

TCYFCC Cheer Safety Rules 2021

A. CHEERLEADER APPAREL/ACCESSORIES

1. Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
2. Apparel and accessories must be appropriate for the activity involved. Cheerleaders must wear athletic shoes (not gymnastics slippers). For walking boot, see Rule 2-1-11.
3. A participant (mascot) in a full head and/or body costume must not stunt or tumble, except for a forward roll or cartwheel.
4. When standing at attention, apparel must cover the midriff.
5. Glitter that does not readily adhere on the hair, face, body, uniform or costume is not permitted. Glitter may be used on signs, props or backdrops only if laminated or sealed.

B. STUNTING PERSONNEL

1. A base must not:
2. Assume a back-bend, headstand or handstand position.
 - a. Hold objects in a hand that is supporting a top person.
 - b. Hold objects when supporting an extended stunt.
3. Base(s) of extended stunts must have both feet in direct weight-bearing contact with the performing surface.
4. A bracer must not provide primary support for a top person.
5. A spotter may help control the building of or dismounting from a partner stunt, pyramid or toss but must not provide primary support for the top person.
6. In stunts that require a spotter, a spotter must:
 - a. Be in the proper location with the appropriate body position to help minimize risk to the top person.
 - b. Remain visually focused on the head, neck and shoulders of the top person, except when it is necessary to briefly check other stunts and
7. In stunts that require a spotter, a spotter must not:
 - a. Grasp the sole of the top person's foot.
 - b. Grasp the base's hand(s) under the top person's foot.
 - c. Place his/her torso underneath the stunt.
 - d. Hold objects in his/her hand(s).
 - e. Stand with hands behind
8. A spotter is required for extended stunts or transitions that stop in an extended position

9. A spotter is required for single-base prep-level stunts in which the foot/feet of the top person is in the hands of the base and tosses to single- base shoulder stands.

C. INVERSIONS

1. Unless permitted in this section, a top person must not be in an inverted position.
2. An inverted top person may pass through an extended position but must not begin, end, pause or stop in an extended inverted position.
3. Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:
 - a. The inverted top person shall have at least two bases or a base and a spotter.
 - b. If the inverted top person is released the following conditions shall be met:

D. STUNTS/BRACING

1. The skills/stunts before and after the release are permitted.
2. Each bracer is at prep level or below. If in a prep or shoulder stand, the bracer(s) shall have two bases or a base and a spotter.
3. The bracers do not provide primary support for the top person.
4. The top person and base(s) make no more than a $\frac{1}{4}$ turn around the bracer in a continuous movement.
5. When the catchers are not the original bases, the new catchers are in place when the transition is initiated and remain close to the original bases and are not part of any other skill.
6. The top person does not land in an inverted position.
 - a. The top person and at least one bracer maintains hand-to-hand/arm contact.
7. Braced rolls in a pyramid are permitted provided the following conditions are met:
 - a. The inverted top person has at least two bases or a base and a spotter.
 - b. The bracer(s) have two bases or a base and a spotter.
8. Braced flips in a pyramid are permitted provided all the following conditions are met:

- a. Both of the top person's hands/arms are in continuous contact with a bracer. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top person and bracer.
 - b. There must be three people involved in the toss and catch of the top person either as a base or spotter.
 - c. If the flip ends in a cradle, the bracers may release the top person once they begin to descend and are no longer inverted.
 - d. Bracer(s) must be in a multi-base prep with a spotter.
9. The top person must be to the side of or in front of the bracer(s).
10. The top person ends in a non-inverted position.
 - a. The top person does not perform more than one and one quarter ($1\frac{1}{4}$) flipping rotations
11. In all other inversions:
 - a. Inversions may release to the following provided the release goes to the original base(s) and there is a spotter:
 1. Non-inverted with no more than a $\frac{1}{2}$ turn.
 2. Loading position with no more than $\frac{1}{2}$ turn.
 3. A stunt at any level with no more than $\frac{1}{4}$ turn.
 - b. In inversions where the base of support begins and remains below prep level, at least one person shall maintain contact with the top person until the top person is no longer inverted or his/her hands are on the performing surface.
 - c. Inversions where the base of support begins at or passes through prep level:
 1. Require at least two people on the performing surface to be in a position to protect the head/neck of the top person.
 2. Contact must be maintained between at least one base or spotter and the top person until the top person is no longer inverted or their hands are on the performing surface. The contact must be sufficient to stabilize/ control the top person's position.

EXCEPTION: A foldover must be initiated from prep level or below and the top person must be caught on his/her back by multiple catchers. When the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill.

12. The top person must not go directly to an inverted position on the performing surface from prep level or higher.
13. If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
 - a. When the stunt begins in an inversion and transitions to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
14. An inverted top person must not hold objects (poms, signs, etc.) in his/her hands, except during a transition from an inverted position on the performing surface to a non-inverted stunt or from a prone position below prep level to a forward roll dismount.
15. A Swing Roll Down stunt is not permitted.

E. NON-RELEASE STUNTS

1. All partner stunts and pyramids are limited to two levels high, meaning that the top person(s) receive(s) primary support by one or more bases who is/are in direct, weight-bearing contact with the performing surface
2. A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid.
3. In pyramids where one extended stunt braces another extended stunt, the connection must not be hand/arm to foot/leg
4. A top person may be moved from a vertical position to a horizontal or cradle position provided all the following conditions are met:
 - a. The top person maintains contact with at least one original base, post or spotter.
 - b. At least two catchers and/or bases catch the upper body of the top person.

- c. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.
 - d. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, three catchers are in place.
 - e. At least two catchers must be on the top person's upper body.
5. A hanging pyramid is permitted provided all the following conditions are met:
- a. Base(s) remain stationary and maintain(s) constant contact with the suspended top person.
 - b. Spotters are present for each shoulder stand.
 - c. Suspended top person is lower than the shoulder stand(s) with feet hanging free.
 - d. Suspended top person does not rotate on the dismount.
6. Single-base stunts in which the top person is supported under the legs in a split or straddle position prep level or above are not permitted.
7. A spotter is required during a roll down from a side T-lift.
8. A single base must not be the only primary support for two extended top persons with the exception of double cupies/awesomes. If dismounted to cradles, there must be three catchers for each top person being cradled.
9. Single-base partner stunts in which the base uses only one arm to support the top person are permitted only on grass (real or artificial), a mat or a rubberized track.
10. A participant must not jump unassisted onto the back of a base who is in a horizontal position.

F. RELEASE STUNTS/TOSSES

1. Unless permitted in this section, a top person must not be released to a stunt or toss.
2. In all release stunts and tosses:
 - a. The top person must be directed vertically and be caught by the original bases.
 - b. The top person must not land in an inverted position.

- c. Participants must not pass over or under other participants or through a prop.
 - d. The tossers/catchers and spotter must remain in their original locations unless making necessary safety adjustments, except that bases of release transitions may move as outlined in 3-5-5.
 - e. The top person must not make more than 1¼ twists during the release.
3. Tosses are permitted provided all the following conditions are met:
- a. The toss is executed only on grass (real or artificial), a mat or a rubberized track.
 - b. The toss does not involve more than four tossers, including the person who may set or "load" the top person.
 - c. One of the tossers is behind the top person throughout the toss.
 - d. The top person is cradled by at least two of the original tossers and a separate head-and-shoulders spotter who was one of the original tossers.
 - e. The top person does not hold objects in his/her hands (e.g., poms, signs, etc.).
4. A switch up caught by the original bases is permitted as an exception to Rules 3-5-2 and 3-5-3.
5. Release transitions are permitted provided all of the following conditions are met throughout the transition:
- a. The skills/stunts before and after the release are permitted.
 - b. Each bracer is at prep level or below. If in a prep or shoulder stand, the bracer(s) shall have two bases or a base and a spotter.
 - c. The top person and at least one bracer maintain hand-to-hand/arm contact except for the following skills:
 - 1. If the release is to a cradle position, the contact may be hand-to-foot and the bracer must be in a double-based prep with a spotter.
 - 2. A non-braced top person in a vertical position at prep level or above may be released to the original bases to a stunt at any level provided the top person remains in a position where the upper body remains vertical and the legs are not in a seated/pike position. Vertical releases from an

extended position to an extended position may not perform more than a $\frac{1}{4}$ turn.

3. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to the original bases in a loading position or stunt at any level with no more than a $\frac{1}{4}$ turn.
 - a. The bracers do not provide primary support for the top person and remain stationary.
 - b. The released top person and base(s) make no more than a $\frac{1}{4}$ turn around the bracer.
 - c. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.
6. NOT PERMITTED IN TCYFCC OR ANY OUTSIDE COMPETITIONS.... A helicopter is permitted, provided all the following conditions are met:
 - a. The rotation in the horizontal plane is not greater than 180 degrees.
 - b. The top person does not twist.
 - c. The top person is in a face-up position.
 - d. There are at least four bases who serve as both tossers and catchers.
 - e. A tosser/catcher must be in position to support the top person's head and shoulders at both the beginning and end of the stunt.
7. A log roll is permitted provided it does not involve more than one complete rotation and the top person is not in contact with another released top person.
 - a. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
 - b. In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
8. Toe/leg pitches to a jump or tumbling skill are not permitted.
9. Swan dives are not permitted.

10. Quick tosses are permitted.

G. SUSPENDED STUNTS

1. Non-braced suspended splits that originate below prep level are permitted provided there are at least two bases and the top person has both hands in contact with at least one base or post.
2. Non-braced suspended splits that originate from or pass through prep level or above are permitted provided all the following conditions are met:

- a. At least three bases slow the momentum of the top person.
- b. The top person has both hands in contact with a base(s) once she reaches the full split position.

EXCEPTION: Top person may release one hand to grasp the hand of another base, post or bracer to adjust his/her position.

- c. At least two of the bases support under the top person's legs, and the third base may support under the legs or be in contact with the top person's hands.
3. Braced suspended splits are permitted provided all the following conditions are met:

- a. The top person has at least two bases.
- b. The top person and at least one bracer maintain continuous hand-to-hand/ arm contact.

4. If the top person in braced suspended splits is released by the bases, all conditions of the release transition rule (3-5-5) must be met.

5. A swinging stunt is permitted provided all the following conditions are met:

- a. Any downward movement begins from below prep level.
- b. The top person is face up.
- c. The top person begins on the performing surface or in a stunt that is below prep level.

6. A top person must not be in a face-down position between bases in which the top person's torso is suspended below the arms and legs.

H. DISMOUNTS

1. Bases/catchers must not move during dismounts except as necessary for safety adjustments.

EXCEPTION: The bases may make a $\frac{1}{4}$ turn to catch a cradle.

2. Dismounts to the performing surface from prep level or above are permitted provided the following conditions are met:
 - a. Assistance from a base or spotter is required and the assistance must be sufficient to slow the momentum of the top person.
 - b. If the dismount involves a skill (e.g., toe touch, twist, etc.) two bases or a base and a spotter is required, and the assistance must be sufficient to slow the momentum of the top person.
3. In all cradle dismounts:
 - a. The base(s)/catcher(s) must have continuous visual contact with the top person.
 - b. The top person must not hold props that are made of hard material or have corners or sharp edges.
4. Cradle dismounts from multi-base stunts must have at least two bases/catchers and an additional head and shoulders catcher/spotter.
5. Cradle dismounts from single-base stunts to single-base cradles must have an additional catcher/spotter who is responsible for the head-and-shoulder area of the top person.

EXCEPTION: An additional catcher/spotter is not required when cradling a chair.

6. A skill (e.g., toe touch, twist, etc.) may be performed to a cradle except during dismounts to separate catchers.
7. A twist to a cradle or to the performing surface must not involve more than $1\frac{1}{4}$ rotations.
8. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.

- b. The new catchers must remain close to the original bases.
- c. The new catchers must be in place and must not be involved in any other skill when the release is initiated.
- d. The top person must not execute any skill (twist, toe touch, etc.) following the release.

I. TUMBLING

1. Tumbling or rebounding over or under a stunt, person or a prop is not permitted with the exception of non-airborne tumbling over a person or prop on the performing surface.
2. Tumbling while holding props is not permitted except for the following:
 - a. a forward roll, backward roll.
 - b. holding pom(s) during airborne tumbling skills in which the hand(s) are not being used for support.
3. A dive forward roll is not permitted.
4. A flip that lands in a partner stunt or cradle is not permitted.
5. A flip in a tumbling pass must not involve more than one complete hip-over-head rotation or more than one complete twist.
6. Airborne twisting tumbling skills are permitted only on grass (real or artificial), a mat or a rubberized track, with the exception of round-offs and aerial cartwheels.
7. Airborne skills without hip-over-head rotation may not involve jumping from a standing or squatting position backwards onto the neck, shoulders or hands. This rule refers to a type of entrance into the "kip-up/rubber band" skills.
8. Headstands, headspins and headsprings in which the hands are not used for support are prohibited.
9. Airborne skills with hip-over-head rotation may not connect to another athlete while executing the skill.

J. DROPS

1. Drops that go directly to the thighs, splits, knees or seat on the performing surface are not permitted unless most of the weight is first borne on the hands or feet or the descent is controlled.
2. Airborne drops to a push-up position are not permitted.

EXCEPTION: Springing from a crouch to a push-up position is permitted.

3. Falling from a stand directly to the stomach or back on the performing surface is not permitted without first bearing weight on the hands.
4. Dropping to the performing surface from a handspring or flip is not permitted.

K. PROPS AS BASES

1. The height of the prop must not exceed 3 feet.
2. Jumps and/or stunts are not permitted on props.

L. ADDITIONAL EXCEPTIONS

1. Might Mites
 - a. Basket tosses, and similar multi-based tosses are prohibited
 - b. Stunts above prep level require a front spot II.
2. All Divisions
 - a. No helicopters
 - b. No traveling between stunt groups
 - c. No passing over or under stunt groups
 - d. Tumbling out of stunt requires extra spotter for support to the head
 - e. Deadman stunt - requires 4 additional spotters to the original stunt group
 - f. Tosses - no flips or twists (Mighty mites are not allowed tosses)
 - g. Additional spotter required in stunts where flyer falls forward (as example - "Superman stunt")