

# ATLANTIC COAST YOUTH ATHLETIC ASSOCIATION 2019 CHEERLEADING RULES, REGULATIONS AND COMPETITION PROCEDURES

## CHEERLEADING POLICIES & PROCEDURES

### **Section 1.** Division and Squads

1.1 Rosters, Player Cards, and Florida State ID's must be present at all practices, games, cheerleading competition and any league event. Rosters and player cards must match the Florida state I. D's (i.e. FULL NAME; last, first, middle)

1.2 ACYAA cheer is divided into seven (7) Divisions based on cheerleaders' age.

1.2.1 Squad size is to be determined by each member club.

1.2.2 For squad purpose a minimum of five (5) cheerleaders per squad is required.

1.2.3 Medical Cheer Downs, squads of four (4) or less and all other cheer down requests to a lower division cheerleader must be brought to the coordinators meeting for a vote to move them down. At no time, can there be more than Six (6) League age cheer downs on any team in any division. Any other Cheer Downs must be approved by ACYAA cheer.

1.2.4 A cheerleader may move up a maximum of two (2) divisions at the discretion of the member club. Any cheer-ups may stunt at the level they are officially verified in at. There will be NO Cheer Ups above two (2) divisions permitted unless approved by ACYAA cheer.

1.3 Player age is determined by the Cheerleader's age as of August 1<sup>st</sup> within the ACYAA season.

1.3.1 There are no Cheer Ups for any Cheerleader four (4) years old and under, except the member league does not have five (5) or more mascot cheerleaders.

1.3.2 When a member league has less than five (5)

mascot age cheerleaders, those mascot age cheerleaders may cheer up to the next available division. They MUST be rostered, verified, and check-in with the division they are cheering at, however a mascot cheerleader CAN NOT stunt or tumble with the older division. Those mascot cheerleaders can participate in the half-time HELLO Cheer. Also, those mascot cheerleaders cannot compete at the ACYAA Cheer Competition with the older division, however they may SIT with the coaches in the coaches' area during the squad performance.

1.4 ACYAA Division Maximum ages for cheerleading are shown in Table 1 below:

**Table 1. Maximum Player Age per Division (Cheer)**

Division	Player Age
Mascot	5
Jr. Rookie	7
Rookie	8
Mighty-Mite	9
Pee Wee	10
Bantam	11
Junior	13
Senior	15

1.5 Mascot division will be an exhibition division only. No need to do roster verification or check-ins in order to be present at games.

1.5.1 If Mascot division will be cheering it is the responsibility of each member league coordinator to inform ACYAA Director of Cheer of what game/division they will be cheering for 7 days prior to the game.

1.5.2 It is required that any Mascot squad will adhere to the same standard, rules and guidelines as any verified squad. i.e., squad size, uniformed, no jewelry, etc.

## **Section 2. Coaches and Staff**

2.1 All cheerleaders must be supervised by at least one ACYAA badged Coach (18 or older) during every practice and all official functions. If you are a head coach for more than one division, you must have a separate badge per division.

2.1.1 Cheer Helpers must be at least 15 years old and/or should be age appropriate for the division they are assisting at the discretion of the ACYAA Director of Cheer. Member League must submit a Minor Volunteer Application signed by the parent or guardian and forwarded to the ACYAA Secretary. A local background check (BECA) will be done by Member League. Those under 15 years old will be approved by the ACYAA Director of Cheer on a case by case basis

2.2 Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.

2.3 Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.

2.4 A cheerleading squad may NOT seek outside help (paid or unpaid) when putting together their routine for the regular season or cheerleading competition. Any routine for an ACYAA squad must be put together by the squad's coaching staff only. A Squad found guilty of this will be disqualified from the cheerleading competition. Proof must be presented to the ACYAA Executive Board in writing for final decision.

2.4.1 However all member league cheerleading squads may seek paid or unpaid help for stunting purposed ONLY, until September 1<sup>st</sup>, at their home field only.

2.5 Unsportsmanlike conduct will be investigated by the ACYAA Director of Cheer and ACYAA Cheer Agents, exhibited by a team, coach, or parent may result in (but not limited to) team disqualification from competition, suspension of coaching staff and/or team support, member organization disqualification from competition.

2.5.1 Proof of violation must be presented in writing to the ACYAA Area Agents and ACYAA Director of Cheer for investigation. Final decision will be made by ACYAA President.

2.6 No member league or coaches may hold try-outs for cheerleader placement on squads.

### **Section 3. Practices**

3.1 All cheerleaders, regardless of when they join the team, must have at least six (6) hours of conditioning before they are allowed to engage in regular practice sessions. This requirement must be met even if a cheerleader joins the team after the start of the regular season schedule. Conditioning is defined as basic warm-up exercises; conditioning for jumps and tumbling, arm motion drills; and basic stunting at lowest division level; learning of cheers or chants.

3.2 Practice length may not exceed a maximum of eight (8) hours per

week, including competition practice.

3.3 At least one coach (18 or older) must be present during every practice. You may have a maximum of nine (9) squad personnel (coaches, assistants, team parents, cheer helper etc.) One badge will be specifically issued for **TEAM PARENT**.

3.3.1 All squad personnel must be background checked and wear issued ACYAA badge to be on the practice field with any cheerleaders. Any violation will result in immediate removal of unauthorized personnel and possible suspension of the coach in charge. Member League Boards are responsible for verifying background checks.

3.4 No indoor practices are allowed.

3.5 Athletes must practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.

3.6 An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

#### **Section 4. Camps and Clinics**

4.1 All Camps and Clinics (including outside help for stunting) must be completed by September 1<sup>st</sup> of the current season.

4.1.1 Any member league division found in violation may result in disqualification at cheer competition. (Individual, Team, Squad personnel)

4.2 A mandatory coaches' clinic will be provided to all member league cheerleading head coaches and coordinators. Each member league must send a representative from each division participating in the ACYAA season.

4.2.1 Any committed division for the Mandatory Coaches Clinic not represented by a member club will be assessed a fifty (\$50.00) fine per division. Payment will be the responsibility of the member club.

4.3 Each member league may have the opportunity to host a cheer camp/clinic if they see fit. However, details must be posted to the ACYAA website, as well as emailing the ACYAA Director of Cheer and ACYAA Cheer agents no later than 14 days before camp/clinic.

4.3.1 This may be held at your leagues practice location or you may work with a local all-star cheer gym to host event.

#### **Section 5. Game Day Rules & Check-In**

5.1 If a ACYAA league has a cheerleading squad but no football team, the team would cheer at the division decided upon by their member league. Notice must be given at the annual roster verification and the cheerleading squad will compete at the level verified at.

5.2 An official game day roster, laminated roster cards on a loose-leaf ring,

and a copy of birth certificates must be present for every check-in. Game day rosters and ALL player cards that have verified must be presented at each check-in. DO NOT remove player cards for athletes no longer participating for the season.

5.3 Rosters and player cards for all divisions (Jr. Rookie through Senior) must be verified in thirty (30) minutes prior to the applicable game time. If the cheerleader is not present at check-in, their card will be punched. Five (5) punches and the cheerleader will not be allowed to participate at competition.

5.3.1 Coaches and Team Support listed on the roster will check-in. No more than nine (9) Coaches/Team support shall be allowed on the field on game day.

5.4 Squads that are late for check-ins entire squad will be punched but cheerleaders can still cheer. The squad will be placed on probation after being warned once in writing (either by email or letter) by the ACYAA Director of Cheer. The coaches and/or leagues may be disqualified from participating in competition after the original warning.

5.5 Failure to have a certified roster and ID cards for cheerleaders will result in a \$250.00 fine and all cards will be punched. Said missing roster will be sent to the Director of Operations by Monday morning after the game

5.6 All cheerleaders must be verified in order to cheer at the ACYAA competition and must not miss more than (4) four regular season games. No un-excused absences will be granted.

5.7 After check-in, during inclement weather the decision to continue the game will be based upon member league Presidents. However, for cheerleaders the President and Cheer Coordinator of both participating leagues must agree to release the cheerleaders if the game continues. The ACYAA Director of Cheer must be emailed if this happens.

5.8 It is mandatory that a HELLO cheer be performed at half time for all divisions. All teams must have a genuine HELLO cheer. Visiting team will perform first.

5.9 At least 50% of the squad must be back on the field and be Cheering with 3 minutes left in the 3<sup>rd</sup> quarter. The entire team must be back on the field by the start of the 4<sup>th</sup> quarter. It is the responsibility of the coach to keep track.

5.9.1 Any squad found in violation of this rule will receive the following fines:

5.9.1.1 Written warning first offense;

5.9.1.2 \$50.00 fine second offense; and

5.9.1.3 \$50.00 fine and suspension of Coach for third offense or more

5.10 All cheerleaders must match (i.e. matching uniforms) and be wearing proper footwear. Those who do not match will NOT be check in and will

have cards punches but can cheer.

5.11 All squads that were verified in at roster verification MUST check-in for every game throughout the ACYAA season. Card punches will not occur for Kickoff Classic, Playoffs and Super Bowl.

5.11.1 A minimum 50% of the team must be present for all games.

5.11.2 A \$100.00 fee will be assessed to any team found in violation.

5.12 Cheer squads will not perform face to face they must cheer diagonally from each other at Games (except for Hello Cheer). Home Field decides which area they will be cheering from.

5.13 At the completion of each game, the cheerleaders will line up on the 50-yard line behind their football team to cross the field to say "good game" and show good sportsmanship.

## **Section 6.** Appearance and Choreography

6.1 Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.

6.1.1 Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.

6.2 Makeup should be uniform and appropriate for both the performance and the age of the athletes.

6.3 Bobby pins, hair beads and hair pins are PROHIBITED. Flat Alligator clip are allowed.

6.4 Glitter is allowed, and is to be governed by each member league.

6.5 Hair must not interfere with participant's ability to stunt safely. Hair must be secured away from the face as to not obstruct vision.

6.6 Fingernails including artificial nails must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants.

6.6.1 Any cheerleader found in violation will not be permitted to cheer.

6.7 All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

6.7.1 Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, sticking out tongue, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the

body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

6.7.2 Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

6.8 Game day Uniforms will be worn during regular Season games. (unless circumstances occur that does not permit this, VP of cheer will be notified 72 hours before scheduled game day. Month of October for Cancer awareness you can wear colored bows, Colored Socks and any Awareness related spirit wear.

## **COMPETITION PROCEDURES**

### **Section 7. SCHEDULING**

7.1 The ACYAA Cheerleading Competition will be hosted by the ACYAA board, ACYAA Director of Cheer and ACYAA Cheer Agents. The ACYAA board, ACYAA Director of Cheer and ACYAA Agents will oversee the coordination of the competition.

### **Section 8. DUES AND FEES**

8.1 Squad fees will be determined annually as necessary to fund the purchase of trophies and are to be divided equally between each member organization participating in competition. At a minimum, fees will be \$75.00. These fees are to be given to the ACYAA treasurer.

8.2 All ACYAA competition related fees; such as T-shirt money, pre-orders, shout outs and any other fees associated with the competition, must first be paid to the member organization and then (1) one league check issued to the ACYAA.

### **Section 9. TROPHIES AND PLACEMENT**

9.1 Participation medallions or trophies will be provided for each participant.

9.2 Jr. Rookie through Seniors will be placed First, Second and Third and will receive individual medallions/trophies for the respective places. A One Hundred and Twenty-Five (\$125.00) Dollar check will be given to the First Place team in each division.

9.3 A Grand Champion (based on what highest overall score for the day all divisions included) One (1) trophy will be awarded.

9.4 A spirit award will awarded at competition to the squad or member

league based on voting of all ACYAA leagues on a weekly basis via e-mail nominations sent to the ACYAA Director of Cheer for an exceptional act of kindness, good deed, or spirit. Nominations will be taken until the end of the first round of playoffs.

### **Section 10. JUDGES**

10.1 Priority will be given to finding judges from outside of Brevard County. All resources will be used to find out of county judges, (10) ten weeks prior to comp, the pool of judges for the ACYAA Competition will be decided on and approved yearly by the Executive Board.

10.2 ACYAA Cheerleading Competition Judges will be provided copies of our rules and By-laws when an agreement to judge has been signed.

10.3 The ACYAA President, Director of Operations and ACYAA Director of Cheerleading will be the only ones to have contact with the judges. If a Coach, Coordinator, President, Participant or Parent contacts a judge regarding the performance of their team or league. This will result in the disqualification of the squad in question.

10.4 ACYAA may provide a judge liaison to assist. This person shall be a non-biased volunteer and have no child in the ACYAA Cheer competition

10.5 There will be a maximum of eight (8) judges, two (2) of which will strictly be infraction judges.

### **Section 11. REQUIREMENTS**

11.1 The verified game roster for each competing squad, showing no more than four (4) regular season games missed, is required to be turned in to the ACYAA Director of Cheerleading or the ACYAA Cheer Agents within one (1) week of the end of the regular season games. (The date will be determined annually.)

11.2 Any extenuating circumstances shall be brought to the attention of the ACYAA Director of Cheerleading and ACYAA Cheer Agents as soon as possible. If necessary, a vote will be taken by the member league cheer coordinators to decide if participation of the squad or cheerleader will be permitted.

11.3 Age requirements per Operations Manual.

11.4 ACYAA Cheer Stunting Rules for the season shall be followed for any and all cheerleading activities.

11.5 Two (2) non-cheering spotters will be allowed or can be provided for squads with five (5) cheerleaders. A team requiring non-cheering spotters must notify their member organization cheer coordinator a minimum of one (1) week prior to competition. The member organization must then notify the ACYAA Director of Cheer and the ACYAA Cheer Agents so that arrangements can be made.

11.6 Infraction sheets of participating teams will be handed to each leagues

coordinator after the awards have been given.

11.7 Routine time limit Jr. Rookie through Seniors is three (3) minutes total.

11.7.1 Timing will begin with the first obvious movement, voice, or note of music, whichever comes first. Timing will end with the verbal command TIME! (Squads may spirit on and off the performing surface, excluding TUMBLING)

11.8 Squads are NOT to leave after opening ceremonies to practice at any other site. Squads found in violation of this will be disqualified from cheerleading competition placement; the team will still be allowed to perform with no placement. Squads will be given location, Schedule and time limits for warm-ups

11.9 Routine Requirements

11.9.1 One (1) Cheer or Chant

11.9.2 One (1) Pyramid

11.9.3 One (1) Stunt

11.9.4 One (1) Squad Jump

11.9.5 Full squad must do two (2) eight (8) counts of dance/music

11.9.6 Competition performance area is 30x30 yards

## **Section 12. PROPS AND UNIFORMS**

12.1 Approved props are megaphones, signs and pom-poms. These do not need to be used through the regular season. Prop sizes cannot exceed 36"x36". All props will be measured at competition. Glitter cannot be loose on signs.

12.2 Any clothing item worn for competition must have been part of the regular season uniform. *Exceptions: Turtlenecks, Crop Tops, Hair bows , socks, and cheer shoes only.*

12.3 Medical Flagging - Any cheerleader who has a documented medical condition must be easily identified at competition for the judges. Any cheerleader requiring flagging must be present with the coach at check-in, in order to be appropriately flagged. The ACYAA Cheer Agents will provide list of any medically flagged girls to the judges. Medical flagged cheerleaders must provide proper documentation at the competition verification meeting.

12.4 Casts that are hard and unyielding or have rough edges will not be allowed in any stunt group, pyramid, mount, dismount or toss.

## **GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing surface.

**Clarification:** A tumbler may rebound from his/her feet into a stunt transition.

If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

**Example:** Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-6. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off. Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.

2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

**Clarification:** Tumbling over/under an athlete's body including arms and/or legs) is not allowed.

**Clarification:** An individual may jump (rebound) over another individual.

3. Tumbling while holding or in contact with any prop is not allowed.

4. Dive rolls are not allowed.

5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump is included in a tumbling pass, the jump will break up the pass.

## STUNTS

### Levels

**Reminders: ALL LEVELS - Front spots are REQUIRED for each stunt reaching their highest stunt level. Stunt levels encompass all skills allowed at the previous level.**

### Mascot/Flag

#### Stunts

- Up to a shoulder sit NO variations –**Highest Level**
- Standing table tops allowed.
- No moving or rotating in any stunts.

#### Dismounts

- Dismounts to the performing surface must **ALWAYS** be assisted by the original bases.

*Note: Tumbling in or out of a stunt is **NEVER** allowed*

- Braced dismounts only.

### Jr. Rookie

#### Stunts

- Up to a prep/shoulder stand – **Highest Level.**

*Note: BOTH feet must remain at shoulder height*

- Front spots are not required for v-sits at waist height only.
- No moving or rotating in any stunt
- No transitional stunts allowed. Both feet must hit the performance surface before reloading.
- No extensions allowed; a stunt held at or passing through an extended position would be considered an extension and would be illegal.
- Single leg stunts at waist level or below.

#### **Dismounts**

- Shove/pencil drop only.

#### **Rookie**

##### **Stunts**

- Up to prep/shoulder level with variations – **Highest Level.**

*Note: One foot must remain at prep/shoulder level.*

- May do v-press and split mound at prep/shoulder height.
- Front spots are required for all stunts at prep/shoulder level. Only exceptions are should and straddle sits.
- Single leg stunts are allowed at prep/shoulder level.
- Variations allowed up to a ¼ twist by the top person.
- Allowed to move or rotate as a stunt group.
- Front spots are not required for v-sits at prep level or below.

#### **Dismounts**

- Basic cradles are allowed

#### **Mighty Mite**

##### **Stunts**

- Up to a full extension – **Highest Level.**

*Note: BOTH feet must remain at full extension level.*

- May do variations at prep/shoulder height.
- May only do transitions at prep/shoulder height.
- Single based stunts are permitted with a front spot at prep/shoulder level. May not brace or be braced by any other stunts.
- Twisting mounts and transitions are allowed up to a total a ½ twists for the entire stunt group (top person and bases).
- May do a v-press and split mound at extension height.
- Single leg stunts allowed at prep/shoulder level and below.
- During transition one (1) base must remain in contact with top person.

- No limit on the amount of transitions that are allowed.
- Basket tosses are allowed with four (4) tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss. Tosses must be performed from ground level and must land in a cradle position by **ALL** original bases. Top person must remain station during the toss; no intentional traveling. One trick allowed; the top person may also use different arm variations such as but not limited to a salute or blowing a kiss.

*Examples: Legal: Straight ride with arm motion only  
Illegal: Switch kick, pretty girl kick, and double toe touch.  
 The arch does not count as a trick*

### **Dismounts**

- Basic cradles.

### **Pee Wee & Bantam Stunts**

- UP to a single leg extended stunts – **Highest Level**
- ½ pendulums are allowed at prep/shoulder level. During pendulum and pendulum style transitional stunts where the top person falls away from the bases, three stationary catchers, at least two (2) of which are not original bases are required. During the pendulum and pendulum style transitional stunts at least one (1) base must remain in contact with the top person.
- Single based stunts at prep/shoulder level must have a front spot.
- Single based stunts may not brace or be braced by another stunt.
- Log/barrel rolls are allowed up to one (1) full rotation, starting and ending in a cradle, with original bases.
- Transitions and variations allowed.
- Shoulder stand may transition.
- During pyramids, top person must receive primary support from a base.
- May do braced twist or transition as long as the top person does not become inverted. Must land in either a cradle with two (2) catchers and one (1) spotter or in a sponge. Top person must not land on the performance surface.

- Moving and rotating allowed in multi-based stunts.
- ½ up to full twist up allowed.

*Note: PEE WEE DIVISON Basket toss is a straight ride with arm motion only.*

### **Dismounts**

- ¼ turns are allowed from any single leg stunt at prep/shoulder level.
- Up to one (1) twist allowed from any two (2) leg stunt.
- One (1) trick allowed during dismount from any two (2) leg stunt.
- ¼ turn prone, with three stationary catchers, at least two (2) of which are not original bases are required and at least one (1) base must remain in contact with the top person.
- ½ twist dismounts
- Release moves - No full twist downs allowed from extension.
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### **Juniors**

#### **Stunts**

- Up to full extension with variations – **Highest Level.**  
*Note: may do hanging mounts and tick tocks.*
- A single leg extended stunt may not be another extended stunt.
- Single based stunts are allowed at prep/shoulder level only.
- Single based stunts may brace or be braced by other stunts.
- Single based stunts require a front spot for each top person at prep/shoulder level.
- Single based stunts are allowed to move or rotate with front spot at waist level.
- Twisting mounts and transitions are allowed up to 1½ twist by the top person  
*Note: A 1½ twist by the top person performed with any additional turn by the bases would be considered illegal if performed simultaneously.*
- Prep level, above pendulum and pendulum style transitional stunts, where the top person falls away from

the bases, requires three (3) stationary catches as least two (2) of which are not original bases, one (1) of which is positioned at the head/shoulder area. One (1) base must remain in contact with the top person.

- During a pyramid transition, the top person may not pass above two (2) persons high while in direct physical contact with at least one (1) person at prep level or below. May do a hitch while one (1) foot on original base.

*Note: Primary weight*

*must not e borne at the second level, the transition must be continuous and the top person may not become inverted at any time.*

- May do a basket with only three (3) bases

*Note: Baskets must be caught with **ALL** original bases*

### **Dismounts**

- Cradles from single based stunts must have three (3) catches with at least one (1) supporting the head and shoulder area through the cradle.
- Cradle from multi-based stunts at prep level and above must have two (2) catchers and a separate spotter with at least one (1) hand/arm supporting the head and shoulder area though the cradle
- Up to 1½ twisting rotations allowed from all two (2) leg stunts.
- Up to 1 twist allowed from all single leg stunts.
- No skill other than the twist is allowed during a cradle that exceeds 1¼ twist.
- No kick-fulls.

### **Seniors**

#### **Stunts**

- Up to a full extension with variations – **Highest Level.**
- Twisting mounts and transitions are allowed up to two (2) twisting rotations by the top person.
- Non-inverted transitional pyramids may involve changing bases. At no time may a flyer move over a base or bracer. When changing the following must be followed:
  - The top person must maintain physical contact with a person at prep level or below.
  - The top person must be caught by at least two (2) catchers. Both catchers must be stationary and may not be involved with any other skill or choreography

- when the transition is initiated.
- Non-inverted pyramid release moves must be caught by at least two (2) catchers.
- Both catchers must maintain visual contact with the top person throughout the entire transition.
- Both based flips and braced flips are allowed within a stunt.
  - Note: This is the **ONLY** exception for head over heels rotation within a stunt.*
- A chair stunt requires a side spot, back spot and a base.

### **Dismounts**

- Cradles from single based stunts must have two (2) catchers with at least one (1) hand/arm supporting the head and shoulder area through the cradle.
- Maximum of two (2) twisting rotations allowed from all stunts.
- No turn is allowed by bases during any basket.