

TCYFCC Cheer Safety Rules 2024

TCYFCC will follow the standard USASF cheer safety rules and guidelines with the exception of level restrictions and the below following.

The below is specific to TCYFCC:

1. CHEERLEADER APPAREL/ACCESSORIES

1. Jewelry of any kind is prohibited except for the following: 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).
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.
6. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.

2. STUNTING PERSONNEL

1. A base must not:
 - a. Assume a back-bend, headstand or handstand position.
 - b. Hold objects in a hand that is supporting a top person.
 - c. Hold objects when supporting an extended stunt.
2. Base(s) of extended stunts must have both feet in direct weight-bearing contact with the performing surface.
3. 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. They MAY grab WRISTS ONLY.
 - c. Place his/her torso underneath the stunt.
 - d. Hold objects in his/her hand(s).
 - e. Stand with hands behind
4. A spotter is required for single-base prep-level or above shoulder stand. Otherwise known as a "one man"

3. 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. **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.).
5. A switch up caught by the original bases is permitted.
6. Toe/leg pitches to a jump or tumbling skill are not permitted.
7. **DISMOUNTS**
 - A. 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.
 - B. Dismounts to the performing surface from prep level or above are permitted provided the following conditions are met:
 1. Assistance from a base or spotter is required and the assistance must be sufficient to slow the momentum of the top person.
 2. 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.
 - C. In all cradle dismounts:
 1. The base(s)/catcher(s) must have continuous visual contact with the top person
 2. The top person must not hold props that are made of hard material or have corners or sharp edges
 3. Cradle dismounts from multi-base stunts must have at least two bases/catchers and an additional head and shoulders catcher/spotter.
 4. 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.

5. A twist to a cradle or to the performing surface must not involve more than 1 rotations

8. TUMBLING

- A. 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.
- B. Tumbling while holding props is not permitted except for the following:
a forward roll, backward roll with pom poms
- C. 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.
- D. 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.
- E. Headstands, headspins and headsprings in which the hands are not used for support are prohibited.
- F. Airborne skills with hip-over-head rotation may not connect to another athlete while executing the skill.

9. DROPS

- A. Airborne drops to a push-up position are not permitted.
- B. Falling from a stand directly to the stomach or back on the performing surface is not permitted without first bearing weight on the hands.
- C. Dropping to the performing surface from a handspring or flip is not permitted.
- D. EXCEPTION: Springing from a crouch to a push-up position is permitted

10. ADDITIONAL EXCEPTIONS AND RESTRICTIONS:

- 1. Might Mites
 - a. Basket tosses, and similar multi-based tosses are prohibited
 - b. Stunts above prep level require a front spot
 - c. May not dive roll
- 2. All Divisions
 - a. No helicopters: whether it be half or full rotation
 - b. To traveling between stunt groups, one base **MUST HAVE CONTACT** of the top person the entire time.
 - c. No passing over or under stunt groups
 - d. No hanging pyramids. (Flyer is suspended in air by other flyers. Flyer must have a base connection. Pass through does not apply)
 - e. Single base or "one man" ma only have one flyer. One base **CANNOT** lift two flyers.
 - f. Tosses - no flips (Mighty mites are not allowed tosses)
 - g. Flyer cannot exceed more then a 360 rotation in any release or toss. 1 rotation MAX.
(No double downs)
 - h. Connected inversion / flip stunts bracers must be at prep level or below. Cannot brace and flip from all stunts being extended.