

DIVISION: FLAG

Human Pyramid

- May only be 3 athletes wide and 2 athlete's high

Single Base Thigh Stand (Kneeling only)

- Back spot required at all times
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***
- Single leg stunts may not include extended leg
 - No arabesque, heel stretch, scorpions etc.
- Liberty is allowed ***without*** extension
- Single leg stunt with extension is allowed, ***only IF*** the athlete is executing skill on the ground.
 - Heel stretch, Scorpion, Scale
 - May be braced or not braced based on the ability of the athlete

Double base thigh stand (Kneeling only) *Cheer –Off Requirement*

- Back spot required at all times
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***



DIVISION: FRESHMAN

Freshman may do all the stunts for Flag Division with the following additions:

Human Pyramid

- May only be 3 athletes wide and 2 athlete's high
- Pyramid may walk

Double base thigh stands (kneeling/standing) *Cheer –Off Requirement*

- Back spot required at all times
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***

Single Base thigh Stand (Kneeling/Standing)

- Back spot required at all times
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***
- Single leg stunts may not include extended leg
 - No arabesque, heel stretch, scorpions etc.
- Liberty is allowed ***without*** extension
- Single leg stunt with extension is allowed, ***only IF*** the athlete is executing skill on the ground.
 - Heel stretch, Scorpion, Scale
 - May be braced or not braced based on the ability of the athlete

Pony Mount

- Back spot required at all times
- No signs or props allowed in hand while building
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***



DIVISION: SOPHOMORE

Sophomore may do all the stunts for Flag and Freshman Divisions with the following additions:

Double base thigh stand (kneeling/standing)

- Back Spot is **not** required
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms and/or Signs are allowed while climbing for **flyer** only

Single Base thigh stand (kneeling/standing) *Cheer –Off Requirement: Standing Position*

- Back spot required at all times (except regular Liberty position)
- Leg extension allowed
 - Must be braced on at least 1 side
 - Heel stretch stunt must connect arms with 1 person standing on the ground.
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for **flyer only**
- **Switch Liberty Allowed:** A stunt in which the top person begins on the performing surface with one foot in the hands of the bases in a load position, is then released from the bases and lands in a stunt on the other foot.

Shoulder Straddle (sit)

- Back spot required at all times
- No signs or props allowed in hand while building
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for **flyer only**

Half Prep - This is a leg stunt where base holds flyers feet at “hip height” while flyer stands on 2 feet. (This is an introductory stunt for Prep cheer level).

- Back spot required at all times
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for **flyer only**
- Bases are **not allowed** to walk this stunt



DIVISION: JV

Junior Varsity may do all the stunts for Flag, Freshman and Sophomore Divisions with the following additions:

Double base thigh stand (kneeling/standing)

- Back Spot is ***not*** required
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms and/or Signs are allowed while climbing for ***flyer*** only

Single Base thigh stand (kneeling/standing)

- Back spot required at all times (except regular Liberty position)
- Leg extension allowed
 - Must be braced on at least 1 side
 - Heel stretch stunt must connect arms with 1 person standing on the ground.
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***
- **Switch Liberty Allowed:** A stunt in which the top person begins on the performing surface with one foot in the hands of the bases in a load position, is then released from the bases and lands in a stunt on the other foot.

Shoulder Straddle (sit)

- Back spot required at all times
- No signs or props allowed in hand while building
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***

Half Prep- *Cheer –Off Requirement: Standing Position* - This is a leg stunt where base holds flyers feet at “hip height” while flyer stands on 2 feet. (This is an introductory stunt for Prep cheer level).

- Back spot required at all times
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***
- Bases are ***not allowed*** to walk this stunt



DIVISION: VARSITY

Varsity may perform all flag, freshman, sophomore, and Junior Varsity stunts with the following additions:

Double base thigh stand

- Back Spot is **not** required

Single base thigh stands and Half Prep Single leg

- Back Spot is **not** required (once skill is mastered)
- All body positions allowed
 - Stretch, scorpion, arabesque, etc.)
 - No connection needed

Straddle Sit (Teddy Bear)

- Back spot required at all times
- Held at shoulder height (prep level)
 - Arms may not extend

Half Prep

- Back spot required at all times
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***
- Bases are **not allowed** to walk this stunt

Extension Prep – *Cheer –Off Requirement*

Stunt may only be performed AFTER Coaches have been certified by DEA

- Back spot required at all times.
- Front spot required at all times.
- Bases will hold flyer at shoulder (prep) level while flyer stands on 2 feet
- No signs or props allowed in hand while building (bases or back spots)
 - (I.e. signs, megaphone etc.)
- Poms are allowed while climbing for ***flyer only***
 - Flyer may be handed a sign once the build is stable
- Cradles dismounts are not **allowed.**

Sponge Toss

- Back spot required at all times
- Straight toss only
 - No toe touch twist etc.