

**KYFCL Cheerleading Policy and Procedural Manual, Part II**  
**Originally Written July 2005**  
**Revised July 2016, April 2018, July 2018, October 2018, April 2019**

**Contents**

General:..... 2

Tumbling: ..... 2

Stunts/Pyramids:..... 2

Tosses:..... 3

Dismounts: ..... 3

Stunt Reference: ..... 4

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**General:**

1. Use of or any apparatus used to propel a participant is not permitted.
2. Knee drops, seat drops, thigh drops, front drops, and split drops are prohibited.

**Tumbling:**

1. Tumbling skills that exceed one flipping rotation with no hands and/or two twisting rotations in the air are prohibited. (No double backs or triple fulls).
2. Tumbling over, under, or through a stunt, individual, or prop is not permitted.
3. All gymnastic stunts must originate from the ground level.
4. The person performing a gymnastic stunt(s) may (without hip over-head rotation) rebound from his/her feet into a cradle.
5. Spotted or assisted aerial flips are prohibited. This includes toe and leg pitch flips.
6. Double cartwheels are prohibited. (Defined as 2 person connected cartwheel).

**Stunts/Pyramids:**

1. All stunts and/or pyramids are limited to two persons high. Any flyer must receive primary support from a base(s) that is in direct, weight-bearing contact with the performing surface.
2. A continuous back-spotter is required for prep level (chest) and above (extended) stunts. The back-spotter must watch the flyer at all times during the stunt.
3. No extended stunt \* may brace another extended stunt.
4. Teeter-totters, Pendulums, or any stunt where a cheerleader is in the prep position or higher may NOT come face down toward the performance surface to her bases, even if the cheerleader is braced by additional cheerleaders.
5. Flyers are not allowed to hold or pass through an inverted position during a stunt, toss, or dismount. This includes \*
  - a. needle stunts
  - b. suspended flips
  - c. supported handstand stunts
  - d. roll-ups into stunts

\* (Exception: Double-based suspended forward roll dismounts from shoulder stand level or lower.)

6. The below stunts are **prohibited**:
  - a. Hanging pyramids
  - b. No moving or rotating diamond heads
  - c. Single-based split catches
  - d. Vaults
  - e. Superman's

Exception: Superman May be completed by Mid-Varsity or Varsity at a prep level and must have additional front spotter(s)

7. Flyers in a suspended split must have hand-to-hand contact with a base and must be supported on the back thigh

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**Tosses:**

1. Basket tosses or any type of multi-based toss must be performed from ground level.
2. Must be dismounted to a cradle position by the original two bases, plus a spotter.
3. The flyer may not be tossed to another set of bases or to another stunt or toss before the cradle.
4. Basket tosses or any types of multi-based toss are limited to a total of four bases tossing the stunt.
  - a. One base must be behind the flyer during the toss and may assist the flyer into the stunt. This base counts as one of the tossing bases
5. The head of a flyer must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stunt or pyramid.
6. The flyer may not snap their head backwards to increase the arch position.
7. Flyers may not be inverted at any point during the toss
8. The bases must remain stationary during the toss.
9. No traveling basket tosses.
10. No stunt, pyramid, or prop may move through or under a toss, and tosses are not allowed to be thrown over or through stunts, pyramids or props.
11. Helicopter tosses are prohibited.

**Dismounts:**

1. Dismounts from single-based stunts to a single-based cradle are permitted provided there is a separate spotter at the head-and-shoulder area of the flyer.
2. Dismounts from multi-based stunts - stomach or below to a cradle require at least two catchers, and have a separate spotter at the head/shoulder area of the flyer.
3. Dismounts from multi-based tosses or multi-based extended stunts to a cradle must be cradled by a least 2 catchers and have a separate spotter at the head/shoulder area of the flyer.
4. Stunts may dismount to a new set of bases provided the original base(s) maintains contact with the flyer.

**NOTE:** A flyer may not be tossed from a stunt to a new set of bases.

5. Extended stunts may dismount directly to the cheering surface with at least 2 spotters on the landing. The original base(s) may spot the dismount.
6. No skills (i.e. twists, toe touches) are permitted when dismounting directly to the cheering surface without constant hand-to-hand contact with the base(s).
7. Suspended forward roll dismounts from a multi-based stunt, shoulder stand level and below, are allowed if the flyer maintains constant hand-to-hand contact with the base(s) on which he/she is standing.
8. Suspended rolls must dismount directly to the performing surface.
9. Tosses or aerial stunts may not dismount to a prone, face down position in a cradle.\*

\*Exception: log roll

10. Tension drops are prohibited.

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**Stunt Reference:**

1. The below stunts are to be used as a guide/reference for appropriate stunts per cheer level
  - a. **Note:** Please refer to the previous sections for the list of ineligible stunts.

<u>Smurf*</u>	<u>JV</u>	<u>Mid Varsity</u>	<u>Varsity</u>
Knee Stand	➤ All items on Smurf List	➤ All items on Smurf & JV List	➤ All items on Smurf, JV & Mid V List
Pony Sit			
Low Prep	Standing Still Basket Toss	Basket Up	
“L” Up	Twist up (Half)	Prep Heel Stretch	
Thigh Stand	Barrel Roll	One Man shoulder Stand	
Shoulder sit	Basic Pyramid	Prep level one legged stunt Variations	
Alligator (Star)	Prep Level Show ‘n’ Go	360° twist up	
Pretty Girl (Cradle Sit)	Prep Level One legged hitch	Full Down	
Pencil Drop (Dismount)		½ Twist down	
Prep	“V” Sit to Prep	Extension pop	
Cradle	Liberty - Prep	Extension Show ‘n’ Go	
“L” Stand	Double Base Shoulder Stand	Liberty Extension	
Teddy Bear Sit	Full Extension		
<u>*All SMURF stunts must have a back-spotter</u>			