

TENNESSEE YOUTH SPORTS ALLIANCE
Established 2021



TENNESSEE YOUTH SPORTS ALLIANCE

OFFICIAL CHEER RULES and PROCEDURES

Edition Dated: March 26, 2026

FORWARD

Any reference to a particular gender contained within these Official TYSA Rules Book such as he, his, himself, man, men, or boy shall be meant to also include she, hers, herself, woman, women, and girl and are to be interpreted as gender neutral.

In the event of any conflict in language between any past, present, or future printed version of these TYSA Official Rules & Procedures and the TNYSA.COM online version, the TNYSA.COM online version shall have priority.

TYSA MISSION STATEMENT

Tennessee Youth Sports Alliance (TYSA); established in 2021, is a non-profit organization, dedicated to giving back to communities by promoting the wholesome development of youth through their association with exemplary adult leaders in the sport of American football and cheer.

Guidelines are established to ensure that players play in an atmosphere of learning fundamentals with a competitive balance between teams. Our focus is on helping our youth build Character, Sportsmanship, Learn Responsibility and Teamwork, and Self-Confidence while gaining a strong sense of community. TYSA provides a structured, safe, and secure environment for the children to learn these life lesson skills.

Our goal is to teach the fundamentals of football and cheerleading in an atmosphere where “fun” is the keyword in fundamental.

TYSA CHEER OFFICERS & COMMITTEE CHAIRPERSON

Brittany Bittner- TYSA Cheer Director

Jessica Paris- TYSA Assistant Cheer Director

Illene Cruell- Athletic Director

Taylor Montgomery- Ethics Chairman

AMENDMENTS & CHANGES

*The Cheerleading Committee may change any rules regarding competition at the March meeting only. Requests for changes will be proposed no later than March 1st and voted on at the March meeting.

*Changes in procedures and regulations may be made at any time during the year, with a majority vote of the members where a quorum of voting members is present.

*All changes by the Cheerleading Committee must be reported to the TYSA Executive Committee.

RULE 1 THE CHEERLEADING COMMITTEE

- 1.1** The Cheerleading program is a component of TYSA. It will be under the direction of the TYSA Cheer Director and will be a subcommittee of the TYSA and governed by the Constitution, By-Laws, and Rulebook of TYSA as administered by the TYSA Executive Board.
- 1.2** The Cheerleading Committee shall elect a TYSA Athletic Director from member communities. The TYSA Cheer Director shall appoint an TYSA Assistant Director.

- 1.3 The term of TYSA Cheer Director and Assistant Cheer Director cannot be a member from the same community holding more than one (1) of these 2 offices.
- 1.4 The TYSA Cheer Director or the Assistant Cheer Director shall be at all regular TYSA meetings to report on cheerleading matters.
- 1.5 The TYSA Cheer Director shall appoint an Ethics Committee comprised of a Chairman and five Committee members having at least one representative from each community. All Ethics complaints will be brought to the attention of the Chair for resolution by the entire Committee. In the event the complaint involves one of the Committee Member's Community, the TYSA Cheer Director or TYSA Assistant Cheer Director will take the place of the respective community for that hearing only.
- 1.6 All TYSA Community Cheer Directors shall attend or send a representative for all regular TYSA meetings. If no Cheer Director or representative is present it will be reported to TYSA Secretary and a \$100 fine will be issued to the community.

RULE 2 CHEERLEADER ELGIBILITY

- 2.1 To be eligible for TYSA Competition/Exhibition and Cheerleading, a cheerleader must be four (4) years old as of July 31 of the current year and may not be over fifteen (15) years old before August 1 of the current year.
- 2.2 No one under the age of four (4) as of July 31 of the current year is to be rostered and will not be allowed on the sidelines or the approved cheering area (NO MASCOTS).
- 2.3 You may not participate simultaneously on a competitive cheer squad, dance team or school squad during TYSA's season (July- November) and compete at the TYSA Cheer Competition(s).
2.3.A Exception elementary school age may participate in the TYSA Cheer Competition if the school does not offer competitive cheer squad.

RULE 3 ROSTERS, BOOKS, & FEE DAYS

- 3.1 All cheerleaders must roster with TYSA in accordance with TYSA rules for Game Day squads on TYSA Fee Day. Game Day squads are to be formed at the discretion of each individual community as to age limitations.
- 3.2 A government issued proof of birth document (copies only; -NO mother's or hospital copy) is required for all cheerleaders and are to be turned in with the Game Day rosters and a (\$20.00) fee per cheerleader on TYSA Fee Day.
- 3.3 Rosters and birth documents are to be on file with each individual community Cheer Director.
- 3.4 To be eligible for TYSA Competition a cheerleader must be an active participant on a game day squad for the entire season.
- 3.5 Each community will prepare individual Team Books for each team in their community. All communities will bring their completed team books for exchange and audit to the regular August

Board Meeting. Team Books will include:

3.5.A Binder (1" -2") with pockets on the inside flaps.

3.5.B On the outside cover, identify the following: Community; Year.

3.5.C Each Gameday Squad should include a current Game Day Roster; current Fee Roster; enough vinyl sheet protectors for each player and coach per squad.

3.5.D Players sheet protector will include the following:

3.5.D.1 Legible copy of player's Birth Certificate or government-issued birth document. (copies only, No mother's or hospital copy) government issued passport is allowed if birth certificate is unavailable.

3.5.D.2 If a community is doing exclusive digital registrations, the online form must include all the same information as the paper form does, including player/cheerleader info; parents' info; the Parental Authorization & Indemnification clause and the parents' signature. **COMMENT:** Exclusively means 100% digital registration with NO paper registration forms being accepted.

3.5.D.3 If a community is doing exclusive digital registrations, a report listing each cheerleader, their date of birth, their age, their school, as well as parent's proof of signature on registration form and Code of Conduct and Concussion Form shall be generated and replace the individual registration forms in the Team Books. **COMMENT:** Exclusively means 100% digital registration with no paper registration forms being accepted.

3.5.E Coaches sheet protector will include the following:

3.5.E.1 Signed Coach's Code of Conduct

3.5.E.2 Coaches must also complete the digital Coaches Code of Conduct which will be archived by TYSA. This digital version can be found at www.TNYSA.org/coaches-code-of-conduct

3.5.E.3 Copy of Coach's coaching certification (Nays Cheerleading Coach Membership Card) NAYS number must be listed on the game day & competition roster beside each coach name.

3.6 All Fee Day and Game Day Rosters must be typed. The name on the rosters must match the name on the government issued birth document. If a child has a nickname or a "called by" name, that name may appear parentheses. If the child's last name has changed due to adoption, etc. copies of the final papers should be included. Fee Day Rosters will be listed alphabetically, first name then last name. All information must be complete for each child. School information must be filled out. If they are "home schooled" those words must appear in the appropriate column. If it is left blank, it will be assumed that child does not attend school and will be ineligible to play. First name then last name. These rosters can also be used as Game Day Announcers form.

3.7 Team Books will be exchanged with a Member Community of similar size. These books will be audited following the process above and initialed in the checked by column on the roster. Any deficiencies should be reported as soon as possible to the TYSA Cheer Director of the audited community, so corrections can be made. All deficiencies will be rechecked for completion prior to Fee Day.

3.8 On Book Exchange Day, all team books will be available by the start of the meeting at 2:00 pm. If a community's books are not at the meeting site by 2:30 pm, the community will be fined \$100.00 per missing book.

3.9 It will be the responsibility of the community whose books are missing to make arrangements with the auditing community to exchange books, which must be exchanged by this time, will not be audited and the teams involved will not be allowed to play for the upcoming season.

3.10 Fines will be due and payable at Fee Day. If fines are not paid, the community will not be allowed to

play until fines are paid. **Fee day rosters must be turned in on Fee Day as well.**

- 3.11** Player additions to an existing team can still be made throughout the week between Book Exchange and Fee Day; however, the new player's paperwork must be audited in the same manner as other players. The community should communicate with the other Cheer Directors to make this possible. Exchange community's will meet by mid-week to exchange their books back. All necessary corrections will be made by the communities prior to arrival on Fee Day.
- 3.12** If a community does not meet their auditing community by Thursday a fine of \$250.00 will be assessed.
- 3.13** Fines will be due and payable at Fee Day. If fines are not paid, the community will not be allowed by allowed to play. It shall be the joint responsibility of each Community Cheer Director and the Head Coach of each team in the Member Community to verify that all players rostered to their teams are eligible to participate in TYSA. All final rosters shall be delivered to TYSA on Fee Day by electronic media (i.e. thumb drive, CD, etc.) or emailed prior to 10:00 am on Fee Day.
- 3.14** On Fee Day, if a community is late for their scheduled time, they well be fined \$200.00.
- 3.15** All corrections must be made prior to arrival at Fee Day and be available for the auditing community to verify prior to their scheduled time.
- 3.15** Any corrections not made to a team book and/or player's packet will be cause to immediately drop the team and/or player from the team.
- 3.16** Fines will be due and payable at Fee Day. If fines are not paid, the community will not be allowed to play. After Fee Day, rosters will have an electronic signature applied and rosters for all teams will be emailed to each community's TYSA Cheer Director for distribution to their community's coaches. It will be the head coach's responsibility to provide the official signed Game Day Roster at each of their games to the press box for the cheerleaders to be announced. Any roster that has a player's name handwritten on it will be considered an illegal roster and the affected team will not be able to cheer for the game. A member community, who has a participant listed on a Fee Day roster but fails to have all required paperwork, will have until the close of Fee Day to have all paperwork on the said participant in proper order. A participant listed on a roster that does not have the proper paperwork, he will be dropped from the roster and will be ineligible for participation for the current season unless cause can be shown, and approval granted by the President of TYSA for a reasonable extension appropriate for the cause. EXAMPLE: waiting for receipt of a court adoption document. The League shall have no add-on nights for any of the teams. All final rostering must be done at Fee Day for these divisions. The President of TYSA, the Vice Presidents of TYSA or any member of the Board may not waive this rule.

RULE 4 GUIDELINES FOR CHEERLEADING COACHES

- 4.1** All coaches actively instructing in practices or games shall be certified by an approved National coach's certification program. EXAMPLE: NAYS (National Alliance for Youth Sports-Cheerleading).
- 4.2** Agree to be bound by the TYSA "Code of Ethics."

- 4.2.A** All coaches must complete & sign the paper version of the TYSA Coaches “Code of Ethics” and “Concussion” Policy as well as the digital version of the Coaches “Code of Conduct” at [Coaches Code of Conduct | TNYSA](#)
- 4.3** All TYSA Community Cheer Directors, and cheer coaches shall be certified. The CDC has developed a free online course titled “*Heads Up – Concussion in Youth Sports*”. This course may be accessed at www.cdc.gov/headsup/youthsports/training/
- 4.3.A** This course must be completed annually, and a copy of their current certificate must be on file at their TYSA community.
- 4.3.B** Prior to the annual initiation of practice or competition the following persons must review and sign a concussion and head injury information sheet: cheer coaches, athletic directors, and/or community directors, any appointed licensed health care professional.
- 4.4** All coaches and directors that enter the playing field on game day or for competition/exhibition must be listed on the squad’s roster and be NAYS or TYSA certified.
- 4.4.A** Anyone not rostered and wearing their NAYS badge along with a photo ID will not be permitted in approved cheerleading area.
- 4.4.B** Only two cheer coaches are allowed on the sidelines during games and in the warmup area of the cheer competition.
- 4.5** All cheerleading coaches shall be prohibited from using any form of tobacco, alcohol, or illegal drugs as well as any form of profanity while on the playing field or practice field, or at any time while in contact with children.
- 4.6** Coaches are to be familiar with cheerleading techniques, stunts, and jumps.
- 4.7** Coaches are to be on time and should always set a good example for their squads and communities.
- 4.8** Coaches are to be always in control, whether at a game or practice.
- 4.9** Coaches are to treat all cheerleaders, parents, and other coaches (football and cheerleading) with respect.
- 4.10** Coaches should always look the part by dressing appropriately and with spirit in mind at games and practices.
- 4.11** Cheerleading coaches are to treat all cheerleaders fairly, teach all cheerleaders equally, and make them feel a part of the squad.
- 4.12** Cheerleading coaches are to present themselves in a positive manner, even when critiquing their squad.
- 4.13** Coaches and Directors are to carry certification badges at all games, practices, and competition/exhibition.
- 4.14** To ensure a sense of fairness between communities, no squad is to procure professional assistance.
- 4.14.A** Professional assistance includes, but is not limited to coaching and professionally prepared routines, cheers, dances, stunts, tumbling, etc.
- 4.15.B** Exception: you may have a former professional cheerleader or cheerleading coach volunteer be a coach for sideline cheer, as long as they are not paid or reimbursed for their services. Professional cheerleader or cheerleading coach may **not** coach a competitive team.

4.16.C Exception: If paid by a school (example elementary, middle or high school) they may volunteer to be a coach, as long as they are not paid or reimbursed for their services.

4.17.D All-Star Coaches who are actively a paid professional may volunteer to be a sideline cheer coach. All-Star Coaches may **not** coach a competitive team.

RULE 5 CHEERLEADING UNIFORM

- 5.1** All participant uniforms must cover the midriff when standing at attention.
3.9.A Covered midriff does include flesh or nude colored body suits and liners; however, fringe would not count as a cover.
- 5.2** 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.
5.2.A Exception: medical ID tags/bracelets.
5.2.B Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
- 5.3** 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.
- 5.4** Soft-soled shoes must be worn while practicing, cheering, or competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
- 5.5** Fingernails must be short in length and no artificial nails. **No fingernail polish is allowed exception of clear polish.**
- 5.6** Hair must be secured off the face with a simple and unexaggerated style that is adaptable to all diversities. **For safety purposes no beads shall be worn for competitions.**
- 5.7** Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.
- 5.8** Makeup- If worn, makeup should be uniform and appropriate for both the performance and the age of the athletes utilizing neutral colors for eyes and skin. Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.
5.8 Face Rhinestones are allowed, if they are not on the eyelid.
- 5.9** No risqué, sexually provocative or lingerie looking inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

RULE 6 GAME DAY PROTOCOL

- 6.1** All cheers, chants, and music are to be free of vulgar words, phrases, and motions. No type of derogatory cheer will be allowed. This includes the Spirit cheer that is shouted across the field. The penalty for violation of this rule shall be:

6.1.A 1st offense – a warning for the coach.

6.1.B 2nd offense – the coach will be called to appear before the TYSA Ethics Committee.

6.1.C 3rd offense – the coach is removed from TYSA.

- 6.2** Unsportsmanlike conduct **will not** be tolerated and is subject to go before the Ethics Committee.
- 6.3** Cheerleading coaches are to keep their cheerleaders off the playing field and within the defined sidelines boundaries, as designated by the home team, except at half time.
- 6.4** Each squad must be accompanied by at least one (1) certified coach on game day. No squad shall be on the field without a certified coach. One certified coach must be a legal age adult (18 years or above).
- 6.5** The visiting squad shall be introduced and perform first, followed by the home cheer squad. Dance teams will perform next in the same order as the cheer squads. The visiting community is responsible for providing copy of their official gameday roster to the hosting press box to be introduced.
- 6.6** If a football player becomes injured during a game, both cheerleading squads are to stop cheering, kneel on one knee, or stand quietly, until the player is up or removed from the playing field, at which time the injured player should be applauded.
- 6.7** Half-time cheers, dances, or stunts will be limited to three (3) minutes per squad & are to be performed for the crowd. Game day stunts shall follow the height guidelines.
- 6.8** At the end of the game, all cheerleaders and coaches shall line up behind the football team for the purpose of shaking hands with the opposing team and their cheerleaders.
- 6.9** Sideline stunting and tumbling may only be done at half time or between 1st & 2nd or 3rd & 4th quarters while the ball is not in play for safety reasons.
- 6.10** All Stunting rules apply to gameday and competition. To include height restrictions by age limitations.

RULE 7 PRACTICES, CAMPS, & CLINICS

- 7.1** During the pre-season and prior to the first season game played on the Official TYSA Schedule there is no limit to the number of days a squad or member community may practice.
- 7.2** Once the first regular season game of the Official TYSA Schedule is played practice is limited to three (3) days per calendar week at a max of 2 hours per practice.
7.2.A the exception is the two (2) weeks prior to the TYSA Competition(s) or TYSA Showcase Event in which there will be no limit to the number of practice days.
- 7.3** All camps and clinics must be held 14 days prior before the start of practice. They must be open to all and advertised on the TYSA website prior to camp dates. Submit the camps/clinics to TYSA to be advertised to all the communities. You will email the flyer or information to the TYSA Cheer Director or TYSA Secretary to be advertised.

RULE 8 DANCE TEAMS

- 8.1 A community may elect to form Dance Teams to perform at half time.
- 8.2 Each Dance Team must be rostered with TYSA on Fee Day.
8.2.A If the athlete is dual participating as cheerleader as well. They must pay each fee separately.
- 8.3 All dances must be limited to 3 minutes at half time and shall follow the Cheer Squad performances.
- 8.4 Professional dance instruction shall be limited to the rostered Dance Team only if they are not participating in TYSA cheer competitions. No such instruction is to be shared with any Cheer Squad.
- 8.5 TYSA will create a dance division in the TYSA Cheer Competition for the dance teams, if only one squad it will be a showcase, if more than one, it will be a competition, if the communities elect that option.
- 8.6 Dance Team will adhere to the Cheerleading Uniform section of this TYSA Cheer Rulebook.
- 8.7 Dance Teams do not have to follow 10.19 Cheerleading Props rules exception of the glitter. No glitter will be allowed during competitions.
8.7.A All dance props must be tasteful and safe for the athletes.

RULE 9 STUNTING, PYRAMIDS, & TUMBLING

- 9.1 Height limits are as follows:
9.1.A Ages 4 – 8 may go to shoulder (prep level)
9.1.B Ages 9 – 14 may go full extension
- 9.2 If stunts are performed above waist high, continuous spotters shall be required. Thigh stands and shoulder sits **do not** require spotters.
- 9.3 Stunts and pyramids must follow USASF safety guidelines for all level rules.
- 9.4 Basket tosses are **not** allowed.
- 9.5 Inversions are **not** allowed.
- 9.6 Release Moves
9.6.A Must return to original bases
9.6.B May not land on the performing surface without assistance.
9.6.C May not intentionally travel.
9.6.D May not land in an inverted position.
9.6.E May not pass over, under or through other stunts, pyramids, individuals or props.
9.6.F That land in a **non-upright** position must have:
9.6.F.1 3 catchers for a multi-based stunt.
9.6.G The height of a release move is determined by:
9.6.G.1 The highest point of the release
9.6.G.2 The distance from the top person's hips to the extended arms of the bases (not the back spot)
9.6.H Free flipping or assisted flipping stunts and transitions are not allowed.

9.6.I Single based split catches are not allowed.

9.6.J Only basic straight cradles are allowed.

9.6.J.1 Zero twists are allowed.

9.7 Dismounts

9.7.A Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface

9.7.B Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

9.7.C Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

9.7.D All multi-based waist level cradles in which the bases begin underneath the top person’s feet must follow toss rules.

9.7.E Dismounts must return to original base(s).

9.7.E.1 Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter.

9.7.E.2 Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.

9.7.E.3 Exception: Dismounting single based stunts with multiple top persons.

9.7.F No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

9.7.G No free flipping or assisted flipping dismounts allowed.

9.7.H Dismounts may not intentionally travel.

9.7.I Top persons in dismounts may not come in contact with each other while released from the bases.

9.7.I.1 Exception: Dismounting single based stunts with multiple top persons.

9.7.J Tension drops/rolls of any kind are not allowed.

9.8 General Tumbling

9.8.A All tumbling must originate and land on the performing surface.

9.8.B A tumbler may rebound from his/her feet into a stunt transition.

9.8.B.1 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.

9.8.C Tumbling over/under (any body part), or through a stunt, individual, or prop, is not allowed.

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

9.9 Pyramids must follow Stunting and Dismount rules and are allowed up to 2 high.

9.9.A Top person must receive primary support from a base.

9.9.A.1 Exception: Release Moves

9.9.B Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and required bracer(s).

9.9.C Primary weight may not be borne at second level. Transitions must be continuous.

9.9.D Required brace/connection must be made prior to the initiation of the skill.

- 9.10** The cheer coach of the squad violating these height limits will be suspended from TYSA for a length of time as determined by the TYSA Board following a recommendation by the TYSA Ethics Committee.
- 9.11** Any squad performing an illegal stunt (as defined by UCA and AACCA for High School) will be disqualified and the coaches will be suspended from TYSA for a length of time as determined by the TYSA Board following a recommendation by the TYSA Ethics Committee.
- 9.12** NO SQUAD should perform any stunts without first performing skill progression drills and proper step and lock procedures.
 - 9.12.A** All skills should be mastered before progressing to the next skill level to ensure safety to the cheerleaders.

RULE 10 CHEERLEADING COMPETITION/EXHIBITION RULES

- 10.1** TYSA shall hold a competition/exhibition for all squads, to be scheduled by the Cheerleading Committee and approved by the Executive Committee.
 - 10.1.A.** The registration fee to be paid on Competition Fee Day will be \$30 dollars which will include a t-shirt for each participant. The fee will apply to competition and exhibition.
 - 10.1.B.** Competition/Exhibition Fee Day will be at the regular September meeting of TYSA.
- 10.2** Competition squads will be formed by age divisions.
 - 10.2.A** The age is determined by July 31st date for competition purposes.
- 10.3** The Age divisions for the TYSA Cheer Competition will be as follows.

DIVISION 1 (4-8 year olds)

Pee-Wee Div. (Tiny) 4-6
 C Division (Mini) 7-8
 C Mix (Mini) 5-6-7-8

DIVISION 2 (9-14 year olds)

B Division (Youth) 9-10
 A Division (Junior) 11-12
 A Mix (Junior) 9-10-11-12
 Varsity (Senior) 13-14
 Varsity Mix (Senior) 11-12-13-14

DIVISION 3 (mixture of ages)

Division 1 Mix 4-5-6-7-8
 Division 2 Mix 9-10-11-12-13-14
 Gameday Squad 4-5-6-7-8-9-10-11-12-13-14 (cannot have any other squad participating)

DANCE DIVISION

Showcase 4-14

- 10.4** No one can cheer down.
- 10.5** No one can cheer up more than 1 age group.

- 10.6** Division 1 ages (4-8) and Division 2 ages (9-14) will **not** combine unless the exception of the Gameday Squad.
- 10.7** Gameday Squad will not have any other team participating. Example: If you have a C Mix you will not have a Gameday Squad. If you have other teams, you should be putting those athletes in the proper age categories.
- 10.8** To ensure a sense of fairness between communities, no squad is to procure professional assistance.
10.8.A Professional assistance includes, but is not limited to coaching and professionally prepared routines, cheers, dances, stunts, tumbling, etc.
10.8.B Professional assistance should be limited to coach's clinics and any community cheer clinics held before Jamboree.
10.8.C This does not apply to cheerleaders taking individual tumbling or gymnastic lessons.
- 10.9** A squad may participate in competition or exhibition – but not both. If choosing exhibition or showcase only option, awards will be a medal.
- 10.10** Each squad's presentation must include at least one cheer or sideline chant.
10.10.A The musical portion must be a minimum of 30 seconds & not exceed one minute and thirty seconds, total time limit is three minutes.
10.10.B A dance routine is required from all squads participating. Stunts may be performed during music but will not be included in dance score. To meet judging criteria, it is strongly recommended that each squad devote ample time to the dance.
10.10.C Timing will begin with the first movement, voice, or note of music, whichever comes first - after the squad is in place on the mat.
10.10.D If a squad exceeds either time limit, a 5 point per judge penalty will be assessed for each violation. Because penalties are severe, it is recommended that all squads time their routine several times prior to the competition and leave a several second cushion to allow for variations in sound equipment.
- 10.11** Community directors are responsible for the content of each squad's music.
10.11.A Vulgar or obscene music will not be allowed and any squad using such will receive a zero (0) for dance score.
10.11.B The TYSA Ethics Committee will monitor all music. Anything in question will be reviewed immediately after the squad's performance and a determination reached before the scoring is completed.
- 10.12** Cheerleaders will be allowed to place signs/poms/etc. on the mat prior to beginning of routine.
10.12.A Time starts when the music starts or at the first movement after taking places on the mat (squads will be allowed to spirit onto the mat with that not counting toward their time).
10.12.B Time ends upon completion of the routine.
10.12.C However, it is recommended that the ending position be held for several seconds.
10.12.D All signs etc. may be removed from the mat upon exit.
- 10.13** Team mothers, assistant coaches, and coaches will NOT be allowed to place poms on the floor for any squad. Coaches are not allowed to prompt or help the squad. **This also includes crowd prompting and assistance.** Points will reflect if this is seen.

- 10.14** Coaches or a designated representative may start their squad's music or may elect to have a representative of TYSA do so.
- 10.14.A** Coaches are asked to provide two (2) forms of music (CD and Cassette) in case of equipment failure.
- 10.14.B** Coaches that are concerned about the timing of their music are encouraged to start the music themselves as no protests or appeals will be tolerated concerning this matter.
- 10.15** Squads will be limited to a maximum of 24 unless approved by the Board of TYSA Cheer prior to Competition. Requests should be made minimum of 1 week prior before Competition Fee Day.
- 10.15.A** No athletes will be added after book day. Even if athletes drop from the roster.
- 10.16** All squads are to check-in one (1) hour prior to their scheduled warm-up time. Failure to do so may result in forfeiture of practice time.
- 10.17** No squad will be allowed on the floor of the competition site before or during competition, except during their actual time to compete.
- 10.18** Cheerleaders and coaches of performing squads are to be in their designated areas at all times.
- 10.19** Poms, flash cards, and megaphones are allowed. All other items considered as props are not allowed.
- 10.19.A** Glitter is not allowed. Judges will be advised that this penalty will be enforced by the TYSA Board.
- 10.19.B** Hats, gloves etc. are not considered props if worn the entire time. If they are not removed, they are considered a part of the uniform.
- 10.19.C** A penalty of five (5) points will be assessed to a squad's overall score for any violation of this rule.
- 10.19.D** Poms may be used by the flyer in a stunt group. Poms will not be used during tumbling motions.
- 10.20** Any violation of the age restriction limits will result in a score of 0 (zero) for the stunt category and the coach of the squad violating these height limits will be suspended from TYSA for a length of time as determined by the TYSA Board following a recommendation by the TYSA Ethics Committee.
- 10.21** If stunts are performed ABOVE WAIST HIGH, continuous spotters shall be required. A penalty of five (5) points will be assessed against the overall score of any squad violating this rule.
- 10.22** Any squad performing an illegal stunt (as defined by UCA and AACCA for High School) will be disqualified and the coaches will be suspended from TYSA for a length of time as determined by the TYSA Board following a recommendation by the TYSA Ethics Committee.
- 10.23** Categories/divisions cannot be changed after Competition Book Day.

COMPETITION JUDGES & AWARDS

- The judges used in TYSA competition shall not have any ties with TYSA or its communities within the past 5 years and shall be certified, have good understanding of cheerleading, and great moral values.

- There shall be four (4) judges for the TYSA competition. One judge will serve as the violation judge and will keep the music time. They will be paid \$100 each. Best practice is to pay in cash the day of the event from the door admissions.
- There shall be 1 person to run the score table to compile the results. The judges will make their final tabulations and send them to the scorer's table. They will then be scanned or copied before any awards are presented.
- One of the TYSA Cheer Committee personnel will watch the performances and ensure the judges are grading according to TYSA Cheer Rule Book to ensure fairness across the board and standards are being upheld.
- The judges will give scores in the following categories:
 1. CHEER
 2. STUNTS
 3. DANCE
 4. JUMPS
 5. TUMBLING
 6. PRESENTATION
- Individual trophies will be awarded to each first-place overall cheerleader with a plaque/trophy/banner for the winning coach.
- Each cheerleader will receive an award for participation.
- Score sheets: The original will be on file with TYSA, one copy will be given to the respective coach or Community Cheer Director. There will be a sample score sheet in the back of this rulebook to keep it uniform from year to year.
- In the event of a 1st place tie in total score both squads will perform again for a tie breaker.
- By participating in this Competition, each squad agrees that the decision by the judges will be final and will not be subject for review. Each squad acknowledges the necessity for the judges to make prompt and fair decisions in this competition, and each squad expressly waives any legal, equitable, administrative, or procedural review of such decisions.
- If there is a concern of legality of a performance, the issue must be brought to the TYSA Cheer Committee prior to the next performance to be assessed and determined before the next scoring happens.

COMPETITION ADMINISTRATIVE NOTES

- Admission to TYSA Competition/Exhibition shall be \$10 cash at the door or by purchase of a wristband prior to the Competition date. These will be available for purchase from any cheerleader up until the Sunday before Competition.
- The use of mats is required for competition and exhibition. The mat size will be at least 40'x40' with no special markings.
- Door Admission is free to all rostered TYSA football players wearing their game jerseys and to all children twelve (12) and under.
- All TYSA certified coaches will be admitted to the Competition for no fee if they present a valid certification card.
- The site of the competition will be indoors, with seating for spectators, and parking.
- The Cheer Director of each community participating in Competition/Exhibition will be required to be there all day on the day of the event. Each Community Director will be assigned a specific area of responsibility (for example, t-shirt sales, trophies, etc.), which will be always attended by the Director or workers from their community.
- Awards will be ordered through VIP Awards (<https://vipawards.net>) located in Smyrna, TN.
- Certificate of Liability Insurance for the Cheer Competition may need to be obtained for the venue rental. Hicks Watson Insurance 139 Maple Row Blvd, Hendersonville, TN 37075 (615) 824-8869.
- All purchases for the competition/exhibition must be kept and sent to TYSA CPA along with the updated workbook. All purchases must be approved by TYSA President or Vice President before paid or before the CPA will pay an invoice.

CHECKLIST FOR COMPETITION/EXHIBITION

1. Make envelopes for score sheets – on the outside, write each category, the squad and division.
2. Make badges for coaches.
3. Secure announcer and sound equipment.
4. Trophies and awards.
5. T-shirts
6. Decorations
7. Print enough score sheets for the judges and fill in squad name, etc.
8. Hospitality room (be sure to have bottled water for judges).
9. Computer operator.
10. Beginning cash for gate. (estimate \$300)
11. Print forms for announcer (winners)
12. Ensure venue has mats.
13. Minimum of 2 spotters for performance times.

14. Secure judges and score table calculator.
15. Wristbands or stamp for door admissions.
16. Signs designating warm-up area, admission fee.
17. Ink pens for the judges and score table.

COMPETITION SCORESHEET EXAMPLE

TYSA Cheer Competition Score Sheet**Division:** _____**Community:** _____**Judge Number:** _____

CATEGORY	POINTS POSSIBLE
CHEER	
CROWD LEADING/SPIRIT	20 POINTS _____
OVERALL CHEER	15 POINTS _____
PROPS VIOLATION	-5 POINTS _____
STUNTS (must be in cheer)	
EXECUTION/TECHNIQUE	15 POINTS _____
DIFFICULTY/CREATIVITY	5 POINTS _____
STUNTS VIOLATION	-10 POINTS _____
DANCE	
SHARPENESS, MOTION	5 POINTS _____
TIMING, SYNCH	5 POINTS _____
PERFORMANCE	10 POINTS _____
MUSIC TIME VIOLATION	-5 POINTS _____
JUMPS	
SYNCH JUMPS/TECHNIQUE	5 POINTS _____
TUMBLING	
EXECUTION/TECH/CREATIVITY	5 POINTS _____
PRESENTATION	
OVERALL CREATIVITY	15 POINTS _____
OVERALL TIME VIOLATION	-5 POINTS _____
TOTAL POINTS _____/100 points	

Overall Impression of the Team: _____

Areas of Strength: _____

Areas for Improvement: _____

RESTRICTION JUDGE SCORE SHEET EXAMPLE

TYSA CHEER COMPETITION SCORE SHEET

Restriction Judge

COMMUNITY _____

SQUAD/DIVISION _____

TIME START TO FINISH: _____

Props violation (up to -5 points per judge to cheer score):

Notes: 7.10 Cheerleaders will be allowed to place signs/poms etc. on mat prior to beginning of routine. 7.11 Team mothers, assistant coaches, and coaches will NOT be allowed to place poms on the floor for any squad. Coaches are to stay behind their squad to alleviate any prompting by the coaches and crowd. 7.16 Poms, flash cards, and megaphones are allowed. All other items considered as props are not allowed. 7.16.B Hats, gloves etc. are not considered props if worn the entire time. If they are not removed, they are considered a part of the uniform. 10.19.D Poms may be used by the flyer in a stunt group. Poms will not be used during tumbling motions.

Stunts violation (up to -10 points per judge to stunt total) Illegal stunt will get a stunt score of 0 and will be disqualified:

Notes: 3.10 Basket tosses, elevator tosses, and similar multi-base tosses are prohibited. 7.17 Basket tosses are not allowed. 7.19.A Ages 4-8 may go to shoulder 7.19.B Ages 9-14 may go full extension 7.21 If stunts are performed ABOVE WAIST HIGH, continuous spotters shall be required. Thigh stands and shoulder sits DO NOT require spotters. 9.6.J.1 Zero twists are allowed. 10.10.B A dance routine is required from all squads participating. Stunts may be performed during music but will not be included in dance score.

Music time violation (-5 points per judge to dance score):

Notes: 7.7.A The musical portion must be a minimum of 30 seconds & not exceed one minute and thirty seconds. 7.8.A Vulgar or obscene music will not be allowed and any squad using such will receive a zero for dance score.

Overall time violation (-5 points per judge to presentation score):

Notes: 7.10.A Time starts when the music starts or at the first movement after taking places on the mat (squads will be allowed to spirit onto the mat with that not counting toward their time. 7.10.B Time ends upon completion of the routine. 7.10.C However, it is recommended that the ending position be held for several seconds. 7.7.A Total time limit is three minutes. 7.7.C Timing will begin with the first movement, voice, or note of music, whichever comes first-after the squad is in place on the mat.

SAFETY VIOLATION- NO JEWELRY, NO LENGTHY NAILS OR POLISH, HAIR SECURED & NO BEADS PASS OR FAIL

CHEERLEADING NOTES AND DEFINITIONS

Aerial (noun): Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective): To be free of contact with a person or the performing surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

All 4s: An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

Assisted-Flipping Stunt: A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Roll", "Braced Flip")

Backbend: The athlete's body forms an arch by stretching through the upper back, typically supported by the hands and feet with the abdomen facing upward.

Backward Roll: A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Ball-X: A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.

Basket Toss: A toss involving 2 or 3 bases and a spotter -- 2 of the bases use their hands to interlock wrists.

Brace/Bracer: A brace is the physical connection from one top person to another top person that helps provide stability. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A bracer is a top person in direct physical contact with another top person that helps provide stability. A required bracer cannot pass through an inverted position during a transition.

Braced Flip: A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Cartwheel: A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher: Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release.

All catchers:

- must be attentive
- must not be involved in other choreography
- must not be involved in anything that could prevent them from catching.
- Example: A required catcher holding a sign.
- must make physical contact with the top person upon catching

- must be on the performing surface when the skill is initiated

Chair: A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

Cradle: A dismount in which the top person is caught in a cradle position (top person lands in a “V”/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

Cupie: A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

Dismount: The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface. If released to the performing surface, top person must land on their feet. No stunt, pyramid, individual or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals or props.

Dismounts:

- may not intentionally travel.
- must return to original base(s) unless dismounting single based stunts with multiple top persons.
- to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface. Top persons may not be, or come, in contact with each other while released from bases. All multi-based waist level cradles in which the bases begin underneath the top person’s feet will be considered a toss and must follow toss rules.

Dive Roll: An airborne tumbling skill with a forward roll where the athlete’s feet leave the ground before the athlete’s hands reach the ground.

Downward Inversion: A stunt or pyramid in which an inverted person’s center of gravity is moving towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Extended Arm Level: The highest point of a base’s arm(s) (not spotter’s arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an “extended stunt”. See “Extended Stunt” for further clarification.

Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead but are NOT considered “Extended Stunts” since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

Flat Back: A stunt in which the top person is laying horizontal, face-up, and is usually supported by two or more bases. This is considered a two-leg stunt.

Flip: In stunting, a skill that passing through an inverted position with hip-over-head rotation without contact with a base or the performing surface. In tumbling, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

Flipping Toss: A toss where the top person rotates through an inverted position.

Floor Stunt: Base lying on performance surface on their back with arm(s) extended. A “Floor Stunt” is a waist level stunt.

Flyer: See "Top Person".

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 to create a motion similar to a ball "rolling" across the floor.

Free Flipping Stunt: A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

Full: A 360-degree twisting rotation.

Ground Level: To be on the performing surface.

Hand/Arm Connection: The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handspring: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

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

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for a building skill(s): stunt, pyramid, transition, release move, dismount, or toss is the bottom of the dip from which the skill originates.

Inversion/Inverted: Athlete has at least one foot above the head and shoulders are the below the waist.

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.

Jump Skill: A skill which involves a change in body position during a jump. i.e. toe touch, pike, etc. A "straight jump" with a turn does not make the jump a "jump skill". If a jump is included in a tumbling pass, the jump will break up the pass.

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg.

Load-In:

A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Multi-based Stunt:

A stunt having 2 or more bases not including the spotter.

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

Non-Inverted Position: A body position in which either of the conditions below are met:

- The top person's shoulders are at or above their waist.
- The top person's shoulders are below their waist and both feet are below their head.

Nugget: A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Original Base(s): Base(s) which is in contact with the top person during the initiation of the skill/stunt.

Pike: Body bent forward at the hips with legs straight and together.

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit. A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift. If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level. A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

Primary Support: Supporting a majority of the weight of the top person.

Prop: An object that can be manipulated. Signs, pom poms, and megaphones are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Pyramid:

Two or more connected stunts.

Rebound: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

Release Move: The top person is free of contact with all athletes on the performing surface.

May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be, or come, in contact with each other. To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release.

Round Off: Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level: Any person being supported above the performing surface by one or more bases.

Series Front or Back Handsprings: Two or more front or back handsprings performed consecutively by an athlete.

Shoulder Level: A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

Shushunova: A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single Based Stunt: A stunt using a single base for support.

Single Leg Stunt: See "Stunt".

Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. Single based split catches are not allowed.

Sponge Toss: A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area

of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques. The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- must be standing on the performing surface.
- must be attentive to the stunt being performed.
- must not be involved in anything that could prevent them from spotting. Example: A required spotter holding a sign.
- must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip). If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

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 still defined as "standing tumbling."

Step Out: A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously.

Straddle Lift: See "V-Sit".

Straight Cradle: A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a "Two Leg" stunt.

T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other. Tension rolls/drops of any kind are not allowed.

Three Quarter (3/4) Front Flip (stunt): A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

Three Quarter (3/4) Front Flip (tumble): A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock: A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

Toe/Leg Pitch: A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid, or toss.

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Top person must have both feet in/on hands of bases at initiation of toss. Top persons in separate tosses may not come in contact with each other. Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface and remain stationary during toss. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, individuals, or props. Only a single top person is allowed during a toss. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Twisting Tosses: Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. ie. A 1/2 twist, X, 1/2 twist is considered 2 skills: 1 full twist and 1 additional skill.

Tower Pyramid: A stunt on top of a waist level stunt.

Transitional Pyramid: A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person. Each point of **initiation** is used in determining the beginning of a transition. The end of a transition is defined as a new point of **initiation**, a stop of movement, and/or the top person making contact with the performance surface.

Transitional Stunt: Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of **initiation** is used in determining the beginning of a transition. The end of a transition is defined as a new point of **initiation**, a stop of movement, and/or the top person making contact with the performance surface.

Traveling Toss: A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

Tuck Position: A position in which the body is bent at the waist/hips with the knees drawn into the torso.

Tumbling: Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface. When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting: An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis). Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis. Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axis will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation). A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

Two – High Pyramid: A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2½) – High Pyramid: A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.

"Above Two and One Half (2 1/2) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1/2 high chairs are considered 2 1/2 high pyramids.

Upright: A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). ie. star, liberty, v-sit.

V-Sit: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position. This is considered a two-leg stunt.

Vertical Axis (Twisting in Stunts or Tumbling):

An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position-based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

Waist Level Cradle: A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Walkover: A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by stretching through the upper back, going backwards, similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands.

X-Out: A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.