* Cheer Sub-Committee's members will initially be voted in by the respective Association's Board of Directors. Each year following the nominee will be voted in by fellow Cheer Sub-Committee members.



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Termination and Resignation: The Association's Board of Directors may terminate or accept the resignation of a member from the Cheer Sub-Committee, ensuring fair processes and no claim on board property upon termination.

### Article 5: Government

*Supervision:* The Cheer Sub-Committee operates under the supervision of the respective Association, ensuring alignment with the Inland Northwest Youth Football and Cheer League's Bylaws, SOP's, and Cheer Rules & Regulations.

*Officers:* The Board comprises appointed officers responsible for the administration, oversight, and promotion of youth cheerleading programs.

*Meetings:* Regular meetings shall be held to discuss program operations, rule enforcement, and association coordination, ensuring transparency and collaboration among member associations.

*Responsibilities:* The Cheer Sub-Committee manages rule enforcement and facilitates a safe and positive cheerleading experience for participants.

### Article 6: Officers and their Duties

The below listed positions are the minimum required for a Cheer Sub-Committee. Additional positions may be added per Association Board of Directors approval so long as the voting members equal an odd number.

*Cheer Sub-Committee Chair (Association Cheer Commissioner):* The Chair oversees the operations and activities of the Cheer Sub-Committee, presiding over meetings and facilitating communication among members and the respective Association.

*Cheer Sub-Committee Vice Chair (Cheer Coaching Director):* The Vice Chair assists the Chair in their duties and assumes responsibilities in their absence, ensuring continuity and effective leadership within the Sub-Committee. All Head Coaches report directly to the Cheer Coaching Director.

*Treasurer:* The Treasurer manages the financial affairs of the Board, maintains accurate records of income and expenses, and ensures compliance with financial policies and regulations.

*Secretary:* The Secretary records meeting minutes, maintains official documents and correspondence, and facilitates communication among Cheer Sub-Committee members.

### Article 7: Attendance

*Meeting Attendance:* Board members and association representatives are expected to attend all meetings, with provisions for proxies and excused absences as approved by the Cheer Sub-Committee. Any Cheer



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Sub-Committee member, which does not attend three (3) consecutive meetings, shall be suspended from all voting privileges for the remainder of the current year. An excused absence shall not constitute a violation of this section. An excused absence shall be approved prior to the scheduled meeting by the Association Cheer Commissioner. The vote of a Cheer Sub-Committee may be reinstated at any time upon a favorable vote of two thirds (2/3) of the Cheer Sub-Committee in attendance and in good standing.

### **Article 8: Amendments**

*Amendment Proposal and Approval:* Proposed amendments to these bylaws shall be presented in writing to the respective Association Board of Directors, discussed, and voted upon during official meetings. Amendments require a two-thirds majority vote for approval. If this amendment at the Association level may not alter the Inland Northwest Youth Football and Cheer League approved Bylaws.

*Implementation:* Approved amendments shall be incorporated into the Association Bylaws no later than March 31 of the current year. Amendments approved after March 31 shall take effect as an addendum until it can formally be written into the bylaws the following year., ensuring clarity and consistency in Cheer Sub-Committee operations and governance.

### **Article 9: Indemnification**

*Section 1:* To the fullest extent permitted by law, the corporation shall indemnify any person who was or is a part, or is threatened to be made a party to any civil, criminal, administrative or investigative action, suit or proceeding (whether brought by, or in the right of, the corporation or otherwise). This indemnification shall indemnify any above-stated person by reason of the fact that he is, or was, serving as a director or officer director of the corporation, or is, or was serving at the request of the cooperation as a director or officer director of another corporation. This shall indemnify any above-stated person against expenses (including attorney's fees), judgments, fines, and amounts paid in settlement actually and reasonably incurred by him in connection with such action, suit or proceeding; and the board of directors may, at any time, approve indemnification of any other person which the corporation has the lawful power to indemnify.

*Section 2:* The indemnification provided by Article 9 Section 1 shall not be deemed exclusive of any other rights to which a person may be entitled as a matter of law or by contract.



## Leadership

**League Cheer Commissioner:** The League Cheer Commissioner will be overall responsible for administration of cheering activities, and represent the cheer/dance advisors at league meetings. The Commissioner knows all the rules and procedures pertaining to coaches and players. The Cheer Commissioner has the power to enforce rules, review protests, investigate and discipline with regards to matters involving cheer/dance. Must follow disciplinary procedures outlined in the Disciplinary Procedures.

**Association Cheer Commissioner:** The Association Cheer Commissioner will be overall responsible for administration of cheering activities in their respective association, represent the cheer/dance advisors at the respective Association meetings, communicate with the League Commissioner, and will be the President of the Cheer Sub-Committee (if the respective Association decides to have one). The Association Cheer Commissioner knows all the rules and procedures pertaining to coaches and players. The Association Cheer Commissioner has the power to enforce rules, review protests, investigate and discipline with regards to matters involving cheer/dance within the respective Association and uphold the Disciplinary Procedure.

### Cheer Sub-Committee Minimum Staffing Requirements

*This is optional if the Association votes to add a Cheer Sub-Committee the Association Cheer Commissioner will reside over this committee and report back to the respective Association Board of Directors.*

**Coaching Director:** The Coaching Director will be the Vice President in the Cheer Sub-Committee and stand in for the Association Cheer Commissioner in their absence. Shall be responsible for all issues regarding coaches for cheer/dance. The Coaching Director is responsible for ensuring that all coaches are certified, in their respective disciplines and approval of all necessary paperwork regarding coaching positions. The Coaching Director will be the liaison between coaches and the respective Associations Cheer Sub-Committee regarding any and all rules interpretations.

**Secretary:** The Secretary shall be responsible for the recording of the activities of the Cheer Sub-Committee. The Secretary shall maintain all lists of directors, coordinators, managers, and committee members and mailing lists. The Secretary shall give notice of all meetings and is responsible for maintaining all meeting record minutes. The Secretary shall be responsible for carrying out all



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orders, votes and resolutions and notify members of nominations, elections, and appointments.

**Treasurer:** The Treasurer shall maintain or cause to be maintained adequate and correct accounts of the business transaction of the respective Association's Cheer Sub-Committee. The Treasurer shall be included as a signatory on all respective Association's Cheer Sub-Committee bank accounts with the Association Cheer Commissioner as the secondary signer on the bank accounts. The Treasurer shall promptly deposit all monies and other valuables in the name of and to the credit of respective Association's Cheer Sub-Committee as directed by the respective Association's Cheer Commissioner. They shall report the financial status of the Corporation at least monthly, at scheduled meetings. The Treasurer shall work with the respective Association's Board Treasure to assist in creating all annual state and federal filings, to include, but not limited to tax returns and shall cause said documents to be filed by their statutory deadlines.

***Additional Cheer Sub-Committee positions may be added to the respective Association Cheer Sub-Committee with approval from Association Cheer Commissioner, respective Association Board of Directors quorum vote, and approved by the League Cheer Commissioner. This addition must have an attached job duty description.***



## Coaching Requirements

*The following is required prior to first practice to get your green pass to Coach.*

1. Background Check -[Link](#)
  - a. SportsEngine
  - b. This will trigger once you complete your registration online.
  - c. *The cost is \$25.*
2. CPR/First Aid Certified
  - a. You can use any valid certification you already have.
  - b. If you have not been certified in the past 2 years this is an option:  
<https://www.mycprcertificationonline.com/cpr-aed-first-aid-certification>  
*The course cost is \$39.95 and can be completed online.*
3. Abuse Prevention Course
  - a. You will receive an email to complete this once you have completed the SE background check. *This is free and online.*
4. YCADA Y101 Course
  - a. ALL CHEER COMMISSIONERS, HEAD COACHES, and ASSISTANT COACHES are required to take the YCADA Y101 Course found here:  
<https://shop.ycada.org/courses/y1012023>
  - b. *The cost is \$25 and is good for 2 years.* This is an online course.  
Coaches must be 19 years old to take the course.
5. Heads Up Concussion Certification
  - a. *Free course*
  - b. <https://www.train.org/cdctrain/course/1089818/details>
6. Badge Picture
  - a. submitted to Association Cheer Commissioner
7. NFHS Heat Safety test completed
  - a. *This is a free course*  
<https://nfhslearn.com/courses/heat-illness-prevention-2>
8. Attend ALL mandatory meetings set by the Association Cheer Commissioner.



## Accident Reporting

*Always loop in your Association Cheer Commissioner and Association President for any accident. This is crucial to proper care of our athletes and for insurance reasons. Please use email for parent reports and or an approved report form for your association. [INYFC Injury Report Form](#)*

1. Any event/injury should be reported any time there is a sit out, medical care, or emergency intervention documentation needs to be done. This is as simple as completing the form. **All accidents need to be emailed to your Association President and Cheer Commissioner. Coaches, please forward to the League Cheer Commissioner for record keeping.**
2. You are responsible for knowing what allergies and medical conditions your athletes have. It should be in their registration. Please be sure you have what they need in the event of an allergic reaction while in your care and how to administer incase parent is not nearby. Administer and immediately call parent or medical help where logical. [Medical Alert Form](#)



## Participant Certification and Eligibility

### Participant Certification

Certification is that process whereby the participant is registered through the respective Association website and completes the following requirements:

1. Complete the online registration form, upload school required documentation, and registration payment through the Association
2. Complete NSID Certification

Once the participant is registered the Association representative will reach out to the parent to place the participant on a squad.

### Retention of Eligibility

Once certified, a participant must meet the following requirements to retain eligibility:

1. Transfer policy in case of change of residence will be decided by the League.
2. Retain parental consent.
3. Maintain sound physical condition.
4. A player serving a school suspension is not eligible to play until the day after their school suspension is completed.
5. No player will be added after week 2 of the season's start date.

### Drops and Adds

1. Participants must be registered before August 1st of that year. Any participant registering after August 1st of that year must get approval from their Association. All Association approval registrations must be done before August 15th of that year.
2. All Team Rosters must have active status in INYFC Roster system by the first Monday in September.

### No All-Star

All Star squads are prohibited in INYFC. INYFC rosters are valid from **August 1st to December 31st of the current year**. Any coach or participant found to play a game(s)/competition with All Star participants from different rosters of regular season teams will forfeit future eligibility for all INYFC programs.



## Coaching Rules and Regulations

1. **Staffing:** The maximum amount of staff allowed on any squad is 10. This includes head coaches, assistant coaches, team parents, equipment managers, photographers, etc..
2. **Coach Certification:** A certified coach MUST be present at ALL times during practices, games, competitions, and Association/League Events and are responsible for the participants during this time until released to the care of their parents.
3. **Communication:** It is the responsibility of every volunteer, coach, and team staff member to stay informed with all the INYFC/and respective Association communications by regularly monitoring the chat (designated by the Cheer Commissioner) activity and responding when requested in a respectful manner. If a volunteer does not uphold the communication expectations they will be subject to disciplinary actions.
4. **Practice Logs:** Coaches need to keep a practice plan log. This can be done easiest in Google Forms the results will be automatically placed in a spreadsheet that is saved in a Google Drive. Your Commissioner will cover this in the Coaches meeting at the beginning of the season. You will be given access to a Google drive folder that is created by the League and is shared with the Coaching Director, Association Cheer Commissioner, and League Cheer Commissioner.
5. **Stunt Safety:** before athletes can do any formal stunting, teams must have 10 in person practices drilling safety and stunting basics. Coaches need to sign off on their stunting progression forms that all stunt groups have mastered step up drills, shove wrap drills, and smart stunt catching. Keep in the Coaches book and send a copy to the Coaching Director, Association Cheer Commissioner, and League Cheer Commissioner.
6. **Tumbling:** If teams are competing as tumbling squads they must incorporate safety drills and basics into their practices not just relying on prior athlete knowledge. This covers Coaches in event of any injury and lawsuit to Associations and Leagues. Please notate this in your practice plans.
7. **Competition declarations:** (tumble and non-tumble, team size, Coed or not) must be made by 2 weeks prior to Cheer Palooza.
8. **Music:** Under U.S. copyright laws, you cannot mix, edit or use music that you do not have copyright usage for during any kind of public performance. If you choose to use a single song in your routine, you may bring a legally purchased (from iTunes, Amazon, etc.) copy of that recording to be used at the applicable event. <https://www.usacheer.org/wp-content/uploads/2017/01/USACheerFAQ.pdf>



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9. **Insurance:** The team is covered under INYFC Insurance with or without the COI (Certificate of Insurance). If the site you are using for practice or activity is requesting a COI please contact your Association Cheer Commissioner and they will get the copy of the COI to you.
10. **Optional Spring Cheer Camps:** will be limited to skills and fundamentals and an additional cost may be charged (defined by the respective Association). They must follow all rules and regulations. Competition routines are prohibited from being shown, practiced, or performed.
11. **Fundraising:** coaches must complete the Association [INYFC Fundraising Form](#) then submit it to the Association Cheer Commissioner to be submitted and approved by the Association Board of Directors. If there is a Cheer Sub-Committee then the Cheer Commissioner will bring it to the Cheer Sub-Committee for approval and will not have to have additional approval from the Association Board of Directors; however, the form will still need to be submitted to the Board of Directors for papertrail purposes.
12. **Sponsorships:** are allowed with Association Board of Directors prior approval. Sponsorship letters may include an offer to place the company logo on items purchased with the sponsorship monies. Send a copy of the sponsorship letter to the Association Board of Directors and Association Treasurer, this way they will know to allocate the funds to the correct team.

**Any post regular season competitions requests must be emailed to your Association Cheer Commissioner and Association President. The commissioner will get a quorum approval from the Association board. The approval will be then sent to the League Cheer Commissioner. Once approved at the league level the coach will receive a letter of approval. The coach can then register for YCADA Jamz competitions. Any outside competitions will require additional certifications and will not be under the umbrella of INYFC. Contact your commissioner for more information.**



## General Cheer Rules and Regulations

1. Coaches MUST bring their league/team 'books' containing NSID Player Cards anywhere they meet with the team. Not having this information available at ALL times will result in disqualification.
2. Youth divisions are determined by the age of the oldest team member.
3. The participant's age on July 31 shall be the participant's age through May 31.
4. Participants must be 5-16 years old by July 31st.
5. Squads may get together prior to the season's official practice start date; however, this is for social purposes only.
6. Squad minimum is 6 members and the squad maximum is 25 members.
7. The season's official practice begins the last **Monday in July**.
8. Teams will be formed as follows: 8 yrs and under (8U), 10 yrs and under (10U), 12 yrs and under (12U), 14 yrs and under (14U), and 16 yrs and under (16U). If a squad is too small to split into these categories then the team will be identified by the oldest member of the squad.
9. Stunting groups' age span must not exceed 4yrs difference as of the July 31st age date.
10. The INYFC Code of Conduct applies to ALL Participants, Parents, Team Managers, Coaches, Cheer Sub-Committee Members, Board Members, and League Board of Directors. Please familiarize yourself with this.
11. Practice attire must be form fitted to avoid unnecessary injury from a girl getting caught in another team member's loose fitting clothing.



### Sideline Rules

1. All skills legal for sideline cheering can be performed on artificial/live grass, rubberized track, indoor basketball court or a matted surface.
2. No skills are allowed on asphalt, concrete or any other similar surface.
3. Uniforms must be appropriate for youth rec cheerleading. When standing at attention, apparel must cover the midriff.
4. Fingernails, including artificial nails, must be kept short, near the end of the fingers.
5. When stunting hair must be pulled back unless it's too short and no bows with metal clips should be used.
6. Hair devices and accessories must be secure. In general, hair should be pulled back away from the face and secured.
7. Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding.
8. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed- cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses.
9. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling.
10. Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed but must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
11. Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is not permitted for use at any time other than practices under the direct supervision of someone trained in their use.
12. Participants must not chew gum or have candy in their mouths during practice or performance.
13. The only props allowed to be used are megaphones, poms, signs (including run-through banners) and flags.
14. The only props allowed to be used while in stunts or pyramids are poms or signs in use by the top person only. A top can hand a sign to a base or spotter with the intent of immediately releasing it to the ground as long as the top is not extended.



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## Sideline Rules Grid

Skills not specifically allowed in the rules grid are prohibited. Skills from any lower level are allowed at the higher level.

Category	Level 1 (10 and under*)	Level 2 (14 and under*)	Level 3 (18 and under*)
<b>Jumps</b>	All jumps and jump combinations allowed.	All jumps and connections to tumbling allowed.	All jumps and connections to tumbling allowed.
<b>Tumbling</b>	Forward and backward rolls Forward and backward walkovers Roundoffs Cartwheels (series cartwheels allowed)	Non-twisting standing handsprings and standing back tucks allowed. No series or connected airborne tumbling and no twisting airborne skills.	Series tumbling allowed. No twisting airborne skills.
<b>Stunts</b>	No inversions (the head can never be below the hips).	No inversions (the head can never be below the hips).	No inversions (the head can never be below the hips).
	No release stunt transitions other than a reload from a cradle position.	No release stunt transitions other than a reload from a cradle position.	No release stunt transitions other than a reload from a cradle position.
	A spotter is required for all stunts.	A spotter is required for all stunts.	A spotter is required for all prep-level and above stunts.
	No spinning/twisting.	Half twist loading allowed. Full twist to a loading position allowed.	Full twist from a loading position to double base prep and double base extension allowed.
	Allow all skills prep level and below.  A standing stunt at prep level must be double based and standing on both feet.	Double base extensions allowed.  Liberties and liberty hitches at prep level allowed.	Extended Liberty/Hitch allowed.  Single base extensions allowed.
<b>Dismounts</b>	No spinning/twisting No released dismounts (bump down, regrab hands, use a post and pop down, etc.)	Non-twisting cradles and pop downs allowed.	Full-twisting cradles and non-twisting pop downs allowed.
<b>Pyramids</b>	Follow stunt rules.	Follow stunt rules.	Follow stunt rules. If two connected stunts are extended, the connection must be hand to hand/arm. Twisting while connected is not allowed.
<b>Baskets</b>	Not allowed.	Not allowed.	Pencil/Timer and Toe Touch only. No twists.



## Competition Rules and Regulations

**Certifications: For YCADA Events** Coaches MUST bring their league/team 'books' and will need to **contain copies of Birth Certificates of all players.**

*(Note: This is a YCADA Rule and only applies for competitions outside of Cheer Palooza.)*

### Team Classifications

Teams may declare tumbling or non-tumbling within each of the below listed classifications. The Head Coach must make the declaration to their Coaching Director, who will present this to the cheer committee, and the Association Cheer Commissioner will forward it to the League Cheer Commissioner by the end of the second week in September. If the squad continues into the off season competition this classification may be amended no later than 2 weeks before Cheer Palooza.

**Category** is defined by the type of performance you select.

### Crossovers

- 1) Any athlete performing in a Non-Mount division may NOT cross over into a division that allows building skills
  - 2) Level 1 Limited may not cross over to any other Show Cheer Level.
1. **Show Cheer Level 1 Limited:** (Time Limit: 2 min) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Level 1 Limited routine requirements and allowances.
  2. **Show Cheer:** (Time Limit: 2 min 30 sec) This category is offered for the following levels: 1, 2, 3 and 4. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances.
  3. **Show Cheer Non-tumbling:** (Time Limit: 2 min 30 sec) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Gymnastic skills are PROHIBITED. Failure to perform required skills will result in a 0. Stunts are limited to Level 3 skills. Poms and props are allowed.



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Please refer to the remainder of the cheer section for complete details on Show Cheer Non-Tumbling routine requirements and allowances.

### Competition Rules

1. No shoe charms, hair beads, jewelry (except medical/religious – taped down) or chewing gum will be allowed during practices and performances.
2. Casts and Braces
3. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
4. Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a
5. padded material so that it protects both them and their fellow participants from injury.
6. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.
7. Athletic Cheer closed-toe shoes are required for all participants.
8. Fingernails, including artificial nails, shall be kept at fingertip length appropriate for safe participation.

### Entrances & Exits

1. Show Cheer - Teams should take no longer than 20 seconds to enter and set for their routine. Formal entrances/exits are prohibited. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniformed fashion to the team's starting position is allowed. Spirited exits are allowed after the competition of the routine but must not include tumbling or stunt skills.
2. Sideline Performance Cheer – Spirited entrances are required. Teams may line up off the performance surface prior to their entrance but must take no longer than 20 seconds to line up. Spirited exits are allowed after the competition of the routine but must not include tumbling or stunt skills.

### Timing

1. Show Cheer - Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!) Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface. Coaches may not delay the start of the routine in order to



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fix formations. Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Challenger).

2. Sideline Performance Cheer – Timing will start with the first participant to spirit onto the performance surface.
3. All Show Cheer participants must be on the performance surface at the start of the routine.

### Competition Code of Conduct

*Actions taken will be under the discretion of an event official*

1. Routines must be appropriate for family viewing.
2. Appropriate choreography and music MUST be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified.
3. Tear away uniforms and/or removal of clothing is not allowed.
4. Uniforms and makeup should be age appropriate and suitable for family viewing.
5. Items that may damage the performance surface are prohibited.

### Poms and Props

1. Props are limited to banners, flags, megaphones, and signs/light up signs.
2. All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark the center. Items must be off the mat to ensure it is not in the way of participants.
3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once props are no longer needed, they must be safely discarded either within or outside of the performance area by an athlete who remains inside the performance area.
5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered ILLEGAL, performing a Cradle with poms would also be considered ILLEGAL.
6. Once a stunt is fully built, flyers may obtain and use poms and props and then transition to another stunt that does not require the use of hand(s). Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer



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may then transition to an extension with poms in hand. Exceptions are not limited to this example.

7. Bases/back spotters may not hold poms or props in their hands if the hands are the primary support for the top person during stunting.  
Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
8. Front spots may hand or be handed poms or props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.

### Jumps

1. Participants are permitted to jump over another participant on the performance surface with or without contact.
2. Partner assisted jumps are allowed provided the supporting athlete controls the jump and maintains contact from start to finish. Partner assisted jumps will not count towards jump difficulty.
3. Airborne skills that drop/transition directly to the performance surface are not allowed. Weight must be borne on the hands or feet.

### Tumbling

1. All tumbling must originate from the ground level.
2. Spotted/Assisted Tumbling is an allowable skill. However, any skills of these types will not be considered a part of tumbling difficulty.
3. Partner tumbling is prohibited.
4. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
5. Tumbling oriented load-ins to stunts, dismounts, and transitions (such as Cartwheels, Round Offs, and Walkovers) are permitted:
  - a) Must follow inversion rules
  - b) Rebounding from tumbling skills into stunts/stunt transitions is limited to cradle, load-in, and below prep level group-based stunt ONLY. If rebounding into a single based below prep level stunt, an additional spotter is required.
6. 3/4 flips and 1 1/4 flips are prohibited.
7. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.



## Inland Northwest Youth Football and Cheer League Official Cheerleading Rules

### Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget with or without contact to the Nugget.
2. Must never pass over, under or through other stunts and/or pyramids. Individuals are permitted to jump over other participants on the performance surface.
3. (Level 3-4) Single leg extended stunts may be braced to other extended level stunts.
4. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
5. (Levels 2, 3 & 4) Superman transitions cannot invert at any point, may not intentionally travel and may only originate from prep level or below stunts or the load in position.
6. Pendulums
  - (a) Pendulum transitions must start from prep level or below and return to an upright stunt/load- in/ground position.
  - (b) One Spotter is required in front of the catchers during all pendulum transitions.
  - (c) Two Bases are 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.).
7. Stunts transitions must never be released to the prone position (face-down/stomach).
8. Stunts 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).
9. Superman transitions may not be braced to any other stunt/transition.
10. May not cradle from any stunt in which the base(s) have a knee on the ground.
11. Release moves may not involve changing bases.
12. In pyramids involving release moves that require a bracer for legality (ball ups, braced flips, etc.), 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.
13. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire stunt/transition.
14. All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid for that level.
15. All inversions require 2 bases and 1 spotter.



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16. 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.

### Tosses (Levels 2-4)

1. May never intentionally travel.
2. Must be caught in a Cradle by the original bases and are limited to up to 4 bases (total base count includes back and front spotters). Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.
3. Must never become inverted at any point during the toss.

### Types of Required Spotters

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

### Continuous Back Spotter

2. Not required for Knee Stands, Thigh Stands, Shoulder Sits, Double-Based Non-Extended V-Sits, and Below Prep Level Stunts (exception: Required for single based stunts in which the flyer performs a Rebound entry).
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. (Level 1 ONLY) All Extended V-Sits and Swedish Falls require an additional spotter who is not connected to the stunt.
5. Required for all stunts, release moves and tosses prep level and above (exceptions: may transition from/to back spot of a group-based stunt to Shoulder Sit, Flatbacks with at least 3 bases, vertical/horizontal T-Lifts). In Flatbacks with 3 bases, one base must be supporting the head, neck, and shoulders of the flyer.
6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases).
7. 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.
8. 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).
9. (Levels 2-4) During 1/2 twist transitions from prep level or below to a cradle position, the flyer and at least one base or back spotter must maintain contact throughout the transition and an additional spotter is required at the head and shoulders of the flyer to catch the Cradle.



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10. Must be positioned directly behind or to the side of the flyer when the flyer is facing the backspot and stops in or power presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep 180 to Extension Prep would require an additional spotter during the Reverse Extension Prep).

### Spotter for Single Based Stunts

11. Required for a single-based partner stunts at prep level and above.
  - (a) Must be positioned directly behind or to the side of the flyer.
  - (b) 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).
12. May not change roles between being a base and a continuous spotter when stunt is prep level or above.
13. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

### Bases

1. Must be in direct contact with the performance surface.
2. Must never assume a Backbend, Headstand or Handstand position while basing a stunt.
3. Two required during a pyramid transition when the flyer is completely released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
4. Two bases required in all Split Stunts.

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

**SHOW CHEER NON MOUNT:** (Time Limit: 2 min 30 sec) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. All building skills are prohibited. Clarification: A partner pick up would not be considered a stunt. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Non Mount routine requirements and allowances.



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**SIDELINE PERFORMANCE CHEER:** (Time Limit: 1 min 45 sec) Spirited Entrances are Required. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of stunts, tumbling, and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. Failure to perform required skills will result in a 0. Please refer to the remainder of the cheer section for

complete details on Sideline Performance Cheer routine requirements and allowances.

**SIDELINE PERFORMANCE CHEER NON MOUNT:** (Time Limit: 1 min 45 sec) Spirited Entrances are Required. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of tumbling and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. Failure to perform required skills will result in a 0. All building skills are prohibited. Clarification: A partner pick up would not be considered a stunt. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer Non Mount routine requirements and allowances.



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### YCADA Glossary

**1/4 Turn Cradle:** A 1/4 turn by the flyer to the cradle position. Bases/spotters make the same 1/4 turn to catch the flyer.

**1/4 Up (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotate 90 degrees.

**180 (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees. Other related terms include Half Up, 1/2 Twist Load in.

**360 (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees. Other related terms include Full Up or Full Around.

**Aerial:** See Front Aerial, Side Aerial

**Airborne Tumbling Skill:** A tumbling skill involving hip overhead rotation, becoming free of contact with the performance surface.

**Alternate Cradles:** Dismount variations in which the flyer executes a trick/body position. Cradle examples include: Toe Touch, Tuck, Kick, Pike. **Clarification:** the Arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Alternate Flipping Body Positions (Tumbling):** X-Out, Layout, Pike, Step Out, and Whip.

**Arabesque:** A stunt in which the working leg of the flyer is fully extended, parallel to the performance surface and the flyer's chest is up (close to 90 degrees).

**Arabian:** A tumbling skill in which a participant performs a 1/2 twist into a Front Flip. The twist is complete before the rotation of the flip begins and is commonly performed out of a rebound.

**Back Handspring:** See Handspring

**Back Limber:** Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

**Back Limber to Back Walkover:** Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

**Back Spotter:** See Continuous Spotter

**Back Walkover:** A non-airborne tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot at a time.

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

**Barrel Roll:** A release move where the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

**Base:** A person who is in direct weight bearing contact with the performance surface and provides primary support for another person.

**Basket Toss:** A type of toss with no more than 3 bases, 1 back spotter, where 2 bases use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

**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 T-motion through the space between their working leg and gripping arm.

**Brace/Bracer:** A physical connection that helps to provide stability to a top person. Bracers may not be a base or continuous spotter.

**Braced Flip:** A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). Types of Braced Flips include Braced Front Flip and Braced Back Flip. Some of the body positions for the flipping top person of a braced flip include a Tuck and Pike.



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**Braced Roll:** A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with both a top person and a person on the performance surface who is part of the stunt group.

**Building:** See stunt

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

**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 one foot/leg at a time.

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

**Consecutive Front/Back Handsprings:** See Handspring series.

**Continuous Connected Jumps:** The execution of two or more jumps in constant movement without stoppage of movement.

**Continuous Spotter:** The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt. Does NOT need to have contact with the flyer/stunt group.

**Cradle:** A released dismount in which the bases catch the top person below shoulder level with palms up, by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a Pike 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

**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/reload 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 the feet leave the ground before the hands reach the ground.

**Downward Inversion:** A stunt or pyramid in which an inverted person's momentum is moving towards the performing surface.

**Drop:** Dropping to the knee, thigh, seat, front, back or split position onto the performance surface from an airborne or inverted position without first bearing weight on the hands/feet.

**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.

**Extended Position:** A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position. Therefore, a true show and go would be considered an extended position.

**Extension:** A two leg, extended level stunt in which the flyer's feet are being held/gripped by the base(s) in the extended position.

**Extension Prep:** A two leg, prep level stunt in which the flyer's feet are being held/gripped at shoulder level by the bases.

**Extension Prep Hitch:** A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of the working leg) remains in contact with the base's hands. Extension Prep Hitches are not considered single leg stunts.

**Fallback:** 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. Also Known as a Fireman Catch.

**Flat Back:** A stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by at least 3 bases. Extended Flatbacks are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks are classified as below prep level stunts.



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**Flip (Tumbling):** An airborne tumbling skill in which a participant rotates hips over head with no contact to the performance surface as the body passes through the inverted position.

**Flip Body Positions:** Common body forms for flips are as follows: Aerial, Tuck, Pike, and Layout. For alternative body positions see Alternative Flipping Body Positions.

**Floorwork:** Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

**Flyer:** A person who receives primary support from another person.

**Footwork:** The activity of moving from place to place, with full body movement, to create visual effects.

**Forward Flipping Leap Frog:** Stunt transition in which the flyer performs a front flipping inversion from original bases to new bases, while remaining connected to a post by hand/hand contact. Usually performed from a Sponge position.

**Forward Roll:** A non airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine.

**Forward Suspended Roll:** A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot and lands in a cradle to the same bases or the performance surface.

**Front Aerial:** An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.

**Front Base (Spotter):** A person located in front of the stunt, facing the stunt and added to help control the stunt for the additional safety of the flyer.

**Front Handspring:** See Handspring

**Front Limber:** Gymnastic, non-aerial flexibility skill that originates on the hands, keeping both legs together and landing in a back bridge position.

**Front Tuck:** A flipping tumbling skill performed from a run or forward moving skill in which the participant springs upward and forward in a stretched position and tucks their knees as the body begins to rotate forward.

**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 performance surface landing one foot/leg at a time.

**Full Twist:** A 360 degree twisting rotation.

**Full Up:** A stunt/stunt transition in which the flyer rotations 360 degrees during the accent to a prep level or higher stunt.

**Group Based Stunts:** A stunt using multiple bases for support.

**Half:** See Extension Prep

**Hand Support (Tumbling):** When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

**Hand/Arm Connection:** The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist).

**Handspring:** A forward or backward airborne tumbling skill that starts from a standing or running entry in which the participant jumps or rebounds in order to rotate into an inverted position then blocks off the hands to return upright and land on their feet. To block off the hands is to put weight on the arms when in the handstand position and using a strong push from the shoulders to complete the rotation and land on the feet.

**Handspring Series:** A tumbling term used to describe a participant's performance of two or more consecutive handsprings



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

**Handstand Fall to Bridge:** When a participant front limbers to a Bridge position from a Handstand.

**Heel Stretch:** A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg to mirror the Half High V motion of the opposite arm while keeping the working leg straight.

**Helicopter:** Flyer in a supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

**Horizontal T-Lift:** A stunt in which the top person is supported by bases in a face up or face down horizontal position with the arms in a T-Motion. Two bases are present at the head/armpits of the flyer (one on each armpit), and are responsible for the flyer's head/shoulder area. The additional base/s support the legs/lower body of the flyer. Inversion/Inverted: When the athlete's shoulders are below their waist and both feet are above their head.

**Inversion Entry:** Inversion skill/stunt which originates from the performance surface.

**Inversion Exit:** Inversion skill/stunt which transitions to the performance surface.

**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.

**Layout: (Tumbling):** An airborne tumbling skill that involves hip over head rotation with no contact to the performance surface as the body passes through the inverted position in a stretched and hollow body.

**Leap Frog:** A braced flyer is transitioned from one set of bases to another or back to the original bases. The flyer must remain upright and stay in continuous contact with the base/back spotter while transitioning.

**Liberty:** A single leg stunt in which the flyer bends and lifts the working leg so that the instep is at or near the standing leg's knee.

**Limber:** See Front Limber or Back Limber

**Load in:** A flyer's position in preparation to build a stunt or skill in between stunts. Common positions/terms: Sponge, One Foot Load In, Two Foot Load in.

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

**Nugget:** A position in which a participant is crouched on the performance surface, face down on the shins and forearms.

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

**Partner Assisted Jumps:** A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position and the elevated athlete executes a standard style jump.

**Partner Pick Up:** A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations.

**Pendulum:** A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

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

**Pop:** A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder level stunt and above.

**Pop Off:** Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.



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**Post:** A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

**Power Press:** When bases bring the top person from an extended position, down to prep level or below, and then re-extend.

**Prep:** See Extension Prep.

**Pretty Flyer:** Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee. Primary Support: Supporting a majority of the weight of the top person.

**Prone Position:** A belly down, flat body position.

**Prop:** An object that can be manipulated. Flags, banners, signs, poms, megaphones, and pieces of cloth are examples of a prop.

**Pyramid:** Any type of physical contact between a stunt group to an individual standing on the performance surface OR a stunt group(s). The type of physical contact may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body. This physical contact may be made between flyers, between bases, flyer to base, flyer to individual on performance surface, base to individual on performance surface.

**Release Move:** A stunt transition or skill in which the flyer becomes free of contact from anyone within the stunt group that is on the performance surface.

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

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

**Running Tumbling:** Tumbling that is performed with a running start and/or involves a step or a hurdle 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."

**Scale:** A single leg stunt typically performed with the stunt facing to the side while the Flyer's chest/face are toward the crowd. With the same side hand/arm, the Flyer grips around the back of the straight working leg at the knee/calf/ankle area in a side stretch with the knee facing the crowd.

**Scorpion:** A single leg stunt typically performed with the stunt facing to the side while the Flyer grips their foot/ankle with both hands pulling their working leg behind their body to create a position that mimics a Scorpion's tail.

**Seated Position:** Anytime a participant is bearing the majority of their weight on their seat.

**Shove Wrap:** A stunt dismount in which the Flyer's feet are together in a Cupie position, released and re-caught for a slow descent to the performance surface.

**Show and Go:** A transitional stunt where a stunt passes through an elevated level and lands into a loading position or non extended stunt.

**Shushunova:** A straddle jump or toe touch landing on the performance surface in a prone/pushup position.

**Side Aerial:** An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

**Single Front/Back Handspring:** A tumbling term used to describe a participant's performance of one handspring.

**Single Based Stunt:** A stunt using a single base for support. Other terms include: partner stunt.

**Single Leg Stunt:** A stunt where the flyer is free from contact from all bases on one of their feet. (Extension Prep Hitches/Two leg Hitches) are not considered single leg stunts because the foot of the flyers working leg remains in contact with the base's hands.

**Single Leg Stunt Variations:** Liberty, High Torch, Heel Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.



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**Single Trick Non-Twisting Cradles:** Dismount variations in which the flyer executes a single trick/body position. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Single Trick Non-Twisting Toss Skills:** Toss skill variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Split Stunts:** Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

**Sponge:** A stunt/stunt transition in which the Base(s) bring the flyer from a stunt to the load In position (the Sponge) in transition to another skill. Also known as Smush.

**Sponge Toss:** A toss with multiple bases. Prior to the toss, feet of the flyer are held in the base's hands at below prep level.

**Spotter:** Member of the team responsible for the head/shoulders of the flyer during a stunt. This person is not a base. They are able to let go of the stunt and it remains in the air.

**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."

**Step Off the Front/Back:** A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

**Step Out (tumbling):** A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

**Stepping Stone Transition:** Transition in which a participant uses teammates as "stepping stones" to walk. Usually using the backs to step on. OR Transition in which a participant walks across fellow participants.

**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 does not involve any trick in the air. It is a straight line position that teaches the flyer to reach and obtain maximum height in toss.

**Stunt:** Any skill encompassing a load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions, dismounts and release moves are considered types of stunt variations for skill category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt). Other terms for stunt include: building, stunt elevation

**Stunt Elevation/Stunt Building:** The degree in which the flyer's foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

### Stunt Height Levels

**Below Knee Stand Level:** A height classification in which the flyer's foot/feet are below the height of a knee stand. Examples - Flyer standing on back of a Nugget. Flyer standing on the thighs of a base, where the base's shins are on the performance surface and torso is upright.

**Knee Stand Level:** A height classification in which one knee of the base is on the performance surface and the other in a hitch position, or base is on all fours, with arms locked out.

**Waist Level:** A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing.

**Below Prep Level:** Any skill that is below the shoulder level of a base.



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**Prep Level:** A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position

**Extended Level Stunts:** A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads, supported by the Base(s) fully extended arm(s).

Stunt Transition: See transitional stunt

**Superman Transition:** The back spotter grips the flyer's ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level or below stunt to be caught at waist level in a prone position by the original two bases. The flyer is never released by the back spotter during this transition.

**Supine:** Lying face upward

**Supporting Leg:** A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg).

**Suspended Roll:** See Forward Suspended Roll

**Swedish Falls:** A stunt in which the flyer is lying horizontal face down and is supported by 3 bases. One base MUST be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer).

**Swing Dance Stunts:** Swing dance style lifts and movements, usually done between two people, where the base lifts the flyer and moves them up and down or side to side.

**Swing Stunts:** A stunt, with multiple bases, using a swinging motion that uses the flyer's body in a front to back or side to side movement and swings into a new stunt position.

**Switch Up:** A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on one or both feet.

**T-Lift:** A waist level stunt in which the flyer with arms in a T motion is supported on either side by at least two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted position while being supported in the stunt.

**Tension Roll/Drop:** A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

**Thigh Stand Level:** The execution of a stunt where the base(s) is in a lunge or lunge-like position and both knees are off the ground.

**Tic Tock:** A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

**Toe/Leg Pitch:** A prohibited 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:** See Flyer.

**Toss Stunts:** A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases.

**Transitional Stunt:** Top person(s) changing from one skill to another thereby changing the configuration of the beginning stunt.

**Tuck (Tumbling):** A body position in which the knees and hips are bent and drawn into the chest; Most commonly performed during front/back tucks which are airborne tumbling skills that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position.

**Tumbling:** Any gymnastic or acrobatic skill that begins and ends on the performance surface.

**Turn:** Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer



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with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

**Two High Pyramid:** All flyers, individuals in the pyramid/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

**Two and One Half (1/2) High Pyramid:** All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt. Two and one half high pyramids are prohibited in the youth cheer divisions, however, passing through a two and a half high pyramid position is allowed in Level 4.

**Twist Cradle(s):** A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: 1/4 Twist, 1/2 Twist, 3/4 Twist, Single Twist/Full Down/Full Twist, 1 1/4 Twist, 1 1/2 Twist.

**Twist (stunt):** Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first movement by the bases or flyer during the simultaneous twisting or building of a stunt inclusive of any bounces/dips that precede or follow the twisting stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

**Upright:** When a participant is vertical with their chest and head in an upright position. Ex. Ball Up, Switch Up.

**V-Sit/V-Sit Variations:** A stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Prep Level V-Sit (waist level skill), Extended V-Sit (prep level skill), seated position variations (i.e. pike, hitch)

**Valdez:** Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

**Walkover:** A non airborne, tumbling skill in which the performer passes through a Handstand position to complete a Front or Back Limber.

**Working Leg:** A stunt term referring to the leg of the flyer that is being lifted or gripped by the flyer in order to perform a skill variation while the other leg is weight bearing. Most commonly used in reference to single leg stunts.

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

