

# ChesterfieldCheerleaderLeague

## 2022 FOOTBALL AND SPECTACULAR GUIDELINES

### Level Guidelines

#### Flag

##### Stunts:

1. Stunts are limited to 2 persons high.
2. Single leg stunts are prohibited above belly level.
3. During Transitional stunts changing bases are prohibited.
4. Extended two leg stunts of any kind are prohibited.

##### Pyramids:

1. Must follow stunt and dismount rules. Exception: #4 in pyramid rules.
2. Limited to two persons high.
3. Flyers must stay in constant contact with bases.
4. Extended stunts are permitted with a hand-to-hand brace connection prior to being extended and must be braced by a prep level stunt or below (2 leg) on both sides. Cannot be braced by a below prep level one leg stunt.

##### Dismounts:

1. Pop downs and cradles are the only ones permitted.
2. Straight cradles and pop downs are the only dismounts allowed in pyramids.

#### NO TWISTING DISMOUNTS.

##### Release Moves:

1. Release moves other than those permitted in dismounts and tosses are prohibited.
2. Tick Tocks are prohibited at the flag level.

##### Inversions:

1. All inversions are prohibited.

##### Tosses:

1. No Tosses allowed at Flag level.

##### Tumbling (Standing and Running)

1. No flips, aerials or twist skills are permitted. **(Hands must touch Mat.)**

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### Level 1

#### Stunts:

1. Stunts are limited to 2 persons high.
2. Single leg stunts are prohibited above prep level and must have a hand to hand brace connection with a bracer on the floor. (Prep level = shoulder level)
3. During Transitional stunts changing bases is prohibited.
4. Twisting entries and dismounts are permitted up to 1/4 twist.
5. Extended two leg stunts are prohibited

#### Pyramids:

2. Must follow stunt and dismount rules. Exception: #6 in pyramid rules.
3. Limited to two persons high.
4. Flyers must stay in constant contact with bases.
5. All single leg stunts must be braced by a hand-to-hand brace prior to reaching shoulder level. The hand-to-hand connection can be on one or both sides.
6. Extended two-legged stunts are permitted with a hand-to-hand brace connection prior to being extended and must be braced by a prep level stunt or below (2 leg) on both sides.

#### Dismounts:

1. Pop downs and cradles are the only ones permitted.
2. Straight cradles and pop downs are the only dismounts allowed in pyramids.

#### NO TWISTING DISMOUNTS.

#### Release Moves:

1. Release moves other than those permitted in dismounts and tosses and outlined below are prohibited.
2. Switch up to lib or body position **below prep level** is permitted.
3. Tick tock to lib or body position **below prep level** is permitted.

#### Inversions:

1. Inversions **to ground** level is permitted. All inversions must originate from the floor and flyer must be in an upright, chest up position prior to extending stunt from floor to skill.

#### Tosses:

1. No Tosses Allowed

#### Tumbling:

**Please execute Level appropriate tumbling (i.e.: front walkover, back walkover, forward roll, cartwheel, round off, push up to back bend)**

1. No flips, aerials or twist skills are permitted.

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### Level 2

#### Stunts:

1. Stunts are limited to 2 persons high.
2. Single leg stunts are prohibited above prep level. (Prep level = shoulder level)
3. During Transitional stunts changing bases is prohibited.
4. Twisting entries are permitted up to 1/2 twist.
5. Extended two leg stunts are permitted

#### Pyramids:

1. Must follow stunt and dismount rules. Exception: #4 in pyramid rules
2. Limited to two persons high.
3. Flyers must stay in constant contact with bases.
4. Extended single leg stunts are permitted with an arm, hand or foot braced connection prior to being extended and must be braced by a prep level stunt or below on both sides (2 leg).

#### Dismounts:

1. Pop downs, cradles, and 1/4 twist downs are the only ones permitted.
2. Straight cradles and pop downs are the only dismounts allowed in pyramids.

#### NO TWISTING DISMOUNTS IN PYRAMIDS

#### Release Moves:

1. Release moves other than those permitted in dismounts and tosses and outlined below are prohibited.
2. Switch up to lib or body position at prep level is permitted.
3. Tick tock to lib or body position at prep level is permitted.

#### Inversions:

1. Inversions from the ground to below prep level are permitted.

#### Tosses:

1. When executing a toss (basket toss or sponge toss) ONLY straight rides are permitted.

#### Tumbling:

**Please execute Level appropriate tumbling (i.e.: back handsprings, round off back handsprings, cartwheel back handsprings or any combination of level 1 tumbling with back handsprings)**

### Level 2.1

**\*\*Level 2 stunting combined with level 1 tumbling\*\***

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### Level 3

#### Stunts:

1. Stunts are limited to 2 persons high.
2. Single leg stunts **are permitted** above prep level. (Prep level = shoulder level)
3. During Transitional stunts changing bases is prohibited.
4. Twisting entries are permitted up to 1/2 twist.
5. Extended two leg stunts are permitted

#### Pyramids:

1. Must follow stunt and dismount rules.
2. Limited to two persons high.
3. Flyers must stay in constant contact with bases unless they are in direct contact by both arms/hands to post positioned prep level stunts on each side.
4. Single leg prep level connections are permitted (paper doll). Must be braced by arm-to arm connection.

#### Dismounts:

1. Pop downs, cradles, and single twist downs are the only ones permitted.
2. Straight cradles and pop downs are the only dismounts allowed in pyramids.

#### **NO TWISTING DISMOUNTS IN PYRAMIDS.**

#### Release Moves:

1. Release moves other than those permitted in dismounts and tosses and outlined below are prohibited.
2. Switch up to lib or body position at prep level is permitted.
3. Assisted Tick tock from prep level lib to extended lib is permitted.

#### Inversions:

1. All inversions from ground to prep level stunt is permitted.

#### Tosses:

1. Toss may consist of no more than one trick.

#### Tumbling:

**Please execute Level appropriate tumbling (i.e.: multiple standing back handsprings , round off back handspring tuck or any combination of level 1 tumbling with back handspring tuck)**

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<b>Categories</b>	<b>Definitions</b>
<b>Stunts</b>	Any skill in which a top person is supported above the performance surface by one or more persons. Also referred to as a "mount." A stunt is determined to be "Single" or "Double" leg by the number of legs that the top person has being primarily supported by a base(s).
<b>Pyramids</b>	A grouping of multiple stunts that may or may not be connected to create a visual effect. Individuals standing at the ground level maybe incorporated into the grouping.
<b>Dismounts</b>	The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.
<b>Release Moves</b>	When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases.
<b>Inversions</b>	When the top person's shoulders are below her/his waist and at least one foot is above her/his waist. Arch-back dismounts to a cradle are not considered inverted. (Any time a person's head is down while the person's feet are up. Ex: Handstands into a shoulder sit.)
<b>Tosses</b>	An airborne stunt where bases execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.