

Campolindo High School

Competitive Cheer Team

"From The Ground Up"

A Guide to Safe and Smart Stunting

*stunts look great and add excitement to our routines
when executed properly and safely, the following
guide will promote safe and effective stunting practices
to help maximize our stunting potential as individuals
and a team*

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I. Stunt Dictionary

- a) Base - A base provides the primary support for a flyer during a stunt. Bases are divided by Main Base and Secondary Base, however those roles can switch depending on the nature of the stunt being executed.
- b) Flyer - Flyers are at the top of a stunt/pyramid.
- c) Backspot - The backspots primary job is protect the head and neck of the flyer. Secondarily they provide additional lift and support underneath a stunt or pyramid.
- d) Four Corner Spotting - When learning a new stunt "four corner spotting" is required. This means a spotter is at each "corner" of the stunt formation.
- e) Prep - Double based stunt held at shoulder level.
- f) Extension - A stunt held above the head with the bases arms fully extended.
- g) Liberty - A stunt where the flyer stands on one foot. The non-supporting leg can be held in a variety of positions, such as heel stretch, scorpion, arabesque, etc. Typically performed at the extended level.
- h) Basket Toss - Bases, together with backspot and sometimes a front spot, form a "woven basket" pattern grip with their hands. The flyer uses this platform to be launched into the air where they will execute a skill before being caught by the bases.
- i) Bump Down - Dismount in which the flyer is lowered back to the starting position before being placed back on the practice mat.
- j) Cradle - Dismount where the flyer is forcibly tossed in an upward direction before being caught by bases.
- k) Full Down - Dismount where the flyer is forcibly tossed in a upward direction where she executes one full twisting rotation before being caught by the bases.
- l) Pyramid - Two or more stunts connected to one another with, or without a transition.
- m) Transition - Moving from one stunt body position to another with a skill to connect the two, or moving formations while stunting/holding a static stunting position such as a flatback or hang drill and moving to a new stunt in the new formation position.

II. Stunting Guidelines and Rules

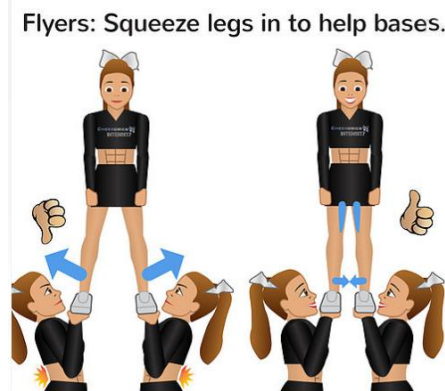
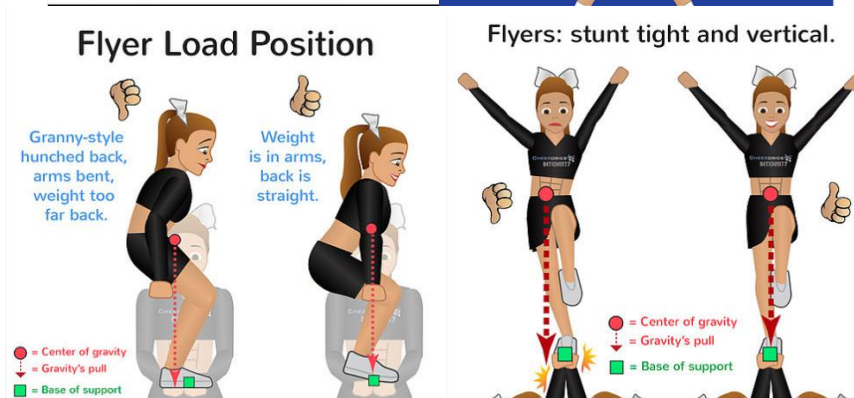
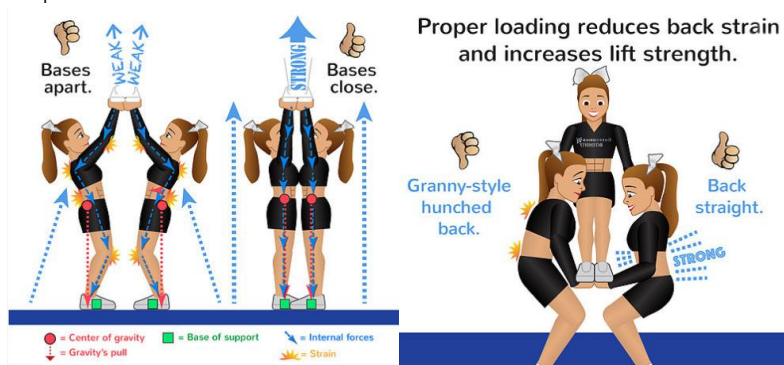
- a) All team members, regardless of prior experience, will be required to follow a stunting progression chart which requires proper execution of a skill or stunt several times before moving on to the next skill/stunt.
- b) No one may stunt if they are not wearing proper attire. Flyers must wear shorts at all times, these may be worn under long pants in the colder months for easy changing during stunt practice. Clothing must not be overly large and/or loose fitting. Absolutely NO JEWELRY of any kind is permitted, you may not wear plugs or cover piercings with a bandage. Shoes must have laces and be smooth soled.
- c) Every team member will learn the basic "how-to's" of stunting and will be placed in several positions for maximum learning and growth potential.
- d) Stunting may only be practiced/performed under the supervision and instruction of a certified coach or advisor.
- e) Whenever stunting is to be practiced or performed only those students who have been assigned to stunt by a coach may do so.
- f) Only coaches may assign/change stunting positions amongst team members. If you feel you, or another teammate, may excel in a different stunting position you must discuss this placement with the coach privately before or after practice.
- g) Stunts will not be performed in front of a crowd/audience if it has not hit consistently at practices and the members of the group have not completed their progression chart.
- h) There is NO TALKING allowed during stunting, anyone talking unnecessarily will be asked to leave the area and sit out of stunting. Coaches should be the only person talking to the flyer while they are in the air, flyers will practice a "leg tap" method for letting bases know they are uneven. Backspots will call all counts for execution when not being done by a coach.
- i) Screaming is not allowed and will not be tolerated. Screaming, either because a stunt is falling or because you hit a new stunt, is loud and distracting, it can cause other stunt groups to be startled and/or lose

focus. Habitual screamers may be benched from stunting altogether if the problem persists.

III. Stunt Technique - These techniques are the standards that will be used to determine whether a stunt will be signed off on the Stunt Progression Chart.

a) Posture

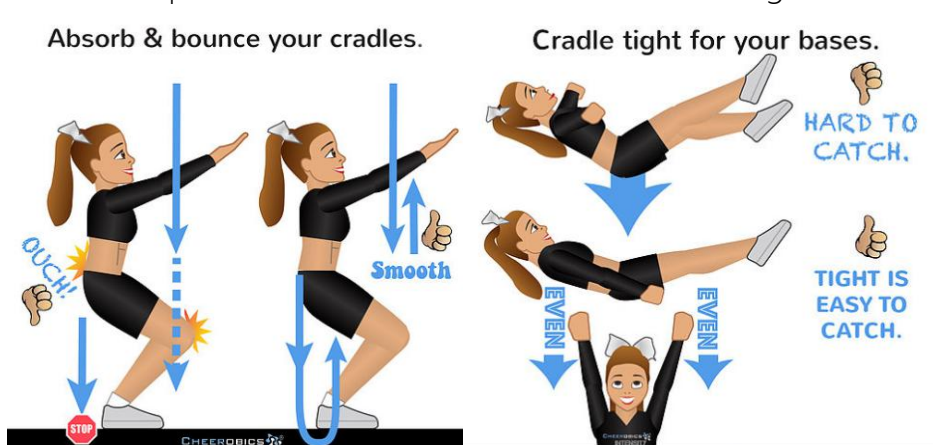
- i. Bases - feet shoulder width or less apart, back straight, hips and bottom forward and inline with the shoulders.
- ii. Flyers - Knees locked, ankles tight, hollowed core, back straight, hips/bottom inline with the shoulders.



b) "Dead" Dip - All the time. Every time.

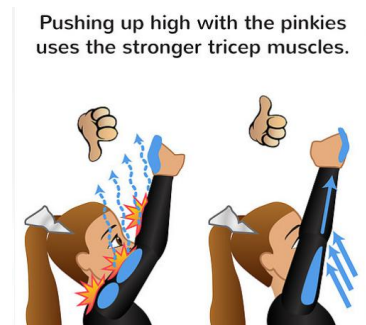
- i. Bases - Do not waste energy by lifting the flyer up just to lower her back onto the ground. Only bend at the knees and dip using your two count technique before lifting the flyer into position.

- ii. Flyers - Do not "jump" into stunts, rather you should place your feet into the bases hands.
- c) Two Count Dip
 - i. Bases - When dipping to execute a stunt/toss each dip should continue for 2 counts. This does not mean dip on 1, then hold 2 before progressing. Remember the saying, "an object in motion stays in motion" this applies in stunting too! If you continue to move in a downward motion for the full two counts and then "explode" upwards your stunts will have more power and lift, therefore you will be able to, more easily, execute your stunts.
- d) 90 Degrees
 - i. Bases - Elbows should be set at a 90* angle and remain at a 90* angle with elbows glued to your sides until it is time to extend the arms upwards. When finishing a catch from a cradle/basket the arms should return to the 90* position and stop.
 - ii. Flyers - When loading into a stunt elbows should be up and out at a 90* angle, this creates an upward force rather than a backward force when pushing off the bases shoulders.
- e) Briefs Only
 - i. Bases - When catching a flyer from a cradle or basket toss you should aim to catch the "briefs" region. Meaning that your arms should be raised high and stay close together (shoulder width) for the catch, only going just above and below the "briefs region" i.e. the waistband and bottom hems.
 - ii. The briefs only philosophy applies only to bases, flyers and backspots have their own duties when executing a toss or basket.



- f) Kiss of Death - To be avoided at all costs. (aka When bases or back spot bash heads with each other or the flyer.)
 - i. Bases - When catching your flyer after a toss, of any kind, your arms should stay extended at the top of the toss to initiate the catch. Catching as high as possible, stopping your arms at 90* and absorbing the catch through your legs will help avoid the "kiss of death".
 - ii. Backspots - After the toss keep your hands up and be prepared to catch or re-grip, if doing a transitional move, as high as possible. When catching a cradle keep hands in blades, extend under the armpit and firmly pull the flyers body to your chest. Turn your head to the side and watch from peripheral vision once you have made physical contact.
- g) Eyes on the "Prize"...or in this case, the flyer.
 - i. Bases and Backspots should ALWAYS maintain visual contact with their flyer. The best point on the body to watch is the hips, where the hips go, the body will follow.
- h) Falling is just an unintentional cradle.
 - i. Bases - If your flyer begins to fall, LET GO OF THEIR FEET, it does the flyer no good if you're holding their feet while their head hits the floor. You should make every attempt to catch your flyer in a cradle like position and if your flyer is doing their job this should not be hard.
 - ii. Backspots - If your flyer is falling, LET GO OF THEIR FEET!!! Your job is to protect the head and neck at all costs! A backspot can move around a stunt if necessary to catch the head/neck of the flyer.
 - iii. Flyer - If you start to fall you have one job and one job only, STAY TIGHT! Your bases and backspot do not want to attempt to catch a moving/flailing target and the more you move the more you risk hitting your bases/backspot in the face.
- i) Rise and Settle. - The rise and settle is the "holy grail" of your stunt technique, when you see those teams that have flawless stunts and execution they are always using a rise and settle technique. So what does that mean?

- i. Bases - The rise and settle is used for shoulder level heights (and below). When lifting your flyer to complete the stunt you will always raise their feet to your eyebrow level (rise) and then lower them (settle) into the final stunt position.
- ii. Flyers - Your job throughout the rise and settle is to stay tight and upright with your arms glued to your sides, unless otherwise choreographed.
- iii. Example - Building A Prep:
 1. Clap 7,8
 2. Set & Dip 1,2
 3. Secondary Base 3,4
 4. Rise 5,6
 5. Settle 7,8
 6. Hit 1



- j) Bottoms Up! This one is for the flyers...
 - i. Flyers - When executing a stunt your primary means of support must be in your arms. When you load in your bottom should remain higher than your knees at all times. When your bottom drops below your knees your weight shifts to the back making it harder to stand in your stunt and often resulting in a struggle for the bases to keep the stunt stable.
- k) Push pop not stomp drop.
 - i. Bases - Explode from the bottom to the top, lift first with your legs to get the biggest push of momentum and then pop through your arms as you finish.
 - ii. Flyers - Bend from the elbows and push straight up and off with your arms only, your hands should basically travel straight down the sides of your body. Flick your wrists to get that last tiny push off your bases shoulders. Never push with your legs to get "lift" in a stunt.

IV. Progression Charts - Each cheerleader will be required to progress through the stunts and dismounts on these charts and complete each stunt/dismount correctly 7 out of 10 attempts in order to move on to the next stunt.

Stunt Progressions

Stunt Name	Complete 7 out of 10 correctly to move on										Coach's Initials	Athlete's Initials
Step-Up Drill												
Thigh Stand												
Hang Drill												
Prep												
Show 'n Go												
Prep to Extension												
Straight Up Extension												
1/2 Twist to Prep												
Ruby Slipper to Prep												
Full Up to Prep												
Ruby Slipper to Extension												
Full Up to Extension												
Liberty at Prep												
Liberty												
Arabesque												
Heel Stretch												
Trophy Drill												
Straight Ride												
Basket Toe Touch												
Basket Full												
Basket Kick Full												

Dismount Progressions

Dismount Name	Compete 7 out of 10 correctly to move on										Coach's Initials	Athlete's Initials
Step-Off Drill												
Bear Hug												
Bump Down												
Cradle												
Wrap Drill												
Full Down Drill												
Full Down												